



INSPIRED
SENIOR LIVING

November 2024

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



FRIDAY
NOV
1

National Gratitude Month



National Diabetes Month



Let We Forget

Diwali!

1

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 Make your own Diya's with Sandra and Amandeep (Sign up @ Reception) (PL)
2:00 Movie Matinee: PK (TH)
3:00 Kings in the Corner (GR)
3:00 Afternoon Tea Social (BAR)
3:00 Rangoli Craft with Manu (Sign up @ Reception) (CK)
4:30 Diwali Themed Dinner (CK)
6:30 Movie Night: PK (TH)
7:00 Traditional Diwali Dance with Jasmine (CK)

2

10:00 Exercises with Sandra (CK)
10:30 Quiddler (GR)
10:30 Decorate Diya's with Sandra and Amandeep Part 2 (PL)
1:30 Go4Life Walking Grp (L)
2:00 Word in a Word (CK)
2:00 Presentation with Lianne Harris - The Titanic Era :1901-1918 (PL)
3:00 Afternoon Tea Social (BAR)
3:00 Euchre (GR)
3:00 Saturday Afternoon Bingo with Sandra (CK)
3:30 Saturday Afternoon Entertainment: Beethoven | Piano Sonata No. 14 "Moonlight" in C sharp minor | Daniel Barenboim (TH)
6:30 Movie Night: The Spy Who Loved Me (TH)

3

National Sandwich Day!
Activity Packages Available At Reception

10:00 Exercises with Shantel (CK)
10:30 Manor Road United Church YouTube Service (All Welcome) (TH)
10:30 Sunday Trivia (BAR)
2:00 Sunday Movie Screening: Fever Pitch (TH)
2:00 Scrabble (GR)
3:00 Afternoon Tea Social (BAR)
3:00 Creative Colouring and Relaxing Music (CK)
6:30 Movie Night: Fever Pitch (TH)

4

Hearing Clinic (Sign Up @ Reception) (S)

10:00 Seated Exercises with Shantel (CK)
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 Painting with Lynn (Sign Up @ Reception) (PL)
2:00 Musical Movie Monday: This is the Army (TH)
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 Monday: This is the Army (TH)

5

10:00 Gentle Fitness (CK)
10:30 Jumbo Crossword (BAR)
10:45 Falls Prevention Exercise Class (CK)
11:30 Outing to Stratford Festival Theatre - Something Rotten (Sign-up at Reception) (L)
2:00 Euchre (GR)
2:00 Artfull Enrichment Workshop: Watercolour Poppies (PL)
2:00 Walt Disney Animation Movies: Cinderella (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Resident Food Meeting with Crystel (CK)
3:30 Fit Minds-Stay Sharp (CK)
6:30 Movie Night: Big Business (TH)
6:30 Game Night with Sandra: Quiddler (GR)

6

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 Link Word (BAR)
2:00 Crafty Wednesdays with Sandra: Make Your Own Poppy for Remembrance Day (PL)
2:00 Movie Matinee: Mrs. Harris Goes to Paris (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Kings in the Corner (GR)
3:00 Getting to Know Amandeep (Student)-Presentation (CK)
6:30 Poker Night with Effie (GR)
6:30 Movie Night: Mrs. Harris Goes to Paris (TH)

7

10:00 Gentle Fitness (CK)
10:30 Thursday Trivia (BAR)
10:30 Outing to Trinity Presbyterian Church for a Concert (Please Sign Up @ Reception) (L)
10:45 Falls Prevention Exercise Class (CK)
2:00 Loonie Bingo (CK)
2:00 National Geographic: Antarctic Killer Waves (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Happy Hour \$5 a Glass (BAR)
3:00 November Bazaar Meeting (PL)
3:30 5 Crowns Card Game (CK)
6:00 Paraffin Wax Treatment (Register @ Reception) (CK)
6:30 Bridge Night (GR)
6:30 Movie Night: Emma (TH)

8

Wheelchair & Walker Clinic (11:00AM to 1:00PM) (IS)

