



INSPIRED SENIOR LIVING

# October 2023

## Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity Packages Available At Reception 1</b> <b>10:00 Virtual Exercises (PL)</b> <b>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</b> <b>2:00 Sunday Movie Screening: Hysteria (TH)</b> <b>2:00 Euchre Card Game (Self-Directed) (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>6:30 Movie Night: Hysteria (TH)</b>	<b>ACTIVE AGING WEEK 2</b> <b>9:30 Apple Carrot Beet Juicing with Shantel (BAR)</b> <b>10:00 Ballroom Dancing Lessons with Derek (CK)</b> <b>10:30 DrumFit Classics Exercises (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>11:00 Tri-Ominoes (GR)</b> <b>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</b> <b>2:00 Musical Movie Mondays: West Side Story (TH)</b> <b>2:00 Painting with Lynn (Sign Up @ Reception) (PL)</b> <b>2:00 Brain Games with Shantel (CK)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Java Music Club Sing A-Long (PL)</b> <b>6:30 Musical Movie Mondays: West Side Story (TH)</b>	<b>ACTIVE AGING WEEK 3</b> <b>9:30 Strawberry Banana Morning Smoothie (BAR)</b> <b>10:00 Seated Dance Class (CK)</b> <b>10:30 Jumbo Crossword (BAR)</b> <b>10:45 Drumfit Classics Exercises (CK)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>2:00 Euchre (GR)</b> <b>2:00 Ted Talks Double Feature: The Formula for Successful Aging/Active Aging and Silver Skills (TH)</b> <b>2:00 Fun Facts About Apples, Pumpkins and Squash - Living, Loving, Local Discussion (CK)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Oktoberfest Beer &amp; Sausage Tasting (CK)</b> <b>3:30 Rollin' Rebounder Game (PL)</b> <b>6:30 Movie Night: Boys on the Side (TH)</b>	<b>ACTIVE AGING WEEK 4</b> <b>9:30 Green Juice Juicing with Shantel (BAR)</b> <b>10:00 4 Pictures One Word (BAR)</b> <b>10:15 Seated Yoga With Deborah (CK)</b> <b>10:45 DrumFit Classics Exercises (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>2:00 Documentary Matinee: What The Health (TH)</b> <b>2:00 Name That Tune with Shantel (CK)</b> <b>2:00 Word in a Word (BAR)</b> <b>3:00 Kings in the Corner (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Crafty Wednesdays with Shantel: Fall Gnome Wreath (Please Sign up @ Reception) (CK)</b> <b>6:30 Poker Night with Effie (GR)</b> <b>6:30 Movie Matinee: Big Business (TH)</b>	<b>ACTIVE AGING WEEK 5</b> <b>9:30 Tropical Oatmeal Morning Smoothie (BAR)</b> <b>10:00 Exercises with Shantel (CK)</b> <b>10:30 Thursday Trivia (BAR)</b> <b>10:45 Drumfit Classics Exercises (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>1:00 Tuck Shop Meeting (CK)</b> <b>2:00 Travelogue Thursdays- Austria (TH)</b> <b>2:00 Loonie Bingo (CK)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:15 Paraffin Wax Treatment (Register @ Reception) (CK)</b> <b>3:30 Scattergories (CK)</b> <b>3:30 Knitting Group (GR)</b> <b>6:30 Bridge Night (GR)</b> <b>6:30 Movie Night: Minari (TH)</b>	<b>ACTIVE AGING WEEK 6</b> <b>9:30 Immune Booster Juicing with Shantel (BAR)</b> <b>10:00 Seated Zumba Class with Bette (CK)</b> <b>10:30 Quiddler (GR)</b> <b>10:45 DrumFit Classics (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>2:00 Fit Minds-Stay Sharp (PL)</b> <b>2:00 Documentary Matinee: In Defense Of Food (TH)</b> <b>3:00 Tech Corner with Arshdeep (Sign-up at Reception) (CK)</b> <b>3:00 Kings in the Corner (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Meet me at the MoMA- Presentation (CK)</b> <b>3:30 Food Council Meeting (PL)</b> <b>3:30 Meet me at the MoMa - Painting Session (CK)</b> <b>6:30 Movie Night: Movie Matinee: Hum Apke Hain Kaun (TH)</b> <b>6:45 Friday Night Bingo w/ Tom (CK)</b>	<b>10:00 Exercises with Sandra (CK)</b> <b>10:30 Quiddler (GR)</b> <b>10:45 Drumfit Classics Exercises (PL)</b> <b>1:30 Go4Life Walking Grp (L)</b> <b>2:00 Presentation with Lianne Harris - Superstitions (Sign-up at Reception) (TH)</b> <b>2:15 Word in a Word (CK)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Euchre (GR)</b> <b>3:30 Saturday Afternoon Entertainment: Beethoven: Symphony No.5; Jarvi, DKB (TH)</b> <b>3:30 Creative Colouring and Relaxing Music (CK)</b> <b>6:30 Movie Night: Hope Floats (TH)</b>
<b>Activity Packages Available At Reception 8</b> <b>10:00 Exercises (PL)</b> <b>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</b> <b>2:00 Sunday Movie Screening: Titanic (TH)</b> <b>2:00 Scrabble (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>6:30 Movie Night: Titanic (TH)</b>	<b>THANKSGIVING 9</b> <b>10:00 Exercises (PL)</b> <b>10:45 Go4Life Walking Group (Around the Building Walk) (L)</b> <b>11:00 Tri-Ominoes (GR)</b> <b>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</b> <b>2:00 Musical Movie Mondays: The Purple Rose of Cairo (TH)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Thanksgiving Concert with Filipa Souza (CK)</b> <b>6:30 Musical Movie Mondays: The Purple Rose of Cairo (TH)</b>	<b>10:00 Gentle Fitness (CK)</b> <b>10:00 Trip to Bayview Village Mall (Sign up @ Reception) (L)</b> <b>10:30 Jumbo Crossword (BAR)</b> <b>10:45 Falls Prevention Exercise Class (CK)</b> <b>2:00 Euchre (GR)</b> <b>2:00 Ted Talks: Kung Fu, Star Trek and the many paths to spirituality (TH)</b> <b>2:00 Artfull Enrichment Workshop: Spooky Night (CK)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Let's Play Ping Pong (CK)</b> <b>3:30 Movie Club Meeting (TH)</b> <b>6:30 Poker Night: Mission Majnu (TH)</b> <b>6:30 Euchre Game Night with Shantel (GR)</b>	<b>10:00 4 Pictures One Word (BAR)</b> <b>10:15 Seated Yoga With Deborah (CK)</b> <b>10:45 DrumFit Classics (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>2:00 Word in a Word (CK)</b> <b>2:00 Movie Matinee: Pee Wee's Big Adventure (TH)</b> <b>2:00 Name That Tune with Shantel (PL)</b> <b>3:00 