



INSPIRED SENIOR LIVING

March 2026

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available At Reception 1 10:00 Virtual Full Length Tai Chi Class Piedmont Healthcare (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Allan (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Opera Gala: A Mozart Gala from Salzburg (TH) 2:00 Loonie Bingo with Ryan (CK) 3:00 Afternoon Tea Social (BAR) 6:30 Movie Night: The Great Escaper (TH)	10:00 Seated Zumba Class with Bette (CK) 2 10:00 First Set- Sign Up for Programs & Outings (PL) 11:00 Go4Life Walking Grp (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Judy (TH) 2:00 Second Set- Sign Up for Programs & Outings (PL) 2:00 Painting with Lynn (Sign Up Required) (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with the Students (Sign Up Required) (IS) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Judy (TH)	10:00 Gentle Fitness (CK) 3 10:00 Outing to Scarborough Town Centre Group 1 (Sign Up Required) (L) 10:45 Falls Prevention Exercise Class (CK) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: Giselle - Full Length Ballet by International Festival Ballet (TH) 2:00 Artful Enrichment Workshop: Kusama's Mushroom - International Women's Day (CK) 3:00 Afternoon Tea Social (BAR) 3:30 Spelling Bee Challenge (CK) 6:30 Movie Night: Little Women (TH)	10:00 Outing to Scarborough Town Centre Group 2 (Sign Up Required) (L) 4 10:15 Seated Yoga With Deborah (CK) 2:00 Classic Movie Wednesdays: 9 to 5 (TH) 2:00 Resident Food Meeting with Crystal (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Sandra: DIY Home Decor with Ice Cream Sticks (Sign Up Required) (PL) 4:00 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: 9 to 5 (TH)	Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 5 10:00 Gentle Fitness (CK) 10:00 Outing to Trinity Presbyterian Church for the Encore Band Concert (Sign Up Required) (L) 10:30 Thursday Trivia Adrienn (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Musical Hang Man with Shantel & Sandra (CK) 2:00 Ted Talks Double Feature: A 3-Step Guide to Believing in Yourself Sheryl Lee Ralph / How to Discover Your Authentic Self -- at Any Age Bevy Smith (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Dining Service Information Meeting (PL) 3:30 Loonie Bingo with Sandra (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: A League of Their Own (TH)	Cruise Week! 6 Port : MEXICO Hearing Clinic (Sign Up @ Reception, 1:00 - 4:00 p.m.) (GR) 9:30 Traditional Banana Licuado (BAR) 10:00 Beach Ball Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:30 Breach Breeze Resin Beach Board Craft (Sign Up Required) (PL) 1:00 Travelogue: Mexico (PL) 2:00 Movie Matinee: Bon Voyage! (TH) 2:00 Casino Spin the Wheel Prize Bingo with Adrienn and Ryan (PL) 3:00 Mariachi Los Gallos Entertainment (CK) 3:00 Cocktail Mobile Tiki Bar - Paloma (CK) 4:30 Go4Life Walking Grp (L) 6:30 Movie Night: Bon Voyage! (TH)	Cruise Week! 7 Port : JAMAICA 9:30 Caribbean Passion Smoothie (BAR) 10:00 Tai Chi Class with Maryam (CK) 10:30 Quiddler (GR) 10:30 Mini Golf Program (PL) 1:00 Open House Entertainment with The OMG Group (CK) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Beethoven 9- Chicago Symphony Orchestra- Ricardo Mutti (Sign Up at Reception) (TH) 3:00 Euchre (GR) 3:00 Cocktail Mobile Bar: Planter's Punch (BAR) 6:30 Movie Night: Inception (TH) 7:00 Travelogue: Jamaica (TH)
