



INSPIRED
SENIOR LIVING

September 2026

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY LABOUR DAY Labour Day		10:00 Gentle Fitness (CK) 1 10:00 Sign Up for Programs & Outings ONLY TIME (PL) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Artful Enrichment Workshop: Van Gogh Series: Sunflowers (CK) 2:00 Ballet Masterpiece: The Sleeping Beauty I Australian Ballet 2015 (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Spelling Bee Challenge (CK) 6:30 Movie Night: Epic Elvis Presley In Concert (TH)	10:15 Seated Yoga With Deborah (CK) 2 10:30 Go4Life Walking Grp (L) 2:00 Seinfeld Wednesdays: Episode 1: Seinfeld/ Episode 2: The Stake Out (TH) 2:00 5 Crowns Card Game (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Explore Tv Show Theme Songs Presentation with James (CK) 6:30 Movie Night: Beverly Hills Cop (TH)	10:00 Gentle Fitness (CK) 3 10:30 Thursday Trivia with Crystel (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Ted Talk Thursday Features: The Simple Habit for a Happier Social Life Nicholas Epley TED (TH) 2:00 Musical Hang Man with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Cryptograms with Shantel (CK) 5:30 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Before Sunrise (TH) 7:00 Loonie Bingo with Shantel (CK)	Hearing Clinic (Sign Up @ Reception, 1:00 - 4:00 p.m.) (GR) 4 10:00 Seated Yoga with Jamie (CK) 10:30 Quiddler (Self Directed) (GR) 2:00 Friday Afternoon Bingo with Adrienn (PL) 2:00 Council's Pick Movie Fridays: Independence Day (TH) 3:00 Afternoon Tea Social (BAR) 4:30 Living, Loving, Local Themed Dinner Featuring Apples (DR) 6:30 Movie Night: Independence Day (TH)	10:00 Exercises with Shantel (CK) 5 10:30 Quiddler (Self-Directed) (GR) 10:45 Drumfit Classics with Shantel (PL) 1:30 Go4Life Walking Grp (L) 2:00 Scattergories with Shantel (PL) 2:00 Saturday Afternoon Entertainment: Foreigner 40th Anniversary with the 21st Century Symphony Live (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: King Arthur (TH)
Activity Packages Available At Reception 6 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: NABUCCO, VERDI, COMPANIONS OPERA, AHOY ARENA, ROTTERDAM, 2001 (TH) 2:00 Loonie Bingo with Cleopatra (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Play 5 Crowns with Kay (CK) 6:30 Movie Night: Hachi A Dog's Tale (TH)	Labour Day 7 10:00 Virtual Exercises (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: Bye Bye Birdie (TH) 3:00 Labour Day Entertainment with Shannon Graham (CK) 3:00 Special Afternoon Tea Social (BAR) 6:30 Movie Night: Bye Bye Birdie (TH)	Access Abilities Service Clinic Sign Up @ Reception (10:00AM- 11:30AM) (S) 8 10:00 Gentle Fitness (CK) 10:00 Outing to Centerpoint Mall (Sign Up Required) Group 1 (L) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Outing to Centerpoint Mall (Sign Up Required) Group 2 (L) 2:00 Artful Enrichment Workshop: Van Gogh Series: Wheatfield (PL) 2:00 Ballet Masterpiece: St Petersburg Ballet Theatre - Swan Lake ft Irina Kolesnikova (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrate Rosh Hashanah with Jospeh! (CK) 6:30 Movie Night: Sherlock Holmes (2009) (TH)	10:15 Seated Yoga With Deborah (CK) 9 10:30 Go4Life Walking Grp (L) 10:30 Yummy Market Outing (O) 2:00 Seinfeld Wednesdays: Episode 3: The Robbery/ Episode 4: Male Unbonding (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Athena: Treasures of The Tide Frame (PL) 3:00 A Culinary Journey: Taste of India (CK) 6:30 Movie Night: William Shakespeare's Romeo + Juliet (TH)	10:00 Gentle Fitness (CK) 10 10:30 Thursday Trivia with Shantel (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Musical Hang Man with Athena (PL) 2:00 Ted Talk Thursday Features: How Community Notes Reduce Viral Misinformation Keith Coleman, Jay Baxter TED (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (CK) 3:30 Cryptograms with Shantel (PL) 5:30 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: The Good Sheperd (TH) 7:00 Loonie Bingo with Athena (CK)	Rosh Hashanah 11 8:30 Summer Events: Breakfast with the Managers (BAR) 10:00 Go4Life Walking Grp (L) 10:00 Exercises with Athena (PL) 10:30 Church Service with Msgr. Pat (CK) 10:30 Quiddler with Shantel (GR) 10:45 Drumfit Classics with Athena (PL) 2:00 Friday Afternoon Bingo with Shantel & Athena (CK) 2:00 Rosh Hashanah Celebration: Discover the Meaning Behind