



INSPIRED SENIOR LIVING

January 2026

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Trivia Day</p>		<p>National Hot Chocolate Day</p>		<p>Happy New Year! 1</p> <p>10:30 Thursday Trivia with Allan (BAR)</p> <p>2:00 Crave Series: The Gilded Age Episode 5 - Charity Has Two Functions (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 New Years Concert with The Patricia Duffy Trio (PL)</p> <p>4:30 Special New Year Dinner (DR)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: The Best Exotic Marigold Hotel (TH)</p>	<p>10:00 Seated Yoga with Tanvi (CK) 2</p> <p>10:00 First Set- Sign Up for Programs & Outings (PL)</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Virtual Drumfit Classics (CK)</p> <p>2:00 Movie Matinee: The Holiday (TH)</p> <p>2:00 Second Set- Sign Up for Programs & Outings (PL)</p> <p>2:00 Friday Afternoon Bingo with Athena (CK)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>4:30 Go4Life Walking Grp (L)</p> <p>6:30 Movie Night: The Holiday (TH)</p>	<p>10:00 Exercises with Sandra (CK) 3</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Virtual Drumfit Classics (PL)</p> <p>1:30 Go4Life Walking Grp (L)</p> <p>2:00 Scattergories with Sandra (CK)</p> <p>2:00 Saturday Afternoon Entertainment: Beethoven: Symphony No. 9 Daniel Barenboim & the West-Eastern Divan Orchestra (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>6:30 Movie Night: How To Lose a Guy in 10 Days (TH)</p>
<p>Activity Packages Available At Reception 4</p> <p>Fit Minds-Stay Sharp (Pick Up @ Reception) (IS)</p> <p>10:00 Virtual Tai Chi Class Piedmont Healthcare (PL)</p> <p>10:30 Manor Road United Church YouTube Service (All Welcome) (TH)</p> <p>10:30 Sunday Trivia with Allan (BAR)</p> <p>2:00 Scrabble Self Directed (GR)</p> <p>2:00 Opera Gala: Opera Gala: Anna Netrebko, Plácido Domingo, Ferruccio Furlanetto, Natalie Dessay, Diana Damrau a. o. (TH)</p> <p>2:00 Loonie Bingo with Ryan (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Champagne Problems (TH)</p>	<p>10:00 Seated Zumba Class with Bette (CK) 5</p> <p>10:45 Drumfit Classics with Shantel (PL)</p> <p>11:00 Go4Life Walking Grp (L)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Musical Movie Mondays: Wake Up and Dream (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Java Music Club Sing A-long (CK)</p> <p>6:30 Musical Movie Mondays: Wake Up and Dream (TH)</p>	<p>10:00 Gentle Fitness (CK) 6</p> <p>10:00 Outing to Centerpoint Mall (Sign Up Required) Group 1 (L)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>1:30 Meet Me at the MoMa Presentation - Robert Colquhoun (PL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ballet Masterpiece: Piotr Ilyich Tchaikowsky: The Sleeping Beauty (TH)</p> <p>2:00 Outing to Centerpoint Mall (Sign Up Required) Group 2 (L)</p> <p>2:00 Meet Me at the MoMa Painting Session (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Spelling Bee