



INSPIRED
SENIOR LIVING

January 2025

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 5 10:00 Guided Meditation with Elaine from Mind and Body (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 2:00 Loonie Bingo with Ryan (CK) 2:00 Sunday Movie Screening: Last Holiday (TH) 2:00 Scrabble Self Directed (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with the West Enders (CK) 6:30 Movie Night: Last Holiday (TH)	Hearing Clinic (Sign Up @ Reception, 1:30 - 4:30 p.m.) (S) 6 10:00 Exercises with Shantel (CK) 10:45 Drumfit Classics with Shantel (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Musical Movie Monday: The Wizard of Oz (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) 4:30 Go4Life Walking Grp (L) 6:30 Musical Movie Monday: The Wizard of Oz (TH)	10:00 Gentle Fitness (CK) 7 10:00 Outing to Bayview Shopping Centre (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 Outing to Bayview Shopping Centre (Sign-up at Reception) Group 2 (L) 2:00 Artfull Enrichment Workshop: Winter Cardinal (PL) 2:00 Walt Disney Animation Movies: Anastasia (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: 50 First Dates (TH)	10:00 Tai Chi Class with Gina (CK) 1 2:00 Movie Matinee: The Holdovers (TH) 3:00 Afternoon Tea Social (BAR) 3:00 New Years Concert with The Patricia Duffy Trio (PL) 4:30 Special New Year Dinner (DR) 6:30 Movie Night: The Holdovers (TH)	Last Day of Hanukkah! 2 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 Holiday Documentary: "You Are the Light of the World" - The Feast of Lights, part 2 (TH) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 End of Hanukkah Celebration with the Wander Duo (CK) 6:00 Paraffin Wax Treatment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Pianist (TH)	10:00 Exercises with Sandra (CK) 3 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 12:30 Outing to Imagine Cinemas To watch Mufasa (Please Sign Up @ Reception) (L) 2:00 Clay Sculpting Class with Life Enrichment (Please Sign up @ Reception) (PL) 2:00 Movie Matinee: A Good Year (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (PL) 3:30 Friday Afternoon Bingo (CK) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: A Good Year (TH)	10:00 Exercises with Sandra (CK) 4 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Ludwig van Beethoven: Symphony No. 9 "Choral" in D Minor, Op. 125 (TH) 2:00 Scattergories with Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: While You Were Sleeping (TH)
Activity Packages Available At Reception 12 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Loonie Bingo with Lette (CK) 2:00 Sunday Movie Screening: Our Family Wedding (TH) 2:00 Scrabble Self Directed (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Piano Afternoon with Patricia Duffy (PL) 6:30 Movie Night: Our Family Wedding (TH)	10:00 Tai Chi with John from Kinnected Chain (CK) 13 10:45 Drumfit Classics (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Monday: Road to Bali (TH) 2:00 Meet Me at the MoMa Presentation - Christopher Pratt (PL) 2:30 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Getting To Know Andrea Guranaccia General Manager (CK) 3:00 Tech Corner with the Students (Sign-up at Reception) (IS) 3:30 Java Music Club Sing A-long (CK) 4:30 Go4Life Walking Grp (L) 5:00 Outing- Dinner at Legend Chinese Restuarant (Sign up @ Reception) Group 1 (L) 6:30 Musical Movie Monday: Road to Bali (TH)	10:00 Gentle Fitness (CK) 14 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Walt Disney Animation Movies: Bambi (TH) 2:00 Artfull Enrichment Workshop: Winter Hats (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Clash of Opinions Debate (CK) 6:30 Movie Night: Maria Chapdelaine (TH)	National Hat Day Wear a Fancy Hat 15 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Link Word (BAR) 2:00 Classic Movie Wednesday: McLINTOCK (TH) 2:00 Crafty Wednesdays with Sandra: Paper Crafting (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Martini and Appetizer Tasting (CK) 4:30 Go4Life Walking Grp (L) 5:00 Outing- Dinner at Legend Chinese Restuarant (Sign up @ Reception) Group 2 (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesday: McLINTOCK (TH)	10:00 Gentle Fitness (CK) 16 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Documentary Matinee: How Martin Luther King Jr. Changed the World (TH) 3:00 Afternoon Tea Social (BAR) 3:30 5 Crowns Card Game (CK) 6:00 Paraffin Wax Treatment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Boy in the Stripped Pajamas (TH)	Sonita Jewelry and Clothing Vendor (11:00a.m. to 4:00p.m.) (PL) 17 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Clay Sculpting Class with Life Enrichment (Please Sign up @ Reception) (CK) 2:00 Movie Matinee: Queen (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Living Loving Local Chef's Demo with Crystel- Carots (CK) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Queen (TH) 6:45 Friday Night Bingo w/ David Cowper (CK)	10:00 Exercises with Sandra (CK) 18 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Presentation with Lianne Harris Beijing: Secrets From a Forbidden City (PL) 2:00 Saturday Afternoon Entertainment: Frantz Schubert - Simfonia nr. 6 in Do major (TH) 2:00 Scattergories with Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Café Society (TH)



