

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



June 2023

Canterbury Woods Gates Circle Independent Living Activity Calendar

<p>10:00 Advanced Tai chi (CH) 4 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Portrait of a Lady on Fire" (LH) 7:30 Movie Repeat "Portrait of a Lady on Fire" (CH)</p>	<p>10:00 Zumba Gold & Tone with Mary (LH) 5 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) Manicures (CA) Sign up for a time slot</p>	<p>10:00 Yoga with Kandy (CH) 6 11:00 Resident Council Meeting (LH) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "The Weeping Camel" (LH)</p>	<p>9:30 Outing: "The Importance of Being Earnest" at the Irish Classical Theatre 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Fitness (CH) 1 1:30 Writing Group (CA) 2:30 Mahjong (L6) 7:30 Movie Repeat "Whitney Houston: I Wanna Dance with Somebody" (CH)</p>	<p>10:00 Fitness with Susie (LH) 2 11:00 Meditation with Ann (CH) 12:30-2:00 Judge Paul G. Feinman Award Ceremony Honoring William H. Gardner Live Stream (LH) 2:00 Afternoon Tea (LH) 4:30 Birthday Happy Hour! (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 3 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Seabiscuit" (LH) 7:30 Movie Repeat "Seabiscuit" (CH)</p>
<p>10:00 Advanced Tai chi (CH) 11 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Most Dangerous Year" (LH) 7:30 Movie Repeat "The Most Dangerous Year" (CH)</p>	<p>10:00 Zumba Gold & Tone with Mary (LH) 12 11:30 Grocery Trip: Dash's 1:00 Town Hall Meeting (LH) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 13 11:30 Crafting with Alex: Spiral Suncatcher (CA) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "The Importance of Being Earnest" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 14 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Fitness (CH) 15 1:30 Writing Group (CA) 2:30 Mahjong (L6) 3:00 Pet Visit with Charles & Archie (L1) 7:30 Movie Repeat "The Importance of Being Earnest" (CH)</p>	<p>10:00 Fitness with Susie (LH) 16 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (LH) 4:30 Happy Hour (L6) 7:30 Performance by the Black & Blues Trio (L1)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 17 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Barefoot in the Park" (LH) 7:30 Movie Repeat "Barefoot in the Park" (CH)</p>
<p>10:00 Advanced Tai chi (CH) 18 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Mrs. Doubtfire" (LH) 7:30 Movie Repeat "Mrs. Doubtfire" (CH)</p>	<p>10:00 Zumba Gold & Tone with Mary (LH) 19 2:30 Juneteenth: Together We Triumph – A 'Soul of a Nation' Documentary Showing (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 20 11:30 Activities with Alex (CA) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Music in Film Lecture with Charles Smith "To Kill a Mockingbird" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 21 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Fitness (CH) 22 11:00 Coffee with Paul (LH) 1:30 Writing Group (CA) 2:30 Mahjong (L6) 7:30 Movie Showing with Charles Smith "To Kill a Mockingbird" (LH)</p>	<p>10:00 Fitness with Susie (LH) 23 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (LH) 3:30 Anti-Racism Group Meeting (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 24 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Strictly Ballroom" (LH) 7:30 Movie Repeat "Strictly Ballroom" (CH)</p>
<p>10:00 Advanced Tai chi (CH) 25 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:30 Outing: "The Sound Inside" at Kavinoky Theatre 2:30 Movie Matinee "Camelot" (LH) 7:30 Movie Repeat "Camelot" (CH)</p>	<p>10:00 Zumba Gold & Tone with Mary (LH) 26 11:30 Grocery Trip: Wegman's 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 27 11:30 Build your own Terrarium Workshop with Put a Plant on It (CA) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "Tom Jones" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 28 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) 7:30 Performance by Jack & April (L1)</p>	<p>10:00 Fitness (CH) 29 10:30 Dining Committee Meeting (LH) 1:30 Writing Group (CA) 2:30 Mahjong (L6) 3:00 Pet Visit with Charles & Archie (L1) 7:30 Movie Repeat "Tom Jones" (CH)</p>	<p>10:00 Fitness with Susie (LH) 30 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (LH) 4:30 Happy Hour (L6)</p>	<p>If you have any questions, comments, or suggestions, please contact Alex the Cultural Arts Coordinator at (716)929-5618 or via email at anowak@echa.org</p>

Key: L = Library, CH = Channel 1390, LH = Lunt Hall, L1 = 1st Floor Lounge, L6 = 6th Floor Lounge, CA = Cultural Arts Room, S = 1st Floor Art Studio, C = Café.

