



INSPIRED
SENIOR LIVING

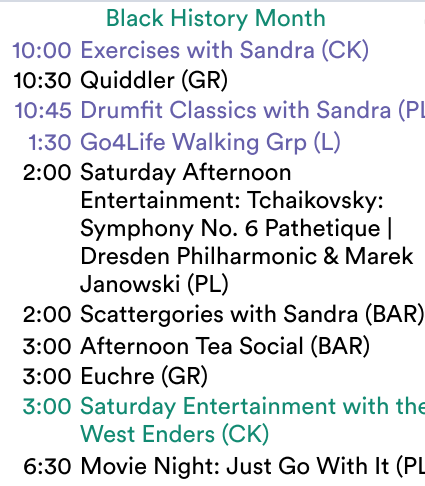
February 2025

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Black History Month	 SUNDAY FEB 02 Groundhog Day	 MONDAY FEB 17 Family Day		 Black History Month		
Groundhog Day! Activity Packages Available At Reception 10:00 Tai Chi with Thomas from Kinnected Chain (CK) 10:30 Sunday Trivia with Shantel (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Groundhog Celebration with Tony Puglisi (CK) 6:30 Movie Night: A Jazzman's Blues (PL)	Hearing Clinic (Sign Up @ Reception, 1:30 - 4:30 p.m.) (S) 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) (CK) 2:00 Musical Movie Monday: Oklahoma! (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: Oklahoma! (PL)	Ladies One Stop Shop (10:00AM. to 3:00PM) (PL) 10:00 Outing to Centerpoint Mall Group 1 (Sign-up at Reception) (L) 10:00 Guided Meditation with Mahsa from Mind and Body (CK) 10:30 Riddle Me This (BAR) 2:00 Euchre (GR) 2:00 Artfull Enrichment Workshop: Clay Heart Holder (PL) 2:00 Outing to Centerpoint Mall Group 2 (Sign-up at Reception) (L) 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: The Lost King (PL)	10:00 Drumfit Classics with Shantel (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 General Meeting of the Resident Association (CK) 2:00 Meet Me at the MoMa Presentation - Anthony Eyton (PL) 2:30 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 4:30 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesday: Pocketful of Miracles (PL)	10:00 Gentle Fitness (CK) 10:30 Outing to Trinity Presbyterian Church for a Concert (Please Sign Up @ Reception) (L) 10:30 Thursday Trivia with Simone (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Documentary Matinee: Simone Biles Rising - Write Me Down in History (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour \$5 a Glass (BAR) 3:30 Clash of Opinions Debate (CK) 6:00 Paraffin Wax Treatment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Green Book (PL)	Anne Marie Fifth Avenue Jewelry - Vendor (11:00AM-3:00PM) (PL) 10:00 Exercises with Shantel (CK) 10:30 Quiddler with Andrea (GR) 10:45 Drumfit Classics (PL) 2:00 Movie Matinee: Dhil Dhadakne Do (PL) 2:00 Musical Hang Man with Shantel (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Dhil Dhadakne Do (PL) 6:45 Friday Night Bingo w/ David Cowper (CK)	10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Mahler: Symphony No. 1 Staatskapelle Dresden & Fabio Luisi 2008 (PL) 2:00 Scattergories with Sandra (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Juanita (PL)
Superbowl Day! National Pizza Day! Activity Packages Available At Reception 10:00 Virtual Exercises (PL) 10:30 Sunday Trivia with Lette (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Lette (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Piano Afternoon with Patricia Duffy (PL) 6:30 Movie Night: Aloha (BAR) 6:30 NFL Superbowl Pizza Watch Party Featuring Philadelphia Eagles vs Kanas City Chiefs (PL)	10:00 Exercises with Sandra (CK) 10:45 Drumfit Classics with Sandra (PL) 11:30 Special Bistro Lunch (Sign up @ Reception) (BAR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Meet Me at the MoMa Presentation - Betty Goodwin (CK) 2:30 Outspoken Book Reading with Jim (PL) 2:30 Meet me at the MoMa - Painting Session (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) 4:30 Go4Life Walking Grp (L) 6:30 Musical Movie Monday: Roman Holiday (PL)	10:00 Gentle Fitness (CK) 10:00 Outing to St Lawrence Market (Sign-up at Reception) (L) 10:30 Riddle Me This (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 2:00 Artfull Enrichment Workshop: Valentine's Day Card (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: The Bridges of Madison County (PL)	10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Crafty Wednesdays with Sandra: DIY Valentines Mini Tag (Sign-up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from South Africa (CK) 4:30 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Monday: Moonstruck (PL)	Galentines Day! 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 Documentary Matinee: Simone Biles Rising - I Will Not Be Broken (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Galentines Day Gnocchi Making with Andrea (Please Sign Up @ Reception) (CK) 6:00 Paraffin Wax Treatment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Notting Hill (PL)	Valentines Day! 10:00 Exercises with Sandra (PL) 10:30 Church Service with Msgr. Pat (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Chocolate Covered Strawberry Making with Shantel and Sandra (Please Sign Up @ Reception) (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Valentines Day Dance with Marcus Schwan (CK) 4:30 Go4Life Walking Grp (L) 4:30 Special Valentines Dinner (DR) 6:30 Movie Night: The Notebook (PL) 6:45 Friday Night Bingo w/ David Cowper (CK)	10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Shantel (PL) 1:30 Go4Life Walking Grp (L) 2:00 Presentation with Lianne Harris: Canada's Black History (PL) 2:00 Scattergories with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Saturday Afternoon Entertainment: Tchaikovsky: Piano Concerto No. 1, Op. 23 - Anna Fedorova - Live