



INSPIRED SENIOR LIVING

January 2024 Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year 1 10:00 Virtual Exercises (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Movie Matinee: Nashville (TH) 3:00 Afternoon Tea Social (BAR) 3:00 New Years Concert with The Patricia Duffy Trio (PL) 4:30 New Year's Special Dinner (DR) 6:30 Movie Night: Nashville (TH)	2 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- Stan Douglas (CK) 2:00 Our Planet Series Episode 1: World on the Move (TH) 2:30 Meet me at the MoMa - Painting Session (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Kings in the Corner (GR) 6:30 Movie Night: Nyad (TH)	3 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: Love at First Sight (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Sandra: Baby's Breath Centerpiece (Sign-up @ Reception) (PL) 3:00 Resident Food Meeting with Crystel (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Love at First Sight (TH)	4 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 Queen Charlotte: A Bridgerton Story: Queen to Be (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour (BAR) 3:30 Scattergories (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Waiting to Exhale (TH) 7:00 Scrabble Night (GR)	5 National Bird Day! 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Hands on Exotics Explore Africa (CK) 2:00 Fit Minds-Stay Sharp (Pick up @ Reception) (IS) 2:00 Movie Matinee: The King's Speech (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The King's Speech (TH) 6:45 Friday Night Bingo w/ Tom (CK)	6 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Barenboim, Zukerman & du Pré: Beethoven - Piano Trio in D major, Op. 70 No. 1 "Ghost" (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Phantom Thread (TH)
Activity Packages Available At Reception 7 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Quiddler Game (GR) 2:00 Sunday Movie Screening: All Good Things (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: All Good Things (TH)	8 Happy Birthday Elvis! Hearing Clinic (Sign up @ Reception) (TH) 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 Painting with Lynn (Sign Up @ Reception) (CK) 2:00 Movie Matinee: Elvis (TH) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Elvis Celebration with Jay Vazquez (CK) 6:30 Movie Night: Elvis (TH)	9 10:00 Gentle Fitness (CK) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Sip and Paint with Kylie Johnson (Please Sign up @ Reception) (CK) 2:00 Our Planet Series Episode 2: Following the Sun (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Fun Facts About Beans and Lentils (PL) 4:00 Let's Play Ping Pong (CK) 6:30 Game Night with Sandra: Kings in the Corner (GR) 6:30 Movie Night: The Nice Guys (TH)	10 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) 12:00 Outing to Princess of Whales Theatre (Sign up @ Reception) (L) 2:00 Word in a Word (CK) 2:00 Movie Matinee: The Notebook (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Painting Session with Sandra: Let's Paint Elvis! (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Notebook (TH)	11 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Queen Charlotte: A Bridgerton Story: Honeymoon Bliss (TH) 2:00 Loonie Bingo (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour (BAR) 3:30 Scattergories (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Patriot Day (TH) 7:00 Scrabble Night (GR)	12 10:00 Exercises with Sandra (PL) 10:30 Church Service with Msgr. Pat (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 1:00 Tuck Shop Meeting (CK) 2:00 Movie Matinee: Firehouse Dog (TH) 2:00 Fit Minds-Stay Sharp (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with Sandra (Sign-up at Reception) (CK) 6:30 Movie Night: Firehouse Dog (TH)	13 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Liszt : Totentanz (Danse macabre) (Boris Berezovsky / Orchestre philharmonique de Radio France /... France (TH) 2:30 Creative Colouring and Relaxing Music (CK) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Movie Club Meeting (TH) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Ocean's Eleven (TH)
Activity Packages Available At Reception 14 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Kings in the Corner (GR) 2:00 Sunday Movie Screening: Pearl Harbor (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Pearl Harbor (TH)	15 National Hat Day! 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 All About Opera Presentation with Shannon Grahman (CK) 2:00 Musical Movie Mondays: Pinocchio (TH) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Musical Movie Mondays: Pinocchio (TH)	16 10:00 Outing to Sherway Gardens (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 Artfull Enrichment Workshop: Milky Way Mountains (CK) 2:00 Our Planet Series Episode 3 : The Next Generation (TH) 2:30 Life Enrichment Meeting (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Let's Play Ping Pong (CK) 6:30 Game Night with Sandra: Dominos (GR) 6:30 Movie Night: Kabhi Khushi Kabhie Gham (TH)	17 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 Crafty Wednesdays with Sandra: Collaging (Sign-up @ Reception) (PL) 2:00 Word in a Word (BAR) 2:00 Movie Matinee: Bicycle Thieves/ Ladri di biciclette (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Living Loving Local Chef's Demo with Crystel- Featuring Bens and Lentils (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Bicycle Thieves/ Ladri di biciclette (TH)	18 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (PL) 2:00 Queen Charlotte: A Bridgerton Story: Even Days (TH) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Flag Man Presentation: Flags and Anthems (CK) 3:30 Scattergories (PL) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: My Best friend Anne Frank (TH) 7:00 Scrabble Night (GR)	19 National Popcorn Day! 