



INSPIRED
SENIOR LIVING

May 2024

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cinco De Mayo! Activity Packages Available At Reception 10:00 Seated Exercises with Shantel (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: Three Amigos (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Cinco De Mayo Themed Taco Demo with Manu (CK) 6:30 Movie Night: Three Amigos (TH) 7:00 Cinco De Mayo Entertainment with the Filipa Sousa (CK)	10:00 Exercises with Shantel (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Musical Movie Mondays: Road to Rio (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Road to Rio (TH)	9:00 Outing to Woodhill Garden Centre (Sign-up at Reception) (L) 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 General Meeting of the Resident Association (CK) 2:00 Artfull Enrichment Workshop: Hydrangea Painting (PL) 2:00 Wild Babies: New Arrivals (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Downfall (TH) 6:30 Game Night with Sandra: Dominos (GR) 7:00 The Chorolairs Performance (CK)	10:00 4 Pictures One Word (BAR) 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Movie Matinee: The Zone of Interest (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Shantel: DIY Papel Picado (Please Sign Up @ Reception) (PL) 3:00 Kings in the Corner (GR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Zone of Interest (TH)	10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Alias Grace Series: Part 5 (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour (BAR) 3:00 Tech Corner (Sign Up at Reception) (CK) 3:30 Scattergories (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Pianist (TH) 7:00 Scrabble (GR)	10:00 Exercises with Sandra (CK) 10:30 Quiddler with Andrea (GR) 10:45 Drumfit Classics with Sandra (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Scattergories (CK) 2:00 Movie Matinee: Swing Kids (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (PL) 6:30 Movie Night: Swing Kids (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Pyotr Tchaikovsky: Symphony No. 5 (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Casino (TH)
Mother's Day Activity Packages Available At Reception 10:00 Exercises with Sandra (CK) 10:00 Mother's Day Sunday Trivia (BAR) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Pieces of Women (TH) 2:00 Mother's Day Cupcake Decorating Workshop (Please Sign Up A Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Mother's Day Performance with Marcus Schwan (CK) 4:30 Special Mothers Day Dinner (DR) 6:30 Movie Night: Pieces of Women (TH)	10:00 Exercises with Shantel (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Meet Me at the MoMa Presentation - Rafael Goldchain (PL) 2:00 Musical Movie Mondays: South Pacific (TH) 2:30 Meet Me at the MoMa Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Movie Matinee: South Pacific (TH)	10:00 Gentle Fitness (CK) 10:00 Outing to Fairview Mall (Sign-up at Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Wild Babies: Home Alone (TH) 2:00 Artfull Enrichment Workshop: Hummingbird Drawing (PL) 3:00 Afternoon Tea Social (BAR) 3:00 LLL Fun Facts about Rhubarb (CK) 3:30 Fit Minds-Stay Sharp (PL) 4:30 Supper with Stu (DR) 6:30 Pub Night with Roshan and Shantel featuring Blue Jays vs Baltimore Orioles (BAR) 6:30 Movie Night: Angel Mountain (TH)	10:00 4 Pictures One Word (BAR) 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Crafty Wednesdays with Sandra: Beaded Garden Stake (Please Sign Up @ Reception) (PL) 2:00 Movie Matinee: Romeo + Juliet (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from Australia (CK) 3:00 Kings in the Corner (GR) 4:00 Hot Seat Guessing Game (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Romeo + Juliet (TH)	National Mimosa Day! Bedding & More Vendor (11:00a.m. to 3:00pm) (PL) 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Netflix Series: Bridgerton Episode 1 - Out of the Shadows (TH) 3:00 Resident Ambassador Meeting (PL) 3:00 Special Mimosa Afternoon Tea Social (BAR) 3:30 How Well Can You Debate (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Family Stone (TH)	10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Shantel (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Movie Matinee: Oh My Dog (TH) 2:30 High Tea with the Sparkelettes Duo (R.S.V.P. at Reception) (DR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Scattergories (PL) 6:30 Movie Night: Oh My Dog (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Nikolai Rimski-Korsakov, Scheherazade, Akademisches Orchester Freiburg (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Beautiful Girls (TH)



