



INSPIRED
SENIOR LIVING

January 2022

Canterbury Place



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>			<div></div>	<div></div>	
<div><div>Activity Packages Available At Reception2</div><div>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening - The American President (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Sunday Movie Screening - The American President (TH)</div><div></div></div>	<div><div>Hearing Clinic (Sign up at reception)3</div><div>10:00 Exercises with Shantel (CK) 10:30 Cryptogams (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Milk Bag Mats Making with Julie (CK) 2:00 Movie Matinee: Being Julia (TH) 2:00 Current Events Discussion (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Java Music Club Sing A-long (PL) 6:30 Movie Night: Being Julia (TH)</div></div>	<div><div>10:00 Yoga with Deborah (CK)4</div><div>10:30 Jumbo Crossword (BAR) 2:00 Euchre (GR) 2:00 Ted Talks Double Feature: How To Turn Climate Anxiety Into Action & Why Winning Doesn't Always Equal Success (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Meet me at the MoMa Presentation - Edwin Holgate (CK) 3:30 Meet me at the MoMa - Painting Session (Sign-up at Reception) (CK) 6:30 Movie Night: The Bucket List (TH)</div></div>	<div><div>10:00 Tai Chi (CK)5</div><div>10:30 Exercises with Shantel (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Word in a Word (CK) 2:00 Movie Matinee: The Two Popes (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Crafty Wednesdays/ Shantel DIY Tassel Flowers (CK) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: The Two Popes (TH)</div></div>	<div><div>10:00 Seated Yoga With Deborah (CK)6</div><div>10:30 Thursday Trivia (BAR) 2:00 Loonie Bingo Grp 1 (Sign-up at Reception) (CK) 2:00 Documentary Matinee: Before The Flood (TH) 2:00 Food Council Meeting with Crystel (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Loonie Bingo Grp 2 (Sign-up at Reception) (CK) 6:30 Bridge Night (GR) 6:30 Movie Night: Dangerous Beauty (TH)</div></div>	<div><div>Jewelry Vendor (11:00 a.m. to 4:00 p.m.)7</div><div>10:00 Virtual Falls Prevention Class (CK) 10:30 Quiddler (GR) 11:00 Go4Life Walking Group (Around the Building Walk) (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: The Irishman (TH) 3:00 Artful Enrichment Painting: Harvest Moon (Sign-up at Reception) (CK) 3:00 Happy Hour (BAR) 6:15 Friday Night Bingo with Tom Grp 1 (Sign-up at Reception) (CK) 6:30 Movie Night: The Irishman (TH) 7:15 Friday Night Bingo with Tom Grp 2 (Sign-up at Reception) (CK)</div></div>	<div><div>10:00 Stretch & Balance Exercises (CK)8</div><div>10:30 Quiddler (GR) 2:00 Presentation with Lianne Harris - The Roaring 20's (CK) 2:30 Word in a Word (BAR) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Saturday Afternoon Entertainment: Tschakowsky No. 6 Sinfonie (Pathetique) (TH) 6:30 Movie Night: Hitch (TH)</div></div>
<div><div>Activity Packages Available At Reception9</div><div>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH) 2:00 Sunday Movie Screening - The Queen (TH) 3:00 Afternoon Tea Social (BAR) 6:30 Sunday Movie Screening - The Queen (TH)</div><div></div></div>	<div><div>10:00 Exercises with Shantel (CK)10</div><div>10:30 Cryptogams (PL) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Bridge Game (2:00pm to 4:00pm) (GR) 2:00 Milk Bag Mats Making with Julie (CK) 2:00 Movie Matinee: 84 Charing Cross Road (TH) 2:00 Kings in the Corner (PL) 3:00 Afternoon Tea Social (BAR) 3:00 Java Music Club Sing A-long (PL) 6:30 Movie Night: 84 Charing Cross Road (TH)</div></div>	<div><div>10:00 