Challenge (CK)</p> <p>6:30 Movie Night: The Man Who Knew Too Much (TH)</p>	<p>Hearing Clinic (Sign Up @ Reception, 1:30 - 4:30 p.m.) (PL) 7</p> <p>10:00 Drumfit Classics with Sandra (PL)</p> <p>10:15 Seated Yoga With Carol (CK)</p> <p>2:00 Classic Movie Wednesdays: Forrest Gump (TH)</p> <p>2:00 Crafty Wednesdays with Sandra: DIY Winter Snow Globe (Sign Up Required) (BAR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Wine Tasting Featuring New Wines for the Dining Room! (CK)</p> <p>4:00 Go4Life Walking Grp (L)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Classic Movie Wednesdays: Forrest Gump (TH)</p>	<p>Happy Birthday Elvis! 8</p> <p>10:00 Gentle Fitness (PL)</p> <p>10:30 Outing: Classical Band/Orchestra Concert at Trinity Presbyterian Church (Sign Up Required) (L)</p> <p>10:30 Thursday Trivia with Roshan (BAR)</p> <p>10:45 Falls Prevention Exercise Class (PL)</p> <p>2:00 Crave Series: The Gilded Age Episode 6 - Heads Have Rolled For Less (TH)</p> <p>2:00 Resident Food Meeting with Crystel (PL)</p> <p>2:00 Musical Hang Man with Sandra (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Virtual Tai Chi Class Piedmont Healthcare (PL)</p> <p>6:30 Elvis Celebration with Jay Vazquez (CK)</p> <p>6:30 Movie Night: Elvis (TH)</p>	<p>10:00 Exercises with Sandra (PL) 9</p> <p>10:30 Church Service with Msgr. Pat (CK)</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Virtual Drumfit Classics (PL)</p> <p>2:00 Movie Matinee: Priscilla (TH)</p> <p>2:00 Friday Afternoon Bingo with Sandra (CK)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Clay Sculpting Class with Lisa Mini Photo Card (Sign up Required) (PL)</p> <p>4:30 Go4Life Walking Grp (L)</p> <p>4:30 Living Loving Local Theme Dinner - Featuring Beans & Lentils (DR)</p> <p>6:30 Movie Night: Priscilla (TH)</p>	<p>10:00 Exercises with Sandra (CK) 10</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Drumfit Classics with Sandra (PL)</p> <p>1:30 Go4Life Walking Grp (L)</p> <p>2:00 Scattergories with Sandra (CK)</p> <p>2:00 Saturday Afternoon Entertainment: Rachmaninoff's Symphony No. 2 / Vasily Petrenko / Oslo Philharmonic Schubert: Symphony No. 8 Unfinished Iván Fischer & Budapest Festival Orchestra (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>6:30 Movie Night: The Truman Show (TH)</p>
<p>Activity Packages Available At Reception 11</p> <p>Fit Minds-Stay Sharp (Pick Up @ Reception) (IS)</p> <p>10:00 Virtual Tai Chi Class Piedmont Healthcare (PL)</p> <p>10:30 Manor Road United Church YouTube Service (All Welcome) (TH)</p> <p>10:30 Sunday Trivia with Allan (BAR)</p> <p>2:00 Scrabble Self Directed (GR)</p> <p>2:00 Opera Gala: HAUSER - Classic Gala Concert LIVE at the Royal Albert Hall (TH)</p> <p>2:00 Loonie Bingo with Roshan (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Two Weeks Notice (TH)</p>	<p>10:00 Seated Zumba Class with Bette (CK) 12</p> <p>10:45 Drumfit Classics