Cruise Week! 8 Activity Packages Available At Reception Port: ARUBA 9:30 Classic Creamy Island Vibes Smoothie (BAR) 10:00 Tai Chi with Maryam (CK) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Find the Country on the World Map (BAR) 2:00 Travelogue : Aruba (PL) 3:00 Music of the Caribbean Presentation with Shannon Graham (CK) 3:00 Cocktail Mobile Tiki Bar - Pina Colada (CK) 6:30 Movie Night: Royal Wedding (TH)	Cruise Week! 9 Port: BELIZE 9:30 Tropical Green Smoothie (BAR) 10:00 Seated Zumba Class with Bette (CK) 10:30 Make Your Own Tie Dye T-Shirts with Shantel & Andrea (Sign Up Required) (PL) 11:00 Go4Life Walking Grp (L) 1:00 Travelogue : Belize (PL) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Musical Movie Mondays: Showboat (TH) 2:00 Rum Tasting (PL) 3:00 Caribbean Entertainment with Anna Rose (CK) 3:00 Cocktail Mobile Bar: Banana Daiquiri (CK) 6:30 Musical Movie Mondays: Showboat (TH)	Cruise Week! 10 Port: TRINIDAD AND TOBAGO 9:30 Spiced Mango Banana Smoothie (BAR) 10:00 Gentle Fitness (CK) 10:30 Cruise Week Steel Drum Workshop with Shantel and Athena (Sign Up Required) (PL) 10:45 Falls Prevention Exercise Class (CK) 1:30 Resident Council Meeting (PL) 2:00 Euchre (GR) 2:00 Travelogue: Trinidad & Tobago (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Cocktail Mobile Tiki Bar - Trinidad Rum Punch (BAR) 3:30 Cruise Week Trinidadian Themed Demo with Chef Crystal & Ryan (CK) 6:30 Movie Night: Cool Runnings (TH)	Cruise Week! 11 Port: THE BAHAMAS 9:30 The Oasis Smoothie (BAR) 10:15 Seated Yoga With Deborah (PL) 10:30 Celebrating Women in Reggae and Calypso Presentation with James (CK) 1:00 Travelogue: The Bahamas (PL) 2:00 Classic Movie Wednesdays: Casino Royale (TH) 2:00 Managers vs Staff Family Feud Competition (CK) 3:00 Cocktail Mobile Tiki Bar - Bahama Mama (BAR) 3:30 Calypso Line Dancing with Shantel & Sandra (CK) 4:00 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: Casino Royale (TH)	Cruise Week! 12 Port: RETURN TO CANADA Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 9:30 Chia Cherry Berry Smoothie (BAR) 10:00 Gentle Fitness (CK) 10:30 Canadian Thursday Trivia with Roshan (BAR) 10:30 Designing the Perfect Fishy Retreat (Sign Up Required) (PL) 10:45 Falls Prevention Exercise Class (CK) 1:00 Travelogue : Welcome To Canada's Incredible Wilderness City (PL) 2:00 Loonie Bingo with Lette and Loida (CK) 3:00 Cocktail Mobile Tiki Bar - Red, White and Rye Cocktail (BAR) 3:30 Last Day of Cruise Week Hand in your Passports and get Funnel Cake (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Thunderball (TH)	10:00 Exercises with Sandra (PL) 13 10:30 Church Service with Msgr. Pat (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Shantel (PL) 2:00 Council's Pick Movie Fridays: Billy Elliot (TH) 2:00 Friday Afternoon Bingo with Shantel & Sandra (PL) 3:00 Pub Afternoon and Cruise Week Winner Announcement (BAR) 4:30 Go4Life Walking Grp (L) 6:30 Council's Pick Movie Fridays: Billy Elliot (TH)	10:00 Exercises with Sandra (CK) 14 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (PL) 1:30 Go4Life Walking Grp (L) 2:00 Scattergories with Sandra (CK) 2:00 Saturday Afternoon Entertainment: Sinfonia No. 9, Ludwig van Beethoven - Gustavo Dudamel - OSSBV - CNSB (TH) 3:00 Euchre (GR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: Mona Lisa Smile (TH)
