

**PLEASE EXTEND A WARM WELCOME TO OUR NEWEST RESIDENT**

Welcome back Frank & Mary Paul! #712 East Don Kemp # 715 East

**THANK YOU TO ALL OUR RESIDENTS!**

It has been a wonderful and busy Christmas Season here at Canterbury Court. We would like to thank all the Residents for their generous gifts that the staff received the night of the 'RESIDENTS CHRISTMAS PARTY'. Also a big thank you to our 'Resident of the Year, DOUG HARWOOD and Santa & Mrs. Claus for their help in presenting the gifts. Congratulations to the winners of our CHRISTMAS DRAWS!

- ❖ 1<sup>st</sup> Prize Raffle Winner – ELSIE ENEFER
- ❖ 2<sup>nd</sup> Prize – DOROTHY SELLARS 3<sup>rd</sup> Prize – MARG NELSON
- ❖ The raffle raised \$50.00 with proceeds going to the North Okanagan HOSPICE Society. Congratulations also go to the Winners of our:  
**DOOR & SUITE DECORATIONS CONTEST**
- ❖ DOOR WINNERS: 1<sup>st</sup> Prize – Marcelle Black 2<sup>nd</sup> Prize – George Klan  
❖ 3<sup>rd</sup> Prize – Margaret Quin
- ❖ SUITE WINNERS: 1<sup>st</sup> Prize – Pam Davis 2<sup>nd</sup> Prize – Edna Seltzer  
❖ 3<sup>rd</sup> Prize – Gordon & Betty Clement

Thank you for making Canterbury so Festive with your lovely decorations!

**New Program Highlights for January**

Receive \$10.00 Canterbury Bucks for participating in each of these activities!

**WALKING @ WESBILD-** Join your friends as we tally up miles walked to cross Canada. We will be taking the shuttle on FRIDAYS at 10:15 and picked up again at 11:15. Allyson will keep a record of distance covered to recognize everyone efforts!

**BLACK JACK-** We will play Black Jack in the Craft Room TUESDAY, January 17<sup>th</sup> at 1:30. Don't know the game? Come and learn a fun new card game all you have to do is count to 21! Bring your .5 & .10 cents for poker chips if you would like to play for money! Can be played for fun if you prefer!

**CULTURE HOUR-** Our group will be discussing the country and culture of Scotland. Have a taste of Scottish Shortbread, a wee nip of scotch and talk about your trips and experiences of Scotland!

**MONDAY, January 23<sup>rd</sup> @ 1:30 pm in the Library.**

**CURRENT EVENTS-** Come voice your opinion on the headlines of the newspaper and debate hot topics. Bring articles and news clippings that you have an interest in sharing. Meeting in the Library MONDAY, January 30<sup>th</sup> @ 1:30 pm.

**PUTTING CHALLENGE-** Join in the fun as we show off our golf skills in the Recreation Room TUESDAY, January 24<sup>th</sup> at 1:30.

# CANTERBURY TALES

\* EDITION #136 \*

## JANUARY 2012

**JANUARY BIRTHDAYS & ANNIVERSARIES**

Lorraine Rispin	Jan. 3
Pam Davis	Jan. 10
Don Dreaper	Jan. 14
Norm Galloway	Jan. 15
Bill Kopp	Jan. 23
Bill & Anne Kopp	Jan. 23
Joy & David Curwen	Jan. 23
Basil Edwards	Jan. 24
Lyn Stevenson	Jan. 31
Don Sergent	Jan. 31



This Month's Birthday Party  
will be held on Friday  
**JANUARY 27th @ 2:00 pm**  
**2<sup>nd</sup> Floor Recreation Room**

**DANCING with**  
**SENTIMENTAL JOURNEY**  
**SATURDAY, January 21<sup>st</sup>**

**2:00 – 3:00 pm**

**In the Main Dining Room**  
**Receive \$10 Canterbury Bucks**

**MAKE A**

**NEW YEARS RESOLUTION**

Get ACTIVE and INVOLVED in your community! Try out new programs, WALKING AT WESBILD, CULTURE HOUR, BRAIN GYM, GENTLE STRETCH, CURRENT EVENTS, PUTTING CHALLENGE & we will put your name in the Winter Carnival Draw for free as well as receiving \$10.00 Canterbury Bucks!



**WHAT CAN I DO TO STAY FIT THIS JANUARY?**

**Gentle Stretch or Walking at Wesbild** for anyone just starting out in exercise or for a little extra in your regular routine!

**Fitness Combo & Circuit Fitness** for those wanting to keep up their Strength & Mobility just to name a few benefits!

For Dates and times see your  
January Calendar!



## **CANTERBURY BUCK PROGRAMS**



**CHRISTMAS DECORATION CLEAN-UP** - TUESDAY, January 3<sup>rd</sup> @ 1:30 pm on the Main Floor & WEDNESDAY, January 4<sup>th</sup> @ 2:30 on the 2<sup>nd</sup> Floor. \$5.

