



INSPIRED SENIOR LIVING

November 2023

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 4 Pictures One Word (BAR) 1 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: Avatar the Way of Water (TH) 2:00 Name That Tune with Shantel (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Sandra: Fall Leave Painting (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Avatar the Way of Water (TH)	10:00 Gentle Fitness (CK) 2 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Bulgaria (TH) 2:00 Loonie Bingo (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: Midnight in Paris (TH) 7:00 Scrabble Night (GR)	10:00 Seated Zumba Class with Bette (CK) 3 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: Elvis Presley Loving You (TH) 3:00 Tech Corner with Sandra (Sign-up at Reception) (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Elvis Presley Loving You (TH) 6:45 Friday Night Bingo w/ Kin (CK)	10:00 Exercises with Shantel (CK) 4 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Presentation with Lianne Harris - India Her 10,000 Year Journey (Sign Up @ Reception) (TH) 2:00 Word in a Word (CK) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Saturday Afternoon Entertainment: Beethoven's Symphony No. 9 / Klaus Mäkelä / Oslo Philharmonic (TH) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Bonnie and Clyde (TH)
Activity Packages Available At Reception 5 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Euchre (GR) 2:00 Sunday Movie Screening: Water (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sing A-long with Patricia Duffy (PL) 6:30 Movie Night: Water (TH)	Hearing Clinic (Sign up @ Reception) (PL) Bedding and More (Vendor 11:30a.m. to 3:00p.m.) (PL) 6 10:00 Ballroom Dancing Lessons with Derek (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 Musical Movie Mondays: Tar (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (CK) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Musical Movie Mondays: Tar (TH)	Gentle Fitness (CK) 7 Trip to Hillcrest Mall (Sign up @ Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ted Talks: How business can drive solutions to social problems/How comedy helps us deal with hard truths (TH) 2:00 Meet Me at the MoMa Presentation - Vincent Van Gogh (CK) 2:30 Meet me at the MoMA- Painting Session (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (PL) 3:30 Let's Play Ping Pong (CK) 6:30 Movie Night: They Won't Believe Me (TH)	4 Pictures One Word (BAR) 8 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:00 DrumFit Classics (PL) 1:00 Tuck Shop Meeting (CK) 2:00 Word in a Word (CK) 2:00 Movie Matinee: Gladiator (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Shantel: DIY Mini Scarecrow (Please Sign up @ Reception) (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Gladiator (TH)	Gentle Fitness (CK) 9 Thursday Trivia (BAR) Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Czech Republic (Europe) (TH) 2:00 Loonie Bingo (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: Lady Bird (TH) 7:00 Scrabble Night (GR)	Exercises with Shantel (CK) 10 Church Service with Msgr. Pat (CK) Quiddler (GR) DrumFit Classics (PL) Go4Life Walking Group to Mel Lastman Square (L) Fit Minds-Stay Sharp (PL) Movie Matinee: Sense and Sensibility (TH) Veggie Carving with Junling and Chef Crystel(Sign up @ Reception) (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 4:00 Tech Corner with Sandra (Sign-up at Reception) (CK) 6:30 Movie Night: Sense and Sensibility (TH) 6:45 Friday Night Bingo w/ Tom (CK)	Remembrance Day! 11 10:45 Remembrance Day Ceremony w/ Marcus (CK) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Five Soldiers Remembrance Documentary (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Movie Club Meeting (TH) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Battle of Britain (TH)
Happy Diwali! 12 Activity Packages Available At Reception 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Quiddler (Self Directed) (GR) 2:00 Sunday Movie Screening: Roma (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with the West Enders (CK) 6:30 Movie Night: Roma (TH)	Ballroom Dancing Lessons with Derek (CK) 13 DrumFit Classics (PL) Tri-Ominoes (GR) Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Oliver (TH) 2:00 Diwali Themed Demo with Manu (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Henna Hand Art with Arshdeep (CK) 3:30 Java Music Club Sing A-long (PL) 6:30 Musical Movie Mondays: Oliver (TH)	National Diabetes Month 14 Gentle Fitness (CK) 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 Double Feature: This country runs on 98 percent renewable electricity/How behavioral science can lower your energy bill (TH) 2:00 Artfull Workshop: Fallen Leaf (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Health One Pharmacy Information Presentation (CK) 6:30 Movie Night: A League of Their Own (TH) 6:30 Euchre Game Night with Shantel (GR)	4 Pictures One Word (BAR) 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 Crafty Wednesdays with Shantel: DIY Fall Decor Craft (Please Sign Up @ Reception) (PL) 2:00 Movie Matinee: You Only Live Twice (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from Niagara Falls (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: You Only Live Twice (TH)	Gentle Fitness (CK) 16 Thursday Trivia (BAR) Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Hungary (TH) 2:00 Loonie Bingo (CK) 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: The Lion in the Winter (TH) 7:00 Scrabble Night (GR)	Exercises with Shantel (CK) 17 Quiddler (GR) DrumFit Classics (PL) Go4Life Walking Group to Mel Lastman Square (L) 11:00 Effective Investment Planning with Arnold Chin (CK) Fit Minds-Stay Sharp (PL) Movie Matinee: King Richard (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour Cocktail Competition (CK) 6:30 Movie Night: King Richard (TH) 6:45 Friday Night Bingo w/ Tom (CK)	Exercises with Shantel (CK) 18 Quiddler (GR) Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Symphony Of Unity Tomorrowland 2023 (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with Arshdeep (Sign-up at Reception) (PL) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Queen (TH)