Activity Packages Available At Reception 15 10:00 Virtual Full Length Tai Chi Class Piedmont Healthcare (PL) 10:30 Manor Road United Church YouTube Service (All Welcome) (TH) 10:30 Sunday Trivia with Allan (BAR) 2:00 Scrabble Self Directed (GR) 2:00 Opera Gala: Barber of Seville by Rossini performed by Pacific Northwest Opera (TH) 2:00 Loonie Bingo with Roshan (CK) 6:30 Movie Night: Julie and Julia (TH)	10:00 Seated Zumba Class with Bette (CK) 16 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: Funny Lady (TH) 2:00 Painting with Lynn (Sign Up Required) (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with the Students (Sign Up Required) (IS) 3:30 Java Music Club Sing A-long (CK) 6:30 Musical Movie Mondays: Funny Lady (TH)	St Patricks Day! 17 10:00 Gentle Fitness (CK) 10:45 Falls Prevention Exercise Class (CK) 1:30 Irish Inspired Spelling Bee Challenge (CK) 2:00 Euchre (GR) 2:00 Ballet Masterpiece: ESMERALDA SLOVAK NATIONAL BALLET (TH) 2:00 Artful Enrichment Workshop: Clover Pin Craft (PL) 3:00 St Patrick's Day Special Tea Time (CK) 3:00 St Patricks Day Entertainment with James Regan (CK) 3:00 Afternoon Tea Social (BAR) 4:30 St Patricks Day Themed Dinner (DR) 6:30 Movie Night: Women Talking (TH)	10:15 Seated Yoga With Deborah (CK) 18 12:00 Outing: Lunch at Pur and Simple (Sign Up Required) Group 1 (O) 2:00 Classic Movie Wednesdays: To Kill a Mockingbird (TH) 2:30 Tuck Shop Meeting (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays with Sandra: Paper Flowers Using Cupcake Liners (Sign Up Required) (PL) 4:00 Go4Life Walking Grp (L) 6:30 Poker Night with Effie (GR) 6:30 Classic Movie Wednesdays: To Kill a Mockingbird (TH)	10:00 Gentle Fitness (CK) 19 10:30 Thursday Trivia (BAR) 10:45 Falls Prevention Exercise Class (CK) 2:00 Musical Hang Man with Shantel & Sandra (CK) 2:00 Ted Talks Double Feature: How to Get Your Brain to Focus Chris Bailey / Get comfortable with being uncomfortable Luvvie Ajayi Jones (TH) 3:00 Afternoon Tea Social (BAR) 3:30 Fit Minds-Stay Sharp (PL) 6:00 Paraffin Wax Treatment (PL) 6:30 Bridge Night (GR) 6:30 Movie Night: Thelma & Louise (TH) 7:00 Loonie Bingo with Sandra (CK)	Mobile Senior Shop (10:00AM to 2:00PM) (TH) 20 10:00 Exercises with Sandra (CK) 10:30 Quiddler (GR) 10:45 Drumfit Classics with Shantel (PL) 12:00 Outing: Lunch at Pur and Simple (Sign Up Required) Group 2 (O) 2:00 Council's Pick Movie Fridays:The Imitation Game (PL) 2:00 Friday Afternoon Bingo with Shantel & Sandra (CK) 3:00 Pub Afternoon (BAR) 3:00 Afternoon Tea Social (BAR) 4:30 Go4Life Walking Grp (L) 4:30 Living Loving Local Theme Dinner - Featuring Maple (DR) 6:30 Council's Pick Movie Fridays:The Imitation Game (TH)	10:00 Exercises with Sandra (CK) 21 10:30 Quiddler (GR) 10:45 Drumfit Classics with Sandra (PL) 1:30 Go4Life Walking Grp (L) 2:00 Saturday Afternoon Entertainment: Requiem - Mozart KV 626 Gregory Carreño Simon Bolivar Orchestra of Venezuela (TH) 2:00 Presentation with Lianne Harris - The Celts (PL) 3:00 Euchre (GR) 3:00 Afternoon Tea Social (BAR) 3:30 Creative Colouring and Relaxing Music (CK) 6:30 Movie Night: The Devil Wears Prada (TH)



