





INSPIRED SENIOR LIVING

September 2023

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>World Alzheimer's Month</p>		 <p>Grandparent's Day</p>				
Activity Packages Available At Reception 3 10:00 Exercises (PL) 10:30 Manor Road United Church (All Welcome) (TH) 2:00 Sunday Movie Screening: Father Stu (TH) 2:00 Quiddler Game (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Father Stu (TH)	Labour Day 4 10:00 Exercises (PL) 11:00 Tri-Ominoes (GR) 11:00 Go4Life Walking Group (Around the Building Walk) (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Movie Matinee: Hans Christian Andersen (TH) 3:00 Labour Day Entertainment with Kelly Davis (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Hans Christian Andersen (TH)	SUNDAY SEP 10 Grandparent's Day 10:00 Gentle Fitness (CK) 5 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:00 Tuck Shop Meeting (CK) 2:00 Euchre (GR) 2:00 Artfull Enrichment Workshop: Blue Heron Drawing (CK) 2:00 Ted Talks Double Feature: (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Fun Facts About Corn (PL) 3:30 Let's Play Ping Pong (CK) 6:00 Garden Club Meeting (3FL) 6:30 Quiddler Game Night with Shantel (GR) 6:30 Movie Night: Safe Haven (TH)	Hearing Clinic (Sign up @ Reception) (PL) 6 10:00 4 Pictures One Word (BAR) 10:15 Seated Yoga With Deborah (CK) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Word in a Word (CK) 2:00 Movie Matinee: Emperor (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Shantel: Sunset Painting (PL) 3:30 Food Council Meeting with Crystal (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Emperor (TH)	10:00 Gentle Fitness (CK) 7 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays-Venezuela (TH) 2:00 Loonie Bingo (CK) 3:00 Happy Hour (BAR) 3:00 Afternoon Tea Social (BAR) 3:30 Scattergories (CK) 3:30 Knitting Group (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Always Be Maybe (TH) 7:00 Java Music Club Sing A-Long Night (PL)	10:00 Exercises with Shantel (CK) 1 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: Infinity (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:45 Tech Corner (Sign Up at Reception) (CK) 6:30 Movie Night: Infinity (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Kimberly (CK) 2 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 11:00 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Beethoven: Missa solemnis Fabio Luisi, Staatskapelle Dresden, Chorus of the Sächsische Staatsoper (TH) 2:00 Word in a Word (CK) 2:30 Euchre (GR) 3:00 Creative Colouring and Relaxing Music (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Moving On (TH)
HAPPY GRANDPARENTS DAY 10 Activity Packages Available At Reception 10:00 Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:45 Drumfit Classics Exercises (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Celebrate Grandparents Day and Make Your Own Taco with Kim & Shantel **Sign-up @ Reception** (PL) 2:00 Sunday Movie Screening: Little Miss Sunshine (TH) 3:00 Magic Mel's Amazing Magic Show (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Little Miss Sunshine (TH)	10:00 Exercises with Kimberly (CK) 11 10:30 DrumFit Classics (PL) 11:00 Tri-Ominoes (GR) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Name That Tune (CK) 2:00 Movie Matinee: Okja (TH) 3:00 Java Music Club Sing A-Long (PL) 3:00 Afternoon Tea Social (BAR) 4:30 Living, Loving, Local Themed Dinner Featuring Corn (DR) 6:30 Movie Night: Okja (TH)	One Stop Shop Clothing Vendor (10:00 a.m. - 3:00 p.m.) (PL) 12 10:00 Outing to Fairview Mall (Sign-up at Reception) (L) 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Benefits of Dark Chocolate Presentation with Craig & Deborah (CK) 2:00 Ted Talks Double Feature: (TH) 3:00 Meet Me at the MoMa Presentation: Frida Kahlo (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Meet me at the MoMa - Painting Session (PL) 3:30 Garden Club Meeting (3FL) 6:30 Game Night with Shantel: Who wants to be a Millionaire (GR) 6:30 Movie Night: Chocolat (TH)	WEAR YOUR PURPLE SHIRT DAY FOR ALZHEIMER'S MONTH 13 10:00 4 Pictures One Word (BAR) 10:15 Seated Yoga With Deborah (CK) 10:30 Alzheimer's Walk to Aroma Cafe @ Park Home (L) 11:00 DrumFit Classics (PL) 2:00 Word in a Word (CK) 2:00 Movie Matinee: Paper Towns (TH) 2:30 Canterbury Popcorn Bar (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Shantel: Cherry Blossom Egg Carton Craft (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Paper Towns (TH)	10:00 Gentle Fitness (CK) 14 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Artfull Presentation: Autumn Art (TH) 2:00 Loonie Bingo (CK) 3:00 Travelogue Thursdays- Brazil (TH) 3:00 Happy Hour (BAR) 3:00 Afternoon Tea Social (BAR) 3:30 Scattergories (CK) 3:30 Knitting Group (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Young at Heart (TH) 7:00 Scrabble Night (GR)	10:00 Exercises with Shantel (CK) 15 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: A Dog's Way Home (TH) 3:00 Tech Corner with Shantel (Sign-up at Reception) (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: A Dog's Way Home (TH) 6:45 Friday Night Bingo w/ Tom (CK)	OPEN HOUSE 16 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 11:30 Go4Life Walking Grp (L) 1:30 Saturday Movie Afternoon: Book Club (TH) 2:00 Word in a Word (BAR) 2:00 Fall Wreath Making with Sandra (Sign-up @ Reception) (PL) 2:30 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Saturday