with Shantel (PL)</p> <p>11:00 Go4Life Walking Grp (L)</p> <p>12:00 Outing: Lunch at Cafe Landwer(Sign Up Required) Group 1 (L)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Painting with Lynn (Sign Up Required) (PL)</p> <p>2:00 Musical Movie Mondays: King and I (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Musical Movie Mondays: King and I (TH)</p>	<p>10:00 Gentle Fitness (CK) 13</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>11:30 Ladies Who Lunch (Sign Up Required) (PL)</p> <p>1:30 Resident Council Meeting (PL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ballet Masterpiece: Romeo and Juliet: Bolshoi Ballet (TH)</p> <p>2:00 Artful Enrichment Workshop: Monet's Water Lilies (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Spelling Bee Challenge (CK)</p> <p>6:30 Movie Night: Munich - The Edge of War (TH)</p>	<p>8:30 Special New Year Breakfast with the Managers (BAR) 14</p> <p>10:00 Virtual Drumfit Classics (PL)</p> <p>10:15 Seated Yoga With Carol (CK)</p> <p>12:00 Outing: Lunch at Cafe Landwer(Sign Up Required) Group 2 (L)</p> <p>2:00 Classic Movie Wednesdays: Gladiator (TH)</p> <p>2:00 Living Loving Local Chef's Demo with Crystel- Featuring Beans & Lentils (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Wedding Day Presentation with Andrea, General Manager (CK)</p> <p>4:00 Go4Life Walking Grp (L)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Classic Movie Wednesdays: Gladiator (TH)</p>	<p>National Hat Day wear your Wackiest Hat! 15</p> <p>10:00 Gentle Fitness (CK)</p> <p>10:30 Thursday Trivia (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Musical Hang Man with Shantel & Sandra (CK)</p> <p>2:00 Crave Series: The Gilded Age Episode 7 - Irresistible Change (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Virtual Tai Chi Class Piedmont Healthcare (PL)</p> <p>6:00 Paraffin Wax Treatment (PL)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: The Aftermath (TH)</p> <p>7:00 Loonie Bingo (CK)</p>	<p>10:00 Exercises with Sandra (CK) 16</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Virtual Drumfit Classics (PL)</p> <p>11:00 Outing to Maple Leaf Sports & Entertainment (Sign Up Required) (L)</p> <p>2:00 Movie Matinee: Enemy of the State (TH)</p> <p>2:00 Friday Afternoon Bingo with Sandra (CK)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>4:30 Go4Life Walking Grp (L)</p> <p>6:30 Movie Night: Enemy of the State (TH)</p>	<p>10:00 Exercises with Sandra (CK) 17</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Drumfit Classics with Sandra (PL)</p> <p>1:30 Go4Life Walking Grp (L)</p> <p>2:00 Saturday Afternoon Entertainment: Mahler - Symphony No.5 - Abbado - Lucerne Festival Orchestra 2004 (TH)</p> <p>2:00 Scattergories with Sandra (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:45 Dance Showcase from Tandem Dancing Arts (CK)</p> <p>6:30 Movie Night: Little Man Tate (TH)</p>