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)
2:00 Friday Afternoon Bingo w/ Sandra (PL)
2:00 Movie Matinee: The Monuments Men (TH)
3:00 Kings in the Corner (GR)
3:00 Afternoon Tea Social (BAR)
3:00 Living Loving Local Chef's Demo with Crystel- Tomato (CK)
4:30 Living, Loving, Local Themed Dinner (DR)
6:30 Movie Night: The Monuments Men (TH)

9

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 Pastoral | Manfred Honeck & Verbier Festival Orchestra (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Euchre (GR)
3:30 Creative Colouring and Relaxing Music (CK)
6:30 Movie Night: Saving Private Ryan (TH)

10

Activity Packages Available At Reception

10:00 Exercises with Shantel (CK)
10:30 Manor Road United Church YouTube Service (All Welcome) (TH)
10:30 Sunday Trivia (BAR)
11:00 Outing to Cora Breakfast and Lunch for Brunch (Sign up @ Reception) (L)
2:00 Sunday Movie Screening: All Quiet on the Western Front (TH)
2:00 Scrabble (GR)
3:00 Afternoon Tea Social (BAR)
3:30 Name That Tune with Shantel (CK)
6:30 Movie Night: All Quiet on the Western Front (TH)

11

Remembrance Day ! (L)

10:40 Remembrance Day Ceremony w/ Marcus (CK)
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 - Rabindranath Tagore (PL)
2:00 Movie Matinee: The Liberation Men (TH)
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) (IS)
3:30 Java Music Club Sing A-long (CK)
6:30 Movie Night: The Liberation Men (TH)

12

10:00 Gentle Fitness (CK)
10:00 Outing to Hillcrest Mall Group 1 (Sign up @ Reception) (L)
10:30 Jumbo Crossword (BAR)
10:45 Falls Prevention Exercise Class (CK)
1:30 Tuck Shop Meeting (CK)
2:00 Euchre (GR)
2:00 Artfull Enrichment Workshop: Autum Pastel Landscape (PL)
2:00 Walt Disney Animation Movies: Sleeping Beauty (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Canterbury Happy Hour Cocktail Competiton (CK)
6:00 Fit Minds-Stay Sharp (CK)
6:30 Movie Night: Her (TH)

13

National Kindness Day! Wear Yellow

10:00 4 Pictures One Word (BAR)
10:00 Drumfit Classics with Sandra (PL)
10:00 Outing to Hillcrest Mall Group 2 (Sign up @ Reception) (L)
10:15 Seated Yoga With Deborah (CK)
11:00 Go4Life Walking Group to Mel Lastman Square (L)
2:00 Link Word (BAR)
2:00 Make Winter Centerpieces for the Dining Room (PL)
2:00 Movie Matinee: Life with Mikey (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Kings in the Corner (GR)
3:00 Wine Tasting Featuring Wines from South Africa (CK)
6:30 Poker Night with Effie (GR)
6:30 Movie Night: Life with Mikey (TH)

14

10:00 Gentle Fitness (CK)
10:30 Thursday Trivia (BAR)
10:45 Falls Prevention Exercise Class (CK)
2:00 Loonie Bingo (CK)
2:00 National Geographic: Botswana Wild Dogs (TH)
3:00 Afternoon Tea Social (BAR)
3:30 Coffee Tasting (Sign up @ reception) (PL)
6:00 Paraffin Wax Treatment (Register @ Reception) (CK)
6:30 Bridge Night (GR)
6:30 Movie Night: Dolphin Tale (TH)
7:00 Silly Poetry Writing (PL)

15

9:30 Seated Yoga With Deborah (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: Milton's Secret (TH)
3:00 Kings in the Corner (GR)
3:00 Afternoon Tea Social (BAR)
3:00 Friday Afternoon Bingo w/ Sandra (CK)
6:30 Movie Night: Milton's Secret (TH)