Movie Afternoon: Book Club: The Next Chapter (TH) 3:00 Open House Entertainment with Mariachi Los Gallos (CK) 6:30 Movie Night: Narvik (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 17 10:00 Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Come Sunday (TH) 2:00 Euchre Card Game (GR) 3:00 Sunday Afternoon Sing Along With Patricia Duffy (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Come Sunday (TH)	18 10:00 Exercises with Kimberly (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Movie Matinee: Cloud Atlas (TH) 2:00 Concentration Brain Game (CK) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Garden Club Meeting (3FL) 6:30 Movie Night: Cloud Atlas (TH)	19 10:00 Outing to Woodbine Casino (Sign up @ Reception) (L) 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Artful Workshop: Fall Birch Painting (CK) 2:00 Ted Talks Double Feature: (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Let's Play Ping Pong (CK) 3:00 Living Loving Local - CORN in a COB Afternoon (3T) 3:30 Ring Toss Game (CK) 6:30 Trivia Night with Shantel (GR) 6:30 Movie Night: Emil and the Detectives (TH)	20 10:00 Artful Education Session: The Benefits of Creativity (TH) 10:00 4 Pictures One Word (BAR) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:00 DrumFit Classics (PL) 2:00 Word in a Word (CK) 2:00 Movie Matinee: - Seven Years in Tibet (TH) 2:00 Crafty Wednesdays with Shantel: Whool Bird Making (PL) 3:00 Wine Tasting: Featuring Wines From Germany (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: - Seven Years in Tibet (TH)	21 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Peru (TH) 2:00 Artful Workshop: Mountains (PL) 2:00 Loonie Bingo (CK) 3:00 Afternoon Tea Social (BAR) 3:15 Life Enrichment Meeting (PL) 3:30 Scattergories (CK) 3:30 Knitting Group (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Willy Wonka and the Chocolate Factory (1971) (TH) 7:00 Java Music Club Sing A-long Night (PL)	22 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: The Call of the Wild (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Education Session for Influenza and RSV Virus (CK) 3:30 Tech Corner with Shantel (Sign-up at Reception) (CK) 4:30 Oktoberfest Themed Dinner (CK) 6:30 Movie Night: The Call of the Wild (TH) 6:45 Friday Night Bingo w/ Tom (CK)	23 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Presentation with Lianne Harris - The Silk Road (TH) 2:30 Word in a Word (BAR) 3:00 End of Summer Celebration with Tristan Alexander (CK) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Saturday Afternoon Entertainment: Beethoven: Symphony No.5; Jarvi, DKB (TH) 3:30 Creative Colouring and Relaxing Music (PL) 6:30 Movie Night: The Wedding Planner (TH)
Activity Packages Available At Reception 24 10:00 Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: The Young Messiah (TH) 2:00 Scrabble (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The Young Messiah (TH)	25 10:00 Exercises with Kimberly (CK) 10:30 DrumFit Classics (PL) 11:00 Tri-Ominoes (GR) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Movie Matinee: Why Him? (TH) 2:00 Java Music Club Sing A-long (PL) 3:00 Yom Kippur Celebration with David Skolnick (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Garden Club Meeting (3FL) 6:30 Movie Night: Why Him? (TH)	26 FOOT CLINIC (Sign-up At Reception) (IS) 10:00 Outing to Walmart (Sign up @ Reception) (L) 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Meet me at the MoMa Presentation - Gustav Klimt (CK) 2:00 Ted Talks Double Feature: (TH) 2:30 Meet me at the MoMa - Painting Session (CK) 3:00 Book Club Meeting (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Ring Toss Game (CK) 6:30 Quiddler Game Night with Shantel (GR) 6:30 Movie Night: - A Hidden Life (TH) 7:00 Sing A-long with Patricia Duffy (PL)	27 10:00 4 Pictures One Word (BAR) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:00 DrumFit Classics (PL) 2:00 Word in a Word (CK) 2:00 Movie Matinee: Happiness for Beginners (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Bake Strawberry Cream Pie with Shantel and Kim (Sign-up @ reception) (CK) 3:30 Guided Meditation with Kaycee (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Happiness for Beginners (TH)	28 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Chile (TH) 2:00 Loonie Bingo (PL) 3:00 Celebrating September Birthdays with Heather Christine (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Knitting Group (GR) 3:30 Scattergories (PL) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Bye Bye Birdie (TH) 7:00 Scrabble Night (GR)	29 10:00 All Resident Information Meeting (CK) 10:00 Exercises with Shantel (PL) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Tech Corner with Kimberly (Sign-up at Reception) (CK) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: The Invention of Lying (TH) 3:00 Sip & Chat with Crystel and Shantel (3T) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The Invention of Lying (TH) 6:45 Friday Night Bingo w/ Tom (CK)	30 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Mahler Symphony No 4 Maazel Israel Philharmonic Orchestra 1998 (TH) 2:00 Word in a Word (CK) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: A Man Called Otto (TH)



Be Safe

Locations Legend

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

Calendar Legend

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