



INSPIRED
SENIOR LIVING

October 2026

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breast Cancer Awareness Month

Thanksgiving

Activity Packages Available At Reception **4**

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 Opera Gala: Rimsky-Korsakov - Mozart & Salieri, Complete Opera (TH)
2:00 Loonie Bingo with Lette (CK)
3:00 Afternoon Tea Social (BAR)
3:00 Play 5 Crowns with Kay (PL)
6:30 Movie Night: California Suite (TH)

Active Aging Week **11**
Activity Packages Available At Reception

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 Opera Gala: The Crane Opera Ensemble - Zazà (Leoncavallo) - 3/24/22 (TH)
2:00 Loonie Bingo with Cleopatra (CK)
3:00 Afternoon Tea Social (BAR)
3:00 Play 5 Crowns with Kay (PL)
6:30 Movie Night: Agent Cody Banks (TH)

Active Aging Week **5**

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 Go4Life Walking Grp to Dempsey Park (L)
2:00 Painting with Lynn (Sign Up Required) (PL)
2:00 Musical Movie Mondays: Guys and Dolls (TH)
3:00 Tea and Treasures Social (BAR)
3:30 Java Music Club Sing A-long (CK)
6:30 Musical Movie Mondays: Guys and Dolls (TH)

Happy Thanksgiving ! **12**
Special Thanksgiving Dinner (DR)

10:00 Seated Yoga with Shweta (PL)
2:00 Bridge Game (2:00pm to 4:00pm) (GR)
2:00 Afternoon Cinema: The Blind Side (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Celebrate Thanksgiving with Antonella Vizzini (CK)
6:30 Movie Night: The Blind Side (TH)

Active Aging Week **6**

10:00 Gentle Fitness (CK)
10:00 Outing to Bayview Village Group 1 (Sign Up Required) (L)
10:45 Falls Prevention Exercise Class (CK)
2:00 Euchre (GR)
2:00 Ballet Masterpiece: A Swan Lake - Choreographed By Alexander Ekman Act 1 - Norwegian National Opera Orchestra (TH)
2:00 Outing to Bayview Village Group 2 (Sign Up Required) (L)
2:00 Oral and Dental Health Talk with Dr. Azimi (CK)
3:00 Afternoon Tea Social (BAR)
3:30 Ring Toss Challenge (CK)
6:30 Movie Night: Emma (TH)

Anne Marie Fifth Avenue Jewelry - Vendor (11:00AM-3:00PM) (PL) **13**
Access Abilities Service Clinic Sign Up @ Reception (10:00AM- 11:30AM) (PL)

10:00 Gentle Fitness (CK)
10:00 Outing to Walmart (Sign Up Required) Group 1 (L)
10:45 Falls Prevention Exercise Class (CK)
1:30 Resident Council Meeting (PL)
2:00 Euchre (GR)
2:00 Ballet Masterpiece: Chopiniana (Las Sifides) Kirov Ballet 1999 (TH)
2:00 Artful Enrichment Workshop: A Spider's Web (CK)
3:00 Afternoon Tea Social (BAR)
3:30 Spelling Bee Challenge (CK)
6:30 Movie Night: The Bourne Identity (TH)

Active Aging Week **7**
EYE CARE EXPRESS (9:30 am - 3:00 pm) (PL)

8:30 Active Aging Special Smoothie Galore: Blueberry Banana Chia Smoothie (BAR)
10:15 Seated Yoga With Deborah (CK)
10:30 Go4Life Walking Grp (L)
2:00 Active Aging Features: Healthy Aging | Aging Matters | NPT Reports (TH)
2:00 Resident Food Meeting with Crystel (BAR)
2:00 Reading Buddy Program (CK)
3:00 Afternoon Tea Social (BAR)
3:30 Learn Hungarian with Adrienn (CK)
6:30 Movie Night: Casino (TH)

