



INSPIRED
SENIOR LIVING

May 2025

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 4 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Adrienn (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Sunday Movie Screening: Midnight In Paris (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Loonie Bingo with Adrienn (CK) 6:30 Movie Night: Midnight in Paris (TH)	10:00 Exercises with Shantel (CK) 5 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Movie Matinee: Mary Poppins (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Cinco De Mayo Entertainment with Eliza Rose (CK) 4:30 Special Cinco De Mayo themed Dinner (DR) 6:30 Movie Night: Mary Poppins (TH) 7:30 Classical Band/Orchestra Concert at Trinity Presbyterian Church (Please Sign Up @ Reception) (L)	10:00 Gentle Fitness (CK) 6 10:00 Outing to Hillcrest Mall Group 1 (Sign up @ Reception) (L) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Disney Live Animation: The Lion King (2019) (TH) 2:00 Outing to Hillcrest Mall Group 2 (Sign up @ Reception) (L) 2:00 Artfull Enrichment Workshop: Mother's Day Peonies & Poem (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Manchester By the Sea (TH)	10:00 Drumfit Classics with Sandra (PL) 7 10:15 Seated Yoga With Deborah (CK) 1:00 Outing to Meridian Arts Centre – Greenwin Theatre (Sign up @ Reception) Limited Seating (L) 2:00 Movie Matinee: Dead Poets Society (TH) 2:00 Clash of Opinions (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Debbie Volunteer: DIY Bird Cage (Please Sign Up @ Reception) (PL) 4:30 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Movie Night: Dead Poets Society (TH)	10:00 Gentle Fitness (CK) 8 10:30 Thursday Trivia with Andrea (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: A Man on the Inside: "The Spy Who Came in from the Cold" (TH) 2:00 Name That Tune with Crystel & Loida (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour \$5 a Glass (BAR) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Erin Brockovich (TH) 7:00 Loonie Bingo (CK)	Himali Organic Vitamins and Skin Care Vendor (11:00AM to 3:00PM) 9 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 Friday Afternoon Bingo with Sandra (CK) 2:00 Movie Matinee: The Lost Daughter (TH) 2:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: The Lost Daughter (TH)	10:00 Exercises with Sandra (CK) 10 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 1:30 Go4Life Walking Grp (L) 2:00 Scattergories with Sandra (PL) 2:00 Saturday Afternoon Entertainment: Rossini and Verdi - The Netherlands Radio Philharmonic Orchestra and Radio Choir (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Joy Luck Club (TH)
Mother's Day Activity Packages Available At Reception 11 10:00 Seated Yoga with Tanvi (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Shantel (BAR) 11:30 Mother's Day Brunch! (DR) 2:00 Scrabble Self Directed (GR) 2:00 Sunday Movie Screening: Stepmom (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating Mother's Day with Marcus Schwan (CK) 6:30 Movie Night: Stepmom (TH)	10:00 Exercises with Sandra (CK) 12 10:45 Drumfit Classics with Sandra (PL) 11:00 Go4Life Walking Grp (L) 1:30 Meet Me at the MoMa Presentation - Alex Colville (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Meet me at the MoMa - Painting Session (PL) 2:00 Movie Matinee: Second Chorus (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 Movie Night: Second Chorus (TH)	10:00 Gentle Fitness (CK) 13 10:00 Outing to Woodhill Garden Centre Group 1 (Sign-up at Reception) (L) 10:30 Riddle Me This (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Disney Live Animation: Mufasa: The Lion King (2024) (TH) 2:00 Outing to Woodhill Garden Centre Group 2 (Sign-up at Reception) (L) 2:00 Artfull Enrichment Workshop: Grumpy Cats (PL) 2:30 Movie Meeting Suggest your Favourite Movies (CK) 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 Best Exotic Marigold Hotel (TH)	9:30 Smoothie Wednesdays: Pina Colada Protein Smoothie (BAR) 14 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Movie Matinee: The Book Thief (TH) 2:00 Crafty Wednesdays with Debbie Volunteer: DIY Baby Pig Craft (Please Sign Up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Spring Cocktail and Sea Food Tasting (CK) 4:30 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Movie Night: The Book Thief (TH)	10:00 Gentle Fitness (CK) 15 10:30 Thursday Trivia with Lette (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: Murdock Mysteries "Great Balls of Fire" Part 1 (TH) 2:00 Outing to Downtown Winery for a Wine Tasting (Sign-up at Reception) (L) 2:00 Musical Hang Man with Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: The Last Days if Lehman Brothers (TH) 7:00 Loonie Bingo (CK)	National Pizza Day! 16 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Make your Own Pizza at Blaze Pizza (Sign up @ Reception) (CK) 11:30 Special Bistro Lunch (Sign up @ Reception) (BAR) 2:00 Movie Matinee: My Dog, the Thief (TH) 2:00 Friday Afternoon Bingo with Shantel (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Clay Sculpting Session (Please Sign up @ Reception) (PL) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: My Dog, the Thief (TH)	10:00 Exercises with Shantel (CK) 17 10:30 Quiddler (GR) 10:45 Drumfit Classics with Shantel (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Brahms: Piano Concerto No. 1 Daniel Barenboim, Gustavo Dudamel & the Staatskapelle Berlin (TH) 2:00 Name That Tune with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Conclave (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 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Ryan (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Ryan (CK) 2:00 Sunday Movie Screening: The Life List (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The Life List (TH)	Victoria Day 19 10:00 Tai Chi with Thomas from Kinnected Chain (CK) 10:45 Drumfit Classics with Shantel (PL) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (CK) 2:00 Movie Matinee: Young Victoria (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Victoria Day Celebration with Patricia Duffy (PL) 6:30 Movie Night: Young Victoria (TH)	10:00 Gentle Fitness (CK) 20 10:30 Riddle Me This (BAR) 10:45 Falls Prevention Exercise Class (CK) 11:00 Lunch to Eataly Resturant Group 1 (Sign up @ Reception) (L) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Disney Live Animation: Cinderella (2015) (TH) 2:00 Scavenger Cocktail Hunt (BAR) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:00 Fit Minds-Stay Sharp (PL) 6:30 Movie Night: To Olivia (TH) 7:00 The Chorolairs Performance (CK)	9:30 Smoothie Wednesdays: Kale Smoothie (BAR) 21 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Lunch to Eataly Resturant Group 2 (Sign up @ Reception) (L) 1:30 Meet Me at the MoMa Presentation - Faith Ringgold (PL) 2:00 Movie Matinee: The Breakfast Club (TH) 2:00 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Living Loving Local Chef's Demo with Crystel- (CK) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Movie Night: The Breakfast Club (TH)	10:00 Gentle Fitness (CK) 22 10:00 Walk to Mel Lastman Square Farmers Market (Please Sign Up @ Reception) (O) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: Murdock Mysteries " Great Balls of Fire" Part 2 (TH) 3:00 Afternoon Tea Social (CK) 3:00 Canterbury Place Spring Bake Sale (CK) 4:30 Living Loving Local Theme Dinner (DR) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Little Women (TH) 7:00 Loonie Bingo (CK)	Fifth Avenue Jewelry - Vendor (11:00AM-2:00PM) (PL) 23 10:00 Exercises with Sandra (CK) 10:00 Walk to Mel Lastman Square Farmers Market (Please Sign Up @ Reception) (O) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Movie Matinee: Kiss Me Goodbye (TH) 2:30 High Tea with the Sparkettes Duo (R.S.V.P. at Reception) (DR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Kiss Me Goodbye (TH)	Walk for Alzheimer's Day 24 8:30 Outing to Garrison Common to Walk in support of Alzheimer's (Sign up @ Reception) (L) 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 (PL) 2:00 Saturday Afternoon Entertainment: Rachmaninow: 3. Sinfonie · hr-Sinfonieorchester · Andris Poga (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Secret Life of Bees (TH)
Activity Packages Available At Reception 25 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Andrea (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Andrea (PL) 2:00 Sunday Movie Screening: Oblivion (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with the West Enders (CK) 6:30 Movie Night: Oblivion (TH)	10:00 All Residents Information Meeting (CK) 26 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Movie Matinee: Down to Earth (TH) 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) 6:30 Movie Night: Down to Earth (TH)	FOOTCARE CLINIC (Sign Up @ Reception) (IS) 27 10:00 Gentle Fitness (CK) 10:00 Outing to The Real Canadian Superstore 1 (Sign up @ Reception) (L) 10:30 Riddle Me This (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Disney Live Animation: The Little Mermaid (TH) 2:00 Outing to The Real Canadian Superstore 2 (Sign up @ Reception) (L) 2:00 Artfull Enrichment Workshop:Cactus Oasis (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: The French Dispatch (TH) 7:00 Sing A-long with Patricia Duffy (PL)	National Red Shirt Day! Let's Wear a Red Shirt 28 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Fresh Juice Tasting (CK) 2:00 Movie Matinee: Gone With the Wind (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Debbie: Diamond Painting (Please Sign Up @ Reception) (PL) 3:30 Life Enrichment Meeting (PL) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Movie Night: Gone With the Wind (TH)	10:00 Gentle Fitness (CK) 29 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: Murdock Mysteries " A Study in Pink" (TH) 2:00 The Art and Science of Fragrance: Exploring the World of Perfume with Athena (Please Sign Up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating May Birthdays with Patricia Barlow (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Akeelah and the Bee (TH) 7:00 Loonie Bingo (CK)	10:00 Exercises with Sandra (CK) 30 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:30 Sip and Savour with Crystel (Sign up @ Reception) (PDR) 2:00 Friday Afternoon Bingo with Shantel (CK) 2:00 Movie Matinee: The Florida Project (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Clay Creations: Painting Your Masterpiece (Please Sign up @ Reception) (PL) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: The Florida Project (TH)	10:00 Exercises with Sandra (CK) 31 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 1:30 Go4Life Walking Grp (L) 2:00 Scattergories with Sandra (PL) 2:00 Saturday Afternoon Entertainment: Schumann: Symphony No. 1; The Spring Symphony - Philharmonie Südwestfalen Schubert: Symphony No. 8 Unfinished Iván Fischer & Budapest 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: Mending the Line (TH)

MONDAY

MAY

19

Victoria Day

WEDNESDAY

MAY

28

Red Shirt Day

Locations Legend

Country Kitchen (CK)

Theatre (TH)

Piano Lounge (PL)

Bar (BAR)

Games Room (GR)

Lobby (L)

Dining Room (DR)

In Suite (IS)

Outside (O)

Salon (S)

Private Dining Room (PDR)

Calendar Legend

Outing

Special Program

Cruise Week

Living, Loving, Local

Signature Program