



INSPIRED SENIOR LIVING

# August 2023 Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|--|--|--|---|---|---|
|   |  | <p>10:00 Gentle Fitness (CK) <b>1</b></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: The Inside Story of ChatGPT's Astonishing Potential   Greg Brockman (TH)</p> <p>2:00 Name That Tune with Shantel (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Tech Corner with Shantel (Sign-up at Reception) (CK)</p> <p>6:30 Game Night with Shantel: Go to Pack Card Game (GR)</p> <p>6:30 Movie Night: Your Place or Mine (TH)</p>  | <p>10:00 4 Pictures One Word (BAR) <b>2</b></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 (CK)</p> <p>2:00 Movie Matinee: The Covenant (TH)</p> <p>2:30 Crafty Wednesdays with Shantel: Beautiful Tree Painting with cotton Swabs (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:30 Living, Loving, Local, Discussion about Peaches (CK)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Movie Night: The Covenant (TH)</p>                                   | <p>10:00 Gentle Fitness (CK) <b>3</b></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- Ceylon (Sri Lanka) (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 Scattergories (CK)</p> <p>4:00 Movie Club Meeting (TH)</p> <p>6:00 Paraffin Wax Treatment (Register @ Reception) (CK)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: Indiana Jones and the Raiders of the Lost Ark (TH)</p> <p>7:00 Drumfit Classics with Shantel (CK)</p> | <p>10:00 Exercises with Kimberly (CK) <b>4</b></p> <p>10:30 Quiddler (GR)</p> <p>10:45 DrumFit Classics (PL)</p> <p>11:00 Go4Life Walking Group to Mel Lastman Square (L)</p> <p>2:00 Fit Minds-Stay Sharp (PL)</p> <p>2:00 Movie Matinee: The Lake House (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 Kimberly (Sign-up at Reception) (CK)</p> <p>6:30 Movie Night: The Lake House (TH)</p> <p>6:45 Friday Night Bingo w/ Tom (CK)</p>                  | <p>10:00 Exercises with Kimberly (CK) <b>5</b></p> <p>10:30 Quiddler (GR)</p> <p>2:00 Word in a Word (CK)</p> <p>2:00 Saturday Afternoon Entertainment: Beethoven: Symphony No. 7   Bernard Haitink &amp; the Royal Concertgebouw Orchestra (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: Hitch (TH)</p>  |
| <p>Activity Packages Available At Reception <b>6</b></p> <p>10:00 Virtual Exercises (PL)</p> <p>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</p> <p>2:00 Sunday Movie Screening: Testament of Youth (TH)</p> <p>2:00 Quiddler Game (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Testament of Youth (TH)</p> | <p>Civic Holiday! <b>7</b></p> <p>10:00 Exercises with Kimberly (CK)</p> <p>10:30 DrumFit Classics (PL)</p> <p>11:00 Tri-Ominoes (GR)</p> <p>11:00 Go4Life Walking Group to Mel Lastman Square (L)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Painting with Lynn (Sign Up @ Reception) (PL)</p> <p>2:00 Banana Split Making for National Friendship Day (Sign-up at Reception) (BAR)</p> <p>2:00 Musical Movie Mondays: Mamma Mia! (2008) (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Monday Entertainment with Vili V (CK)</p> <p>6:30 Musical Movie Mondays: Mamma Mia! (2008) (TH)</p> | <p>10:00 Gentle Fitness (CK) <b>8</b></p> <p>10:00 Trip to Centerpoint Mall (Sign up @ Reception) (L)</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: Why All Dogs Are Good Dogs   Alexandra Horowitz (TH)</p> <p>2:00 Meet Me at the MoMa Presentation - Grant Wood (PL)</p> <p>2:30 Meet me at the MoMa - Painting Session (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Tech Corner with Shantel (Sign-up at Reception) (CK)</p> <p>6:30 Game Night with Shantel: Quiddler (GR)</p> <p>6:30 Movie Night: La Bolduc (TH)</p>   | <p>Hearing Clinic (Sign up @ Reception) (PL) <b>9</b></p> <p>10:00 4 Pictures One Word (BAR)</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 Shantel: Handmade Paper Flower Wall Hanging (CK)</p> <p>2:00 Movie Matinee: The Book Thief (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Resident Food Meeting with Crystel (CK)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Movie Night: The Book Thief (TH)</p> | <p>10:00 Gentle Fitness (CK) <b>10</b></p> <p>10:30 Thursday Trivia (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>1:00 