



INSPIRED
SENIOR LIVING

August 2025

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MONDAY AUG 4 Civic Holiday	 SUNDAY AUG 31 Eat Outside Day					
Activity Packages Available At Reception 3 10:00 Strength Conditioning Exercises with Sandra (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Sandra (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Caribbean Themed Series: Black Cake: Episode 1 "Covey" (TH) 2:00 Clash of Opinions (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: A Little Princess (TH)	Civic Holiday! Caribfest Celebration 4 10:00 Seated Yoga with Jamie (CK) 10:45 Caribbean Themed Drumfit Classics with Shantel (PL) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Carribean Themed Series: Black Cake: Episode 2 "Coventina" (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Civic Holiday Entertainment with Vili V. (CK) 6:30 Musical Movie Mondays: Hairspray (TH)	Caribfest Celebration Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 5 9:30 Island Vibes Smoothie Morning (BAR) 10:00 Gentle Fitness (CK) 10:00 Outing to Dufferin Mall Group 1 (Sign up @ Reception) (L) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Caribbean Themed Series: Black Cake: Episode 3 "Eleanor" (TH) 2:00 The History of Calypso with Ryan Kissonlall Environmental Services Manager (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Movie Night: Cool Runnings (TH)	Caribfest Celebration 6 10:00 Outing to Dufferin Mall Group 2 (Sign up @ Reception) (L) 10:00 Drumfit Classics (PL) 10:15 Seated Yoga With Deborah (CK) 2:00 Crafty Wednesdays with Shantel: Carnival Mask Making (Please Sign Up @ Reception) (PL) 2:00 CaribbeanThemed Series: Black Cake: Episode 4 "Mrs. Bennett" (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Rum Tasting (CK) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Club Paradise (TH)	Caribfest Celebration 7 10:00 Socacise with Shantel (CK) 10:30 Thursday Trivia with Simone (BAR) 11:00 Outing: Classical Band/Orchestra Concert at Trinity Presbyterian Church (Please Sign Up @ Reception) (L) 2:00 Caribbean Themed Series: Black Cake: Episode 5 "Mother" (TH) 2:00 Carriibbean Musical Hang Man Managers vs Residents (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Tour the Kitchen with Chef Crystel (Sign Up @ Reception) (BAR) 3:00 Exercises with Sandra (PL) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Live and Let Die (TH) 7:00 Loonie Bingo (CK)	Caribfest Celebration 8 Anne Marie Fifth Avenue Jewelry - Vendor (11:00AM-3:00PM) (PL) 10:00 Exercises with Sandra (PL) 10:30 Church Service with Msgr. Pat (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Carribean Themed Series: Black Cake: Episode 6 "Ma" (TH) 2:00 Caribbean Themed Saltfish Fritter with Chef Crystel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Caribfest Entertainment with Andy Philips Duo (CK) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Pirates of the Caribbean: The Curse of the Black Pearl (TH)	9 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Rimsky-Korsakov: Scheherazade op.35 - Leif Segerstam - Sinfónica de Galicia (TH) 2:00 Saturday Afternoon Bingo with Sandra (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 3:30 Caribbean Themed Series: Black Cake: Episode 7 "Birth Mother" (TH) 6:30 Movie Night: Pirates of the Carribean: Dead Man's Chest (TH)
Activity Packages Available At Reception 10 10:00 Strength Conditioning Exercises with Sandra (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Sandra (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Caribbean Themed Series: Black Cake: Episode 8 "Nine Night" (TH) 2:00 Clash of Opinions (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Loonie Bingo with Sandra (CK) 6:30 Movie Night: Pirates of the Carribean: At the World's End (TH)	11 10:00 Exercises with Shantel (CK) 10:45 Drumfit Classics with Shantel (PL) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Shall We Dance (TH) 2:00 Meet Me at the MoMa Presentation - Georgia O'Keeffe (PL) 2:30 Meet me at the MoMa - Painting Session (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with the Students (Sign-up at Reception) (IS) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Shall We Dance (TH)	12 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting ONLY FOR RESIDENT COUNCIL MEMBERS (PL) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: The Grand Final Masterwork of Marius Petipa, Mariinsky Theatre 2018 (TH) 2:00 Artful Enrichment Workshop: Acrylic Hummingbird (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Resident Food Meeting with Crystel (CK) 3:30 Fit Minds-Stay Sharp (PL) 6:30 Movie Night: Jurassic Park (TH)	13 9:30 Smoothie Wednesdays: Kale Smoothie (BAR) 10:00 Drumfit Classics with Sandra (PL) 10:15 Seated Yoga With Deborah (CK) 11:00 Lunch Outing to Swiss Chalet Group 1 (Sign up @ Reception) (L) 2:00 Classic Movie Wednesdays: Inherit the Wind (TH) 2:00 Wine Tasting Featuring Wines from Chile (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Hands on Exotics Explore the Furry Animals (CK) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Inherit the Wind (TH)	14 10:00 Gentle Fitness (CK) 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 11:00 Lunch Outing to Swiss Chalet Group 2 (Sign up @ Reception) (L) 2:00 Netflix Series: The Residence "The Fall of the House of the Usher" (TH) 2:00 Musical Hang Man with Shantel & Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Happy Hour \$5 a Glass (BAR) 3:30 Exercises with Sandra (PL) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Amy (TH) 7:00 Loonie Bingo (CK)	15 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Friday Afternoon Bingo with Shantel (CK) 2:00 Movie Matinee: Bridge to Terabithia (TH) 3:00 Kings in the Corner (GR) 3:00 Farewell to the Students Special Afternoon Tea Social (BAR) 3:30 Clay Creations: Painting Your Masterpiece (Please Sign up @ Reception) (PL) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Bridge to Terabithia (TH)	16 FOOTCARE CLINIC (Sign Up @ Reception) (IS) 10:00 Exercises with Shantel (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Shantel (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Dvorak : "New World" Symphony No. 9 (Marzena Diakun) (TH) 2:00 Scattergories with Shantel (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Fundamentals of Caring (TH)