16

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: W. A. Mozart: Die Zauberflöte (The Magic Flute) arr. for strings (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Euchre (GR)
3:30 Creative Colouring and Relaxing Music (CK)
6:30 Movie Night: Before and After (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 17 10:00 Exercises with Shantel (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: Love, Guaranteed (TH) 2:00 Scrabble (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 6:30 Movie Night: Love, Guaranteed (TH)	10:00 Seated Exercises with Shantel (CK) 18 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 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Musical Movie Monday: 5 Golden Hours (TH) 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 Monday: 5 Golden Hours (TH)	10:00 Gentle Fitness (CK) 10:00 Outing to Walmart (Sign up @ Reception) Group 1 (L) 19 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Outing to Walmart (Sign up @ Reception) Group 2 (L) 2:00 Getting to Know Kevin (Student)-Presentation (CK) 2:00 Walt Disney Animation Movies: Lady and the Tramp (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: The Grand Seduction (TH) 7:00 Chess for Connection with Andrew and James (GR)	10:00 Canterbury Place Annual Holiday Bazaar (CK) 20 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Link Word (BAR) 2:00 Movie Matinee: Cocoon (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Cocoon (TH)	National Men's Month 21 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 National Geographic: Galapagos Marvels (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour \$5 a Glass (BAR) 3:30 Make Honey Sugar Scrubs (Please Sign up @ Reception) (PL) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Whitney Houston: I Wanna Dance with Somebody (TH) 7:30 Pub Night with Ryan, Roshan and Vincent featuring Toronto Raptors vs Minnesota Timberwolves (Gents Only) (PL)	10:00 Exercises with Sandra (CK) 22 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Scattagories with Sandra (PL) 2:00 Movie Matinee: Ulajh (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Ulajh (TH) 6:45 Friday Night Bingo w/ David Cowper (CK)	10:00 Exercises with Sandra (CK) 23 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. 5 Herbert Blomstedt and the Gewandhausorchester Leipzig (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Larry Crowne (TH)
Activity Packages Available At Reception 24 10:00 Virtual Exercises (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: Another Stakeout (TH) 2:00 Scrabble (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with the West Enders (CK) 6:30 Movie Night: Another Stakeout (TH)	10:00 Drumfit Classics with Shantel (PL) 25 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 Meet Me at the MoMa Presentation - Schiele (PL) 2:00 Musical Movie Monday: Jack and the Beanstalk (TH) 2:30 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 All Resident Information Meeting (CK) 6:30 Musical Movie Monday: Jack and the Beanstalk (TH)	FOOT CLINIC (Sign Up @ Reception) (IS) 26 10:00 Gentle Fitness (CK) 10:00 Outing to One-of-a-Kind Winter Show Group 1 (Sign up @ Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Outing to One-of-a-Kind Winter Show Group 2 (Sign up @ Reception) (L) 2:00 Getting to Know Evarita (Student)-Presentation (PL) 2:00 Walt Disney Animation Movies: Hercules (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: The Founder (TH) 7:00 Sing A-long with Patricia Duffy (PL)	10:00 4 Pictures One Word (BAR) 27 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 Link Word (BAR) 2:00 Make Winter Centerpieces for the Dining Room (PL) 2:00 Movie Matinee: One Fine Morning (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Sense and Smell Cake Tasting (Please Sign Up @ Reception) (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: One Fine Morning (TH)	10:00 Gentle Fitness (CK) 28 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (PL) 2:00 National Geographic: Elephant Quest (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating November Birthdays with Davis Steven (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Happy Go Lovely (TH) 7:00 Clash of Opinions Debate (CK)	National Square Dancing Day 29 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 Scattagories with Sandra (PL) 2:00 Movie Matinee: Before Sunrise (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Sqaure Dancing with Concerts In Cares (CK) 6:30 Movie Night: Before Sunrise (TH) 6:45 Friday Night Bingo w/ David Cowper (CK)	10:00 Exercises with Sandra (CK) 30 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 / Piano Concerto No. 5 E-flat Major Op. 73, Emperor Leif Ove Andsnes - Tadaaki Otaka (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: A Simple Twist of Fate (TH)



MONDAY
NOV
11

Remembrance Day



TUESDAY
NOV
12

National Social Hour Day

Locations Legend

Country Kitchen (CK)

Theatre (TH)

Piano Lounge (PL)

Bar (BAR)

Games Room (GR)

Lobby (L)

In Suite (IS)

Dining Room (DR)

Salon (S)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program