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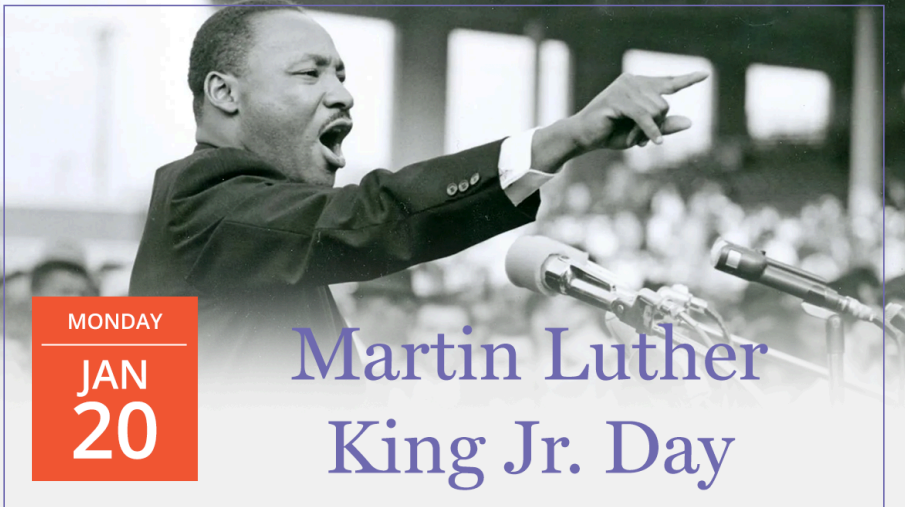
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Popcorn Day! Activity Packages Available At Reception 19 10:00 Seated Yoga with Elaine from Mind and Body (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Imagine Cinemas Experience Featuring James Bond in Dr. NO (TH) 2:00 Scrabble Self Directed (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Loonie Bingo with Shantel (CK) 6:30 Movie Night: Hope Springs (TH)	Martin Luther King Day 20 10:00 Exercises with Sandra (CK) 10:45 Drumfit Classics with Sandra (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Musical Movie Monday: Gypsy (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) 4:30 Go4Life Walking Grp (L) 6:30 Musical Movie Monday: Gypsy (TH)	10:00 Gentle Fitness (CK) 21 10:00 Outing Aga Khan Museum (Sign-up at Reception) Group 1 (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 Walt Disney Animation Movies: Beauty and the Beast (TH) 2:00 Artfull Enrichment Workshop: Winter Fox (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: All The Way (TH)	10:00 Drumfit Classics with Sandra (PL) 22 10:00 Outing Aga Khan Museum (Sign-up at Reception) Group 2 (L) 10:15 Seated Yoga With Deborah (CK) 2:00 Link Word (BAR) 2:00 Crafty Wednesdays with Sandra: Butterfly Wall Hanging Craft (Sign up at Reception) (PL) 2:00 Classic Movie Wednesday: Casablanca (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Taste Of the Mediterranean Demo with Chef Crystel (CK) 4:30 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesday: Casablanca (TH) 7:00 Canterbury 2024 Resident Awards (CK)	10:00 Gentle Fitness (CK) 23 10:30 Thursday Trivia Roshan (BAR) 10:45 Falls Prevention Exercise Class (CK) 11:30 Savor and Sip with Chef Crystel (Invitation Only) (DR) 2:00 Loonie Bingo (CK) 2:00 Documentary Matinee: Martin Luther King Jr. - King in the Wilderness (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 6:00 Paraffin Wax Treatment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Jerry Maguire (TH)	10:00 Exercises with Sandra (CK) 24 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Movie Matinee: Maharaj (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Name That Tune with Sandra (CK) 3:00 Celebrating Robbie Burns Entertainment with the Westenders (CK) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Maharaj (TH) 6:45 Friday Night Bingo w/ David Cowper (CK)	Robbie Burns Day! 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 Saturday Afternoon Entertainment: Brahms: Piano Concerto No. 2 Yefim Bronfman, Antonio Pappano & the Verbier Festival Orchestra (TH) 2:00 Scattergories with Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Madeline (TH)
Activity Packages Available At Reception 26 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 11:39 BRUNCH (DR) 2:00 Loonie Bingo with Crystel (CK) 2:00 Sunday Movie Screening: Dog Days (TH) 2:00 Scrabble Self Directed (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Piano Afternoon with Patricia Duffy (PL) 6:30 Movie Night: Dog Days (TH)	27 10:00 All Resident Information Meeting (CK) 10:45 Drumfit Classics (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Meet Me at the MoMa Presentation - J M W Turner (PL) 2:00 Musical Movie Monday: Aladdin (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) 4:30 Go4Life Walking Grp (L) 6:30 Musical Movie Monday: Aladdin (TH)	FOOTCARE CLINIC (Sign Up @ Reception) (IS) 28 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 Walt Disney Animation Movies: Coco (TH) 2:00 Sip and Paint with Shantel & Sandra (Please Sign up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: 20,000 Leagues Under the Sea (TH) 7:00 Sing A-long with Patricia Duffy (PL)	Lunar New Year! 29 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Link Word (BAR) 2:00 Crafty Wednesdays with Sandra: Chinese Firecrackers Craft (PL) 2:00 Movie Matinee: Crazy Rich Asians (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Chinese Tea Tasting with Kevin Lee (CK) 4:30 Special Lunar New Year Dinner (DR) 4:30 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Crazy Rich Asians (TH)	10:00 Gentle Fitness (CK) 30 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (PL) 2:00 Documentary Matinee: The Traditions of the Chinese New Year (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating January Birthdays with Fanny Maciel (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Us and Them (TH) 7:00 Clash of Opinions Debate (CK)	National Hot Chocolate Day! 31 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 New Resident Tea (PL) 2:00 Movie Matinee: Empire of Light (TH) 3:00 Kings in the Corner (GR) 3:00 Special Afternoon Tea Social Featuring Homemade Hot Chocolate (BAR) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Empire of Light (TH)	



SUNDAY

JAN 19

National Popcorn Day



MONDAY

JAN 20

Martin Luther King Jr. Day

Locations Legend

Country Kitchen (CK)

Piano Lounge (PL)

Theatre (TH)

Bar (BAR)

Games Room (GR)

Lobby (L)

Dining Room (DR)

In Suite (IS)

Outside (O)

Salon (S)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program