



INSPIRED SENIOR LIVING

July 2023

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						<p>Canada Day 1</p> <p>10:00 Exercises with Shantel (CK)</p> <p>10:30 Quiddler (GR)</p> <p>2:00 Saturday Afternoon Entertainment: Gustav Mahler: Symphony No. 2 "Resurrection" (Lucerne Festival Orchestra, Claudio Abbado) (TH)</p> <p>2:00 Word in a Word (BAR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:00 Canada Day Concert with Gilad (CK)</p> <p>6:30 Movie Night: Indian Horse (TH)</p>
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<p>Activity Packages Available At Reception 2</p> <p>10:00 Exercises with Shantel (CK)</p> <p>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</p> <p>10:30 Sunday Trivia (BAR)</p> <p>1:00 Yard Sale Meeting (PL)</p> <p>2:00 Quiddler Game (GR)</p> <p>2:00 Sunday Movie Screening: The Devil Wears Prada (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: The Devil Wears Prada (TH)</p>	<p>10:00 Virtual Exercises (PL) 3</p> <p>10:00 Trip to Halton Hills Premium Mall (Sign up @ Reception) (L)</p> <p>10:30 DrumFit Classics (PL)</p> <p>11:00 Tri-Ominoes (GR)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Musical Movie Monday: Sister Act (TH)</p> <p>2:00 Cribbage (PL)</p> <p>2:00 Painting with Lynn (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Java Music Club Sing A-long (PL)</p> <p>6:30 Musical Movie Monday: Sister Act (TH)</p>	<p>10:00 Gentle Fitness (CK) 4</p> <p>10:30 Jumbo Crossword (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ted Talks Double Feature: A 3-Step Guide to Believing in Yourself Sheryl Lee Ralph TED/A guide to believing in yourself (but for real this time) Catherine Reitman TEDxToronto (TH)</p> <p>2:00 Annual General Meeting of the Resident Association (CK)</p> <p>2:00 Meet Me at the MoMa Presentation - Vik Muniz (PL)</p> <p>2:30 Meet me at the MoMa - Painting Session (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: The Grand Budapest Hotel (TH)</p> <p>6:30 Game Night with Shantel: Go to Pack Card Game (GR)</p>	<p>10:00 4 Pictures One Word (BAR) 5</p> <p>10:15 Seated Yoga With Deborah (CK)</p> <p>11:00 DrumFit Classics (PL)</p> <p>11:00 Go4Life Walking Group to Mel Lastman Square (L)</p> <p>2:00 Word in a Word (BAR)</p> <p>2:00 Crafty Wednesdays with Mehakpreet-CD Painting (PL)</p> <p>2:00 Movie Matinee: Like Stars on Earth/ Taare Zameen Par (TH)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Meet and Greet with Lily Cheng Tea Social (BAR)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Movie Night: Like Stars on Earth/ Taare Zameen Par (TH)</p>	<p>10:00 Gentle Fitness (CK) 6</p> <p>10:30 Thursday Trivia (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Loonie Bingo (CK)</p> <p>2:00 Travelogue Thursdays-Germany (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Movie Club Meeting (TH)</p> <p>3:00 Happy Hour (BAR)</p> <p>3:30 Knitting Group (GR)</p> <p>3:30 Scattergories (CK)</p> <p>6:00 Paraffin Wax Treatment (Register @ Reception) (CK)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: Gifted (TH)</p>	<p>10:00 Exercises with Shantel (CK) 7</p> <p>10:30 Quiddler (GR)</p> <p>10:45 DrumFit Classics (PL)</p> <p>2:00 Fit Minds-Stay Sharp (PL)</p> <p>2:00 Movie Matinee: Cleopatra (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Tech Corner with Shantel (Sign-up at Reception) (CK)</p> <p>6:30 Movie Night: Cleopatra (TH)</p> <p>6:45 Friday Night Bingo w/ Tom (CK)</p>
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<p>Activity Packages Available At Reception 9</p> <p>10:00 Exercise with Sandra (CK)</p> <p>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</p> <p>10:30 Sunday Trivia (BAR)</p> <p>2:00 Sunday Movie Screening: Say Anything (TH)</p> <p>2:00 Kings in the Corner (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Say Anything (TH)</p>	<p>Welcome Back Kim! Hearing Clinic (Sign up @ Reception) (PL) 10</p> <p>10:00 Dementia 101 Presentation with Kasey from the Alzheimer Society (CK)</p> <p>10:30 Drumfit Classics with Shantel (PL)</p> <p>11:00 Tri-Ominoes (GR)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Name That Tune with Shantel (CK)</p> <p>2:00 Musical Movie Monday: On the Town (TH)</p> <p>2:00 Cribbage (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Welcome Back Kim Celebration with Filipa Sousa (CK)</p> <p>6:30 Musical Movie Monday: On the Town (TH)</p>	<p>Ladies One Stop Shop (10:00a.m. to 3:00p.m.) (PL) 11</p> <p>10:00 Gentle Fitness (CK)</p> <p>10:30 