October 2024

Canterbury Place Retirement Residence

Verve INSPIRED SENIOR LIVING

CANTERBURY PLACE RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Active Aging Week International Coffee Day 9:00 Late Breakfast to Tim Hortons with Shantel (Please Sign Up @ 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 Active Aging Documentary Matinee: How Food Affects Our Mental Health | ENDEVR Documentary (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Active Aging Talk with Dr. Azimi (CK) 3:30 Fit Minds-Stay Sharp (PL) 6:30 Movie Night: The Way Back (TH)	**2** Active Aging Week Rosh Hashanah 10:00 4 Pictures One Word (BAR) 10:00 Drumfit Classics with Shantel (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Dempsey Park Lets Explore Nature (L) 2:00 Link Word (BAR) 2:00 Movie Matinee: Best in Show (TH) 2:00 Artsy Wednesdays with Savita: Fall Painting (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Healthy Juice Tasting (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Best in Show (TH)	**3** Active Aging Week Rosh Hashanah 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 12:00 Active Aging Virtual Event Breaking the Age Code (TH) 2:00 The True Meaning Behind the Rosh Hashanah Holiday (TH) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 2:00 Make Peanut Butter Energy Balls (Please Sign up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebration of Rosh Hashanah Concert with the Wander Duo (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Because of Winn-Dixie (TH) 7:00 Loonie Bingo (PL)	**4** Active Aging Week Rosh Hashanah 9:30 Strawberry Banana Smoothie Bar (BAR) 10:00 Virtual Exercises (PL) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Group to Dempsey Park Lets Explore Nature (L) 2:00 Movie Matinee: Chasing Liberty (TH) 2:00 Positive Thinking Presentation with Ben Stellino (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Friday Afternoon Bingo w/ Shantel (CK) 4:30 Shabbat Dinner (Please Sign Up @ Reception) (PL) 6:30 Movie Night: Chasing Liberty (TH)	**5** Active Aging Week 10:00 Tai Chi with Gina (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 Presentation with Lianne Harris - Sailors, Superstitions, and Folklore (Please Sign up @ Reception) (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Essential Oils and Aroma Therapy Learning with Kimberley (CK) 3:30 Saturday Afternoon Entertainment: Beethoven - Symphony No. 5 - Iván Fischer | Concertgebouworkest (TH) 6:30 Movie Night: A Little Chaos (TH)
6 Active Aging Week Activity Packages Available At Reception 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Hope Floats (TH) 2:00 Creative Colouring & Relaxing Music (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (Self Directed) (GR) 3:00 Aging Gracefully Talk with Jocelyn Physiotherapist (PL) 6:30 Movie Night: Hope Floats (TH)	**7** Active Aging Week Hearing Clinic (Sign Up @ Reception) (PL) Wear Your Favourite Sports Team Jersey Day 10:00 Seated Zumba Class with Bette (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 Musical Movie Mondays: Springtime in the Rockies (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: Springtime in the Rockies (TH)	**8** 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Night On Earth: Dusk Till Dawn (TH) 2:00 Story Writing Workshop with Benita Stellino (Please Sign up @ Reception) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (PL) 5:00 Artfull Enrichment Workshop: Fall Birch (PL) 6:30 Movie Night: The Timekeeper (TH) 6:30 Fit Minds-Stay Sharp with Sandra (CK)	**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 Link Word (BAR) 2:00 Crafty Wednesdays with Sandra: Spooky Pumpkin Paper Craft Please sign Up @ Reception (PL) 2:00 Movie Matinee: Ride On (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Living Loving Local Chef's Demo with Crystel- Pumpkin or Squash (CK) 4:30 Living Loving Local Theme Dinner Featuring Squash and Pumpkin (DR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Ride On (TH)	**10** 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Documentary Matinee: India From Above: Modern & Mystic (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour $5 a Glass (BAR) 3:30 4 Crowns Card Game (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Stand By Me (TH) 7:00 Silly Poetry Writing (PL)	**11** 10:00 Virtual Exercises (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 Movie Matinee: Penguin Bloom (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 New Resident Tea (PL) 3:30 Scattegories with Sandra (CK) 6:30 Movie Night: Penguin Bloom (TH) 6:45 Friday Night Bingo w/ David Cowper (CK)	**12** Yom Kippur 10:00 Exercises with Sandra (CK) 10:00 Outing - Famous People Players Performing Arts Theatre (Sign-up at Reception) (L) 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: Symphony no.2 op.27 - Radio Filharmonisch Orkest (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: You've Got Mail (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: Tower Heist (TH) 2:00 Name That Tune with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Tower Heist (TH)	**14** Happy Thanksgiving 10:00 Virtual Exercises (PL) 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: Alice's Restaurant (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Thanksgiving Concert with Filipa Souza (CK) 4:30 Special Thanksgiving Dinner (DR) 6:30 Musical Movie Mondays: Alice's Restaurant (TH)	**15** 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Artfull Enrichment Workshop: Clay Pumpkin (PL) 2:00 Walt Disney Animation Movies: The Lion King (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Dan in Real Life (TH) 6:30 Game Night with Sandra: Quiddler (GR)	**16** Wear Pink for Breast Cancer Awareness Month 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: DIY Trinket Dishes (Sign-up @ Reception) (PL) 2:00 Movie Matinee: When A Man Loves A Woman (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Oktoberfest Beer & Sausage Tasting (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: When A Man Loves A Woman (TH)	**17** 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Documentary Matinee: The Lost Tomb Of Alexander the Great (TH) 3:00 Afternoon Tea Social (BAR) 3:30 4 Crowns Card Game (CK) 3:30 Happy Hour $ 5 a Glass (BAR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Dune (TH) 7:00 Clash of Opinions Debates (CK)	**18** 9:30 Outing on Fall Scenic Tour & Lunch at The Terra Cotta Inn (Sign-up @ Reception) (L) 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: Srikanth (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: Srikanth (TH)	**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: Symphony No. 2 / Robert Schumann / Dowland: Lachrimae Antiquae / Klaus Mäkelä / Oslo Philharmonic (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Breathe (TH)

