



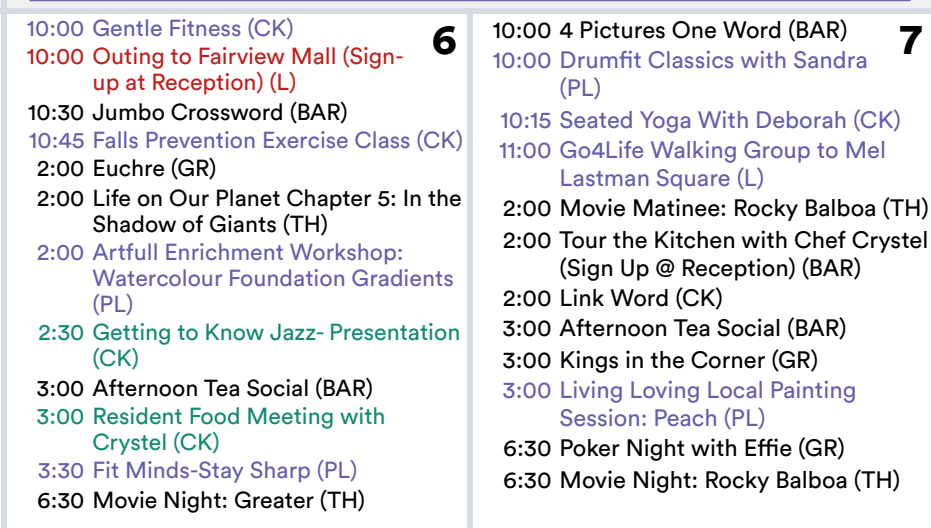
INSPIRED
SENIOR LIVING

August 2024

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SUNDAY AUG 4 Friendship Day Activity Packages Available At Reception 4 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: True Spirit (TH) 2:00 Kings in the Corner Self Directed (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Creative Colouring & Relaxing Music (CK) 6:30 Movie Night: True Spirit (TH) Activity Packages Available At Reception 11 10:00 Virtual Exercises (PL) 10:30 Spiritual Hymns with Simone (TH) 2:00 Sunday Movie Screening: All I See Is You (TH) 2:00 Quiddler Self Directed (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: All I See Is You (TH)	 MONDAY AUG 5 Civic Holiday 10:00 Virtual Exercises (PL) 5 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: Mr. Holland's Opus (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Civic Holiday Entertainment with Patricia Duffy (PL) 6:30 Musical Movie Mondays: Mr. Holland's Opus (TH) Hearing Clinic (Sign Up @ Reception) (PL) 12 10:00 Seated Exercises with Sandra (CK) 10:45 Drumfit Classics with Sandra (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: Funny Girl (TH) 2:00 Meet Me at the MoMa Presentation Tate Britain (CK) 2:30 Meet Me at the MoMa Painting Session (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Funny Girl (TH)	 MONDAY AUG 6 Gentle Fitness (CK) 10:00 Gentle Fitness (CK) 6 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 Life on Our Planet Chapter 5: In the Shadow of Giants (TH) 2:00 Artfull Enrichment Workshop: Watercolour Foundation Gradients (PL) 2:30 Getting to Know Jazz- Presentation (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (CK) 3:30 Fit Minds-Stay Sharp (PL) 6:30 Movie Night: Greater (TH) 10:00 Gentle Fitness (CK) 13 10:00 Outing to Little Canada (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 6: Out of the Ashes (TH) 2:00 Artfull Enrichment Workshop: Sunset Silhouette (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Jurassic Park (1993) (TH)	 MONDAY AUG 7 4 Pictures One Word (BAR) 10:00 4 Pictures One Word (BAR) 7 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: Rocky Balboa (TH) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 2:00 Link Word (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Living Loving Local Painting Session: Peach (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Rocky Balboa (TH) 10:00 4 Pictures One Word (BAR) 14 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 1:00 Tuck Shop Meeting (CK) 2:00 Link Word (BAR) 2:00 Movie Matinee: Matilda (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Crafty Wednesdays with Sandra: Yarn Painting (Sign up @ Reception) (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Matilda (TH)	MONDAY AUG 8 Gentle Fitness (CK) 10:00 Gentle Fitness (CK) 8 10:30 Thursday Trivia with Andrea (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Netflix Series: Inventing Anna, Episode 1: Life of a VIP (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour (BAR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Draft Day (TH) 7:00 Four Corners Debate (CK) 10:00 Gentle Fitness (CK) 15 10:30 Thursday Trivia with Bill (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Netflix Series: Inventing Anna, Episode 2: The Devil Wore Anna (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Make Peach Crisp with Sandra (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 (PL) 7:00 Four Corners Debate (CK)	MONDAY AUG 9 Exercises with Sandra (PL) 10:00 Exercises with Sandra (PL) 9 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 Style Lunch (DR) 2:00 Scattegories with Sandra (PL) 2:00 Movie Matinee: Dive (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Dive (TH) 6:45 Friday Night Bingo w/ David Cowper (CK) Fifth Avenue Jewelry - Vendor (11:00AM-2:00PM) (PL) 16 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 Scattegories with Sandra (PL) 2:00 Movie Matinee: Wedding Season (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Ambassador Meeting (PL) 6:30 Movie Night: Wedding Season (TH) 6:45 Friday Night Bingo w/ Tom (CK)	MONDAY AUG 10 National Watermelon Day 10:00 Exercises with Sandra (CK) 10 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 Presentation with Lianne Harris - Secret Life of Romans (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Saturday Afternoon Entertainment: Beethoven - Symphony No. 7 - Iván Fischer Concertgebouworkest (TH) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Instant Family (TH) 10:00 Exercises with Sandra (CK) 17 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: Yuja Wang: Rachmaninov Piano Concerto No. 3 in D minor, Op. 30 (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Sister Act (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 18 10:00 Virtual Exercises (PL) 10:30 Sunday Trivia with Lette (BAR) 2:00 Sunday Movie Screening: Sister Act 2 (TH) 2:00 Euchre (Self Directed) (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Sister Act 2 (TH)	10:00 Seated Exercises with Sandra (PL) 19 10:30 Java Music Club Sing A-long (CK) 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: Maytime in Mayfair (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Peach Goods with Angela (Please Sign-up @ Reception) (CK) 6:30 Musical Movie Mondays: Maytime in Mayfair (TH)	Mobile Senior Shop (10:00AM to 2:00PM) (PL) 20 Full Evacuation Testing Day! 