Yoga with Deborah (CK)11</div><div>10:00 Trip to Bayview Village Mall (Sign-up at Reception) (L) 10:30 Jumbo Crossword (BAR) 2:00 Euchre (GR) 2:00 Ted Talks Double Feature: The Future of Money & We've Trusting Institution and Stared Trusting Strangers (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Meet me at the MoMa Presentation - Norval Morrisseau (TH) 3:30 Meet me at the MoMa - Painting Session (Sign-up at Reception) (CK) 6:30 Movie Night: RoboCop (TH)</div></div>	<div><div>10:00 Tai Chi (CK)12</div><div>10:30 Go4Life Walking Group to Mel Lastman Square (L) 10:30 Memory Games with Jaspreet (BAR) 10:45 Exercises with Rehab (PL) 2:00 Artfull Enrichment Workshop: Monochromatic Mountain Painting (Sign-up at Reception) (CK) 2:00 Word in a Word (BAR) 2:00 Movie Matinee: Terminator Judgement Day (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Scrabble (GR) 6:30 Poker Night with Effie (GR) 6:30 Movie Night: Terminator Judgement Day (TH)</div></div>	<div><div>10:00 Seated Yoga With Deborah (CK)13</div><div>10:30 Thursday Trivia (BAR) 2:00 Loonie Bingo Grp 1 (Sign-up at Reception) (CK) 2:00 Documentary Matinee: Titanic - 20 Years Later with James Cameron (TH) 3:00 Loonie Bingo Grp 2 (Sign-up at Reception) (CK) 3:00 LLL Chef's Demo with Crystel (Sign-up at Reception) (BAR) 4:00 AGO Artist's Talk: Ali Banisadr - Contemporary Thoughts on Picasso (TH) 6:30 Bridge Night (GR) 6:30 Paraffin Wax Treatment (Register @ Reception) (CK) 6:30 Movie Night: Terminator Rise of the Machine (TH)</div></div>	<div><div>10:00 Virtual Falls Prevention Class (CK)14</div><div>10:30 Quiddler (GR) 11:00 Go4Life Walking Group to Mel Lastman Square (L) 2:00 Fit Minds-Stay Sharp (PL) 2:00 Movie Matinee: Top Gun (TH) 3:00 Afternoon Tea Social (BAR) 3:00 Tech Corner with Shantel (Sign-up at Reception) (CK) 3:00 Rummy-O (GR) 6:15 Friday Night Bingo with Tom Grp 1 (Sign-up at Reception) (CK) 6:30 Movie Night: Top Gun (TH) 7:15 Friday Night Bingo with Tom Grp 2 (Sign-up at Reception) (CK)</div></div>	<div><div>10:00 Stretch & Balance Exercises (CK)15</div><div>10:30 Quiddler (GR) 2:00 Word in a Word (CK) 3:00 Afternoon Tea Social (BAR) 3:00 Euchre (GR) 3:00 Saturday Afternoon Entertainment: Beethoven: Symphony No. 6, 'Pastoral' Bernard Haitink & Berlin Philharmonic (TH) 6:30 Movie Night: El Camino</div></div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Activity Packages Available At Reception 16</div> <div>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</div> <div>2:00 Sunday Movie Screening - Rambo (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>6:30 Sunday Movie Screening - Rambo (TH)</div> <div></div>	<div>10:00 Exercises with Kimberly (CK) 17</div> <div>10:30 Cryptogams (PL)</div> <div>11:00 Go4Life Walking Group to Mel Lastman Square (L)</div> <div>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</div> <div>2:00 Milk Bag Mats Making with Julie (CK)</div> <div>2:00 Scrabble (GR)</div> <div>2:00 Movie Matinee: Forrest Gump (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Java Music Club Sing A-long (PL)</div> <div>6:30 Movie Night: Forrest Gump (TH)</div>	<div>10:00 Yoga with Deborah (CK) 18</div> <div>10:00 Trip to Gardiner Musuem (Sign-up @ Reception) (L)</div> <div>10:30 Jumbo Crossword (BAR)</div> <div>2:00 Euchre (GR)</div> <div>2:00 Ted Talks Double Feature: The Surprising Habits of Original Thinkers & A Simple Way To Break A Bad Habit (TH)</div> <div>2:00 Artfull Enrichment Workshop: Winter Wonderland Painting (Sign-up at Reception) (CK)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 UNO Card