



INSPIRED
SENIOR LIVING

July 2025

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Canada Day 1 10:00 Seated Yoga with Jamie (CK) 10:30 Tuesday Trivia with Crystel & Shantel (BAR) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: The Firebird - National Ballet of Canada; Music by Igor Stravinsky (TH) 2:00 Special Poutine Demo with Chef Crystel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Canada Day Entertainment with Andy De Campos (CK) 6:30 Movie Night: The Company of Strangers (TH)	2 10:00 Drumfit Classics Exercises (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Classic Movie Wednesdays: Forrest Gump (TH) 2:00 Artful Enrichment Presentation: American Landscapes (PL) 2:00 Riddle Me This (BAR) 3:00 Afternoon Tea Social (BAR) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Forrest Gump (TH)	3 10:00 Gentle Fitness (CK) 10:30 Outing: Classical Band/Orchestra Concert at Trinity Presbyterian Church (Please Sign Up @ Reception) (L) 10:30 Thursday Trivia with Crystel (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: Murdoch Mystery "Weekend at Murdoch's" (TH) 2:00 Musical Hang Man with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Strength Training and Cardio to Ward off Dementia Presentation with Lorne Opler (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Belfast (TH) 7:00 Loonie Bingo (CK)	4 Hearing Clinic (Sign Up @ Reception, 1:30 - 4:30 p.m.) (PL) 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Friday Afternoon Bingo with Shantel (CK) 2:00 Movie Matinee:The Bucket List (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: The Bucket List (TH)	5 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Presentation with Lianne Harris: Canada's Growing Pains: 1885-1918 (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 3:30 Saturday Afternoon Entertainment: Mozart: Piano Concerto No. 23 Menahem Pressler, Gulbenkian Orchestra & Leo Hussain (TH) 6:30 Movie Night: Nonnas (TH)
	6 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 with Simone (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Sunday Movie Screening: What Happens Later (TH) 2:00 Loonie Bingo with Simone (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Live Entertainment with Zac (CK) 6:30 Movie Night:What Happens Later (TH)	7 10:00 Seated Yoga with Tanvi (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 Musical Movie Mondays: La La Land (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (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 Musical Movie Mondays: La La Land (TH)	8 Ladies One Stop Shop (10:00AM. to 3:00PM) (PL) 10:00 Gentle Fitness (CK) 10:00 Outing to Toronto Premium Outlets Group 1 (Sign-up at Reception) (L) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: The Sleeping Beauty - Staatsballett Berlin - Deutsche Oper Berlin (TH) 2:00 Artfull Enrichment Workshop: Northern Lakeside Painting (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (PL) 6:00 Clash of Opinions Debate (CK) 6:30 Movie Night: Zodiac (TH)	9 9:30 Smoothie Wednesdays: Avocado Smoothie (BAR) 10:00 Outing to Toronto Premium Outlets Group 2 (Sign-up at Reception) (L) 10:00 Drumfit Classics (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Classic Movie Wednesdays: Pillow Talk (TH) 2:00 Crafty Wednesdays with Debbie: String Painting (Please Sign Up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Pillow Talk (TH)	10 10:00 Gentle Fitness (CK) 10:30 Thursdai Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: Murdoch Mystery "Excitable Chap" (TH) 2:00 Musical Hang Man with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour \$5 a Glass (BAR) 3:00 Exercises with Sandra (PL) 3:30 Make Your Own Raspberry Popsicle (Sign up @ Reception) (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Shepherds (TH) 7:00 Loonie Bingo (CK)	11 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 Movie Matinee: Parkland (TH) 2:00 Friday Afternoon Bingo with Sandra (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (PL) 3:30 Clay Sculpting Class with Sandra (Please Sign up @ Reception) (CK) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Parkland (TH)
13 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 with Roshan (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Sunday Movie Screening: 80 For Brady (TH) 2:00 Sunday Entertainment with Tony Puglisi (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Loonie Bingo with Roshan (PL) 6:30 Movie Night: 80 For Brady (TH)	14 10:00 Exercises with Shantel (CK) 10:30 Drumfit Classics (PL) 10:30 Fall Prevention Presentation with Jeff Trinh (CK) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Wicked (TH) 2:30 Meet Me at the MoMa Presentation - Jeff Wall (PL) 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 Musical Movie Mondays: Wicked (TH)	15 Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) Happy Anniversary Canterbury! 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Cinderella - Full Length Ballet by Instituto Nacional De Las Bellas Artes (TH) 2:00 Canterbury Place Anniversary & First Responders BBQ Celebration (2:00PM to 4:00PM) (CD) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The Boy in the Woods (TH)	16 9:30 Outing to Downey Farms Market for Raspberry Picking (Sign up @ Reception) (L) 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Classic Movie Wednesdays: The Godfather (TH) 2:00 Crafty Wednesdays with Sandra: Frida Kahlo 3D Paper Doll (Sign-up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Summer Cocktail Tasting (3T) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: The Godfather (TH)	17 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 11:30 The Velvet Glove Society (Please Sign up @ Reception) (BAR) 2:00 Netflix Series: Murdoch Mystery "The Devil Inside" (TH) 2:00 Musical Hang Man with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Exercises with Sandra (CK) 3:30 Re-Introduction to the Life Enrichment Department (PL) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Suite