



INSPIRED SENIOR LIVING

# December 2023

## Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**MONDAY**  
**DEC 25**

## Christmas Day

**SUNDAY**  
**DEC 31**

## New Years Eve

**Activity Packages Available At Reception 3**

- 10:00 Exercises (PL)
- 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)
- 2:00 Sunday Movie Screening: The English Patient (TH)
- 3:00 Afternoon Tea Social (BAR)
- 6:30 Movie Night: The English Patient (TH)

**Hearing Clinic (Sign up @ Reception) (PL) 4**

- 10:00 Exercises with Kimberly (CK)
- 10:30 DrumFit Classics (PL)
- 11:00 Go4Life Walking Group (L)
- 11:00 Tri-Ominoes (GR)
- 2:00 Bridge Game (2:00pm to 4:00pm) (GR)
- 2:00 Musical Movie Mondays: Wizard of Oz (TH)
- 2:00 Painting with Lynn (Sign Up @ Reception) (PL)
- 3:00 Java Music Club Sing A-long (PL)
- 3:00 Afternoon Tea Social (BAR)
- 6:30 Musical Movie Mondays: Wizard of Oz (TH)

**10:00 Gentle Fitness (CK) 5**

- 10:00 Trip to Centrepont Mall (Sign up @ Reception) (L)
- 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: (TH)
- 2:00 Crafty Tuesdays with Shantel: Make Hanukkah Coaster (Sign-up @ Reception) (PL)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Hanukkah Music with David Skolnick (CK)
- 6:30 Movie Night: The Princess Bride (TH)

**10:00 4 Pictures One Word (BAR) 6**

- 10:15 Seated Yoga With Deborah (CK)
- 11:00 Go4Life Walking Group (L)
- 11:00 DrumFit Classics (PL)
- 1:00 Tuck Shop Meeting (CK)
- 2:00 Movie Matinee: Confession of a Shopaholic (TH)
- 2:00 Artfull Workshop: Snow Globe (PL)
- 2:00 Word in a Word (BAR)
- 3:00 Kings in the Corner (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Meet me at the MoMa Presentation - RAPHAEL (CK)
- 3:30 Meet me at the MoMa - Painting Session (CK)
- 6:30 Poker Night with Effie (GR)
- 6:30 Movie Night: Confession of a Shopaholic (TH)

**Fifth Avenue Jewellery-Vendor (PL) Hanukkah Begins 7**

- 10:00 Gentle Fitness (CK)
- 10:30 Thursday Trivia (BAR)
- 10:45 Falls Prevention Exercise Class (CK)
- 2:00 Travelogue Thursdays- Iceland (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 Cowboy (TH)

**10:00 Exercises with Shantel (CK) 1**

- 10:30 Quiddler (GR)
- 10:45 DrumFit Classics (PL)
- 11:00 Go4Life Walking Group (L)
- 2:00 Movie Matinee: The Descendants (TH)
- 2:00 Fit Minds-Stay Sharp (PL)
- 2:00 Decorating Resident Christmas Tree (CK)
- 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: The Descendants (TH)
- 6:45 Friday Night Bingo w/ Tom (CK)

**10:00 Exercises with Shantel (CK) 2**

- 10:30 Quiddler (GR)
- 10:45 Drumfit Classics Exercises (PL)
- 1:30 Go4Life Walking Grp (L)
- 2:00 Presentation with Lianne Harris - Greed and Desire: A Short History of Luxury Goods (TH)
- 2:00 Word in a Word (CK)
- 3:00 Euchre (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:30 Saturday Afternoon Entertainment: Beethoven: Symphony No. 7 | Bernard Haitink & the Royal Concertgebouw Orchestra (TH)
- 3:30 Creative Colouring and Relaxing Music (CK)
- 6:30 Movie Night: Moonstruck (TH)

**10:00 Exercises with Kimberly (PL) 8**

- 10:30 Church Service with Msgr. Pat (CK)
- 10:30 Quiddler (GR)
- 10:45 DrumFit Classics (PL)
- 11:00 Go4Life Walking Group (L)
- 1:30 Music Performance from Claude Watson School of Arts (CK)
- 2:00 Fit Minds-Stay Sharp (PL)
- 2:00 Movie Matinee: The Deer Hunter (TH)
- 3:00 Tech Corner with Kimberly (Sign-up at Reception) (CK)
- 3:00 Kings in the Corner (GR)
- 3:00 Afternoon Tea Social (BAR)
- 6:30 Movie Night: The Deer Hunter (TH)
- 6:45 Friday Night Bingo w/ Tom (CK)

**10:00 Exercises with Shantel (CK) 9**

- 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: Beethoven - Symphony No. 9 (Daniel Barenboim & the West-Eastern Divan Orchestra) (TH)
- 3:00 Euchre (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:30 Creative Colouring and Relaxing Music (CK)
- 3:30 Movie Club Meeting (TH)
- 6:30 Movie Night: Sideways (TH)

**Activity Packages Available At Reception 10**

- 10:00 Exercises (PL)
- 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)
- 2:00 Sunday Movie Screening: Falling For Christmas (TH)
- 3:00 Afternoon Tea Social (BAR)
- 6:30 Movie Night: Falling For Christmas (TH)