Tuck Shop Meeting (CK)</p> <p>2:00 Loonie Bingo (CK)</p> <p>2:00 Travelogue Thursdays- India (TH)</p> <p>3:00 Afternoon Tea Social (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: Indiana Jones and the Temple of Doom (TH)</p> <p>7:00 Java Music Club Sing A-long Night (PL)</p>  | <p>10:00 Exercises with Sandra (CK) <b>11</b></p> <p>10:30 Quiddler (GR)</p> <p>10:30 Church Service with Msgr. Pat (CK)</p> <p>10:45 DrumFit Classics (PL)</p> <p>11:00 Go4Life Walking Group to Mel Lastman Square (L)</p> <p>2:00 Movie Matinee: Okja (TH)</p> <p>2:00 Fit Minds-Stay Sharp (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:30 Opera Box Concert (CD)</p> <p>6:30 Movie Night: Okja (TH)</p>   | <p>10:00 Exercises with Sandra (CK) <b>12</b></p> <p>10:30 Quiddler (GR)</p> <p>2:00 Word in a Word (CK)</p> <p>2:00 Presentation with Lianne Harris- Treasures of the Deep: Sunken Ships and Pirate Maps (Sign up at Reception) (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:00 Tech Corner with Sandra (Sign-up at Reception) (CK)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>3:30 Saturday Afternoon Entertainment: Beethoven - 5th Piano Concerto 'Emperor' (Zimmerman, Bernstein, Wiener Philharmoniker) (TH)</p> <p>6:30 Movie Night: Chocolat (TH)</p> <p>6:45 Saturday Night Bingo w/ Tom (CK)</p> |
| <p>Activity Packages Available At Reception <b>13</b></p> <p>10:00 Virtual Exercises (PL)</p> <p>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</p> <p>2:00 Rummikub (GR)</p> <p>2:00 Sunday Movie Screening: Paper Towns (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Paper Towns (TH)</p>                   | <p>10:00 Exercises with Kimberly (CK) <b>14</b></p> <p>10:30 DrumFit Classics (PL)</p> <p>11:00 Tri-Ominoes (GR)</p> <p>11:00 Go4Life Walking Group to Mel Lastman Square (L)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Make Peach Cobbler with Kim and Andrea (Please Sign up @ Reception) (CK)</p> <p>2:00 Musical Movie Monday :Movie Matinee: Young at Heart (TH)</p> <p>2:30 Cryptogams (BAR)</p> <p>3:00 Java Music Club Sing A-long (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Musical Movie Monday: Movie Night: Young at Heart (TH)</p>  | <p>10:00 Gentle Fitness (CK) <b>15</b></p> <p>10:30 Jumbo Crossword (BAR)</p> <p>10:30 Outing - Picnic at Dempsey Park (Sign-up at Reception) (L)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>1:30 Resident Council Meeting (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ted Talks: 3 Elements of True Fun - and How to Have More of It   Catherine Price (TH)</p> <p>2:00 Artfull Enrichment Workshop: Orange Tree Painting (PL)</p> <p>3:00 Farewell To Our Students Celebration with Faith Amour (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: A Dog's Way Home (TH)</p> <p>6:30 Game Night with Sandra: Kings in the Corner (GR)</p> | <p>10:00 4 Pictures One Word (BAR) <b>16</b></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: Narvik (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Crafty Wednesdays with Sandra: Egg Carton Flowers (Please Sign-up at Reception) (PL)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Movie Night: Narvik (TH)</p>  | <p>10:00 Gentle Fitness (CK) <b>17</b></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- Nepal (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 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: Maybe I Do (TH)</p> <p>7:00 Scrabble Night (GR)</p>   | <p>10:00 Exercises with Sandra (CK) <b>18</b></p> <p>10:30 Quiddler (GR)</p> <p>11:00 Go4Life Walking Group to Mel Lastman Square (L)</p> <p>2:00 Fit Minds-Stay Sharp (PL)</p> <p>2:00 Movie Matinee: Cloud Atlas (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Friday Entertainment with Tristan Alexander (CK)</p> <p>3:00 Tech Corner with Sandra (Sign-up at Reception) (CK)</p> <p>6:30 Movie Night: Cloud Atlas (TH)</p> <p>6:45 Friday Night Bingo w/ Tom (CK)</p> | <p>10:00 Exercises with Sandra (CK) <b>19</b></p> <p>10:30 Quiddler (GR)</p> <p>2:00 Word in a Word (CK)</p> <p>2:00 Saturday Afternoon Entertainment: Mozart - Symphony No. 40 in G minor, K. 550 (Julien Salemkour &amp; Staatskapelle Berlin) (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: Emil and the Detectives (TH)</p>   |