10:15 Seated Yoga With Deborah (CK) **14**
10:30 Go4Life Walking Grp (L)
1:30 Meet Me at the MoMa Presentation - Winslow Homer (PL)
2:00 Seinfeld Wednesdays: Season 2 Episode 5: The Apartment & Episode 6: The Statue (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 - Featuring Pumpkins and Squash (CK)
3:00 Mahjong (Self-Directed) (GR)
6:30 Movie Night: The Great Dictator (TH)

10:00 Gentle Fitness (CK) **1**

10:30 Thursday Trivia with Lette (BAR)
10:45 Falls Prevention Exercise Class (CK)
2:00 Ted Talk Thursday Features: The Secret to Deeper Conversations | TED Intersections (TH)
2:00 Roger's Bulk Service Townhall (CK)
3:00 Afternoon Tea Social (BAR)
3:30 Sign Up for Programs & Outings ONLY TIME (PL)
5:30 Paraffin Wax Treatment (PL)
6:30 Bridge Night (GR)
6:30 Movie Night: Mr. Church (TH)
7:00 Loonie Bingo with Athena (CK)

Active Aging Week **8**
9:30 Outing to St. Jacobs Farmer Market (Sign Up Required) (L)

10:00 Gentle Fitness (CK)
10:30 Thursday Trivia with Adrienn (BAR)
10:45 Falls Prevention Exercise Class (CK)
2:00 Ted Talk Thursday Features: Sugar is Not a Treat | Jody Stanislaw | TEDxSunValley (TH)
2:00 Musical Hang Man with Athena (PL)
3:00 Afternoon Tea Social (BAR)
3:00 Morning Sun Presentation with Lorne Opler (CK)
5:30 Paraffin Wax Treatment (PL)
6:30 Bridge Night (GR)
6:30 Movie Night: The Pianist (TH)
7:00 Loonie Bingo with Athena (CK)

10:00 Gentle Fitness (CK) **15**
10:00 Outing to Walmart (Sign Up Required) Group 2 (L)

10:30 Thursday Trivia with Loida (BAR)
10:45 Falls Prevention Exercise Class (CK)
2:00 Ted Talk Thursday Features: The Power of Vulnerability | Brené Brown | TED (TH)
2:00 Loonie Bingo with Shantel (CK)
3:00 Afternoon Tea Social (BAR)
3:00 Cryptograms with Shantel (CK)
3:30 Paraffin Wax Treatment (CK)
6:30 Bridge Night (GR)
6:30 Movie Night: A Handful of Dust (TH)

Living, Loving, Local Themed Dinner Featuring Pumpkins and Squash (DR) **2**

Hearing Clinic (Sign Up @ Reception, 1:00 - 4:00 p.m.) (GR)
10:00 Go4Life Walking Grp (L)
10:00 Exercises with Shantel (CK)
10:30 Quiddler with Shantel (GR)
2:00 Friday Afternoon Bingo with Shantel (PL)
2:00 Council's Pick Movie Fridays: Number 24 (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Table Tennis (Sign Up Required) (CK)
6:30 Movie Night: Number 24 (TH)

Active Aging Week **9**
Avon Body Care Vendor (11:00AM to 3:00PM) (PL)

10:00 Go4Life Walking Grp (L)
10:00 Exercises with Shantel (PL)
10:30 Church Service with Msgr. Pat (CK)
10:30 Quiddler with Shantel (GR)
2:00 Council's Pick Movie Fridays: Woman In Gold (TH)
2:00 Dance and Rhythm Class with Shantel (CK)
3:00 Afternoon Tea Social (BAR)
3:30 Mini Golf Challenge (PL)
6:30 Movie Night: Woman In Gold (TH)

10:00 Go4Life Walking Grp (L) **16**
10:00 Exercises with Shantel (CK)

10:30 Quiddler with Shantel (GR)
2:00 Friday Afternoon Bingo with Simone (PL)
2:00 Council's Pick Movie Fridays: Canadian Bacon (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Karaoke Sing A Long/ Pub Afternoon Featuring Classic Mismosa (CK)
6:30 Movie Night: Canadian Bacon (TH)

