



INSPIRED SENIOR LIVING

# February 2024 Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Black History Month</b></p>	 <p><b>Lunar Year Dragon</b></p>	<p><b>Black History Month</b> <b>Heart and Stroke Month</b></p> <p>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: Crown Jewels (TH) 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: The Marriage Story (TH) 7:00 Java Music Club Sing A-long (PL)</p>	<p><b>Groundhog Day!</b></p> <p>2</p> <p>10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: Edge of Tomorrow (TH) 2:00 Make Your Own Dirt Pie (BAR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Groundhog Celebration with James Regan (CK) 4:00 Tech Corner with Sandra (Sign-up at Reception) (PL) 6:30 Movie Night: Edge of Tomorrow (TH) 6:45 Friday Night Bingo w/ Tom (CK)</p>	<p>10:00 Exercises with Sandra (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 Presentation with Lianne Harris - Bella Italia (Please Sign up @ Reception) (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 3:30 Saturday Afternoon Entertainment: Barenboim, Zukerman &amp; du Pré: Beethoven - Piano Trio in D major, Op. 70 No. 1 "Ghost" (TH) 6:30 Movie Night: Ghosts of Girlfriends Past (TH)</p>		
<p><b>Activity Packages Available At Reception</b> 4</p> <p>10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Catch Me If You Can (TH) 2:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Catch Me If You Can (TH)</p>	<p>Hearing Clinic (Sign Up @ Reception) (PL) 5 10:00 Exercises with Shantel (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Walk the Line (TH) 2:00 Painting with Lynn (Sign up at Reception) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (PL) 3:00 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Walk the Line (TH)</p>	<p>10:00 Gentle Fitness (CK) 6 10:00 Outing to Bayview Shopping Centre (Sign-up at Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Artful Workshop: Cherry Blossom (PL) 2:00 Our Planet Series Chapter 1: World On The Move (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Balloon Toss (CK) 6:30 Movie Night: To The Bone (TH) 6:30 Game Night with Sandra: Quiddler (GR)</p>	<p>10:00 4 Pictures One Word (BAR) 7 10:15 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: Anatomy of a Fall (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Sandra: Chinese Lantern (Sign-up @ Reception) (PL) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Anatomy of a Fall (TH)</p>	<p>10:00 Gentle Fitness (CK) 8 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 You Are What you Eat: Episode 1 (TH) 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: Women Talking (TH) 7:00 Java Music Club Sing A-long (PL)</p>	<p>10:00 Exercises with Sandra (PL) 9 10:30 Church Service with Msgr. Pat (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: The Last Letter From Your Lover (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Black History Sip &amp; Chat with Crystel and Shantel (PL) 4:00 Tech Corner with Sandra (Sign-up at Reception) (PL) 6:30 Movie Night: The Last Letter From Your Lover (TH) 6:45 Friday Night Bingo w/ Tom (CK)</p>	<p><b>Lunar New Year!</b> 10 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 2:00 Lunar New Year Presentation with Kevin Lee (CK) 2:00 Saturday Afternoon Entertainment: Beethoven: Cello Sonata No.3 / Yo-Yo Ma &amp; Emanuel Ax (1985 Live) (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Chinese Tea Tasting with Kevin Lee (CK) 4:00 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Awakenings (TH)</p>
<p><b>Activity Packages Available At Reception</b> 11 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: Three Billboards Outside Ebbing, Missouri (TH) 2:00 Scattergories with Andrea (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Three Billboards Outside Ebbing, Missouri (TH)</p>	<p>10:00 Exercises with Shantel (CK) 12 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Moulin Rouge (TH) 2:00 Meet Me at the MoMa Presentation - Jinny Yu (CK) 2:00 Fun Facts about Jinny Yu (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 Movie Night: Moulin Rouge (TH)</p>	<p><b>Mardi Gras Day!</b> 13 9:00 Pancake Bar with Shantel &amp; Sandra (BAR) 10:00 Gentle Fitness (CK) 10:00 Outing to St Lawrence Market (Sign-up at Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Mardi Gras Masquerade Mask with Sandra (Please Sign Up @ Reception) (PL) 2:00 Our Planet Series: Chapter 2: Following the Sun (TH) 2:30 Juggler and Plate Spinning Entertainment with John Park (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Brazilian Samba Entertainment with the Tropicana Queens (CK) 6:30 Game Night with Sandra: (GR)</p>	<p><b>Valentines Day!</b> 14 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 Movie Matinee: The Proposal (TH) 2:00 Word in a Word (BAR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Valentines Day Dance with Marcus Schwan (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Proposal (TH)</p>	<p>10:00 Gentle Fitness (CK) 15 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (CK) 2:00 You Are What you Eat: Episode 2 (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Knitting Group (GR) 3:30 Getting to Know Naomi-Presentation (CK) 3:30 Scattergories (PL) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: An Affair to Remember (TH) 7:00 Java Music Club Sing A-long (PL)</p>	<p>10:00 Exercises with Sandra (CK) 16 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: Under the Tuscan Sun (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 Potatoes (CK) 4:00 Tech Corner with Sandra (Sign-up at Reception) (PL) 6:30 Movie Night: Under the Tuscan Sun (TH) 6:45 Friday Night Bingo w/ Tom (CK)</p>	<p>10:00 Exercises with Sandra (CK) 17 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 and Daniel Barenboim: Mozart - Sonata for Two Pianos in D major, K. 448 (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: It's Complicated (TH)</p>