Kings in the Corner (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Crafty Wednesdays with Shantel: Fall Floral Set (Please Sign up @ Reception) (PL)</b> <b>6:30 Poker Night with Effie (GR)</b> <b>6:30 Movie Night: Movie Matinee: Pee Wee's Big Adventure (TH)</b>	<b>10:00 Gentle Fitness (CK)</b> <b>10:30 Thursday Trivia (BAR)</b> <b>10:45 Falls Prevention Exercise Class (CK)</b> <b>1:30 LLL Chef's Demo with Tammy from Fresh Start Foods (CK)</b> <b>2:00 Travelogue Thursdays- Brussels (TH)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Loonie Bingo (PL)</b> <b>3:30 Scattergories (CK)</b> <b>3:30 Knitting Group (GR)</b> <b>6:00 Paraffin Wax Treatment (Register @ Reception) (CK)</b> <b>6:30 Bridge Night (GR)</b> <b>6:30 Movie Night: The Fabelmans (TH)</b> <b>7:00 Java Music Club Sing A-Long Night (PL)</b>	<b>10:00 Exercises with Kimberly (PL)</b> <b>10:30 Church Service with Msgr. Pat (CK)</b> <b>10:30 Quiddler (GR)</b> <b>10:45 DrumFit Classics (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>2:00 Movie Matinee: Flicka (TH)</b> <b>2:00 Fit Minds-Stay Sharp (PL)</b> <b>3:00 Tech Corner with Arshdeep (Sign-up at Reception) (CK)</b> <b>3:00 Kings in the Corner (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>4:30 Living, Loving, Local Themed Dinner Featuring Apples (DR)</b> <b>6:30 Movie Matinee: Flicka (TH)</b> <b>6:45 Friday Night Bingo w/ Tom (CK)</b>	<b>10:00 Exercises with Kimberly (CK)</b> <b>10:30 Quiddler (GR)</b> <b>10:45 Drumfit Classics Exercises (PL)</b> <b>1:30 Go4Life Walking Grp (L)</b> <b>2:00 Word in a Word (CK)</b> <b>3:00 Euchre (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Saturday Afternoon Entertainment: Beethoven Symphony No 5 C minor John Eliot Gardiner Orchestre Revolutionnaire et Romantique 2016 (TH)</b> <b>3:30 Creative Colouring and Relaxing Music (CK)</b> <b>6:30 Movie Night: Flicka 2 (TH)</b>
<b>Activity Packages Available At Reception 15</b> <b>10:00 Exercises (PL)</b> <b>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</b> <b>2:00 Sunday Movie Screening: George of the Jungle (TH)</b> <b>2:00 Quiddler Card Game (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>6:30 Sunday Movie Screening: George of the Jungle (TH)</b>	<b>10:00 Exercises with Shantel (CK)</b> <b>10:30 DrumFit Classics (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>11:00 Tri-Ominoes (GR)</b> <b>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</b> <b>2:00 Musical Movie Mondays: Enchanted (TH)</b> <b>2:00 Getting to Know Brandon - Presentation (CK)</b> <b>2:00 Painting with Lynn (Sign Up @ Reception) (PL)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Halloween Around The World Lecture with Shannon (CK)</b> <b>6:30 Musical Movie Mondays: Enchanted (TH)</b>	<b>10:00 Gentle Fitness (CK)</b> <b>10:30 Jumbo Crossword (BAR)</b> <b>10:45 Falls Prevention Exercise Class (CK)</b> <b>1:30 