



INSPIRED SENIOR LIVING

March 2024 Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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FRIDAY
MAR 1
Dress in Blue Day

FRIDAY
MAR 8
International Women's Day

FRIDAY
MAR 15
International Women's Day

FRIDAY
MAR 22
International Women's Day

FRIDAY
MAR 29
International Women's Day

Activity Packages Available At Reception 3

- 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: Two Weeks Notice (TH)
- 2:00 Spiritual Hymns with Simone (CK)
- 3:00 Afternoon Tea Social (BAR)
- 6:30 Movie Night: Two Weeks Notice (TH)

4

- 10:00 Exercises with Shantel (CK)
- 10:30 DrumFit Classics (PL)
- 11:00 Tri-Ominoes (GR)
- 11:00 Go4Life Walking Group to Aroma Espresso Bar (L)
- 2:00 Bridge Game (2:00pm to 4:00pm) (GR)
- 2:00 Musical Movie Mondays: Something in the Wind (TH)
- 2:00 Painting with Lynn (Sign Up @ Reception) (CK)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Resident Food Meeting with Crystal (PL)
- 3:30 Java Music Club Sing A-long (CK)
- 6:30 Movie Night: Musical Movie Mondays: Something in the Wind (TH)

5

- 10:00 Gentle Fitness (CK)
- 10:00 Outing to Centerpoint Mall (Sign up @ Reception) (L)
- 10:30 Jumbo Crossword (BAR)
- 10:45 Falls Prevention Exercise Class (CK)
- 2:00 Euchre (GR)
- 2:00 Life in Colour with David Attenborough: Seeing in Colour (TH)
- 2:00 Artfull Workshop: Pastel Sunset (PL)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Name That Tune with Shantel (CK)
- 6:30 Movie Night: Monica la mitraille (Machine Gun Molly) (TH)
- 6:30 Walk to Mel Lastman Square Enchanted Lights Show (O)

6

- Hearing Clinic (Sign Up @ Reception) (PL)
- 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: Women Talking (TH)
- 2:00 Riddles Me This (CK)
- 3:00 Kings in the Corner (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Crafty Wednesdays with Sandra: Spring Flower Lanterns (Sign-up @ Reception) (CK)
- 6:30 Poker Night with Effie (GR)
- 6:30 Movie Night: Women Talking (TH)

7

- 10:00 Gentle Fitness (CK)
- 10:30 Thursday Trivia (BAR)
- 10:45 Falls Prevention Exercise Class (CK)
- 2:00 Loonie Bingo (CK)
- 2:00 Live to 100 Secrets of the Blue Zone: The Journey Begins (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: Queen Bees (TH)
- 7:00 Walk to Mel Lastman Square Enchanted Lights Show (O)

8

- International Womens Day! Presentation with Catherine (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 (Pick up @ Reception) (IS)
- 2:00 Barbie Themed Movie & Photobooth (TH)
- 3:00 Kings in the Corner (GR)
- 3:00 Afternoon Tea Social (BAR)
- 4:00 Tech Corner with Rozen (Sign-up at Reception) (PL)
- 6:30 Movie Night: Barbie (TH)
- 6:45 Friday Night Bingo w/ Tom (CK)

9

- 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: Vivaldi: Four Seasons/Quattro Stagioni - Janine Jansen - Internationaal Kamermuziek Festival (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: The Favourite (TH)

Activity Packages Available At Reception 10

- 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: We Go In At Dawn (TH)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Quiddler Game with Lette (GR)
- 6:30 Movie Night: We Go In At Dawn (TH)

11

- 10:00 Exercises with Shantel (CK)
- 10:30 DrumFit Classics (PL)
- 11:00 Tri-Ominoes (GR)
- 11:00 Go4Life Walking Group to Aroma Espresso Bar (L)
- 2:00 Bridge Game (2:00pm to 4:00pm) (GR)
- 2:00 Musical Movie Mondays: Dear Evan Hansen (TH)
- 2:00 Meet Me at the MoMa Presentation - Andy Wharhol (PL)
- 2:30 Fun Facts about Andy Wharhol (PL)
- 2:30 Meet Me at the MoMa Painting Session (PL)
- 3:00 Afternoon Tea Social (BAR)
- 3:30 Java Music Club Sing A-long (PL)
- 6:30 Musical Movie Mondays: Dear Evan Hansen (TH)

12

- 10:00 Gentle Fitness (CK)
- 10:30 Jumbo Crossword (BAR)
- 10:45 Falls Prevention Exercise Class (CK)
- 2:00 Euchre (GR)
- 2:00 Life in Colour with David Attenborough: Hiding in Colour (TH)
- 2:00 Artfull Workshop: Clover Field (PL)
- 2:00 Tech Corner Meet & Greet with Alex Bell Representative (CK)
- 3:00 Afternoon Tea Social (BAR)
- 3:30 Balloon Toss (CK)
- 3:30 Resident Ambassador Meeting (PL)
- 6:30 Movie Night: Rip Tide (TH)
- 6:30 Game Night with Sandra: Kings in the Corner (GR)