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Activity Packages Available At Reception 17 10:00 Exercises with Shantel (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Shantel (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Opera Gala: great arias from Puccini, Verdi, Donizetti, Bellini, Bizet, Lehár, Mozart and others (TH) 2:00 Name That Tune with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Loonie Bingo with Shantel (CK) 6:30 Movie Night: Barbie (TH)	10:00 Exercises with Sandra (CK) 18 10:45 Drumfit Classics with Sandra (PL) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Singin' in the Rain (TH) 2:00 Painting with Lynn (Sign Up @ Reception) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Monday Entertainment with Tristan Alexander (CK) 6:30 Musical Movie Mondays: Singin' in the Rain (TH)	Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 19 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Giselle, A Timeless Romantic Masterpiece, Paris Opera Ballet 2007 (TH) 2:00 Artful Enrichment Workshop: DIY Summer Stickers (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Movie Night: The Bear (TH)	10:00 Drumfit Classics with Sandra (PL) 20 10:15 Seated Yoga With Deborah (CK) 2:00 Classic Movie Wednesdays: Skyfall (TH) 2:00 Opera Box Concert (CD) 3:00 Afternoon Tea Social (BAR) 3:00 Gnocchi Making with Andrea (Please Sign Up @ Reception) (CK) 4:00 Go4Life Walking Grp (L) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Skyfall (TH)	10:00 Gentle Fitness (CK) 21 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: The Residence "Dial M for Murder" (TH) 2:00 Musical Hang Man with Shantel & Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Exercises with Sandra (PL) 3:30 Make Peach Crisp with Sandra (Sign-up @ Reception) (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: The Banshees of Inisherin (TH) 7:00 Loonie Bingo (CK)	10:00 Exercises with Sandra (CK) 22 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:30 Bistro Lunch (Sign up @ Reception) (BAR) 1:00 Tuck Shop Meeting (CK) 2:00 Friday Afternoon Bingo with Shantel (CK) 2:00 Movie Matinee: 50 to 1 (TH) 3:00 Kings in the Corner (GR) 3:00 Afternoon Tea Social (BAR) 3:00 Life Enrichment Meeting (PL) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: 50 to 1 (TH)	10:00 Exercises with Shantel (CK) 23 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 11:00 Lunch Outing to The Brickworks Farmers Market (Sign up @ Reception) (L) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Mozart - Piano Concerto No.21, K.467 / Yeol Eum Son (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Saturday Entertainment with the Zac Erikson (CK) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Intern (TH)
Activity Packages Available At Reception 24 10:00 Exercises with Shantel (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Shantel (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Opera Gala: Opera Night – famous arias from Mozart, Puccini, Massenet, Wagner, Lehar, Strauss, and others (TH) 2:00 Name That Tune with Shantel (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Loonie Bingo with Shantel (CK) 6:30 Movie Night: Wedding Crashers (TH)	10:00 All Resident Information Meeting (CK) 25 