Resident General Meeting (1:30 p.m. - 3:00 p.m.) (CK)</b> <b>2:00 Euchre (GR)</b> <b>2:00 Ted Talks Double Feature: How one small idea led to \$1 million of paid water bills/The deep sea's medicinal secrets (TH)</b> <b>2:00 Artfull Enrichment Workshop: Spooky Cat (PL)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Let's Play Ping Pong (CK)</b> <b>3:30 Ring Toss Game (CK)</b> <b>6:00 Make Apple Crisp with Shantel (Sign-up @ reception) (CK)</b> <b>6:30 Movie Night: How Stella Got her Groove Back (TH)</b> <b>6:30 UNO Card Game Night with Shantel (GR)</b>	<b>10:00 4 Pictures One Word (BAR)</b> <b>10:15 Seated Yoga With Deborah (CK)</b> <b>10:45 DrumFit Classics (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>2:00 Word in a Word (CK)</b> <b>2:00 Movie Matinee: The Mirror with Two Faces (TH)</b> <b>2:00 Crafty Wednesdays with Shantel: Ghost Tray Making (Please sign up @ Reception) (PL)</b> <b>3:00 Kings in the Corner (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Wine Tasting: Featuring Wines From Argentina (CK)</b> <b>6:30 Poker Night with Effie (GR)</b> <b>6:30 Movie Matinee: The Mirror with Two Faces (TH)</b>	<b>10:00 Gentle Fitness (CK)</b> <b>10:30 Thursday Trivia (BAR)</b> <b>10:45 Falls Prevention Exercise Class (CK)</b> <b>2:00 Travelogue Thursdays- France (TH)</b> <b>2:00 Loonie Bingo (CK)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:30 Scattergories (CK)</b> <b>3:30 Knitting Group (GR)</b> <b>6:00 Paraffin Wax Treatment (Register @ Reception) (CK)</b> <b>6:30 Bridge Night (GR)</b> <b>6:30 Movie Night: Ladies in Black (TH)</b> <b>7:00 Scrabble Night (GR)</b> <b>7:00 Oktoberfest Concert with David Skolnick (CK)</b>	<b>9:30 Fall Scenic Tour &amp; Lunch at The Terra Cotta Inn (Sign-up @ Reception) (L)</b> <b>10:00 Seated Zumba Class with Bette (PL)</b> <b>10:30 Quiddler (GR)</b> <b>10:45 DrumFit Classics (PL)</b> <b>11:00 Go4Life Walking Group to Mel Lastman Square (L)</b> <b>2:00 Movie Matinee: Persuasion (1995) (TH)</b> <b>3:00 Tech Corner with Arshdeep (Sign-up at Reception) (CK)</b> <b>3:00 Kings in the Corner (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:00 Presentation About Stress with Elena (CK)</b> <b>3:00 Fit Minds-Stay Sharp (PL)</b> <b>6:30 Movie Matinee: Persuasion (1995) (TH)</b> <b>6:45 Friday Night Bingo w/ Tom (CK)</b>	<b>10:00 Exercises with Shantel (CK)</b> <b>10:30 Quiddler (GR)</b> <b>10:45 Drumfit Classics Exercises (PL)</b> <b>1:30 Go4Life Walking Grp (L)</b> <b>2:00 Word in a Word (CK)</b> <b>2:00 Saturday Afternoon Entertainment: Haydn: The Creation   Nederlands Kamerkoor, Concerto D'Amsterdam &amp; Klaas Stock (2009) (TH)</b> <b>2:30 Getting to Know Arshdeep - Presentation (CK)</b> <b>3:00 Euchre (GR)</b> <b>3:00 Afternoon Tea Social (BAR)</b> <b>3:30 Creative Colouring and Relaxing Music (CK)</b> <b>6:30 Movie Night: The Gunfighters Legacy (TH)</b>