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Cineplex Style Popcorn and Movie Theatre (CK) 2:00 Fit Minds-Stay Sharp (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Waiting for Anya (TH) 6:45 Friday Night Bingo w/ Tom (CK)	20 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 2:00 Word in a Word (CK) 2:00 Presentation with Lianne Harris - Turkish Harlem (Sign Up @ Reception) (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Saturday Afternoon Entertainment: Schubert: Fantasie in F minor - Lucas & Arthur Jussen (TH) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Monty Python's Life of Brian (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 21 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia (BAR) 2:00 Sunday Movie Screening: Monty Python and the Holy Grail (TH) 2:30 Scattergories with Stuart (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Monty Python and the Holy Grail (TH)	22 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 Painting with Lynn (Sign Up @ Reception) (PL) 2:00 Movie Matinee: Grease (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Meet and Greet with Jocelyn Torres Physiotherapist (CK) 4:00 Java Music Club Sing A-long (PL) 6:30 Movie Night: Grease (TH)	23 FOOT CLINIC (Sign Up @ Reception) (IS) 9:30 Outing - Breakfast at Sunset Grill (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 Meet me at the MoMa Presentation - Jean-Paul Riopelle (CK) 2:00 Our Planet Series Episode 4 : Freedom to Roam (TH) 2:30 Meet me at the MoMa - Painting Session (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Coffee Tasting (Please sign up @ Reception) (PL) 3:30 Let's Play Ping Pong (CK) 6:30 Game Night with Sandra: Who wants to be a Millionaire? (GR) 6:30 Movie Night: Working Girl (TH)	24 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 Crafty Wednesdays with Sandra: Woolen Dolls Key Chain (Sign up @ Reception) (PL) 2:00 Movie Matinee: Little Men (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from France (CK) 4:30 Living, Loving, Local Themed Dinner Featuring Beans and Lentils (DR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Little Men (TH)	25 Robbie Burns Day! 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Queen Charlotte: A Bridgerton Story: Holding the King (TH) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Traditional Scottish Jig (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Secretariat (TH) 7:00 Java Music Club Sing A-long Night (PL)	26 National Mental Health Day! 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Movie Matinee: War and Peace (TH) 2:00 Fit Minds-Stay Sharp (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with Sandra (Sign-up at Reception) (PL) 3:00 Bell Lets Talk- Group Presentation (CK) 6:30 Movie Night: War and Peace (TH) 6:45 Friday Night Bingo w/ Tom (CK)	27 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 2:00 Word in a Word (CK) 2:00 Saturday Afternoon Entertainment: Beethoven's Symphony No. 3 - Eroica - BBC Proms (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating January Birthdays with Jessica Wilson (CK) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Finding Neverland (TH)
Activity Packages Available At Reception 28 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 Sunday Movie Screening: Top Gun: Maverick (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Sunday Entertainment with Patricia Duffy (PL) 6:30 Movie Night: Top Gun: Maverick (TH)	29 10:00 All Resident Information Meeting (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: Waiting for Guffman (TH) 3:00 Java Music Club Sing A-long (PL) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Waiting for Guffman (TH)	30 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 Riddles Me This (CK) 2:00 Our Planet Series Episode 5: Forest (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Book Club Meeting (PL) 6:30 Game Night with Sandra: Quiddler (GR) 6:30 Movie Night: Gone Baby Gone (TH) 7:00 Sing A-long with Patricia Duffy (PL)	31 National Hot Chocolate Day! 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 Artfull Enrichment Workshop: Winter Birches (PL) 2:00 Movie Matinee: My Son (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Hot Chocolate Tasting (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: My Son (TH)			



WEDNESDAY
JAN 31

National Hot Chocolate Day

Be Grateful

Locations Legend

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program