



INSPIRED
SENIOR LIVING

August 2026

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Friendship Day



Civic Holiday



Eat Outside Day

10:00 Exercises with Athena (CK)
10:30 Quiddler (Self-Directed) (GR)
10:45 Drumfit Classics with Athena (PL)
1:30 Go4Life Walking Grp (L)
2:00 Sign Up for Programs & Outings ONLY TIME (PL)
2:00 Saturday Afternoon Entertainment: 2CELLOS - Live in Zagreb 2016 [FULL CONCERT] (TH)
2:30 Scattergories with Mai -Vy (CK)
3:00 Euchre (GR)
3:00 Afternoon Tea Social (BAR)
3:30 Fit Minds-Stay Sharp with Mai-Vy (CK)
6:30 Movie Night: Heaven Can Wait (TH)

Activity Packages Available At Reception 2
10:00 Virtual Full Length Tai Chi Class | Piedmont Healthcare (PL)
10:30 Manor Road United Church YouTube Service (All Welcome) (TH)
10:30 Sunday Trivia with Allan (BAR)
2:00 Scrabble Self Directed (GR)
2:00 Loonie Bingo with Ryan (CK)
2:00 Opera Gala: André Rieu - Romantic Paradise (Full Concert) (TH)
3:00 Afternoon Tea Social (BAR)
6:30 Movie Night: Shelter (TH)

10:00 Seated Yoga with Shweta (CK) 3
2:00 Bridge Game (2:00pm to 4:00pm) (GR)
2:00 Painting with Lynn (Sign Up Required) (PL)
2:00 Musical Movie Mondays: Down Argentine Way (TH)
2:00 Go4Life Walking Grp to Dempsey Park (L)
3:00 Afternoon Tea Social (BAR)
3:00 Civic Holiday Entertainment with the Nolstagics (3T)
6:30 Musical Movie Mondays: Down Argentine Way (TH)

Access Abilities Service Clinic Sign Up @ Reception (10:00AM- 11:30AM) (PL) 4
10:00 Gentle Fitness (CK)
10:45 Falls Prevention Exercise Class (CK)
11:30 Outing - Shaw Festival for "One for the Pot" play (Sign up Required) (L)
1:30 Spelling Bee Challenge (CK)
2:00 Euchre (GR)
2:00 Artful Enrichment Workshop: Sea Turtle Painting (PL)
2:00 Ballet Masterpiece: Sleeping Beauty - Full Ballet Performance - Premier 2025 by Imperial Classic Ballet (TH)
3:00 Afternoon Tea Social (BAR)
3:30 Learn to Play 5 Crowns with Kay (CK)
6:30 Movie Night: The Big Blue (TH)

10:00 Outing to Bayview Village Group 1 (Sign Up Required) (L) 5
10:15 Seated Yoga With Deborah (CK)
2:00 Crafty Wednesdays with Athena: Textured Painting (Sign Up Required) (PL)
2:00 Outing to Bayview Village Group 2 (Sign Up Required) (L)
2:00 Classic Movie Wednesdays: Dead Poets Society (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Resident Food Meeting with Crystel (CK)
3:30 Cryptograms with Athena (PL)
6:30 Classic Movie Wednesdays: Dead Poets Society (TH)

10:00 Gentle Fitness (CK) 6
10:00 Outing to Walmart (Sign Up Required) Group 1 (L)
10:30 Thursday Trivia with Crystel and Loida (BAR)
10:45 Falls Prevention Exercise Class (CK)
2:00 Outing to Walmart (Sign Up Required) Group 2 (L)
2:00 Musical Hang Man with Shantel (PL)
2:00 Ted Talk Thursday Features: Elon Musk: The Future We're Building -- And Boring (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Loonie Bingo with Shantel (CK)
5:30 Paraffin Wax Treatment (TH)
6:30 Bridge Night (GR)
6:30 Movie Night: Ocean's Twelve (PL)
7:00 Evening Drinks and Live Guitar Entertainment with Ben Chan (3T)