13

- 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)
- 1:00 Tuck Shop Meeting (CK)
- 2:00 Movie Matinee: The Secret Dare to Dream (TH)
- 2:00 Riddles Me This (CK)
- 3:00 Kings in the Corner (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Crafty Wednesdays with Sandra: Wooden Popsicle Bird Feeder (Sign-up @ Reception) (PL)
- 6:30 Poker Night with Effie (GR)
- 6:30 Movie Night: The Secret Dare to Dream (TH)

14

- 10:00 Gentle Fitness (CK)
- 10:30 Thursday Trivia (BAR)
- 10:45 Falls Prevention Exercise Class (CK)
- 2:00 Live to 100 Secrets of the Blue Zone: An Unexpected Discovery (TH)
- 2:00 Loonie Bingo with Stu (CK)
- 3:00 Afternoon Tea Social (BAR)
- 3:00 Paraffin Wax Treatment (Register @ Reception) (PL)
- 6:30 Bridge Night (GR)
- 6:30 Movie Night: Parkland (TH)
- 6:30 Pub Night with Stu and Shantel (PL)

15

- Fifth Avenue Jewellery-Vendor (11:00AM to 2:00PM)
- 10:00 Exercises with Sandra (PL)
- 10:30 Quiddler (GR)
- 10:30 Church Service with Msgr. Pat (CK)
- 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: Wild Mountain Thyme (TH)
- 3:00 Kings in the Corner (GR)
- 3:00 Afternoon Tea Social (BAR)
- 4:00 Tech Corner (Sign Up at Reception) (CK)
- 6:30 Movie Night: Wild Mountain Thyme (TH)
- 6:45 Friday Night Bingo w/ Tom (CK)