Jumbo Crossword (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Artfull Presentation: Sunflower Painting (PL)</p> <p>2:00 Ted Talks: The Art of Stress-Free Productivity: David Allen (TH)</p> <p>2:30 Guided Meditation with Lior (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Game Night with Sandra: Quiddler (GR)</p> <p>6:30 Movie Night: A Beautiful Life (TH)</p>	<p>10:00 4 Pictures One Word (BAR) 12</p> <p>10:15 Seated Yoga With Deborah (CK)</p> <p>11:00 DrumFit Classics (PL)</p> <p>11:00 Go4Life Walking Group to Mel Lastman Square (L)</p> <p>2:00 Word in a Word (BAR)</p> <p>2:00 Movie Matinee: Midway (2019) (TH)</p> <p>2:30 Crafty Wednesdays with Sandra- DIY Popsicle Stick Baskets (Please Sign Up @ Reception) (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Movie Night: Midway (2019) (TH)</p>	<p>10:00 Gentle Fitness (CK) 13</p> <p>10:30 Thursday Trivia (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Loonie Bingo (CK)</p> <p>2:00 Travelogue Thursdays- Prague (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Happy Hour (BAR)</p> <p>3:30 Knitting Group (GR)</p> <p>3:30 Raspberry Yogurt Parfait Making (Sign up @ Reception) (CK)</p> <p>6:00 Paraffin Wax Treatment (Register @ Reception) (CK)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: The Proposal (TH)</p>	<p>10:00 Exercises with Sandra (CK) 14</p> <p>10:30 Quiddler (GR)</p> <p>10:30 Church Service with Msgr. Pat (CK)</p> <p>10:30 Drumfit Classics with Shantel (PL)</p> <p>2:00 Fit Minds-Stay Sharp (PL)</p> <p>2:00 Canterbury Place Yard Sale! (CD)</p> <p>2:00 Movie Matinee: Miss Congeniality (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Tech Corner with Sandra (Sign-up at Reception) (CK)</p> <p>6:30 Movie Night: Miss Congeniality (TH)</p> <p>6:45 Friday Night Bingo w/ Tom (CK)</p>
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<p>10:00 Exercises with Shantel (PL) 8</p> <p>10:30 Quiddler (GR)</p> <p>2:00 Word in a Word (CK)</p> <p>2:00 Presentation with Lianne Harris - Rogues & Rebels: How Canada Began (Sign up @ Reception) (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>3:30 Saturday Afternoon Entertainment: Schumann: Symphony No. 1; The Spring Symphony - Philharmonie Südwestfalen (TH)</p> <p>6:30 Movie Night: Mrs. Chatterjee vs. Norway (TH)</p>	<p>10:00 Exercises with Sandra (CK) 15</p> <p>10:30 Quiddler (GR)</p> <p>11:00 Lunch to Red Lobster (Sign up @ Reception) (L)</p> <p>2:00 Word in a Word (CK)</p> <p>2:00 Saturday Afternoon Entertainment: Schubert: Symphony in C major 'The Great' Marek Janowski & the Dresdner Philharmonie (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>6:30 Movie Night: Tora! Tora! Tora! (TH)</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 16 10:00 Exercise with Shantel (CK) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: The French Dispatch (TH) 2:00 Loonie Bingo (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The French Dispatch (TH)	10:00 Fall Prevention Presentation (CK) 17 10:30 Drumfit Classics with Shantel (PL) 11:00 Cryptogams (BAR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Monday: Guys and Dolls (TH) 2:00 Painting with Lynn (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from Australia (CK) 4:00 Java Music Club (CK) 6:30 Musical Movie Monday: Guys and Dolls (TH)	10:00 Gentle Fitness (CK) 18 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Ted Talks: The art of being yourself Caroline McHugh (TH) 2:00 Flower Arrangement Workshop with Megan (Please sign up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Themed Demo with Crystal (CK) 6:30 Movie Night: Top Gun: Maverick (TH) 6:30 Game Night with Sandra: Kings in the Corner (GR)	10:00 4 Pictures One Word (BAR) 19 10:15 Seated Yoga With Deborah (CK) 11:00 DrumFit Classics (PL) 2:00 Word in a Word (BAR) 2:00 Movie Matinee: The Longest Ride (TH) 2:00 Artfull Presentation: Swan Drawing with Water Colours (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Life Enrichment Meeting (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Longest Ride (TH)	10:00 Gentle Fitness (CK) 20 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:00 Tuck Shop Meeting (CK) 2:00 Loonie Bingo (CK) 2:00 Travelogue Thursdays-Holland (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Knitting Group (GR) 3:30 Scattergories (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Five-Year Engagement (TH)	10:00 Exercises with Sandra (CK) 21 10:30 Quiddler (GR) 10:30 Drumfit Classics with