Hearing Clinic (Sign Up @ Reception, 1:00 - 4:00 p.m.) (GR) 7
Anne Marie Fifth Avenue Jewelry - Vendor (11:00AM-3:00PM) (TH)
National Beer Day!
8:30 Summer Events: Breakfast with the Managers (BAR)
10:00 Go4Life Walking Grp (L)
10:00 Virtual Exercises (PL)
10:30 Quiddler with Athena (GR)
11:30 Cooking and Connections with Chef Crystel (Sign Up Required) (PDR)
2:00 Friday Afternoon Bingo with Cleopatra (CK)
2:00 Council's Pick Movie Fridays: Citizen Kane (PL)
3:00 Afternoon Tea Social (BAR)
3:00 Karaoke Sing A Long/ Pub Afternoon Featuring Heineken (3T)
6:30 Council's Pick Movie Fridays: Citizen Kane (TH)

Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 8
10:00 Exercises with Athena (CK)
10:30 Quiddler (Self-Directed) (GR)
10:45 Drumfit Classics with Athena (PL)
1:30 Go4Life Walking Grp (L)
2:00 Scattergories with Athena (CK)
2:00 Saturday Afternoon Entertainment: 2CELLOS - LIVE at Arena di Verona 2016 [FULL CONCERT] (TH)
3:00 Euchre (GR)
3:00 Afternoon Tea Social (BAR)
3:00 Learn with Mai Vy- Origami Lotus Craft (Sign Up Required) (PL)
6:30 Movie Night: Air Force One (TH)

Activity Packages Available At Reception 9
10:00 Virtual Full Length Tai Chi Class | Piedmont Healthcare (PL)
10:30 Manor Road United Church YouTube Service (All Welcome) (TH)
10:30 Sunday Trivia with Allan (BAR)
2:00 Scrabble Self Directed (GR)
2:00 Loonie Bingo with Cleopatra (CK)
2:00 Opera Gala: Nikolay Rimsky-Korsakov, The Legend of Kitezh (TH)
3:00 Afternoon Tea Social (BAR)
6:30 Movie Night: City of Angels (TH)

10:00 Seated Zumba Class with Bette (CK) 10
10:45 Drumfit Classics with Athena (PL)
1:30 Go4Life Walking Grp to Dempsey Park (L)
2:00 Bridge Game (2:00pm to 4:00pm) (GR)
2:00 Musical Movie Mondays: Springtime In The Rockies (TH)
2:00 Crafty Mondays with Jasnoor: Ballerina Art (Sign Up Required) (PL)
3:00 Special Farewell to our Students Afternoon Tea Social (CK)
6:30 Musical Movie Mondays: Springtime In The Rockies (TH)

10:00 Gentle Fitness (CK) 11
10:30 Outing to Woodbine Casino (Sign Up Required) (L)
10:45 Falls Prevention Exercise Class (CK)
1:30 Resident Council Meeting (PL)
2:00 Euchre (GR)
2:00 Artful Enrichment Workshop: Whale's Tail (CK)
2:00 Tour the Kitchen with Chef Crystel (Sign Up Required) (BAR)
2:00 Ballet Masterpiece: Raymonda: Bolshoi Ballet (TH)
3:00 Afternoon Tea Social (BAR)
3:30 Word in a Word With Antoinette (CK)
6:30 Movie Night: Passengers (TH)

10:15 Seated Yoga With Deborah (CK) 12
10:30 Go4Life Walking Grp (L)
2:00 Crafty Wednesdays with Athena: Second Life Bottles, Painting Recycled Wine Bottles (Sign Up Required) (PL)
2:00 Classic Movie Wednesdays: The Book Thief (TH)
2:00 Health and Wellness Meeting with Cleopatra (BAR)
3:00 Afternoon Tea Social (BAR)
3:00 Wine Tasting Featuring Wines from Spain (CK)
6:30 Classic Movie Wednesdays: The Book Thief (TH)