INSPIRED SENIOR LIVING

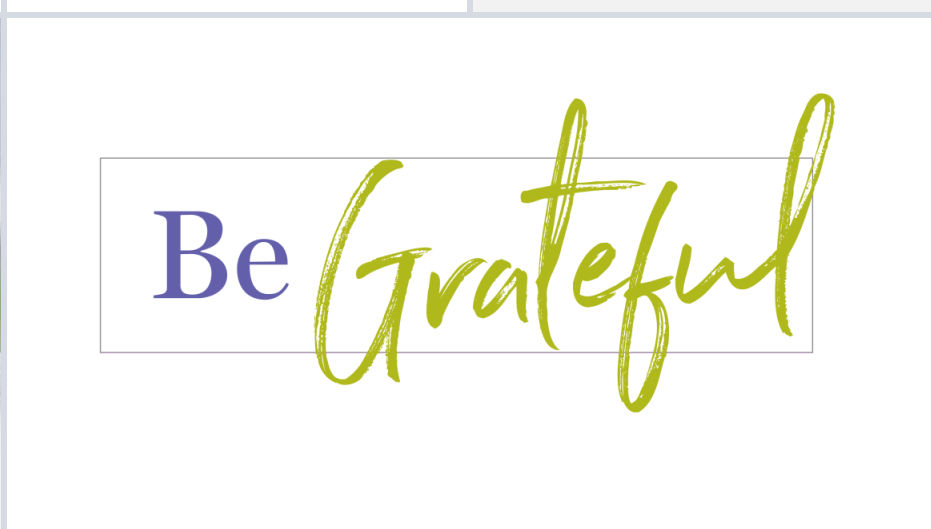
# October 2023

## Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity Packages Available At Reception 22</b> 10:00 Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Finding Love in a Big Sky Montana (TH) 2:00 Uno Card Game (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Sunday Movie Screening: Finding Love in a Big Sky Montana (TH)	<b>23</b> 9:30 Trip to Downey's Farm for Apple Picking (Sign-up @ reception) (L) 10:00 Exercises with Brandon (Co-op Student) (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 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 Musical Movie Mondays: The Umbrellas of Cherbourg (TH) 2:00 Concentration Brain Game (CK) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Musical Movie Mondays: The Umbrellas of Cherbourg (TH)	<b>24</b> <b>FOOT CLINIC (Sign-up @ Reception)</b> 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 Double Feature: What are animals thinking and feeling?/ Pay attention to penguins (TH) 2:00 Meet me at the MoMa Presentation - (CK) 2:30 Meet me at the MoMa - Painting Session (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Life Enrichment Meeting (PL) 6:30 Movie Night: The Best Exotic Marigold Hotel (TH) 6:30 Who Wants to be a Millionaire Game Night with Shantel (GR) 7:00 Sing A-long with Patricia Duffy (PL)	<b>25</b> 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: The Second Best Exotic Marigold Hotel (TH) 2:00 Pumpkin Carving with Andrea and Shantel (Please Sign up @ Reception) (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 LLL Chef's Demo with Crystal (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Matinee: The Second Best Exotic Marigold Hotel (TH)	<b>26</b> 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Bernina (TH) 2:00 Loonie Bingo (PL) 3:00 Celebrating October Birthdays with Antonella Vizzini (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour (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: See How They Run (TH) 7:00 Java Music Club Sing A-long Night (PL)	<b>27</b> 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: Just Wright (TH) 2:00 Canterbury Place Bake Sale (CK) 3:00 Tech Corner with Arshdeep (Sign-up at Reception) (GR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Matinee: Just Wright (TH) 6:45 Friday Night Bingo w/ Tom (CK)	<b>28</b> 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Martha Argerich plays Chopin Concerto No. 1 (2010) (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Birds (TH)
<b>Activity Packages Available At Reception 29</b> 10:00 Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 11:30 BRUNCH (DR) 2:00 Sunday Movie Screening: Hocus Pocus (TH) 2:00 Euchre Card Game (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Afternoon Sing Along With Patricia Duffy (PL) 6:30 Sunday Movie Screening: Hocus Pocus (TH)	<b>30</b> 10:00 All Resident Information Meeting (CK) 10:00 Exercises (PL) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 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 Musical Movie Mondays: Hocus Pocus 2 (TH) 2:00 Artfull Enrichment Workshop: Jack-O-Lantern (PL) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Musical Movie Mondays: Hocus Pocus 2 (TH)	<b>31</b> <b>HAPPY HALLOWEEN</b> 10:00 Gentle Fitness (CK) 10:00 Trip to Walmart (Sign up @ Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ted Talks: Why we love, why we cheat (TH) 2:00 Book Club Meeting (PL) 2:00 Guess the Halloween Goodies Game (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Halloween Costume Party w/ Entertainer Marcus Schwan (CK) 6:30 Movie Night: Psycho (TH) 6:30 Quiddler Game Night with Shantel (GR)				



**Locations Legend**

Country Kitchen (CK)	Piano Lounge (PL)
Theatre (TH)	Bar (BAR)
Games Room (GR)	Lobby (L)
	Dining Room (DR)

**Calendar Legend**

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