Rosh Hashanah Traditions! (TH) 3:00 Special Afternoon Tea Social featuring Apples and Honey (BAR) 3:00 Karaoke Sing A Long/ Pub Afternoon Featuring Frozen Peach Bellini (3T) 4:30 Shabbat Dinner (Sign Up Required) (PL) 6:30 Movie Night: Twelve Angry Men (PL)	Rosh Hashanah 12 OPEN HOUSE 10:00 Exercises with Athena (CK) 10:30 Quiddler (Self-Directed) (GR) 10:45 Drumfit Classics with Athena (PL) 1:00 Colour Your Style: Pouch Painting Craft (Sign Up Required) (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Dvořák: The Symphony No. 9 "From the New World" (TH) 2:00 Open House Entertainment with Patricia Barlow (CK) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The 39 Steps (TH)
Rosh Hashanah 13 Activity Packages Available At Reception Happy Grandparents Day! 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 Grandparents Day Palooza Party (3T) 2:00 Opera Gala: Pavarotti's Legendary Central Park Concert (1993) (TH) 2:00 Loonie Bingo with Adrienn (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Grandparents Day Concert with Jean Marc Leclerc (CK) 6:30 Movie Night: The Vault (TH)	10:00 Exercises with Shantel (CK) 14 10:45 Drumfit Classics with Shantel (PL) 1:30 Meet Me at the MoMa Presentation - Norval Morrisseau CM RCA, (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Go4Life Walking Grp to Dempsey Park (L) 2:00 Meet Me at the MoMa Painting Session (PL) 2:00 Musical Movie Mondays: La Bamba (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Movie Night: La Bamba (TH)	10:00 Gentle Fitness (CK) 15 10:45 Falls Prevention Exercise Class (CK) 12:00 Outing: Lunch at Mandarin (Sign Up Required) Group 1 (O) 2:00 Euchre (GR) 2:00 Artful Enrichment Workshop: Van Gogh Series: Starry Night Session 1 of 2 (CK) 2:00 Ballet Masterpiece: Tchaikovsky - Swan Lake Op. 20 - Rudolf Nureyev - Margot Fonteyn - 1966 (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Spelling Bee Challenge (CK) 6:30 Movie Night: Dillinger (TH)	10:15 Seated Yoga With Deborah (CK) 16 10:30 Go4Life Walking Grp (L) 12:00 Outing: Lunch at Mandarin (Sign Up Required) Group 2 (O) 2:00 Seinfeld Wednesdays: Episode 5: The Stock Tip (TH) 2:00 Health and Wellness Meeting with Cleopatra (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Athena: Resin Earring Trinket (PL) 3:00 Mahjong (Self-Directed) (3FL) 3:00 Table Tennis (Sign Up Required) (CK) 6:30 Movie Night: Kansas City Confidential (TH)	10:00 Gentle Fitness (CK) 17 10:30 Thursday Trivia with Roshan (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Ted Talk Thursday Features: What we can learn from the history of exile Hakem Al-Rustom TEDxUofM (TH) 2:00 Musical Hang Man with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Living Loving Local Chef's Demo with Crystel- Featuring Apples (CK) 3:30 Cryptograms with Shantel (PL) 5:30 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Steve (TH) 7:00 Loonie Bingo with Shantel (CK)	10:00 Go4Life Walking Grp (L) 18 10:00 Exercises with Athena (CK) 10:30 Quiddler with Athena (GR) 10:45 Drumfit Classics with Shantel (PL) 2:00 Friday Afternoon Bingo with Shantel & Athena (CK) 2:00 Council's Pick Movie Fridays: The Departed (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Karaoke Sing A Long/ Pub Afternoon Featuring Sidecar (3T) 6:30 Movie Night: The Departed (TH)	Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 19 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 Presentation with Lianne Harris - Maya & Aztec Secrets That Shocked the Spanish (PL) 2:00 Saturday Afternoon Entertainment: Brooke Fraser - Live with the Auckland Philharmonia Full Concert (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Scattergories with Athena (CK) 6:30 Movie Night: My Best Friend's Wedding (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 20 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: LA FLÛTE ENCHANTÉE, Mozart Captation - Opéra Royal du Château de Versailles (TH) 2:00 Loonie Bingo with Loida (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Play 5 Crowns with Kay (CK) 6:30 Movie Night: The Children's Train (TH)	Access Abilities Service Clinic Sign Up @ Reception (10:00AM- 11:30AM) (S) 21 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 Trivia Competition Don Mills vs Canterbury Place vs Four Elms (Sign Up Required) (O) 2:00 Musical Movie Mondays: Funny Girl (TH) 3:00 