10:00 Exercises with Athena (CK) **3**

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: John Williams & Steven Spielberg Orchestra Live - Complete Live Concert (TH)
3:00 Euchre (GR)
3:00 Afternoon Tea Social (BAR)
3:30 Fit Minds-Stay Sharp (CK)
6:30 Movie Night: The Running Man (TH)

Active Aging Week **10**
Fit Minds-Stay Sharp (Pick Up @ Reception) (IS)

10:00 Tai Chi with Thomas from Kinected Chain (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: Itzhak Perlman - Beethoven: Violin Concerto (with Daniel Barenboim, Berliner Philharmoniker) (TH)
2:00 Presentation with Lianne Harris - Fables and Fairytales (CK)
3:00 Euchre (GR)
3:00 Afternoon Tea Social (BAR)
3:30 Around the World Through Senses (Sign Up Required) (PL)
6:30 Movie Night: Hans Christian Andersen (TH)

Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) **17**

10:00 Outing: on Fall Scenic Tour & Lunch at The Terra Cotta Inn (Sign Up Required) (L)
10:30 Quiddler (Self-Directed) (GR)
1:30 Go4Life Walking Grp (L)
2:00 Saturday Afternoon Entertainment: Lloyd Webber: The Phantom Of The Opera - Symphonic Suite (TH)
3:00 Afternoon Tea Social (BAR)
3:00 Euchre (Self Directed) (GR)
6:30 Movie Night: Mrs. Ratcliffe's Revolution (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 18 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 Opera Gala: Richard Strauss - Arabella (Renée Fleming & Alfred Muff) Full Opera Zurich Opera House (TH) 2:00 Loonie Bingo with Adrienn (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Play 5 Crowns with Kay (PL) 6:30 Movie Night: Romance On The Orient Express (TH)	10:00 Exercises with Shantel (CK) 19 10:45 Drumfit Classics with Shantel (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Go4Life Walking Grp to Dempsey Park (L) 2:00 Painting with Lynn (Sign Up Required) (CK) 2:00 Musical Movie Mondays: Lights Of Old Santa Fe (TH) 3:00 Tea and Teasures Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Lights Of Old Santa Fe (TH)	10:00 Gentle Fitness (CK) 20 10:45 Falls Prevention Exercise Class (CK) 11:30 Outing: Lunch to Fox and John 1 (Sign Up Required) (L) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Stravinsky - Ballet "L'Oiseau de feu" - Diana Vishneva (TH) 2:00 Artful Enrichment Workshop: Fall Path Painting (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 3:30 Spelling Bee Challenge (CK) 6:30 Movie Night: The Mystery of a Hansom Cab (TH)	10:15 Seated Yoga With Deborah (CK) 21 10:30 Go4Life Walking Grp (L) 2:00 Seinfeld Wednesdays: Season 2 Episode 7: The Revenge & Episode 8: The Heart Attack (TH) 2:00 Crafty Wednesdays with Shantel: DIY Dried Flower Bookmark (Sign Up Required) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from France (CK) 3:00 Mahjong (Self-Directed) (GR) 6:30 Movie Night: Gidget (TH)	10:00 Gentle Fitness (CK) 22 10:30 Thursday Trivia with Shantel (BAR) 10:45 Falls Prevention Exercise Class (CK) 11:30 Outing: Lunch to Fox and John Group 2 (Sign Up Required) (L) 2:00 Ted Talk Thursday Features: Brain magic Keith Barry (TH) 2:00 Loonie Bingo with Ryan (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Cryptograms with Shantel (PL) 3:30 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Marriage Story (TH)	8:00 Breakfast with the Managers (BAR) 23 10:00 Go4Life Walking Grp (L) 10:00 Seated Exercises with Shantel (CK) 10:30 Quiddler with Shantel (GR) 2:00 Council's Pick Movie Fridays: Twelve O'Clock High (TH) 2:00 Friday Afternoon Bingo with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Health and Wellness Meeting with Cleopatra (PL) 3:30 Table Tennis (Sign Up Required) (CK) 6:30 Movie Night: Twelve O'Clock High (TH)	Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 24 Bazaar Day (CK) 10:00 Exercises with Shantel (CK) 10:30 Quiddler (Self-Directed) (GR) 2:00 Saturday Afternoon Entertainment: Lloyd Webber: Sunset Boulevard - Symphonic Suite (TH) 2:00 Canterbury Place Fall Bazaar (2:00p.m. to 4:00p.m.) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (Self Directed) (GR) 6:30 Movie Night: Pride & Prejudice (TH)