INSPIRED SENIOR LIVING

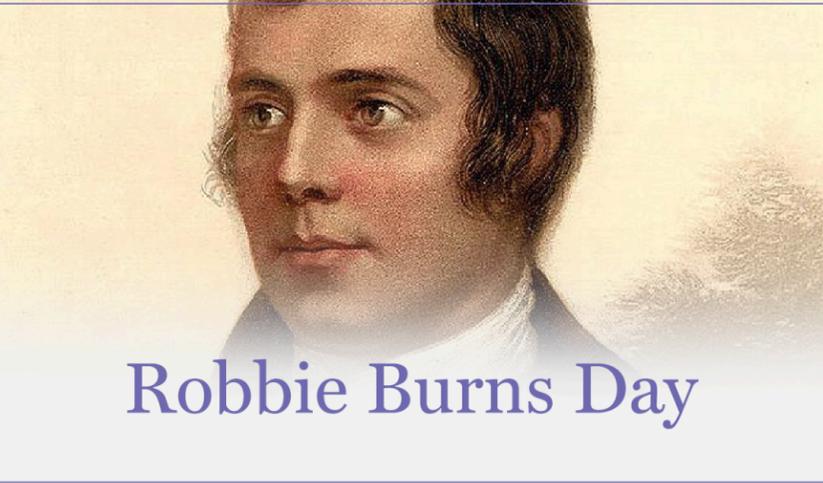
January 2026

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Packages Available At Reception 18</p> <p>Fit Minds-Stay Sharp (Pick Up @ Reception) (IS)</p> <p>10:00 Virtual Tai Chi Class Piedmont Healthcare (PL)</p> <p>10:30 Manor Road United Church YouTube Service (All Welcome) (TH)</p> <p>10:30 Sunday Trivia with Allan (BAR)</p> <p>2:00 Scrabble Self Directed (GR)</p> <p>2:00 Opera Gala: Opera Gala: famous arias by Mozart, Verdi, Puccini, Donizetti, Handel, Offenbach, Massenet & others (TH)</p> <p>2:00 Loonie Bingo with Adrienn (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Joy, The Birth of IVF (TH)</p>	<p>Eyecare Express Clinic Please Sign Up @ Reception (9:30a.m. to 3:00p.m.) (S) 19</p> <p>10:00 Exercises with Shantel (CK)</p> <p>10:45 Drumfit Classics with Shantel (PL)</p> <p>11:00 Go4Life Walking Grp (L)</p> <p>1:30 Meet Me at the MoMa Presentation - Clarke Reynolds (PL)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Musical Movie Mondays: Mary Poppins (TH)</p> <p>2:00 Meet Me at the MoMa Painting Session (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Java Music Club Sing A-long (CK)</p> <p>6:30 Musical Movie Mondays: Mary Poppins (TH)</p>	<p>10:00 Gentle Fitness (CK) 20</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ballet Masterpiece: LE CORSAIRE: Bolshoi Ballet (TH)</p> <p>2:00 Artful Enrichment Workshop: Monet's Winter Cabin (PL)</p> <p>3:00 Canterbury Place New Year Bake Sale (CK)</p> <p>3:00 Afternoon Tea Social (CK)</p> <p>6:30 Movie Night: King in the Wilderness (TH)</p>	<p>Bell Let's Talk Day! 21</p> <p>10:00 Drumfit Classics with Sandra (PL)</p> <p>10:15 Seated Yoga With Carol (CK)</p> <p>2:00 Classic Movie Wednesdays: Flashdance (TH)</p> <p>2:00 Speed Friendship: Get to Know Your Neighbours (All Residents Are Welcome) 2:00PM to 4:00PM (DR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>4:00 Go4Life Walking Grp (L)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Classic Movie Wednesdays: Flashdance (TH)</p>	<p>10:00 Gentle Fitness (CK) 22</p> <p>10:30 Thursday Trivia (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>11:30 Bistro Lunch (Sign up @ Reception) (BAR)</p> <p>2:00 Musical Hang Man with Shantel & Sandra (CK)</p> <p>2:00 Crave Series: The Gilded Age Episode 8 - Tucked Up In Newport (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Virtual Tai Chi Class Piedmont Healthcare (PL)</p> <p>3:30 Life Enrichment Meeting (CK)</p> <p>6:00 Paraffin Wax Treatment (PL)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: The King (TH)</p> <p>7:00 Loonie Bingo (CK)</p>	<p>National Pie Day 23</p> <p>10:00 Exercises with Sandra (CK)</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Virtual Drumfit Classics (PL)</p> <p>2:00 Movie Matinee: Avatar (TH)</p> <p>2:00 Friday Afternoon Bingo with Shantel & Sandra (PL)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Your Choice Pie the Management Team (CK)</p> <p>3:30 Clay Sculpting Class with Lisa Part 2 (Sign Up is not Required) (PL)</p> <p>4:30 Go4Life Walking Grp (L)</p> <p>6:30 Movie Night: Avatar (TH)</p>	<p>10:00 Exercises with Sandra (CK) 24</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Drumfit Classics with Sandra (PL)</p> <p>1:30 Go4Life Walking Grp (L)</p> <p>2:00 Scattergories with Sandra (CK)</p> <p>2:00 Saturday Afternoon Entertainment: Tchaikovsky: Concerto No. 1 Martha Argerich, Charles Dutoit & the Verbier Festival Orchestra Tschaiakowsky: 5. Sinfonie · hr-Sinfonieorchester · Manfred Honeck (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>6:30 Movie Night: Steve Jobs (TH)</p>