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| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|---|---|---|---|--|
| <b>Activity Packages Available At Reception 20</b><br>10:00 Virtual Exercises (PL)<br>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)<br>11:30 BRUNCH (DR)<br>2:00 Sunday Movie Screening: Seven Years in Tibet (TH)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Sunday Entertainment with the West Enders (CK)<br>6:30 Movie Night: Seven Years in Tibet (TH)   | <b>21</b><br>10:00 Exercises with Sandra (CK)<br>10:30 DrumFit Classics (PL)<br>11:00 Tri-Ominoes (GR)<br>11:00 Go4Life Walking Group to Mel Lastman Square (L)<br>2:00 Bridge Game (2:00pm to 4:00pm) (GR)<br>2:00 Painting with Lynn (Sign Up @ Reception) (CK)<br>2:00 Musical Movie Monday: Movie Matinee: Willy Wonka and the Chocolate Factory (1971) (TH)<br>3:00 Java Music Club Sing A-long (PL)<br>3:00 Afternoon Tea Social (BAR)<br>6:30 Musical Movie Monday: Movie Night: Willy Wonka and the Chocolate Factory (1971) (TH) | <b>22</b><br>Fifth Avenue Jewellery-Vendor (11:00AM-2:00PM) (PL)<br>FOOT CLINIC (Sign-up At Reception) (IS)<br>10:00 Gentle Fitness (CK)<br>10:30 Jumbo Crossword (BAR)<br>10:45 Falls Prevention Exercise Class (CK)<br>2:00 Euchre (GR)<br>2:00 Ted Talks: 3 Steps of Anxiety Overload – and How You Can Take Back Control   Lisa Damour (TH)<br>2:00 Meet me at the MoMa Presentation - Norval Morrisseau (CK)<br>2:30 Meet me at the MoMa- Painting Session (CK)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Tech Corner with Kimberly (Sign-up at Reception) (CK)<br>6:30 Movie Night: The Call of the Wild (TH)<br>6:30 Game Night with Sandra: Scrabble (GR)                    | <b>23</b><br>10:00 4 Pictures One Word (BAR)<br>10:15 Seated Yoga With Deborah (CK)<br>10:30 Life Enrichment Meeting (PL)<br>11:00 DrumFit Classics (PL)<br>11:00 Go4Life Walking Group to Mel Lastman Square (L)<br>2:00 Word in a Word (BAR)<br>2:00 Crafty Wednesdays with Sandra: DIY Bookmarks (PL)<br>2:00 Movie Matinee: Bad Genius (TH)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Kings in the Corner (GR)<br>3:00 Wine Tasting (Featuring Wines from Greece) (CK)<br>5:30 Outing- Dinner at Legend Chinese Restuarant ( Sign up @ Reception) (L)<br>6:30 Poker Night with Effie (GR)<br>6:30 Movie Night: Bad Genius (TH) | <b>24</b><br>10:00 Gentle Fitness (CK)<br>10:30 Thursday Trivia (BAR)<br>10:45 Falls Prevention Exercise Class (CK)<br>2:00 Loonie Bingo (PL)<br>2:00 Travelogue Thursdays- Bhutan (TH)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Celebrating August Birthdays with Carla Gonzalez (CK)<br>3:30 Knitting Group (GR)<br>6:00 Paraffin Wax Treatment (Register @ Reception) (CK)<br>6:30 Bridge Night (GR)<br>6:30 Movie Night: Indiana Jones and the Kingdom of the Crystal Skull (TH)<br>7:00 Java Music Club Sing A-long Night (PL) | <b>25</b><br>10:00 Exercises with Kimberly (CK)<br>10:30 Quiddler (GR)<br>10:45 DrumFit Classics (PL)<br>11:00 Go4Life Walking Group to Mel Lastman Square (L)<br>2:00 Painting and Poetry with Lynn (Please Sign up @ Reception) (CK)<br>2:00 Movie Matinee: Why Him? (TH)<br>2:30 Fit Minds-Stay Sharp (PL)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Kings in the Corner (GR)<br>3:00 Tech Corner with Kimberly (Sign-up at Reception) (CK)<br>6:30 Movie Night: Why Him? (TH)<br>6:45 Friday Night Bingo w/ Tom (CK) | <b>26</b><br>10:00 Exercises with Sandra (CK)<br>10:30 Quiddler (GR)<br>2:00 Word in a Word (CK)<br>2:00 Saturday Afternoon Entertainment: Tchaikovsky: Piano Concerto No. 1   Martha Argerich, Charles Dutoit & the Verbier Festival Orchestra (TH)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Euchre (GR)<br>3:30 Creative Colouring and Relaxing Music (CK)<br>6:30 Movie Night: A Hidden Life (TH) |