Special Afternoon Tea Social (BAR) 6:30 Movie Night: Funny Girl (TH)	FOOTCARE CLINIC (Sign Up @ Reception) (IS) 22 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 1:30 Spelling Bee Challenge (CK) 2:00 Euchre (GR) 2:00 Artful Enrichment Workshop: Van Gogh Series: Starry Night Session 2 (CK) 2:00 Ballet Masterpiece: Agnes Letestu - Stephane Phavorin Sylphide Acte 1 (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Last Day of Summer Ice Cream Tasting (Sign Up Required) (3T) 6:30 Movie Night: My Father's Violin (TH)	10:15 Seated Yoga With Deborah (CK) 23 10:30 Go4Life Walking Grp (L) 11:30 Dining and Connections with Chef Crystel (Sign Up Required) (PDR) 2:00 Crafty Wednesdays with Athena: DIY Photo Coasters (PL) 2:00 Seinfeld Wednesdays: Season 2 Episode 1: The Ex Girlfriend/ Episode 2: The Pony Remark (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from Italy (CK) 3:30 Life Enrichment Meeting (PL) 6:30 Movie Night: Steel Magnolias (TH)	10:00 Gentle Fitness (CK) 24 10:30 Thursday Trivia with Shantel (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Ted Talk Thursday Features: Why Having Fun Is the Secret to a Healthier Life Catherine Price TED (TH) 2:00 Musical Hang Man with Athena (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating September Birthdays with John Bridgens (CK) 5:30 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Concussion (TH) 7:00 Loonie Bingo with Athena (CK)	10:00 Go4Life Walking Grp (L) 25 10:00 Exercises with Athena (CK) 10:00 Outing to Bata Shoe Museum (Sign Up Required) (L) 10:30 Quiddler Self Directed (GR) 10:45 Drumfit Classics with Athena (PL) 2:00 Friday Afternoon Bingo with Shantel & Athena (CK) 2:00 Council's Pick Movie Fridays: The Brutalist (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Karaoke Sing A Long/ Pub Afternoon Featuring White Wine Sangria (3T) 6:30 Movie Night: The Brutalist (TH)	Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 26 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: Hans Zimmer Symphony – George Korynta & Prague Film Orchestra live from Smetana Hall (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 4:00 Outing to Medieval Times (Sign up Required) (L) 6:30 Movie Night: Family Switch (PL)
Activity Packages Available At Reception 27 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: Cavalleria rusticana Full Opera - Elina Garanča - Wiener Staatsoper, 2019 (TH) 2:00 Loonie Bingo with Ryan (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The Intern (PL)	10:00 All Residents Information Meeting (CK) 28 1:30 Meet Me at the MoMa Presentation - Senior Artist: Nicholas J. Bott (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Go4Life Walking Grp to Dempsey Park (L) 2:00 Meet Me at the MoMa Painting Session (PL) 2:00 Musical Movie Mondays: Alice's Restaurant (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Movie Night: Alice's Restaurant (TH)	10:00 Gentle Fitness (CK) 29 10:00 Outing to Walmart (Sign Up Required) Group 1 (L) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Artful Enrichment Workshop: Decoupage Pumpkin Craft (CK) 2:00 Outing to Walmart (Sign Up Required) Group 2 (L) 2:00 Ballet Masterpiece: A Tribute to George Balanchine (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Spelling Bee Challenge (CK) 6:30 Movie Night: The Dig (TH) 7:00 Sing A-long with Patricia Duffy (PL)	National Day of Truth and Reconciliation (Wear Orange Day) 30 10:15 Seated Yoga With Deborah (CK) 10:30 Go4Life Walking Grp (L) 11:30 End of Summer BBQ Lunch (DR) 2:00 Crafty Wednesdays with Athena: Create Your Own Small Fall Table Centrepiece (PL) 2:00 Seinfeld Wednesdays: Season 2 Episode 3: The Jacket/ Episode 4: The Phone Message (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Table Tennis (Sign Up Required) (CK) 3:00 Mahjong (Self-Directed) (3FL) 3:30 Coffee and Cake Tasting (Sign Up Required) (PL) 6:30 Movie Night: Braveheart (TH)	 Grandparent's Day		

Calendar Legend

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



Locations Legend

- | | |
|------------------------|---------------------------|
| Country Kitchen (CK) | Outside (O) |
| Theatre (TH) | In Suite (IS) |
| Piano Lounge (PL) | Dining Room (DR) |
| Bar (BAR) | Salon (S) |
| Games Room (GR) | 3rd Floor GYM (3FL) |
| Lobby (L) | Private Dining Room (PDR) |
| 3rd Floor Terrace (3T) | |