






Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2024

Canterbury Woods Independent Living Activity Calendar

<p>10:00 Advanced Tai Chi (CH) 6 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:00 Bills vs Texans (L1) 2:30 Movie Matinee "The Met Opera's Carmen" (LH) 7:30 Movie Repeat "The Met Opera's Carmen" (LH)</p> 	<p>10:00 Yoga with Kandy (CH) 1 11:00 Resident Council Meeting (LH) 3:00 Singing Group (L1) 7:30 Netflix Movie Night "On the Basis of Sex" (LH) 9:00 Vice Presidential Debate (L1)</p>	<p>10:00 Coffee & Conversation (L) 2 10:30 Beginner Tai Chi (CH) 2:30 Guest Speaker Grief Counselor Andrew Mattel (LH) 4:30 Happy Hour (L6)</p> <p>Rosh Hashanah Begins</p>	<p>Cancelled: Gentle Chair Yoga 3 11:00 Meditation with Ann (CH) 1:30 Scrabble (L6) 7:30 Netflix Movie Repeat "On the Basis of Sex" (LH)</p>	<p>10:00 Fitness with Susie (LH) 4 11-11:15 Balance with Susie (LH) 2:00 Afternoon Tea (L) 4:30 Birthday Happy Hour! (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 5 11:00 Fitness (CH) 2:30 Movie Matinee "Across the Universe" (LH) 7:30 Movie Repeat "Across the Universe" (LH)</p>
<p>10:00 Advanced Tai Chi (CH) 6 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:00 Bills vs Texans (L1) 2:30 Movie Matinee "The Met Opera's Carmen" (LH) 7:30 Movie Repeat "The Met Opera's Carmen" (LH)</p> 	<p>10:15 Zumba Gold & Tone with Mary (LH) 7 11:30 Craft: Painting Fall Themed Wooden Signs (CA) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 8 11:15 Grocery Trip: Dash's 3:00 Pianist & Entertainer Judd Sunshine (L1) 7:30 Netflix Movie Night "Jumanji" (LH)</p>	<p>10:00 Coffee & Conversation (L) 9 10:30 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:00 Tech Help with Alex (CA) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>Cancelled: Gentle Chair Yoga 10 11:00 Meditation with Ann (CH) 11:45 Bus Leaving: Lunch at Hofbrauhaus 1:30 Scrabble (L6) 3:00 Jeopardy! (AL) 7:30 Netflix Movie Repeat "Jumanji" (LH)</p>	<p>10:00 Fitness with Susie (LH) 11 11-11:15 Balance with Susie (LH) 2:00 Afternoon Tea (L) 3:00 Anti-Racism Group Meeting (LH) 4:30 Informal Happy Hour (L6)</p> <p>Yom Kippur Begins</p>
<p>10:00 Advanced Tai Chi (CH) 13 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:30 Bus Leaving: Kavinoky's POTUS Starring Aleks Malejs 2:30 Movie Matinee "Kate & Leopold" (LH) 7:30 Movie Repeat "Kate & Leopold" (LH)</p>	<p>10:15 Zumba Gold & Tone (LH) 14 11:30 Craft: Fall Leaf Roses (CA) 1:00 Town Hall Meeting (LH) 2:30 Guest Speaker Angela Jonathan (LH) 4:30 Happy Hour (L6) 8:15 Bills vs Jets (L1)</p>  <p>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</p>	<p>10:00 Yoga with Kandy (CH) 15 11:30 Cultural Arts Meeting (CA) 3:00 Singing Group (L1) 7:30 Netflix Movie Night "Remembering Gene Wilder" (LH)</p>	<p>10:00 Coffee & Conversation (L) 16 10:30 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p> <p>Sukkot Begins</p>	<p>10:00 Gentle Chair Yoga with Ann (LH) 17 11:00 Meditation with Ann (CH) 1:30 Scrabble (L6) 7:30 Netflix Movie Repeat "Remembering Gene Wilder" (LH)</p>	<p>10:00 Fitness with Susie (LH) 18 11-11:15 Balance with Susie (LH) 11:30 Bus Leaving: Transportation to the AKG 2:00 Afternoon Tea (L) 4:30 Informal Happy Hour (L6)</p>
<p>10:00 Advanced Tai Chi (CH) 20 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:00 Bills vs Titans (L1) 2:30 Movie Matinee "Robin Hood Men in Tights" (LH) 7:30 Movie Repeat "Robin Hood Men in Tights" (LH)</p> 	<p>10:15 Zumba Gold & Tone with Mary (LH) 21 11:30 Craft: Dot-to-Dot Yarn Art (CA) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 22 11:15 Grocery Trip: Wegmans 3:00 Singing Group (L1) 7:30 Music in Film Presentation with Charles Smith "Young Frankenstein" (LH)</p>	<p>10:00 Coffee & Conversation (L) 23 10:30 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:00 Tech Help with Alex (CA) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga with Ann (LH) 24 11:00 Meditation with Ann (CH) 1:30 Scrabble (L6) 3:00 Jeopardy! (AL) 7:30 Movie Showing with Charles Smith "Young Frankenstein" (LH)</p> <p>Simchat Torah Begins</p>	<p>Cancelled: Fitness with Susie 25 10:00 Bus Leaving: City of Light Tour with Lauren Belfer & Explore Buffalo 2:00 Afternoon Tea (L) 4:30 Informal Happy Hour (L6)</p>
<p>10:00 Advanced Tai Chi (CH) 27 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Hocus Pocus" (LH) 4:05 Bills vs Seahawks (L1) 7:30 Movie Repeat "Hocus Pocus" (LH)</p> 	<p>10:15 Zumba Gold & Tone with Mary (LH) 28 11:30 Craft: Spider Web Watercolor (CA) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 29 10:30 Dining Committee Meeting (LH) 3:00 Singing Group (L1) 7:30 Movie Night "Beetlejuice" (LH)</p>	<p>10:00 Coffee & Conversation (L) 30 10:30 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 2:30 Canterbury University (LH) 4:30 Halloween Happy Hour & Costume Contest (L6)</p>	<p>10:00 Gentle Chair Yoga with Ann (LH) 31 11:00 Meditation with Ann (CH) 1:30 Scrabble (L6) 2:00 Movie Screening "Rocky Horror Picture Show" (LH) 7:30 Movie Repeat "Beetlejuice" (LH)</p> <p>Halloween</p>	<p>For Questions, Comments & Concerns regarding Activities contact the Cultural Arts Coordinator Alex at (716) 929-5618 or anowak@echa.org</p> <p>Scrabble: Cathie Cornbleth (716) 440-3577 Mahjong: Marie Houston (716) 946-7316 Anti-Racism Group: Caren Shapiro (716) 604-5944</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, AL = 2nd Floor Assisted Living