**FITNESS DEMONSTRATION** - Start the New Year off by becoming active! Join Myrna-Lea in the Fitness Equipment Room on the 2<sup>nd</sup> Floor **FRIDAY, January 13<sup>th</sup> @ 2:00 pm**. This is your opportunity to receive personal fitness instruction, have your fitness questions answered and begin the New Year by working out safely within your limits. This training period will give you the confidence to either work out on your own or join our structured classes Tuesday and Thursday Circuit Weight Training at 9:30 am. **EVERYONE WELCOME!**

### **FREE MASSAGE THERAPY**

The Students of the 'OKANAGAN VALLEY COLLEGE of MASSAGE THERAPY' begins their **FREE** Winter Sessions Wednesday, January 11th, 2012. It continues for 10 weeks WEDNESDAY mornings @ 9:00 am & 10:30 am. You receive 1 hour of massage in the comfort and privacy of your own suite. Please choose your preferred time and **SIGN-UP** in the COUNTRY KITCHEN. If you have recently received this service, please allow others an opportunity as this service is limited to 12 Residents.

### **WINTER CARNIVAL - Sporting with Carnival - Feb. 3 - 12**

Start off the Winter Carnival Celebrations by purchasing your Winter Carnival Button at the Front Desk for \$2.00 enter your name into our Winter Basket Raffle and also receive \$10 Canterbury Bucks. Wear your button to the Front Lobby on **WEDNESDAY, February 8<sup>th</sup> @ 1:30 pm** as we have some fun 'ARRESTING the BEST'! The Carnival Cops will come to Canterbury and place the arrested **STAFF MEMBER** into the portable jail and time is served outside Canterbury while we take pictures and gather your loonies or toonies to raise enough money for their release. Refreshments will be served and the winners of the Winter Raffle Draws will be chosen in the Front Lobby, so you will not want to miss this fun filled event!



### **PLEASE NOTE: CRAFT CLASSES TIME CHANGE**

Craft TIME will be changed to 2:30 INSTEAD of 3:00 pm on WEDNESDAYS. Craft Classes will also be preparing Decorations for the upcoming Winter Carnival.

## **MONTHLY CHARITY LOTTERY**

Join our MONTHLY Charity Lottery for just \$6.00 per month.  $\frac{3}{4}$  of all proceeds go towards the North Okanagan Hospice Society and  $\frac{1}{4}$  is raffled off to one of the participants. Please have your money in by the last Monday of each Month. This Month's winner was Beth Giroux! **CONGRATULATIONS BETH!**



### **SUPER BOWL SUNDAY – February 5th, 2012**



Buy your Super Bowl Square for \$1.00 PER square. You will find the Super Bowl Lottery Poster in the Country Kitchen MONDAY, January 17th. Put your name on one or more of the squares and you may pay Jack Gordon. You could win \$20.00 per quarter or \$40.00 for the Final Score. Winners to be announced TUESDAY, February 7<sup>th</sup>.

### **Musical Entertainment – Recreation Room**

Monday January 2<sup>nd</sup> @ 6:30 pm – Group Music Sing-A-Long with Christian  
Thursday January 5<sup>th</sup> @ 3:00 pm – Social Hour with Betty Hunter  
Monday January 9<sup>th</sup> @ 7:00 pm – 'Old Favorites'  
Thursday January 12th @ 3:00 pm – Social Hour with Terry Mooney  
Monday January 16<sup>th</sup> @ 6:30 pm – Group Music Sing-A-Long with Christian  
Thursday January 19<sup>th</sup> @ 3:00 pm – Social Hour with The 'Amigo'  
Thursday January 26<sup>th</sup> @ 3:00 pm – Social Hour with Don Monty  
Monday January 30th @ 6:30 pm - Group Music Sing-A-Long with Christian

### **Main Floor Entertainment**

Saturday, January 21<sup>st</sup> @ 2:00 pm – DANCE with Sentimental Journey  
*WEAR RED or GREEN or PLAID to the HIGHLAND DANCERS As we Celebrate ROBBIE BURNS DAY, WEDNESDAY, January 25<sup>th</sup> @ 2:00 pm*  
Receive \$10 Canterbury Bucks

#### **MYSTERY DRIVES**

Wednesday, Jan. 11<sup>th</sup>  
& Tuesday, Jan. 24<sup>th</sup>  
@ 1:30 pm  
**SIGN UP AT THE FRONT DESK**

#### **HORSERACING**

Will be Cancelled on the 2<sup>nd</sup> WEDNESDAY of each month. However, for January there will be NO Horseracing, Jan. 4th

#### **SWAN LAKE**

TUESDAY, January 17<sup>th</sup>  
@ 1:30 pm  
**CASINO**  
WEDNESDAY  
January 31<sup>st</sup> @ 1:30 pm



**COMING UP in FEBRUARY...** Valentines Buffet and our Annual Winter Tournaments! Be sure to watch your calendars.