



INSPIRED
SENIOR LIVING

July 2024

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day! 10:00 Seated Exercises with Shantel (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Movie Matinee: Anne of Green Gables (TH) 2:00 Canada Day Poutine Bar (PL) 3:00 Canada Day Entertainment Tony Puglis (CK) 3:00 Canada Day Themed Afternoon Tea Social (BAR) 4:30 Special Canada Day Themed Dinner (DR) 6:30 Movie Night: Anne of Green Gables (TH) 1	10:00 Gentle Fitness (CK) 10:00 Outing to Promenade Mall (Sign-up at Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Life On Our Planet Chapter 1: The Rules of Life (TH) 2:00 Artfull Enrichment Workshop: Watermelon Slice Painting (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Fit Minds-Stay Sharp (PL) 3:30 Balloon Toss (CK) 6:30 Movie Night: Bravetown (TH) 7:00 Pub Night with Vincent & Sandra featuring Blue Jays vs Houston Astros (BAR) 2	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: Irish Wish (TH) 2:00 Link Word (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Living, Loving Local Arts & Craft with Sandra: DIY Fake Cherries (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Irish Wish (TH) 3	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 Bridgerton Episode 6: Romancing Mister Bridgerton (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Scrabble (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Dig (TH) 7:00 Four Corners Debate (CK) 4	Loila Fashion Clothing Vendor (10:00a.m. to 3:00p.m.) (PL) 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Movie Matinee: Earth (TH) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Scattegories with Sandra (PL) 6:30 Movie Night: Earth (TH) 6:45 Friday Night Bingo w/ Tom (CK) 5	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: Rachmaninoff: Piano Concerto No. 3 - Anna Fedorova (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Away From Her (TH) 6
Activity Packages Available At Reception 10:00 Exercises with Shantel (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: Mother of the Bride (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sense & Eat Chocolate Tasting (Please Sign Up @ Reception) (CK) 6:30 Movie Night: Mother of the Bride (TH) 7	Hearing Clinic (Sign Up @ Reception) (PL) 10:00 Seated Exercises with Shantel (PL) 10:45 Drumfit Classics with Shantel (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: The Inspector General (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with the Students (Sign-up at Reception) (IS) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: The Inspector General (TH) 8	10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Life On Our Planet Chapter 2: The First Frontier (TH) 2:00 Canterbury Place Anniversary & First Responders BBQ Celebration (CD) 3:00 Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 6:30 Movie Night: Percy (TH) 9	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: Craft Foam Visors (Sign up @ Reception) (PL) 2:00 Movie Matinee: Return of the Jedi (TH) 2:00 Link Word (BAR) 3:00 Kings in the Corner (GR) 3:00 Special Pina Colda Themed Afternoon Tea Social (BAR) 3:30 Resident Food Meeting with Crystel (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Return of the Jedi (TH) 10	10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:00 Tuck Shop Meeting (CK) 2:00 Loonie Bingo (CK) 2:00 Netflix Bridgerton Episode 7: Joining of Hands (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour (BAR) 3:00 Scrabble (GR) 3:30 Make Your Raspberry Popsicles (Sign Up @ Reception) (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: A Young Woman and the Sea (TH) 7:00 Four Corners Debate (CK) 11	Ladies One Stop Shop (10:00a.m. to 3:00p.m.) 10:00 Exercises with Sandra (PL) 10:30 Church Service with Msgr. Pat (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:30 Summer BBQ (DR) 2:00 Movie Matinee: The Nest (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (3FL) 6:30 Movie Night: The Nest (TH) 6:45 Friday Night Bingo w/ Tom (CK) 12	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: Schubert: Symphony in C major "The Great" / Munich Philharmonic Orchestra (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Moonstruck (TH) 13
Activity Packages Available At Reception 10:00 Exercises with Shantel (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: The Last Song (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Java Music Club Sing A-long (CK) 6:30 Movie Night: The Last Song (TH) 14	10:00 Seated Exercises with Shantel (PL) 10:45 Drumfit Classics with Shantel (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: There's No Business Like Show Business (TH) 2:00 Meet Me at the MoMa - Robert Bateman (PL) 2:30 Meet Me at the MoMa Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with the Students (Sign-up at Reception) (PL) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: There's No Business Like Show Business (TH) 15	10:00 Gentle Fitness (CK) 10:00 Outing to Downey Farm's Raspberry Picking (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 Life On Our Planet Chapter 3: Invaders of the Land (TH) 2:00 Artfull Enrichment Workshop: Melting Ice Cream (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: The Kid (TH) 7:00 Game Night with Sandra: Quiddler (GR) 16	National Hotdog 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) 11:30 Special Hot Dog Themed Lunch (DR) 2:00 Movie Matinee: Mr.& Mrs. Smith (TH) 2:00 Link Word (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Collage/Decoupage with Ella (Please Sign-up @ Reception) (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Mr. & Mrs. Smith (TH) 17	Wear your Fanciest Earrings & Tie Day! 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Bridgerton Episode 8: Into the Light (TH) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Taste Of Asia Tasting Demo (CK) 4:00 Scrabble (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Finest Hours (TH) 7:00 Smiles & Vibes Happy Hour (3T) 18	10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:30 Friday Morning Reflection Time (TH) 10:45 Drumfit Classics with Students (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Movie Matinee: Sense and Sensibility (TH) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Getting To Know Ryan Environmental Services Manager (CK) 6:30 Movie Night: Sense and Sensibility (TH) 6:45 Friday Night Bingo w/ Tom (CK) 19	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: Rimsky-Korsakov-Scheherazade (Ballet Russe Version), Astana Opera (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Gardening Club Meeting (PL) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Café de Flore (TH) 20