INSPIRED SENIOR LIVING

March 2026

Canterbury Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Packages Available At Reception 22</p> <p>10:00 Virtual Full Length 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: Giuseppe Verdi - La Traviata Full Opera with Subtitles (St. Margarethen Opera Festival 2008) (TH)</p> <p>2:00 Loonie Bingo with Lette (PL)</p> <p>3:00 Sunday Entertainment with the West Enders (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Moneyball (TH)</p>	<p>10:00 Seated Zumba Class with Bette (CK) 23</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 - Jim Fitzpatrick's (PL)</p> <p>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</p> <p>2:00 Musical Movie Mondays: State Fair (TH)</p> <p>2:00 Meet Me at the MoMa Painting Session (PL)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Tech Corner with the Students (Sign Up Required) (IS)</p> <p>3:30 Java Music Club Sing A-long (CK)</p> <p>6:30 Musical Movie Mondays: State Fair (TH)</p>	<p>National Cocktail Day! FOOTCARE CLINIC (Sign Up @ Reception) (IS) 24</p> <p>10:00 Gentle Fitness (CK)</p> <p>10:00 Outing to Hockey Hall of Fame (Sign Up Required) (L)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>1:30 Spelling Bee Challenge (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ballet Masterpiece: Swan Lake Full Performers Tours, France (International Festival Ballet) (TH)</p> <p>2:00 Artful Enrichment Workshop: O'Keeffe's Lily - Celebrating Female Artists (PL)</p> <p>3:00 Cocktail Tasting (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Three Billboards Outside Ebbing, Missouri (TH)</p>	<p>10:15 Seated Yoga With Deborah (CK) 25</p> <p>2:00 Classic Movie Wednesdays: Pride and Prejudice (1940) (TH)</p> <p>2:00 Reading Buddy Program (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Life Enrichment Meeting (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: Pride and Prejudice (1940) (TH)</p>	<p>Fit Minds-Stay Sharp (Pick Up @ Reception) (IS) 26</p> <p>10:00 Gentle Fitness (CK)</p> <p>10:30 Thursday Trivia with Roshan (BAR)</p> <p>10:45 Falls Prevention Exercise Class (CK)</p> <p>2:00 Ted Talks Double Feature: Power Foods for the Brain Neal Barnard / Sugar is Not a Treat Jody Stanislaw (TH)</p> <p>2:00 Musical Hang Man with Andrea & Sandra (PL)</p> <p>3:00 Celebrating March Birthdays with Samira Yeo (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:00 Paraffin Wax Treatment (PL)</p> <p>6:30 Bridge Night (GR)</p> <p>6:30 Movie Night: Erin Brockovich (TH)</p> <p>7:00 Loonie Bingo with Sandra (CK)</p>	<p>10:00 Exercises with Sandra (CK) 27</p> <p>10:30 Quiddler (GR)</p> <p>10:45 Drumfit Classics with Shantel (PL)</p> <p>2:00 Council's Pick Movie Fridays: The King Speech (TH)</p> <p>2:00 Living Loving Local Chef's Demo with Crystal- Featuring Maple (CK)</p> <p>3:00 Afternoon Tea Social (CK)</p> <p>3:30 Live Entertainment with Vena Lin (CK)</p> <p>4:30 Go4Life Walking Grp (L)</p> <p>6:30 Council's Pick Movie Fridays: The King Speech (TH)</p>	<p>10:00 Exercises with Sandra (CK), 10:30 Quiddler (GR)</p> <p>10:30 Outing to Downsview Flea Market (Sign Up Required) (L)</p> <p>1:30 Go4Life Walking Grp (L)</p> <p>2:00 Saturday Afternoon Entertainment: Mahler: 6. Sinfonie · hr-Sinfonieorchester · Andrés Orozco-Estrada (TH)</p> <p>3:00 Euchre (GR)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:30 Creative Colouring and Relaxing Music (CK)</p> <p>6:30 Movie Night: Raising the Bar: The Alma Richards Story (TH)</p>
<p>Activity Packages Available At Reception 29</p> <p>10:00 Virtual Full Length 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: André Rieu - Romantic Paradise (Full Concert) (TH)</p> <p>2:00 Loonie Bingo with Simone (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>6:30 Movie Night: Mother Theresa (TH)</p>	<p>10:00 All Residents Information Meeting (CK) 30</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: The Secret Life of Walter Mitty (TH)</p> <p>2:30 Pneumonia Education Presentation with IPAC from North York Gen (CK)</p> <p>3:00 Afternoon Tea Social (BAR)</p> <p>3:00 Tech Corner with the Students (Sign Up Required) (IS)</p> <p>3:30 Java Music Club Sing A-long (CK)</p> <p>6:30 Musical Movie Mondays: The Secret Life of Walter Mitty (TH)</p>	<p>10:00 Gentle Fitness (CK) 31</p> <p>10:00 Outing to Walmart (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 - Judy Chicago (PL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Ballet Masterpiece: Raffaella: A New Fairytale Ballet (TH)</p> <p>2:00 Outing to Walmart (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: Varian's War (TH)</p> <p>7:00 Sing A-long with Patricia Duffy (PL)</p>	 <p>Cruise Week Open House</p>		 <p>International Women's Day</p>	



Locations Legend

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

Calendar Legend

Outing

Special Program

Cruise Week

Living, Loving, Local

Signature Program