Game (GR)</div> <div>3:30 Movie Club Meeting: Choose movies for February (TH)</div> <div>6:30 Movie Night: Poms (TH)</div>	<div>10:00 Tai Chi (CK) 19</div> <div>10:30 Memory Games (BAR)</div> <div>10:45 Exercises with Shantel (PL)</div> <div>11:00 Go4Life Walking Group to Mel Lastman Square (L)</div> <div>2:00 Word in a Word (CK)</div> <div>2:00 Movie Matinee: Leap Year (TH)</div> <div>2:00 Crafts with Merav: Make Your Own Wood Earrings (PL)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Wine & Cheese Tasting with Crystel (Sign-up at Reception) (CK)</div> <div>6:30 Poker Night with Effie (GR)</div> <div>6:30 Movie Night: Leap Year (TH)</div>	<div>10:00 Seated Yoga With Deborah (CK) 20</div> <div>10:30 Thursday Trivia (BAR)</div> <div>2:00 Loonie Bingo Grp 1 (Sign-up at Reception) (CK)</div> <div>2:00 Documentary Matinee: The World's Weirdest Creatures (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Loonie Bingo Grp 2 (Sign-up at Reception) (CK)</div> <div>6:30 Bridge Night (GR)</div> <div>6:30 Paraffin Wax Treatment (Register @ Reception) (CK)</div> <div>6:30 Movie Night: Silverado (TH)</div>	<div>10:00 Virtual Falls Prevention Class (CK) 21</div> <div>10:30 Quiddler (GR)</div> <div>11:00 Go4Life Walking Group to Mel Lastman Square (L)</div> <div>2:00 Fit Minds-Stay Sharp (PL)</div> <div>2:00 Movie Matinee: I am Legend (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Tech Corner with Shantel (Sign-up at Reception) (CK)</div> <div>3:00 Book Club Meeting (GR)</div> <div>4:30 Living Loving Local Theme Dinner: Beans and Lentils (DR)</div> <div>6:15 Friday Night Bingo with Tom Grp 1 (Sign-up at Reception) (CK)</div> <div>6:30 Movie Night: I am Legend (TH)</div> <div>7:15 Friday Night Bingo with Tom Grp 2 (Sign-up at Reception) (CK)</div>	<div>10:00 Stretch & Balance Exercises (CK) 22</div> <div>10:30 Quiddler (GR)</div> <div>2:00 Word in a Word (CK)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Euchre (GR)</div> <div>3:00 Saturday Afternoon Entertainment: Mozart "Symphony No 38 in D Major K504 (Prague) (Sign Up At Reception) (TH)</div> <div>6:30 Movie Night: Spartacus (TH)</div>
<div>Activity Packages Available At Reception 23</div> <div>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</div> <div>2:00 Sunday Movie Screening - Jurassic Park (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>6:30 Sunday Movie Screening - Jurassic Park (TH)</div> <div></div>	<div>10:00 Exercises with Kimberly (CK) 24</div> <div>10:30 Cryptogams (PL)</div> <div>11:00 AGO Artist's Talk: Multisensory Museum - Christi Belcourt's Wisdom of the Universe (TH)</div> <div>1:30 Go4Life Walking Group to Mel Lastman Square (L)</div> <div>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</div> <div>2:00 Milk Bag Mats Making with Julie (CK)</div> <div>2:00 Kings in the Corner (PL)</div> <div>2:00 Movie Matinee: The Lost World Jurassic Park (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Java Music Club Sing A-long (PL)</div> <div>6:30 Movie Night: The Lost World Jurassic Park (TH)</div>	<div>FOOT CLINIC (Sign-up At Reception) 25</div> <div>10:00 Yoga with Deborah (CK)</div> <div>10:00 Trip to Walmart (Sign-up @ Reception) (L)</div> <div>10:30 Jumbo Crossword (BAR)</div> <div>1:30 Trip to Walmart (Sign-up @ Reception) (L)</div> <div>2:00 Euchre (GR)</div> <div>2:00 Ted Talks Double Feature: How to End an the Pandemic - and Prepare for next & How Quinoa can Help combat Hunger and Malnutrition (TH)</div> <div>2:00 Artfull Enrichment Workshop: Monet's Warm Winter Painting (Sign-up at Reception) (CK)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Fun