| <b>Activity Packages Available At Reception 27</b><br>10:00 Virtual Exercises (PL)<br>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)<br>2:00 Kings in the Corner (GR)<br>2:00 Sunday Movie Screening: Happiness for Beginners (TH)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Sunday Afternoon Sing Along With Patricia Duffy (PL)<br>4:30 Living, Loving, Local Dinner Featuring Peach (CK)<br>6:30 Movie Night: Happiness for Beginners (TH) | <b>28</b><br>10:00 All Resident Information Meeting (CK)<br>10:30 DrumFit Classics (PL)<br>11:00 Tri-Ominoes (GR)<br>11:00 Go4Life Walking Group to Mel Lastman Square (L)<br>2:00 Bridge Game (2:00pm to 4:00pm) (GR)<br>2:00 Play Fortune Roulette (CK)<br>2:00 Musical Movie Monday: Movie Matinee: Bye Bye Birdie (TH)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Java Music Club Sing A-long (CK)<br>3:00 Book Club Meeting (PL)<br>6:30 Musical Movie Mondays: Bye Bye Birdie (TH)  | <b>29</b><br>10:00 Gentle Fitness (PL)<br>10:00 Mediterranean Cruise Presentation with Bill Anderson (CK)<br>10:00 Trip to Walmart (Sign up @ reception) (L)<br>10:30 Jumbo Crossword (BAR)<br>10:45 Falls Prevention Exercise Class (PL)<br>2:00 Euchre (GR)<br>2:00 Ted Talks: How to Transform Your Climate Concern into Action   Jane Fonda (TH)<br>2:00 Artfull Presentation: The Most Expensive Artworks! (PL)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Living, Loving, Local Themed Demo with Crystel (CK)<br>6:30 Game Night with Shantel: Who wants to be a Millionaire (GR)<br>6:30 Movie Night: The Invention of Lying (TH)<br>7:00 Sing A-long with Patricia Duffy (PL) | <b>30</b><br>10:00 4 Pictures One Word (BAR)<br>10:15 Seated Yoga With Deborah (CK)<br>11:00 DrumFit Classics (PL)<br>11:00 Go4Life Walking Group to Mel Lastman Square (L)<br>2:00 Word in a Word (BAR)<br>2:00 Technology and Computer Presentation with Vuso (CK)<br>2:00 Artfull Enrichment Workshop: Uderground Carrots (PL)<br>2:00 Movie Matinee: A Man Called Otto (TH)<br>3:00 Afternoon Tea Social (BAR)<br>3:00 Kings in the Corner (GR)<br>6:30 Poker Night with Effie (GR)<br>6:30 Movie Night: A Man Called Otto (TH)   | <b>31</b><br>10:00 Gentle Fitness (CK)<br>10:30 Thursday Trivia (BAR)<br>10:45 Falls Prevention Exercise Class (CK)<br>2:00 Summer BBQ (CD)<br>2:00 Travelogue Thursdays- Myanmar (TH)<br>3:00 Afternoon Tea Social (BAR)<br>5:30 Paraffin Wax Treatment (Register @ Reception) (CK)<br>6:30 Bridge Night (GR)<br>6:30 Loonie Bingo with Shantel (CK)<br>6:30 Movie Night: Instant Family (TH)  |   |  |



Be Safe

### Locations Legend

- Country Kitchen (CK)
- Theatre (TH)
- Games Room (GR)
- Bar (BAR)
- Piano Lounge (PL)
- Lobby (L)
- Canterbury Driveway (CD)
- Dining Room (DR)
- In Suite (IS)

### Calendar Legend

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