10:45 Drumfit Classics (PL) 11:00 Go4Life Walking Grp (L) 1:30 Meet Me at the MoMa Presentation - Jasper Johns (CK) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Matilda the Musical (TH) 2:00 Meet me at the MoMa - Painting Session (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Matilda the Musical (TH)	10:00 Gentle Fitness (CK) 26 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Don Quixote, Bolshoi Ballet 2011 (TH) 2:00 Artful Enrichment Workshop: Summer Forest (PL) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (CK) 6:30 Movie Night: 27 Dresses (TH) 7:00 Sing A-long with Patricia Duffy (PL)	9:30 Smoothie Wednesdays: Chocolate Protein Smoothie (BAR) 27 10:00 Drumfit Classics with Sandra (PL) 10:00 Outing to Walmart (Sign up @ Reception) Group 1 (L) 10:15 Seated Yoga With Deborah (CK) 2:00 Classic Movie Wednesdays: Casanova (TH) 2:00 Crafty Wednesdays with Sandra: Flower Pipe Cleaner (Please Sign-up @ Reception) (PL) 2:00 Outing to Walmart (Sign up @ Reception) Group 2 (L) 3:00 Afternoon Tea Social (BAR) 3:00 Living, Loving, Local Chef's Demo with Crystel - Featuring Peach (CK) 4:00 Go4Life Walking Grp (L) 4:30 Living Loving Local Theme Dinner (DR) 6:15 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Casanova (TH)	10:00 Gentle Fitness (CK) 28 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Netflix Series: The Residence "Knives Out" (TH) 2:00 Musical Hang Man with Shantel & Sandra (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Celebrating August Birthdays with Patricia Barlow (CK) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Ticket to Paradise (TH) 7:00 Casino Spin the Wheel Prize Bingo (CK)	Ice Cream Truck Day! (2:00PM to 4:00PM) (CD) 29 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics (PL) 2:00 Friday Afternoon Bingo with Shantel (CK) 2:00 Movie Matinee: Enola Holmes (TH) 2:00 Friday Afternoon Entertainment with Bruce Tournay and Ice Cream Truck (2:00PM - 4:00PM) (CD) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: Enola Homes (TH)	10:00 Exercises with Sandra (CK) 30 10:00 Outing to To the Titanic Experience (Sign up @ Reception) (L) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (PL) 1:30 Go4Life Walking Grp (L) 2:00 Scattergories with Sandra (PL) 2:00 Saturday Afternoon Entertainment: TCHAIKOVSKY - Symphony no. 6 (Pathétique) - Herbert von Karajan & Wiener Philharmonic (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Enola Holmes 2 (TH)

Activity Packages Available At Reception 31
10:00 Exercises with Shantel (CK)
10:30 Manor Road United Church YouTube Service (All Welcome) (TH)
10:30 Sunday Trivia with Shantel (BAR)
11:30 BRUNCH (DR)
2:00 Scrabble Self Directed (GR)
2:00 Opera Gala: The greatest arias from Mozart, Verdi, Rossini and others (TH)
2:00 Beauty in Motion: Edgar Degas's Ballet Dancers Presentation with Anik Waldek Art Historian (CK)
3:00 Afternoon Tea Social (BAR)
3:00 Sunday Entertainment with Martin Wall (PL)
6:30 Movie Night: Golda (TH)

Calendar Legend

Outing

Special Program

Cruise Week

Living, Loving, Local Signature Program

Be Bold

Locations Legend	
Country Kitchen (CK)	Lobby (L)
Theatre (TH)	In Suite (IS)
Piano Lounge (PL)	Canterbury Driveway (CD)
Bar (BAR)	Dining Room (DR)
Games Room (GR)	Salon (S)