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 12:30 Outing- Lunch to Mezza Notte Trattoria (Sign up @ reception) (L) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Life on Our Planet Chapter 7: Inheriting the Earth (TH) 2:00 Artfull Presentation: Controversial Art (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (Pick up @ Reception) (IS) 6:30 Movie Night: Letters to Juliet (TH)	Carib Fest! 21 9:30 Island Vibes Smoothie Morning (BAR) 10:00 Caribbean 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: Caribana Head Piece and Mask (PL) 2:00 Movie Matinee: Operation Mincemeat (TH) 2:30 Rum Tasting (3T) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Island Entertainment with Lovesound (3T) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Operation Mincemeat (TH)	10:00 Gentle Fitness (CK) 22 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Netflix Series: Inventing Anna, Episode 3: Two Birds, One Throne (TH) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 3:00 Afternoon Tea Social (BAR) 3:30 Coffee Tasting (Please sign up @ reception) (PL) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Fault In Our Stars (TH) 7:00 Pub Night with Lette & Sandra featuring Toronto Blue Jays vs Los Angeles Angels (BAR)	10:00 Exercises with Sandra (CK) 23 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 1:00 Opera Box Concert (CD) 2:00 Movie Matinee: Here Today (TH) 2:30 Scattegories with Sandra (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Themed Demo with Crystel featuring Peach (CK) 4:30 Living, Loving, Local Themed Dinner (DR) 6:30 Movie Night: Here Today (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Sandra (CK) 24 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 12:30 Outing- Lunch to Mezza Notte Trattoria (Sign up @ reception) (L) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Beethoven: Piano Concerto No. 5 "Emperor" Op. 73- Daniele & Maurizio Pollini - Sinfónica de Galicia (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: 101 Dalmatians (TH)
Activity Packages Available At Reception 25 10:00 Exercises with Shantel (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 11:30 BRUNCH (DR) 2:00 Sunday Movie Screening: North of Normal (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Name That Tune with Shantel (CK) 6:30 Movie Night: North of Normal (TH)	10:00 All Resident Information Meeting (CK) 26 10:45 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: Shall We Dance (TH) 2:00 Meet Me at the MoMa - Elizabeth Blackadder (PL) 2:30 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with the Shantel (Sign-up at Reception) (CK) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Shall We Dance (TH)	FOOT CLINIC (Sign Up @ Reception) (IS) 27 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 8: Age of Ice and Fire (TH) 2:00 Outing to Walmart (Sign up @ Reception) (L) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Greyfriars Bobby (TH) 7:00 Sing A-long with Patricia Duffy (PL)	10:00 4 Pictures One Word (BAR) 28 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: Anna and the King (TH) 2:00 Flower Arrangement Workshop with Megan (Please sign up @ Reception) (CK) 2:00 Link Word (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Life Enrichment Meeting (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Anna and the King (TH)	10:00 Gentle Fitness (CK) 29 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: Inventing Anna, Episode 4: A Wolf in Chic Clothing (TH) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating August Birthdays with Heather Christine (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Star Wars: The Last Jedi (TH) 7:00 Four Corners Debate (CK)	10:00 Exercises with Sandra (CK) 30 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Scattegories with Sandra (PL) 2:00 Movie Matinee: 12th Fail (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Getting To Know Roshan Musafar Community Relations Manager (CK) 6:30 Movie Night: 12th Fail (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Sandra (CK) 31 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Khatia Buniatishvili plays Piano Concerto No. 2 by S. Rachmaninov (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Australia (TH)

Calendar Legend

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



Senior Verve
Games

Locations Legend

- | | |
|----------------------|--------------------------|
| Country Kitchen (CK) | Lobby (L) |
| Theatre (TH) | Canterbury Driveway (CD) |
| Piano Lounge (PL) | Dining Room (DR) |
| Bar (BAR) | 3rd Floor Terrace (3T) |
| Games Room (GR) | In Suite (IS) |