Shantel (PL) 2:00 Movie Matinee: Speed (TH) 2:00 High Tea with the Kezia (R.S.V.P. at Reception) (DR) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 4:30 Living, Loving, Local Themed Dinner Featuring Cherries/Raspberries (DR) 6:30 Movie Night: Speed (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Sandra (CK) 22 10:00 Trip to Downey's Farm for Strawberry Picking (Sign up @ reception) (O) 10:30 Quiddler (GR) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Mozart: Sinfonie Nr. 41 C-Dur KV 551 "Jupiter" - Lithuanian Chamber Orchestra (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Tech Corner with Sandra (Sign-up at Reception) (CK) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Turner & Hooch (TH)
Activity Packages Available At Reception 23 10:00 Exercise with Shantel (CK) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: The Greatest Game Ever Played (TH) 2:00 Word in a Word (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Scattergories (CK) 6:30 Movie Night: The Greatest Game Ever Played (TH)	10:00 All Resident Information Meeting (CK) 24 10:30 DrumFit Classics (PL) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Java Music Club Sing A-long (PL) 2:00 Musical Movie Monday: The Most Happy Fella (TH) 2:00 Cribbage (PL) 3:00 Afternoon Tea Social (BAR) 3:00 History of Canadian Music Presentation with Shannon Grahman (CK) 6:30 Musical Movie Monday: The Most Happy Fella (TH)	FOOT CLINIC (Sign-up At Reception) (IS) 25 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ted Talks: Being your Own Life Coach John Muldoon (TH) 2:00 Living, Loving, Local, Discussion about Raspberries and Cherries (CK) 2:00 Artfull Enrichment Workshop: Cloudly Telephone Painting (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Sip & Chat with Crystal and Shantel (3T) 6:30 Game Night with Shantel: UNO Card Game (GR) 6:30 Movie Night: Miss Potter (TH) 7:00 Sing A-long with Patricia Duffy (PL)	10:00 4 Pictures One Word (BAR) 26 10:15 Seated Yoga With Deborah (CK) 11:00 DrumFit Classics (PL) 2:00 Word in a Word (BAR) 2:00 Crafty Wednesdays with Sandra: Egg Carton Flower Craft (Sign up @ Reception) (PL) 2:00 Movie Matinee: Rebel in the Rye (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Book Club Meeting (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Rebel in the Rye (TH)	10:00 Gentle Fitness (CK) 27 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays-Berlin (TH) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating July Birthdays with Rosita Stone (CK) 3:30 Knitting Group (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Anything is Possible (TH)	Happy Anniversary Canterbury! 28 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:30 Drumfit Classics with Shantel (PL) 11:30 BRUNCH (DR) 2:00 Canterbury Place Anniversary Celebration (CD) 2:00 Movie Matinee: A River Runs Through It (TH) 3:00 Afternoon Tea Social (BAR) 4:30 Canterbury Place Anniversary Dinner (DR) 6:30 Movie Night: A River Runs Through It (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Sandra (CK) 29 10:30 Quiddler (GR) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Schubert: Octet in F groot, D 803 - Janine Jansen & Friends - IKFU 2015 (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Tech Corner with Sandra (Sign-up at Reception) (CK) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Unforgivable (TH)

Activity Packages Available At Reception 30 10:00 Exercises with Shantel (CK) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: She Wore a Yellow Ribbon (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sing A-long with Patricia Duffy (PL) 6:30 Movie Night: She Wore a Yellow Ribbon (TH)

10:00 Exercises with Shantel (PL) 31 10:00 Trip to Walmart (Sign up @ reception) (L) 10:30 DrumFit Classics (PL) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Monday: Flower Drum Song (TH) 2:00 Name That Tune with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Java Music Club Sing A-long (PL) 6:30 Musical Movie Monday: Flower Drum Song (TH)
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Country Kitchen (CK) Theatre (TH) Bar (BAR) Games Room (GR) Piano Lounge (PL) Lobby (L)
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Locations Legend Dining Room (DR) Canterbury Driveway (CD) Outside (O) In Suite (IS) 3rd Floor Terrace (3T)
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Calendar Legend Outing Special Program Living, Loving, Local Signature Program