**Nelly Comfort Shoes (Vendor) 11:00 am - 4:00 p.m. (PL) 11**

- 10:00 Exercises with Kimberly (CK)
- 10:30 DrumFit Classics (PL)
- 11:00 Go4Life Walking Group (L)
- 11:00 Tri-Ominoes (GR)
- 2:00 Bridge Game (2:00pm to 4:00pm) (GR)
- 2:00 Musical Movie Mondays: The Nutcracker (1993) (TH)
- 2:00 The History of Christmas Carols Lecture with Shannon (CK)
- 3:00 Java Music Club Sing A-long (PL)
- 3:00 Afternoon Tea Social (BAR)
- 6:30 Musical Movie Mondays: The Nutcracker (1993) (TH)

**10:00 Gentle Fitness (CK) 12**

- 10:30 Jumbo Crossword (BAR)
- 10:45 Falls Prevention Exercise Class (CK)
- 11:30 Trip to Distillery District Christmas Market (Sign-up @ Reception) (L)
- 1:30 Resident Council Meeting (PL)
- 2:00 Euchre (GR)
- 2:00 Artfull Workshop: String Lights (PL)
- 2:00 The Story of Hanukkah - The Feast of Lights, part 1 (TH)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Meet me at the MoMa Presentation - Caspar David Friedrich (CK)
- 3:30 Meet me at the MoMa - Painting Session (CK)
- 3:30 Food Council Meeting with Crystel (PL)
- 6:30 Movie Night: Ferris Bueller's Day Off (TH)
- 6:30 Holiday Themed Trivia Game Night with Shantel (GR)
- 7:00 The Choralairs Group Music Performance (CK)

**10:00 4 Pictures One Word (BAR) 13**

- 10:15 Seated Yoga With Deborah (CK)
- 11:00 Go4Life Walking Group (L)
- 11:00 DrumFit Classics (PL)
- 2:00 Word in a Word (CK)
- 2:00 Movie Matinee: "You Are the Light of the World" - The Feast of Lights, part 2 (TH)
- 3:00 Kings in the Corner (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Crafty Wednesdays with Shantel: Pipe Cleaner Christmas Tree (Sign-up @ Reception) (PL)
- 6:30 Poker Night with Effie (GR)
- 6:30 Movie Night: Miracle on Christmas (TH)

**10:00 Gentle Fitness (CK) 14**

- 10:30 Thursday Trivia (BAR)
- 10:45 Falls Prevention Exercise Class (CK)
- 2:00 Travelogue Thursdays- Scotland (TH)
- 2:00 Variety Show (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) (PL)
- 6:30 Bridge Night (GR)
- 6:30 Movie Night: 12 Gifts of Christmas (TH)
- 7:00 Loonie Bingo Night (CK)

**UGLY SWEATER DAY Hanukkah ends 15**

- 10:00 Exercises with Shantel (CK)
- 10:30 Quiddler (GR)
- 10:45 DrumFit Classics (PL)
- 11:00 Go4Life Walking Group (L)
- 2:00 Fit Minds-Stay Sharp (PL)
- 2:00 Movie Matinee: 'Twas the Night (TH)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 End of Hanukkah Celebration with Jelly filled Donuts (CK)
- 3:30 Kings in the Corner (GR)
- 4:00 Tech Corner with Shantel (Sign-up at Reception) (CK)
- 6:30 Movie Night: 'Twas the Night (TH)
- 6:45 Friday Night Bingo w/ Tom (CK)