10:00 Gentle Fitness (PL) 13
10:30 Thursday Trivia with Simone (BAR)
10:45 Falls Prevention Exercise Class (PL)
2:00 Musical Hang Man with Athena (CK)
2:00 Ted Talk Thursday Features: Why Most News Isn't Worth Your Attention | TED Explains the World with Ian Bremmer (TH)
3:00 Afternoon Tea Social (BAR)
3:30 Cryptograms with Athena (CK)
5:30 Paraffin Wax Treatment (PL)
6:30 Bridge Night (GR)
6:30 Movie Night: The Prestige (TH)
7:00 Loonie Bingo with Athena (CK)

10:00 Seated Yoga with Shweta (PL) 14
10:30 Church Service with Msgr. Pat (CK)
10:30 Quiddler Self Directed (GR)
2:00 Friday Afternoon Bingo with Lette (CK)
2:00 Council's Pick Movie Fridays: City Lights (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Karaoke Sing A Long/ Pub Afternoon Featuring Mai Tai (3T)
4:30 Living, Loving, Local Themed Dinner Featuring Peaches (DR)
6:30 Council's Pick Movie Fridays: City Lights (TH)

Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 15
10:00 Exercises with Athena (CK)
10:30 Quiddler (Self-Directed) (GR)
10:45 Drumfit Classics with Athena (PL)
1:30 Go4Life Walking Grp (L)
2:00 Speed Friendship: Get to Know Your Neighbours (All Residents Are Welcome) 2:00PM to 3:30PM (CK)
2:00 Saturday Afternoon Entertainment: 2CELLOS - LIVE at Arena Pula 2013 [FULL CONCERT] (TH)
3:00 Euchre (GR)
3:00 Afternoon Tea Social (BAR)
6:30 Movie Night: The Shape of Water (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 16 10:00 Virtual Full Length Tai Chi Class Piedmont Healthcare (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Allan (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Adrienn (CK) 2:00 Opera Gala: Mozart and Salieri - Opera in Concert 2016 (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: A Space Odyssey (TH)	Access Abilities Service Clinic Sign Up @ Reception (10:00AM- 11:30AM) (S) 17 10:00 Exercises with Athena (CK) 10:45 Drumfit Classics with Athena (PL) 12:00 Outing: Lunch at St Louis Bar and Grill Group 1 (Sign Up Required) (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up Required) (PL) 2:00 Musical Movie Mondays: Royal Wedding (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Royal Wedding (TH)	10:00 Gentle Fitness (CK) 18 10:45 Falls Prevention Exercise Class (CK) 1:30 Spelling Bee Challenge (CK) 2:00 Euchre (GR) 2:00 Artful Enrichment Workshop: Jellyfish Painting (PL) 2:00 Ballet Masterpiece: The Fairy Doll Vaganova Ballet Academy (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Living Loving Local Chef's Demo with Crystel- Featuring Peaches (CK) 6:30 Movie Night: Kicking and Screaming (TH)	10:15 Seated Yoga With Deborah (CK) 19 10:30 Go4Life Walking Grp (L) 2:00 Scam Awareness Presentation with Cst. Mustafa (CK) 2:00 Classic Movie Wednesdays: 9 to 5 (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Life Enrichment Meeting (PL) 6:30 Classic Movie Wednesdays: 9 to 5 (TH)	10:00 Gentle Fitness (CK) 20 10:30 Thursday Trivia Allan (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Musical Hang Man with Athena (CK) 2:00 Ted Talk Thursday Features: Which Idea Wins Over 4,000 People? Amman (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Cryptograms with Athena (CK) 5:30 Paraffin Wax Treatment (GR) 6:30 Movie Night: Field of Dreams (TH) 7:00 Loonie Bingo with Athena (CK)	8:30 Summer Events: Breakfast with the Managers (BAR) 21 10:00 Go4Life Walking Grp (L) 10:00 Virtual Exercises (PL) 10:30 Quiddler with Athena (GR) 11:30 Summer BBQ Style Lunch (DR) 2:00 Friday Afternoon Bingo with Ryan and Alwen (CK) 2:00 Council's Pick Movie Fridays: It's A Wonderful Life (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Karaoke Sing A Long/ Pub Afternoon Featuring Woo Woo (3T) 6:30 Council's Pick Movie Fridays: It's A Wonderful Life (TH)	10:00 Exercises with Athena (CK) 22 10:30 Quiddler (Self-Directed) (GR) 10:45 Drumfit Classics with Athena (PL) 1:30 Go4Life Walking Grp (L) 2:00 Scattergories with Athena (CK) 2:00 Saturday Afternoon Entertainment: 2CELLOS - "Back to the Roots" FULL CONCERT 2015 (Classical) (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: Hamnet (TH)