16

- 10:00 Virtual Exercises (PL)
- 10:00 Outing to Downsview Park Merchants Market (Sign Up @ Reception) (L)
- 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: SEONG-JIN CHO - Piano Concerto in E minor, Op. 11 (TH)
- 3:00 Euchre (GR)
- 3:00 Afternoon Tea Social (BAR)
- 3:30 Creative Colouring and Relaxing Music (CK)
- 6:30 Movie Night: Shehzada (TH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St Patricks Day! Activity Packages Available At Reception 17 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening: The Guard (TH) 2:00 St Patricks Day Wreaths with Sandra (Sign Up @ Reception) (PL) 2:00 Euchre Card Game (GR) 3:00 St Patrick's Day Special Tea Time (CK) 6:30 Movie Night: The Guard (TH) 7:00 St Patricks Evening Entertainment with Filipa Sousa (CK)	18 10:00 All Resident Information Meeting (CK) 10:30 DrumFit Classics (PL) 11:00 Tri-Ominoes (GR) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: The Little Princess (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Well Balanced Life Presentation with Brandon (Student) (PL) 4:00 Java Music Club Sing A-long (PL) 6:30 Musical Movie Mondays: The Little Princess (TH)	19 First Day of Spring 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 Life in Colour with David Attenborough: Chasing Colour (TH) 2:00 Meet Me at the MoMa Presentation - Charles Jervas (CK) 2:30 Meet Me at the MoMa Painting Session (CK) 2:30 Fun Facts about Charles Jervas (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Ballon Toss (CK) 6:30 Game Night with Sandra: (GR) 6:30 Movie Night: The Bombardment (TH) 7:00 Sing A-long with Patricia Duffy (PL)	20 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: From Prada to Nada (TH) 2:00 Hot Seat Guessing Game (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Painting Session with the Students: Spring Floral Platters (CK) 3:30 Life Enrichment Meeting (PL) 4:30 Living, Loving, Local Themed Dinner (DR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: From Prada to Nada (TH)	21 Cruise Week! Port: Spain 9:30 Spanish Sunrise Smoothie (Cruise Week Kick-Off - Welcome Drinks) (BAR) 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Travelogue: Spain (TH) 2:00 Resin Beach Board Craft (Sign up @ Reception) (PL) 3:00 Entertainment with Flamingo Dancers (CK) 6:00 Paraffin Wax Treatment (Register @ Reception) (PL) 6:30 Movie Night: Titanic (TH) 7:00 Mediterranean Themed Bingo (CK)	22 Cruise Week! Port: Morocco 9:30 Morning Early Riser (BAR) 10:00 Beach Ball Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:30 Mini Golf Program (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 1:00 Veggie Carving with Junling and Chef Crystal (CK) 1:30 Travelogue: Morocco (TH) 2:00 Belly Dancing Entertainment with Teria (CK) 2:00 Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 3:00 Afternoon Tea Social (BAR) 3:00 Cocktail Mobile Bar: Moroccan Mojito (BAR) 3:30 Make Your Own Sugar Scrub (Please Sign up @ Reception) (CK) 6:30 Movie Night: Murder on the Orient Express (TH)	23 Cruise Week! Port: Italy OPEN HOUSE 9:30 Tropical Paradise Smoothie (BAR) 10:00 Seated Zumba Class with Shantel (CK) 10:30 Quiddler (GR) 10:30 Find the Duck Scavenger Hunt (PL) 10:45 Drumfit Classics Exercises (PL) 1:30 Go4Life Walking Grp (L) 1:30 Travelogue: Italy (TH) 2:00 Taste of Italy with Andrea (PL) 3:00 Euchre (GR) 3:00 Opera Sing A Long Eliza Rose (CK) 3:00 Cocktail Mobile Bar: Peach Bellini (CK) 6:30 Movie Night: Speed 2: Cruise Control (TH)
24 Cruise Week! Port: Turkey Activity Packages Available At Reception 9:30 Fig & Honey Smoothie (BAR) 10:00 Virtual Exercises (PL) 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 10:30 Make Your Own Tie Dye Scarf (Sign up at Reception) (CK) 11:30 BRUNCH (DR) 1:30 Travelogue: Turkey (TH) 2:00 Turkish Coffee Tasting with Manu (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating March Birthdays with Kelly Davies (CK) 6:30 Movie Night: Out to Sea (TH)	25 Cruise Week! Port: Greece! 9:30 Smoothie Bowl (BAR) 10:00 Beach Ball Exercises with Sandra (CK) 10:30 Animal Towel Folding (Please sign up @ Reception) (PL) 10:30 DrumFit Classics (CK) 11:00 Tri-Ominoes (GR) 11:00 Go4Life Walking Group to Aroma Espresso Bar (L) 1:00 LIVE TOUR - of Greek Gods + Olive Tasting with Chef Crystal (2ND) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Travelogue: Greece (TH) 2:30 Staff Suitcase Packing Challenge (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Magical Stylings of James Alan (CK) 3:00 Cocktail Mobile Bar: Greek Mimosa (CK) 6:30 Musical Movie Mondays: Romance on the High Seas (TH)	26 Cruise Week! FOOTCARE CLINIC (Sign Up @ Reception) (IS) Port: Croatia 9:30 Pistachio Banana Coconut Breakfast Smoothie (BAR) 10:00 Gentle Fitness (CK) 10:00 Mediterranean Cruise Presentation with Bill Anderson (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 Travelogue: Croatia (TH) 2:30 Seafood Demo with Gabrielle (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Cocktail Mobile Bar: Rakija (BAR) 3:00 Make Your Own Candle with Catherine (Sign Up @ Reception) (BAR) 6:30 Movie Night: My Big Fat Greek Wedding (TH) 7:00 3D Art on a Canvas (Please Sign-up @ Reception) (CK)	27 Cruise Week! Port: France 9:00 Canterbury Cafe (BAR) 10:00 4 Pictures One Word (BAR) 10:00 Learn French with Lucille (CK) 10:15 Seated Yoga With Deborah (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 11:15 DrumFit Classics (PL) 1:00 French Themed Demo with Charolette (CK) 1:30 Travelogue: France (TH) 2:00 Staff Manager Fashion Show (CK) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Mediterranean Themed Wine Tasting (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Like Father (TH)	28 Cruise Week! Back To Canada! 9:30 Strawberry Banana Smoothies (BAR) 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 1:30 Travelogue: Canada's National Parks (TH) 2:00 Loonie Bingo with Stu (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Make Your Own Beaver Tail (CK) 4:00 Please Return Your Passports to Life Enrichment (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: The Love Boat: A Valentine Voyage (TH)	29 10:00 Virtual Exercises (PL) 10:30 Quiddler (GR) 10:45 DrumFit Classics (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Movie Matinee: Heaven is For Real (TH) 2:00 Fit Minds-Stay Sharp (PL) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social and Cruise Week Winner Announcement (CK) 6:30 Movie Night: Heaven is For Real (TH) 6:45 Friday Night Bingo w/ Tom (CK)	30 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: Elgar - Cello Concerto - Sheku Kanneh-Mason (TH) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 5:30 Outing to Chelsea Hotel (Sign-up at Reception) (L) 6:30 Movie Night: The Wait (TH)

Happy Easter!
 Activity Packages Available At Reception
31
 10:00 Virtual Exercises (PL)
 10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)
 2:00 Sunday Movie Screening: Miracles form Heaven (TH)
 2:00 Easter Egg Hunt (PL)
 3:00 Afternoon Tea Social (BAR)
 3:00 Easter Entertainment with Jay Vasquez (CK)
 6:30 Movie Night: Miracles from Heaven (TH)

Calendar Legend
 Outing
 Special Program
 Cruise Week
 Living, Loving, Local
 Signature Program



Locations Legend
 Country Kitchen (CK)
 Theatre (TH)
 Piano Lounge (PL)
 Bar (BAR)
 Games Room (GR)

Lobby (L)
 In Suite (IS)
 Outside (O)
 Dining Room (DR)
 2nd Floor (2ND)