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Activity Packages Available At Reception 21 10:00 Exercises with Shantel (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: The Thin Redline (TH) 2:00 Loonie Bingo with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Vaudeville, Burlesque, and Freak Shows, Oh My! ? Presentation with Shannon Grahman (CK) 6:30 Movie Night: The Thin Redline (TH)	10:00 Ballroom Dancing Lessons with Derek (CK) 22 10:45 Drumfit Classics with Shantel (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: Newsies (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Getting to Know Ritika- Presentation (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Chef's Demo With Crystel - Featuring Raspberries (CK) 4:00 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Newsies (TH)	FOOT CLINIC (Sign Up @ Reception) (IS) 23 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) 2:00 Euchre (GR) 2:00 Life On Our Planet Chapter 4: In Cold Blood (TH) 2:00 Fit Minds-Stay Sharp (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Life Enrichment Meeting (PL) 6:30 Movie Night: A Walk to Remember (TH) 6:30 Game Night with Sandra: Kings in the Corner (GR)	National Cowboy & Girl Day 24 9:00 Pancake Bar with Shantel & Sandra (BAR) 10:00 Drumfit Classics with Students (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Crafty Wednesdays with Sandra: Origami Cow Boy Hat (Sign up @ Reception) (PL) 2:00 Movie Matinee: A Man Called Otto (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Cowboy and Girl Entertainment from Concerts & Care (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: A Man Called Otto (TH)	10:00 Gentle Fitness (CK) 25 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Olympics Documentary: Rising Phoenix (TH) 2:00 Loonie Bingo with Stu (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating July Birthdays with Jessica Wilson (CK) 4:30 Supper with Stu (DR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Guernsey Literary and Potato Peel Pie Society (TH)	The Commencement of the 2024 Olympics 26 9:30 Olympic Theme Drumfit Classics with students (PL) 10:00 Stretched Themed Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:30 Water Pong Challenge (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:30 Eat Lunch with the Managers (DR) 2:00 Movie Matinee: 42 (TH) 2:00 Resident Badminton (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 2024 Olympics Opening Ceremony (CK) 4:30 Living, Loving, Local Themed Dinner Featuring Cherries/Raspberries (DR) 6:30 Movie Night: 42 (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Olympic Themed Exercises with Sandra (CK) 27 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: G.Gershwin. Piano Concerto in F - Alexander Malofeev / Mikhail Pletnev (TH) 2:00 Athletic Themed Word in a Word (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Croquet Program with Sandra (CK) 3:30 Creative Colouring and Relaxing Music (PL) 6:30 Movie Night: The Swimmers (TH)
Activity Packages Available At Reception 28 10:00 Stretched Themed Exercises with Shantel (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Olympic Themed Sunday Trivia (BAR) 11:30 BRUNCH (DR) 2:00 Sunday Movie Screening: The Hill (TH) 2:00 Javelin Throw with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 The Comedian Stylings of Peter Meenie (CK) 6:30 Movie Night: The Hill (TH)	10:00 All Resident Information Meeting (CK) 29 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:00 Olympic Themed Drumfit Classics with Sandra (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: La La Land (TH) 2:00 Olympic Spelling Bee (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with the Students (Sign-up at Reception) (IS) 3:30 Resident Volleyball (CK) 4:00 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: La La Land (TH)	10:00 Olympic Themed Gentle Fitness (CK) 30 10:30 Jumbo Crossword (BAR) 10:45 Olympic Themed Falls Prevention Exercise Class (CK) 11:00 Outing to Peller Estates Winery (Sign up @ Reception) (L) 2:00 Euchre (GR) 2:00 Olympic Documentary: The Deepest Breath (TH) 2:00 Meet Me at the MoMa Presentation- Brian Donnelly (KAWS) (PL) 2:30 Meet Me at the MoMa Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Olympic Themed Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Race (TH) 7:00 Sing A-long with Patricia Duffy (PL)	10:00 4 Pictures One Word (BAR) 31 10:00 Drumfit Classics with Students (PL) 10:15 Olympic Themed Seated Yoga With Deborah (CK) 10:30 Sport Scavenger Hunt (BAR) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Movie Matinee: The Boys in the Boat (TH) 2:00 Crafty Wednesdays with Sandra: Torch Craft (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Wine Tasting Featuring Wines from Argentina (RSVP at Reception) (3T) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Boys in the Boat (TH)			

Calendar Legend

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



Locations Legend

- Country Kitchen (CK)

Theatre (TH)

Piano Lounge (PL)

Bar (BAR)

Games Room (GR)

Lobby (L)
- Dining Room (DR)

In Suite (IS)

Canterbury Driveway (CD)

3rd Floor Terrace (3T)

3rd Floor GYM (3FL)