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# February 2024

## Canterbury Place Retirement Residence



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<b>Activity Packages Available At Reception 18</b> 10:00 Virtual Exercises (PL) 10:00 Sunday Trivia (BAR) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: Miracle at Midnight (TH) 2:00 Kings in the Corner (Self-Directed) (GR) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Miracle at Midnight (TH)	<b>Family Day! 19</b> 10:00 Exercises with Shantel (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Movie Matinee: Dreamgirls (TH) 2:00 Painting with Lynn (Sign up at Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Family Day Entertainment with Gilad (CK) 6:30 Movie Night: Dreamgirls (TH)	<b>20</b> 10:00 Gentle Fitness (CK) 10:00 Outing to McMichael Canadian Art Collection (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 Our Planet Series Chapter 3: The Next Generation (TH) 2:00 Getting to Know Eliza - Presentation (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 3:30 Ballon Toss (CK) 6:30 Game Night with Sandra: (GR) 6:30 Movie Night: Till (TH)	<b>21</b> 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 Movie Matinee: The Help (TH) 2:00 Crafty Wednesdays with Sandra: Stained Glass Hearts (Sign-up @ Reception) (PL) 2:00 Word in a Word (BAR) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Chip Tasting with Shantel & Sandra (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Help (TH)	<b>National Margarita Day! 22</b> 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 You Are What you Eat: Episode 3 (TH) 2:00 Loonie Bingo (PL) 3:00 Afternoon Tea Social (BAR) 3:00 National Margarita Day Demo with Shantel & Sandra (CK) 3:30 Knitting Group (GR) 4:30 Italian Themed Dinner (DR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Long Walk Home (TH) 7:00 Java Music Club Sing A-long (PL)	<b>23</b> 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: Hidden Figures (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Black History Month Presentation: Culture & Religion: Rastafarianism (Jamaica & Ethiopia) with Catherine (CK) 4:00 Tech Corner with Sandra (Sign-up at Reception) (PL) 4:30 Black History Month Special Dinner (DR) 6:30 Movie Night: Hidden Figures (TH) 6:45 Friday Night Bingo w/ Tom (CK)	<b>24</b> 10:00 Exercises with Sandra (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: Schubert: Symphony No. 9 "The Great" / Munich Philharmonic Orchestra (TH) 2:30 Getting to Know Rozenpreet - Presentation (CK) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Ruby Bridges (TH)
<b>Activity Packages Available At Reception 25</b> 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 11:30 BRUNCH (DR) 2:00 Sunday Movie Screening: (TH) 2:00 Scattergories with Crystal (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: 9 to 5 (TH)	<b>26</b> 10:00 All Resident Information Meeting (CK) 10:30 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 11:00 Tri-Ominoes (GR) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Meet Me at the MoMa Presentation - Jin Me Yoon (CK) 2:00 Fun Facts about Jin Me Yoon (CK) 2:00 Musical Movie Mondays: State Fair (TH) 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: State Fair (TH)	<b>27</b> FOOD CLINIC (Sign up @ Reception) (IS) 10:00 Gentle Fitness (CK) 10:00 Outing to Walmart (Sign up @ Reception) (L) 10:30 Jumbo Crossword (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Artfull Workshop: Winter Chickdee (PL) 2:00 Our Planet Series Chapter 4: Freedom to Roam (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Ballon Toss (CK) 6:30 Game Night with Sandra: (GR) 6:30 Movie Night: Charlie and the Chocolate Factory (2005) (TH) 7:00 Sing A-long with Patricia Duffy (PL)	<b>28</b> 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: Indiana Jones and the Dial of Destiny (TH) 2:00 Painting Session: Black History Month (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Wine Tasting Featuring Wines from South Africa (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Indiana Jones and the Dial of Destiny (TH)	<b>29</b> 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Loonie Bingo (PL) 2:00 You Are What you Eat: Episode 4 (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating February Birthdays with Natalie Wong (CK) 3:30 Knitting Group (GR) 5:30 Living Loving Local Theme Dinner Featuring Potatoes (DR) 6:00 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Eight Below (TH) 7:00 Java Music Club Sing A-long (PL)	 <b>WEDNESDAY FEB 14 Valentine's Day</b>	

### Calendar Legend

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


  
**THURSDAY FEB 22 National Margarita Day**

### Locations Legend

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