Concert HD (PL) 6:30 Movie Night: Mansfield Park (PL)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 16 10:00 Tai Chi with Thomas from Kinnetted Chain (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Simone (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Simone (CK) 2:00 Sunday Movie Screening: Soul Food (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Soul Food (PL)	Family Day! 17 10:00 Guided Meditation with Mahsa from Mind and Body (CK) 10:45 Drumfit Classics (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (CK) 2:00 Fit Minds-Stay Sharp (Pick up @ Reception) (IS) 3:00 Afternoon Tea Social (BAR) 3:00 Family Day Entertainment with Martin Wall (PL) 4:30 Go4Life Walking Grp (L) 6:30 Musical Movie Monday: Funny Girl (PL)	10:00 Gentle Fitness (CK) 18 10:00 Outing to Orris Labs for Perfume Making Workshop (Sign-up at Reception) (L) 10:30 Riddle Me This (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Artfull Enrichment Workshop: Cotton Swab Cherry Blossom (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Clash of Opinions Debate (CK) 6:30 Movie Night: Remember the Titans (PL)	10:00 Drumfit Classics with Sandra (PL) 19 10:15 Seated Yoga With Deborah (CK) 11:00 Outing- Brunch at Sunset Grill (Sign up @ Reception) (L) 2:00 Painting Wednesday with Sandra: Butterfly Wall Hanging (PART TWO) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Living Loving Local Chef's Demo with Crystel- Potatoes (CK) 4:30 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesday: Ruby Bridges (PL)	10:00 Gentle Fitness (CK) 20 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Documentary Matinee: Simone Biles Rising - I Will Defy The Odds (PL) 2:00 Loonie Bingo (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Coffee Tasting (Sign up @ reception) (PL) 6:00 Paraffin Wax Treatment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Hidden Figures (PL)	10:00 Exercises with Sandra (CK) 21 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:30 Special Bistro Lunch (Sign up @ Reception) (BAR) 2:00 Musical Hang Man with Shantel (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Clay Sculpting Class with Shantel & Sandra (Please Sign up @ Reception) (CK) 4:30 Go4Life Walking Grp (L) 4:30 Special Caribbean Themed Dinner (DR) 6:30 Movie Night: Mudbound (PL)	National Margarita Day! 22 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (PL) 1:30 Go4Life Walking Grp (L) 2:00 Scattergories with Sandra (CK) 2:00 Saturday Afternoon Entertainment: Beethoven 9- Chicago Symphony Orchestra- Ricardo Mutti (Sign Up at Reception) (PL) 3:00 Euchre (GR) 3:00 Special Maragrita Day Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Shirley (PL)
Activity Packages Available At Reception 23 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Loida (BAR) 11:30 BRUNCH (DR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Crystel (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with Martin Wall (PL) 6:30 Movie Night: The Beautiful Game (PL)	10:00 All Resident Information Meeting (CK) 24 10:45 Drumfit Classics (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Trivia Competition Don Mills vs Canterbury Place Redemption (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 4:30 Go4Life Walking Grp (L) 6:30 Musical Movie Monday: The Color Purple (PL)	FOOTCARE CLINIC (Sign Up @ Reception) (IS) 25 10:00 Gentle Fitness (CK) 10:00 Outing to Walmart Group 1 (Sign up @ Reception) (L) 10:30 Riddle Me This (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Outing to Walmart (Sign up @ Reception) Group 2 (L) 3:00 Afternoon Tea Social (BAR) 3:00 Technology and You Presentation with Kevin & Kaycee Placement Students (PL) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Clash of Opinions Debate (CK) 6:30 Movie Night: The Six Triple Eight (BAR) 7:00 Sing A-long with Patricia Duffy (PL)	Wear Pink Shirt for Awareness and action against Bullying 26 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Crafty Wednesdays with Sandra: Walker's Nametag (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 4:30 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesday: Glory (PL)	10:00 Gentle Fitness (CK) 27 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 11:30 Savour and Sip with Chef Crystel (Invitation Only) (PDR) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating February Birthdays with John Amato (CK) 3:30 Clash of Opinions Debate (CK) 6:00 Paraffin Wax Treatment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Help (PL)	Mobile Senior Shop (11:00AM to 2:30PM) (PL) 28 National Floral Design Day Wear Floral Blouses! 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating Black History Month: Presentation (CK) 4:30 Go4Life Walking Grp (L) 4:30 Black History Month Special Dinner (DR) 6:30 Movie Night: Passing (PL) 6:45 Friday Night Bingo w/ David Cowper (CK)	



SATURDAY
FEB
22

National Margarita Day



WEDNESDAY
FEB
26

National Pink Shirt Day

Locations Legend

Country Kitchen (CK)

Piano Lounge (PL)

Bar (BAR)

Games Room (GR)

Lobby (L)

Theatre (TH)

In Suite (IS)

Dining Room (DR)

Private Dining Room (PDR)

Salon (S)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program