<p>Activity Packages Available At Reception Robbie Burns Day! 25</p> <p>Fit Minds-Stay Sharp (Pick Up @ Reception) (IS)</p> <p>10:00 Strength Training Fitness Class with Lorne (PL)</p> <p>10:30 Manor Road United Church YouTube Service (All Welcome) (TH)</p> <p>10:30 Sunday Trivia with Allan (BAR)</p> <p>11:30 BRUNCH! (DR)</p> <p>2:00 Scrabble Self Directed (GR)</p> <p>2:00 Opera Gala: 20th Anniversary Gala Concert - Georg Solti Accademia (TH)</p> <p>2:00 Loonie Bingo with Crystel & Loida (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Celebrating Robbie Burns with Julie Fitzgerald & Joelle Crigger (CK)</p> <p>6:30 Movie Night: He's Just Not That Into You (TH)</p>	<p>10:00 All Residents Information Meeting (CK) 26</p> <p>11:00 Go4Life Walking Grp (L)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Painting with Lynn (Sign Up Required) (PL)</p> <p>2:00 Musical Movie Mondays: Grease (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Java Music Club Sing A-long (CK)</p> <p>6:30 Musical Movie Mondays: Grease (TH)</p>	<p>FOOTCARE CLINIC (Sign Up @ Reception) (IS) 27</p> <p>10:00 Gentle Fitness (CK)</p> <p>10:00 Outing to Walmart (Sign Up Required) Group 1 (L)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ballet Masterpiece: Sergei Polunin & Diana Vishneva GISELLE (Complete Ballet) 2014 (TH)</p> <p>2:00 Outing to Walmart (Sign up @ Reception) Group 2 (L)</p> <p>2:00 Artful Enrichment Workshop: Monet's Impression Sunrise (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Spelling Bee Challenge (CK)</p> <p>6:30 Movie Night: 27 Dresses (TH)</p> <p>7:00 Sing A-long with Patricia Duffy (PL)</p>	<p>10:00 Drumfit Classics with Sandra (PL) 28</p> <p>10:15 Seated Yoga With Deborah (CK)</p> <p>2:00 Classic Movie Wednesdays: The Lord of the Rings: The Return of the King (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 New Resident Tea (Invitation Only) (PL)</p> <p>4:00 Go4Life Walking Grp (L)</p> <p>6:30 Poker Night with Effie (GR)</p> <p>6:30 Classic Movie Wednesdays: The Lord of the Rings: The Return of the King (TH)</p>	<p>10:00 Gentle Fitness (CK) 29</p> <p>10:30 Thursday Trivia (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Crave Series: The Gilded Age Episode 9 - Let the Tournament Begin (TH)</p> <p>2:00 Musical Hang Man with Shantel & Sandra (BAR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Celebrating December & January Birthdays with Kelly Davis (CK)</p> <p>6:00 Paraffin Wax Treatment (PL)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: Rudy (TH)</p> <p>7:00 Loonie Bingo (CK)</p>	<p>National Croissant Day ! 30</p> <p>10:00 Exercises with Sandra (CK)</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Virtual Drumfit Classics (PL)</p> <p>2:00 Friday Afternoon Bingo with Shantel (CK)</p> <p>2:00 Movie Matinee: Top Gun Maverick (TH)</p> <p>3:00 Kings in the Corner (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Canterbury Hot Chocolate Bar with Shantel & Sandra featuring Croissants! (BAR)</p> <p>4:30 Go4Life Walking Grp (L)</p> <p>6:30 Movie Night: Top Gun Maverick (TH)</p>	<p>10:00 Exercises with Sandra (CK) 31</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Drumfit Classics with Sandra (PL)</p> <p>1:30 Go4Life Walking Grp (L)</p> <p>2:00 Scattergories with Sandra (CK)</p> <p>2:00 Saturday Afternoon Entertainment: Rimskij-Korsakow: Scheherazade · hr-Sinfonieorchester · Alain Altinoglu Schostakowitsch: 4. Sinfonie · hr-Sinfonieorchester · Alain Altinoglu (TH)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Euchre (GR)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>6:30 Movie Night: The Outfit (TH)</p>



Be Welcomed

Locations Legend

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

Calendar Legend

Outing

Special Program

Cruise Week

Living, Loving, Local

Signature Program