**10:00 Exercises with Shantel (CK) 16**

- 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: Mozart: Symphony No. 41 Jupiter | Hartmut Haenchen & Carl Philipp Emanuel Bach Chamber Orchestra (TH)
- 3:00 Euchre (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Living, Loving, Local Make Your Own Cranberry Sangria & Charcuterie Board (Sign-up @ Reception) (CK)
- 3:30 Creative Colouring and Relaxing Music (CK)
- 6:30 Movie Night: Noelle (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
<b>Activity Packages Available At Reception 17</b> 10:00 Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Fools Rush In (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Fools Rush In (TH)	<b>18</b> 10:00 All Resident Information Meeting (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group (L) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: White Christmas (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Canterbury Holiday Bake Sale (CK) 6:30 Musical Movie Mondays: White Christmas (TH)	<b>19</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: (TH) 2:00 Artfull Workshop: Holiday Tree (PL) 2:00 LLL Chef's Demo with Charlotte from Fresh Start Foods (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Book Club Meeting (PL) 6:30 Movie Night: The Knight Before Christmas (TH) 6:30 Christmas Lights Tour (Sign-up @ Reception) (L) 7:00 Sing A-long with Patricia Duffy (PL)	<b>20</b> 10:00 4 Pictures One Word (BAR) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group (L) 11:00 DrumFit Classics (PL) 2:00 Word in a Word (CK) 2:00 Movie Matinee: A Christmas Prince (TH) 2:00 Crafty Wednesdays with Shantel: Christmas Wreath Mugs (Sign-up @ Reception) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 3:30 Kings in the Corner (GR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: A Christmas Prince (TH)	<b>21</b> 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Finland (TH) 2:00 Travelling Sleigh: Christmas Cookies and Eggnog with Cinnamon Sticks (10th Floor to 3rd Floor) (IS) 3:00 Afternoon Tea Social (BAR) 3:00 Travelling Sleigh: Christmas Cookies and Eggnog with Cinnamon Sticks (17th Floor to 11th Floor) (IS) 3:30 Knitting Group (GR) 6:00 Paraffin Wax Treatment (Register @ Reception) (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: How the Grinch Stole Christmas (TH) 7:00 Holiday Bingo with Stu (CK)	<b>22</b> <b>FOOT CLINIC (Sign-up At Reception)</b> 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: Home Alone (TH) 2:00 Resident Holiday Party (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Tech Corner with Shantel (Sign-up at Reception) (GR) 3:30 Kings in the Corner (GR) 6:30 Movie Night: Home Alone (TH) 6:45 Friday Night Bingo w/ Tom (CK)	<b>23</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: Dallas Symphony Christmas Celebration (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Home Alone 2: Lost In New York (TH)								
<b>Activity Packages Available At Reception 24</b> 10:00 Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Miracle on the 34th Street (TH) 2:00 Naughty or Nice - Poke a Tree and Win a Prize (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Christmas Entertainment with Carla Gonzalez (CK) 4:30 Christmas Eve Special Dinner and Drinks (DR) 6:30 Movie Night: Miracle on the 34th Street (TH)	<b>25</b> <b>Christmas Day</b> 10:00 Seated Zumba Class with Kadrie (CK) 11:00 Go4Life Walking Group (Around the Building Walk) (L) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Tim Bruton's : The Nightmare Before Christsmas (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Christmas Day Concert with Stevie (CK) 6:30 Musical Movie Mondays: Tim Bruton's : The Nightmare Before Christsmas (TH)	<b>26</b> <b>Boxing Day (PL)</b> 10:00 Seated Zumba Class with Kadrie (CK) 2:00 Euchre (GR) 2:00 Ted Talks: Feats of memory anyone can do   Joshua Foer (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Boxing Day Concert with Gilad (CK) 6:30 Movie Night: The Claus Family (TH)	<b>27</b> 10:00 4 Pictures One Word (BAR) 10:00 Trip to Walmart (Sign-up @ Reception) (L) 10:15 Seated Yoga With Deborah (CK) 11:00 Go4Life Walking Group (L) 11:00 DrumFit Classics (PL) 2:00 Movie Matinee: The Royal Tenenbaums (TH) 2:00 Crafty Wednesdays with Shantel: Book Art (PL) 2:00 Word in a Word (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from California (CK) 3:30 Kings in the Corner (GR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Royal Tenenbaums (TH)	<b>28</b> 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Travelogue Thursdays- Ireland (TH) 2:00 Loonie Bingo (PL) 3:00 Celebrating December Birthdays with Shannon Graham (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Scattergories (CK) 3:30 Knitting Group (GR) 4:30 Living, Loving, Local Themed Dinner Featuring Cranberries (DR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Rushmore (TH)	<b>29</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: The Usual Suspects (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 3:00 Hot Chocolate & Holiday Memories Sharing Slide Show (CK) 6:30 Movie Night: The Usual Suspects (TH) 6:45 Friday Night Bingo w/ Tom (CK)	<b>30</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: Mozart: Piano Concerto No. 27   Menahem Pressler, Paavo Järvi & the Orchestre de Paris (TH) 3:00 Tech Corner with Shantel (Sign-up at Reception) (CK) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Das Boot (TH)								
<b>Activity Packages Available At Reception 31</b> 10:00 Seated Zumba Class with Kadrie (CK) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 11:30 BRUNCH (DR) 2:00 Sunday Movie Screening: (TH) 2:00 Christmas Jeopardy with Kim & Shantel (CK) 3:00 Afternoon Tea Social (BAR) 4:30 New Years Eve Special Dinner (DR) 6:30 Movie Night: New Year's Eve (TH) 6:30 New Year's Eve Concert with Jay Vasquez (CK)	<div style="text-align: center;"> <h1>Be Grateful</h1> </div>			<h3>Locations Legend</h3> <table border="0"> <tr> <td>Country Kitchen (CK)</td> <td>Bar (BAR)</td> </tr> <tr> <td>Theatre (TH)</td> <td>Lobby (L)</td> </tr> <tr> <td>Piano Lounge (PL)</td> <td>Dining Room (DR)</td> </tr> <tr> <td>Games Room (GR)</td> <td>In Suite (IS)</td> </tr> </table>		Country Kitchen (CK)	Bar (BAR)	Theatre (TH)	Lobby (L)	Piano Lounge (PL)	Dining Room (DR)	Games Room (GR)	In Suite (IS)	<h3>Calendar Legend</h3> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>
Country Kitchen (CK)	Bar (BAR)													
Theatre (TH)	Lobby (L)													
Piano Lounge (PL)	Dining Room (DR)													
Games Room (GR)	In Suite (IS)													