Activity Packages Available At Reception 23 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Allan (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Lette (CK) 2:00 Opera Gala: Arnold SCHÖNBERG - Moses und Aron [Complete version] (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with Martin Wall (PL) 6:30 Movie Night: The Fighter (TH)	10:00 Exercises with Athena (CK) 24 10:45 Drumfit Classics with Athena (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Opera Box Concert (CD) 2:00 Musical Movie Mondays: Holiday Inn (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Holiday Inn (TH)	FOOTCARE CLINIC (Sign Up @ Reception) (IS) 25 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Artful Enrichment Workshop: Koi Fish Acrylic Painting (CK) 2:00 Ballet Masterpiece: The Ballet of The Red Shoes TCM (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Spelling Bee Challenge (CK) 6:30 Movie Night: Stargate (TH) 7:00 Sing A-long with Patricia Duffy (PL)	10:15 Seated Yoga With Deborah (CK) 26 10:30 Go4Life Walking Grp (L) 2:00 Classic Movie Wednesdays: Charade (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Triple C Farm Explore the Furry Animals (CD) 6:30 Classic Movie Wednesdays: Charade (TH)	10:00 Gentle Fitness (CK) 27 10:30 Thursday Trivia with Athena (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo with Lette and Loida (CK) 2:00 Ted Talks Feature: Why Democracy Requires Renewal Michael Dimock & What Sitting All Day Does to Your Brain and Body Keith Diaz (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating August Birthdays with Amber Hardy (3T) 6:30 Bridge Night (GR) 6:30 Movie Night: Hitch (TH)	10:00 Go4Life Walking Grp (L) 28 10:00 Exercises with Athena (CK) 10:30 Quiddler with Athena (GR) 2:00 Friday Afternoon Bingo with Carole (CK) 2:00 Council's Pick Movie Fridays: Sister Act (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Council's Pick Movie Fridays: Sister Act (TH)	Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 29 10:00 Exercises with Shantel (CK) 10:30 Quiddler (Self-Directed) (GR) 10:45 Drumfit Classics with Shantel (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: HAUSER - First EVER 'Rebel With a Cello' show! - Live in Budapest 2022 (Full Concert) (TH) 2:00 Scattergories with Shantel (PL) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Music for Healing Presentation with Shannon Grahman (CK) 6:30 Movie Night: We Live In Time (TH)
Activity Packages Available At Reception 30 10:00 Virtual Full Length Tai Chi Class Piedmont Healthcare (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Allan (BAR) 11:30 BRUNCH (DR) 2:00 Scrabble Self Directed (GR) 2:00 Loonie Bingo with Crystel and Jisna (CK) 2:00 Opera Gala: NABUCCO di Giuseppe Verdi - Direttore Michele Mariotti - Regia Yoshi Oida (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The Beekeeper (TH)	10:00 All Residents Information Meeting (CK) 31 1:30 Meet Me at the MoMa Presentation - Cynthia McLean's 'Sailors Ashore' (PL) 1:30 Meet Me at the MoMa Painting Session (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Disney's Snow White (Live Version) (TH) 2:00 Go4Life Walking Grp to Dempsey Park (L) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Disney's Snow White (Live Version) (TH)	Be Supported		Locations Legend Country Kitchen (CK) Theatre (TH) Bar (BAR) Piano Lounge (PL) Games Room (GR) Lobby (L) 3rd Floor Terrace (3T) In Suite (IS) Dining Room (DR) Canterbury Driveway (CD) Private Dining Room (PDR) Salon (S)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program