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Activity Packages Available At Reception 19 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 LLL Chef's Demo with Crystel (CK) 2:00 Sunday Movie Screening: The Power of Dog (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Scrabble (Self Directed) (GR) 6:30 Movie Night: The Power of The Dog (TH)	10:00 All Resident Information Meeting (CK) 20 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 Musical Movie Mondays: Mamma Mia! (TH) 2:00 Meet Me at the MoMa Presentation - Emily Carr (CK) 2:30 Meet me at the MoMa - Painting Session (CK) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Musical Movie Mondays: Mamma Mia! (TH)	10:00 Gentle Fitness (CK) 21 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 Double Feature: Steven Sharp Nelson: How to find peace with loss through music TED/How music streaming transformed songwriting (TH) 2:00 Artfull Workshop: Fall River (CK) 2:00 Life Enrichment Meeting (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Getting to Know Brandon - Presentation (TH) 3:30 Let's Play Ping Pong (CK) 5:30 Outing- Dinner to Mezza Notre (Sign up @ Reception) (L) 6:30 Movie Night: Love At First Sight (TH)	10:00 4 Pictures One Word (BAR) 22 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 Crafty Wednesdays with Shantel: Autumn Leave Snow Globe (Please sign up @ Reception) (PL) 2:00 Movie Matinee: The Shape of Water (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Getting to Know Kaycee - Presentation (TH) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Shape of Water (TH)	Ladies and Men One Stop Shop (Clothing Vendor 10:00a.m. to 3:00p.m.) (PL) 23 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Slovakia (TH) 2:00 Loonie Bingo (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Scattergories (CK) 3:30 Knitting Group (GR) 3:30 Coffee Tasting with Shantel (Please Sign up @ Reception) (PL) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Marriage Story (TH) 7:00 Scrabble Night (GR)	10:00 Exercises with Shantel (CK) 24 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 Courtship (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) 3:00 Candles in the Darkness Presentation with Shannon Grahman (CK) 6:30 Movie Night: The Courtship (TH) 6:45 Friday Night Bingo w/ Tom (CK)	10:00 Exercises with Shantel (CK) 25 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: Berlioz : Symphonie Fantastique (Fantastical Symphony) (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Yours, Mine, and Ours (TH)
Activity Packages Available At Reception 26 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 11:30 BRUNCH (DR) 2:00 Kings in the Corner (GR) 2:00 Sunday Movie Screening: Neverland (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sing A-long with Patricia Duffy (PL) 6:30 Movie Night: Finding Neverland (TH)	10:00 Trip to One of a Kind Winter Show (Sign up @ Reception) (L) 27 10:00 Seated Zumba Class with Bette (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 Musical Movie Mondays: Gypsy (TH) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Musical Movie Mondays: Gypsy (TH)	FOOT CLINIC (Sign-up @ Reception) 28 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: (TH) 2:00 Artfull Workshop: Van Gohs's Starry Night (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Make Tomato Bruschetta with Shantel (Sign Up @ Reception) (CK) 6:30 Movie Night: Kate and Leopold (TH) 6:30 Game Night with Shantel: Who wants to be a Millionaire (GR) 7:00 Sing A-long with Patricia Duffy (PL)	10:00 4 Pictures One Word (BAR) 29 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: Madea's Family Reunion (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Book Club Meeting (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Madea's Family Reunion (TH)	10:00 Gentle Fitness (CK) 30 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Krakow (Poland) (TH) 2:00 Loonie Bingo (PL) 3:00 Celebrating November Birthdays with Jay Vazquez (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Knitting Group (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Dig (TH) 7:00 Scrabble Night (GR)		

Be Grateful

Locations Legend

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

Calendar Legend

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