Francaise (TH)	18 Fifth Avenue Jewelry - Vendor (11:00AM-2:00PM) (PL) 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Friday Afternoon Bingo with Shantel (CK) 2:00 Movie Matinee: Book Club (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Clay Creations: Painting Your Masterpiece (Please Sign up @ Reception) (PL) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Book Club (TH)	19 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: Seong-jin Cho - Beethoven piano concerto No.3 in c minor op.37 Yunchan Lim 임윤찬 – MOZART Piano Concerto No. 22 in E-flat Major, K. 482 – 2022 Cliburn Competition (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Exercises with Sandra (PL) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Snow White (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 20 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Andrea (BAR) 11:00 Lunch Outing to Rogers Centre for the BlueJays Game (Sign up @ Reception) (L) 2:00 Scrabble Self Directed (GR) 2:00 Sunday Movie Screening: It Had To Be You (TH) 2:00 Loonie Bingo with Andrea (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: It Had To Be You (TH)	10:00 Exercises with Shantel (CK) 21 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 Musical Movie Mondays: Annie (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (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: Annie (TH)	Fit Minds-Stay Sharp (Pick-up @ Reception) (IS) 22 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 11:00 Lunch Outing to Evviva (Sign up @ Reception) (L) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Coppélia - Full Length Ballet by Bolshoi Theatre ft. Natalia Osipova (TH) 2:00 Blindfolded Bliss Chocolate Tasting Experience (Please Sign Up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Living Loving Local Chef's Demo with Crystel- Featuring Raspberries (CK) 4:30 Living, Loving, Local Themed Dinner (DR) 6:00 Clash of Opinions Debate (CK) 6:30 Movie Night: The Zone of Interest (TH)	9:30 Smoothie Wednesdays: Sunshine Daydream Smoothie (BAR) 23 10:00 Drumfit Classics Exercises (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Lunch Outing to Evviva (Sign up @ Reception) (L) 11:30 The Silver Spoon Society Lunch (Please Sign Up @ Reception) (BAR) 2:00 Classic Movie Wednesdays: The Curious Case of Benjamin Button (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: The Curious Case of Benjamin Button (TH)	10:00 Gentle Fitness (CK) 24 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 11:30 Bistro Lunch (Sign up @ Reception) (BAR) 2:00 Netflix Series: Murdoch Mystery "A Murdog Mystery" (TH) 2:00 Musical Hang Man with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Exercises with Sandra (PL) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Sugarcane (TH) 7:00 Loonie Bingo (CK)	10:00 Exercises with Sandra (CK) 25 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Movie Matinee: The Odd Life of Timothy Green (TH) 2:00 Friday Afternoon Bingo with Shantel (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Getting To Know Sandra Daniel, Life Enrichment Supervisor (CK) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: The Odd Life of Timothy Green (TH)	10:00 Exercises with Sandra (CK) 26 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Beethoven 9- Chicago Symphony Orchestra- Ricardo Mutti (Sign Up at Reception) (TH) 2:00 Scattergories with Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Exercises with Sandra (PL) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Ford V Ferrari (TH)
Activity Packages Available At Reception 27 10:00 Virtual Exercises (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Crystel (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Sunday Movie Screening: Stories We Tell (TH) 2:00 Loonie Bingo with Loida (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Stories We Tell (TH)	10:00 All Resident Information Meeting (CK) 28 10:45 Drumfit Classics Exercises (PL) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Happy Go Lovely (TH) 2:00 Meet Me at the MoMa Presentation - Luchita Hurtado (PL) 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 Musical Movie Mondays: Happy Go Lovely (TH)	FOOTCARE CLINIC (Sign Up @ Reception) (IS) 29 10:00 Gentle Fitness (CK) 10:00 Outing to Walmart (Sign up @ Reception) Group 1 (L) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Swan Lake: A Timeless Ballet by the Paris Opera Ballet (TH) 2:00 Outing to Walmart (Sign up @ Reception) Group 2 (L) 2:00 Artful Enrichment Workshop: Watercolour Beach Textures (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (PL) 6:00 Clash of Opinions Debate (CK) 6:30 Movie Night: Miracle at Midnight (TH) 7:00 Sing A-long with Patricia Duffy (PL)	National Friendship Day! Easy Fit Shoes Vendor (11:00AM to 3:00PM) (PL) 30 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Classic Movie Wednesdays: Never Say Never Again (TH) 2:00 Lets Make Care Packages for the Shelter (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Make Your Own Banana Bread (Sign up @ Reception) (CK) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Never Say Never Again (TH)	10:00 Gentle Fitness (CK) 31 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: Murdoch Mystery "The Missing" (TH) 2:00 Musical Hang Man with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating July Birthdays with Samira Yeo (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Million Dollar Arm (TH) 7:00 Loonie Bingo (CK)	WEDNESDAY JULY 9 Fashion Day	

WEDNESDAY
JULY
16

National Hot Dog Day

Calendar Legend

- Outing
- Special Program
- Cruise Week
- Living, Loving, Local
- Signature Program



Locations Legend

- | | |
|----------------------|--------------------------|
| Country Kitchen (CK) | In Suite (IS) |
| Piano Lounge (PL) | Canterbury Driveway (CD) |
| Theatre (TH) | Salon (S) |
| Bar (BAR) | 3rd Floor Terrace (3T) |
| Games Room (GR) | Dining Room (DR) |
| Lobby (L) | |