Facts About Beans and Lentils - Living, Loving, Local Discussion (CK)</div> <div>6:30 Movie Night: Jurassic Park III (TH)</div> <div>7:00 Piano Evening with Patricia Duffy (PL)</div>	<div>10:00 Tai Chi (CK) 26</div> <div>10:30 Memory Games (BAR)</div> <div>10:45 Exercises with Shantel (PL)</div> <div>11:00 Go4Life Walking Group to Mel Lastman Square (L)</div> <div>2:00 Word in a Word (BAR)</div> <div>2:00 Artfull Talks Presentation: Celebrity Portraits (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Crafty Wednesdays/ Water Brush Painting Flower Making (CK)</div> <div>3:00 Movie Matinee: Inside Men (TH)</div> <div>3:00 Scattergories (GR)</div> <div>6:30 Poker Night with Effie (GR)</div> <div>6:30 Movie Night: Inside Men (TH)</div>	<div>10:00 Seated Yoga With Deborah (CK) 27</div> <div>10:30 Thursday Trivia with Bill (BAR)</div> <div>2:00 Documentary Matinee: The Buried Mysteries Of Angkor Wat (TH)</div> <div>2:00 Loonie Bingo Grp 1 (Sign-up at Reception) (PL)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Loonie Bingo Grp 2 (Sign-up at Reception) (PL)</div> <div>3:00 Monthly Birthday Celebration w/ Filipa (CK)</div> <div>6:30 Bridge Night (GR)</div> <div>6:30 Paraffin Wax Treatment (Register @ Reception) (CK)</div> <div>6:30 Movie Night: Nanny Mcphee (TH)</div>	<div>10:00 Virtual Falls Prevention Class (CK) 28</div> <div>10:30 Quiddler (GR)</div> <div>11:00 Go4Life Walking Group to Mel Lastman Square (L)</div> <div>2:00 Fit Minds-Stay Sharp (PL)</div> <div>2:00 Movie Matinee: Nanny Mcphee Returns (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Tech Corner with Shantel (Sign-up at Reception) (CK)</div> <div>3:30 Life Enrichment Meeting (CK)</div> <div>6:15 Friday Night Bingo with Tom Grp 1 (Sign-up at Reception) (CK)</div> <div>6:30 Movie Night: Nanny Mcphee Returns (TH)</div> <div>7:15 Friday Night Bingo with Tom Grp 2 (Sign-up at Reception) (CK)</div>	<div>10:00 Stretch & Balance Exercises (CK) 29</div> <div>10:30 Quiddler (GR)</div> <div>2:00 Word in a Word (BAR)</div> <div>2:00 Saturday Afternoon Entertainment: W.A Mozart : Symphony No 41 " Jupiter" (TH)</div> <div>2:30 Chinese New Year Presentation with Kevin Lee (CK)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Euchre (GR)</div> <div>6:30 Movie Night: Best in Show (TH)</div>
<div>Activity Packages Available At Reception 30</div> <div>Sunday Brunch (DR)</div> <div>10:30 Fairlawn Avenue United Church YouTube Service (All Welcome) (TH)</div> <div>2:00 Sunday Movie Screening - The Overcomer (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>6:30 Sunday Movie Screening - The Overcomer (TH)</div> <div></div>	<div>10:00 Exercises with Shantel (CK) 31</div> <div>10:30 Cryptogams (PL)</div> <div>11:00 Go4Life Walking Group to Mel Lastman Square (L)</div> <div>2:00 Bridge Game (2:00pm to 4:00pm) (GR)</div> <div>2:00 Milk Bag Mats Making with Julie (CK)</div> <div>2:00 Kings in the Corner (PL)</div> <div>2:00 Movie Matinee: The Remains of the Day (TH)</div> <div>3:00 Afternoon Tea Social (BAR)</div> <div>3:00 Java Music Club Sing A-long (PL)</div> <div>6:30 Movie Night: The Remains of the Day (TH)</div>	<div></div>		<div>Locations Legend</div> <div>Theatre (TH)</div> <div>Country Kitchen (CK)</div> <div>Bar (BAR)</div> <div>Games Room (GR)</div> <div>Piano Lounge (PL)</div> <div>Lobby (L)</div>	<div>Please Note:</div> <div>All programs are subject to change at any time. For your convenience, program changes are noted on the Daily Sheets found at the Reception desk and in all elevators.</div> <div>Thank you!</div>	