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20 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: Far From the Madding Crowd (TH) 2:00 Life Enrichment Meeting (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Far From the Madding Crowd (TH)	**21** 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 Musical Movie Mondays: Annie (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) (PL) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Annie (TH)	**22** FOOT CLINIC (Sign Up @ Reception) (IS) 10:00 Gentle Fitness (CK) 10:00 Outing - CF Shops At Don Mills (Sign-up at Reception) Group 1 (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Meet Me at the MoMa Presentation - Vesod Geometric Figurative Work (PL) 2:00 Outing - CF Shops At Don Mills (Sign-up at Reception) Group 2 (L) 2:00 Walt Disney Animation Movies: The Jungle Book (TH) 2:30 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Halloweentown (TH) 6:30 Game Night with Sandra: Matching Sets (GR)	**23** 10:00 4 Pictures One Word (BAR) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (CK) 11:15 Drumfit Classics (CK) 2:00 Link Word (BAR) 2:00 Movie Matinee: We Have A Ghost (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Crafty Wednesdays with Sandra: DIY Halloween Candle Holder (Sign-up @ Reception) (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: We Have A Ghost (TH)	**24** 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 2:00 Loonie Bingo (PL) 2:00 Documentary Matinee: In Beaver Valley (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating October Birthdays with Shannon Graham (CK) 3:30 4 Crowns Card Game (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Casper (TH) 7:00 Silly Poetry Writing (PL)	**25** 10:00 Virtual Exercises (PL) 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: Bettle Juice (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Getting To Know Ashley Utrela Dining Services Supervisor (CK) 6:30 Movie Night: Beetle Juice (TH) 6:45 Friday Night Bingo w/ David Cowper (CK)	**26** 10:00 Exercises with Sandra (CK) 10:00 Outing - Famous People Players Performing Arts Theatre (Sign-up at Reception) (L) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Vaughan Williams: 5. Sinfonie · hr-Sinfonieorchester · Sir Andrew Davis (TH) 2:00 Word in a Word (BAR) 2:30 Getting to Know Savita (Student)-Presentation (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Ghostbusters (TH)
27 Activity Packages Available At Reception 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: Ghostbusters 2 (TH) 2:00 Musical Hang Man with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Ghostbusters 2 (TH)	**28** 10:00 All Resident Information Meeting (CK) 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 Movie Matinee: The Birds (TH) 2:00 Visiting my home in Sicily, Italy Travelouge with Ben Stellino (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Meet Me at the MoMa Presentation -Denyse Thomasos (PL) 3:30 Meet me at the MoMa - Painting Session (PL) 4:00 Java Music Club Sing A-long (CK) 6:30 Movie Night: The Birds (TH)	**29** 10:00 Gentle Fitness (CK) 10:00 Outing to Walmart (Sign up @ Reception) Group 1 (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Outing to Walmart (Sign up @ Reception) Group 2 (L) 2:00 Artfull Enrichment Workshop: Pumpkin Painting (PL) 2:00 Walt Disney Animation Movies: 101 Dalmatians (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Hocus Pocus (TH) 6:30 Poker Night with Effie (GR) 7:00 Sing A-long with Patricia Duffy (PL)	**30** 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 Movie Matinee: Hocus Pocus 2 (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Wine & Cheese Tasting Featuring Vintage Wines & Cheeses (CK) 6:30 Movie Night: Hocus Pocus 2 (TH) 7:00 Top Dog Showcase (CK)	**31** Happy Halloween 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:00 Crafty Thursdays with and Sandra Pumpkin Carving with the children from Toronto French Montessori (CK) 2:00 Loonie Bingo (PL) 2:00 Documentary Matinee: Cleopatra (TH) 3:00 Special Halloween Themed Tea Social (BAR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Addams Family (TH) 7:00 Halloween Concert with Alicia Santos (CK)		

Be Vibrant

Locations Legend

Country Kitchen (CK)
Piano Lounge (PL)
Theatre (TH)
Bar (BAR)
Games Room (GR)
Lobby (L)
Dining Room (DR)
In Suite (IS)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program