Activity Packages Available At Reception 25 BRUNCH (DR) 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 Opera Gala: Giacomo Puccini – LA RONDINE (Ekaterina Bakanova - Magda) (TH) 2:00 Loonie Bingo with Crystel (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with Martin Wall (PL) 3:00 Play 5 Crowns with Kay (GR) 6:30 Movie Night: The Addams Family (1991) (TH)	Toronto Municipal Election 8:00AM to 9:30PM (PL) 26 Access Abilities Service Clinic Sign Up @ Reception (10:00AM- 11:30AM) (S) 10:00 All Resident Information Meeting (CK) 1:30 Meet Me at the MoMa Presentation - Edward Gorey (CK) 1:30 Meet Me at the MoMa Painting Session (CK) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Go4Life Walking Grp to Dempsey Park (L) 2:00 Afternoon Cinema: Frankenstein (2004) (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Movie Night: Frankenstein (2004) (TH)	FOOTCARE CLINIC (Sign Up @ Reception) (IS) 27 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Sofiane Sylve in Tchaikovsky's The Sleeping Beauty - Acts II and III (TH) 2:00 Artful Enrichment Workshop: Bats in Flight (CK) 3:00 Afternoon Tea Social (BAR) 3:00 New Resident Tea (Invitation Only) (PL) 6:30 Movie Night: Terror Train (TH) 7:00 Sing A-long with Patricia Duffy (PL)	Wear Pink for Breast Cancer Awareness Month 28 10:15 Seated Yoga With Deborah (CK) 10:30 Go4Life Walking Grp (L) 2:00 Crafty Wednesdays with Shantel: DIY Flowers In A Frame (Sign Up Required) (PL) 2:00 Seinfeld Wednesdays: Season 2 Episode 9: The Deal & Episode 10: The Baby Shower (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Taste of Germany Demonstration (CK) 3:00 Mahjong (Self-Directed) (GR) 6:30 Movie Night: The Birds (TH)	Cryptogams (Pick up at Reception) (L) 29 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia with Shantel (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Ted Talk Thursday Features: How to stop feeling anxious about anxiety Tim Box TEDxFolkestone (TH) 2:00 Musical Hang Man with Athena (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating October Birthdays with Kristen Prince (CK) 5:30 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Assault On Precinct 13 (TH) 7:00 Loonie Bingo with Athena (CK)	10:00 Go4Life Walking Grp (L) 30 10:00 Exercises with Athena (CK) 10:30 Quiddler with Athena (GR) 2:00 Friday Afternoon Bingo with Lette (CK) 2:00 Council's Pick Movie Fridays: The Negotiator (1994) (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Karaoke Sing A Long/ Pub Afternoon Featuring Classic Paloma (CK) 6:30 Movie Night: The Negotiator (1994) (TH)	Happy Halloween 31 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 Saturday Afternoon Entertainment: Copland: Appalachian Spring (TH) 2:00 Fit Minds-Stay Sharp (PL) 3:00 Euchre (GR) 3:00 Halloween Concert with Jack Cooper (CK) 3:00 Special Halloween Themed Tea Social (CK) 6:30 Movie Night: Sinners (TH)



Halloween

Be Celebrated

Locations Legend

Country Kitchen (CK)
Theatre (TH)
Piano Lounge (PL)
Bar (BAR)

Games Room (GR)
Lobby (L)
In Suite (IS)
Dining Room (DR)
Salon (S)

Calendar Legend

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