INSPIRED
SENIOR LIVING

May 2024

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 19 10:00 Seated Exercises with Shantel (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Loonie Bingo with Shantel (PL) 2:00 Sunday Movie Screening: The Rewrite (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with the West Enders (CK) 6:30 Movie Night: The Rewrite (TH)	Victoria Day 20 10:00 Exercises with Shantel (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Movie Matinee: Young Victoria (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Movie Night: Young Victoria (TH)	21 10:00 Gentle Fitness (CK) 10:00 Outing to Walmart (Sign up @ Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Wild Babies: On The Move (TH) 2:00 Meet Me at the MoMa - Presentation Joan Miro (PL) 2:30 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Getting To Know Lette Presentation (CK) 6:30 Movie Night: Rise of the Planet of the Apes (TH) 7:00 Piano Evening with Patricia Duffy (PL)	22 Wacky Hair Day! 10:00 4 Pictures One Word (BAR) 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Artfull Workshop: Spanish Art Presentation (PL) 2:00 Movie Matinee: Dawn of the Planet of the Apes (TH) 2:00 Life Enrichment Meeting (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Themed Demo with Crystel (CK) 3:00 Kings in the Corner (GR) 6:30 Movie Night: Dawn of The Planet of the Apes (TH) 6:30 Poker Night with Effie (GR)	23 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Netflix Series: Bridgerton Episode 2 How Bright the Moon (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner (Sign Up at Reception) (CK) 3:30 How Well Can You Debate (CK) 4:30 Living, Loving, Local Themed Dinner (DR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: War of the Planet of the Apes (TH) 7:00 Scrabble (GR)	24 National Scavenger Hunt Day! 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Shantel (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Find the Country Scavenger Hunt (BAR) 2:00 Movie Matinee: A Wednesday! (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Make your Own Pizza with Shantel & Sandra (Sign up @ Reception) (CK) 6:30 Movie Night: A Wednesday! (TH) 6:45 Friday Night Bingo w/ Tom (CK)	25 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Beethoven - Symphony No. 6 (Proms 2012) (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Wonder (TH)
Activity Packages Available At Reception 26 10:00 Seated Exercises with Shantel (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 11:30 BRUNCH (DR) 2:00 Hot Seat Guessing Game (PL) 2:00 Sunday Movie Screening: The Englishman Who Went Up a Hill and Came Down a Mountain (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with Dave Rowen (CK) 6:30 Movie Night: The Englishman Who Went Up a Hill and Came Down a Mountain (TH)	27 10:00 All Resident Information Meeting (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Take Me Out to the Ball (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Take Me Out to the Ball (TH)	28 FOOT CLINIC (Sign Up @ Reception) (IS) 10:00 Gentle Fitness (CK) 10:00 Outing to Casaloma (Sign-up at Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Wild Babies: Big Families (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (PL) 6:30 Movie Night: And So It Goes (TH) 6:30 Game Night with Sandra: Kings in the Corner (GR)	29 National Golf Day! Loila Fashion Clothing Vendor (10:00a.m. to 3:00p.m.) (PL) 10:00 4 Pictures One Word (BAR) 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Crafty Wednesdays with Sandra: Resin Keychain (Please Sign Up @ Reception) (PL) 2:00 Movie Matinee: Cold Mountain (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Mini Golf Tournament (CK) 3:00 Kings in the Corner (GR) 6:30 Movie Night: Cold Mountain (TH)	30 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (PL) 2:00 Netflix Series: Bridgerton Episode 3- Forces of Nature (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating May Birthdays with Carla Gonzalez (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Boys in The Boat (TH) 7:00 Scrabble (GR)	31 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Scattergories (PL) 2:00 Movie Matinee: Safe Haven (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Safe Haven (TH) 6:45 Friday Night Bingo w/ Tom (CK)	

Calendar Legend

- Outing
- Special Program
- Cruise Week
- Living, Loving, Local
- Signature Program



Locations Legend

- Country Kitchen (CK)

Theatre (TH)

Piano Lounge (PL)

Games Room (GR)
- Bar (BAR)

Lobby (L)

Dining Room (DR)

In Suite (IS)