

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2024

## Canterbury Woods Gates Circle IL Activity Calendar

<p>10:00 Advanced Tai Chi (CH) <b>3</b></p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>1:00 Bills vs Dolphins (L1)</p> <p>2:30 Movie Matinee "Fried Green Tomatoes" (LH)</p> <p>7:30 Movie Repeat "Fried Green Tomatoes" (CH)</p> <p><small>Daylight Saving Time Ends</small></p>	<p>10:15 Zumba Gold &amp; Tone with Mary (LH) <b>4</b></p> <p>11:30 Crafting: Magazine Clipping Fridge Magnet (CA)</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Transportation to Vote <b>5</b></p> <p>11:00 Resident Council Meeting (LH)</p> <p>2:00 Transportation to Vote</p> <p>3:00 Singing Group (L1)</p> <p>7:30 Movie Night "The Best Exotic Marigold Hotel" (LH)</p> <p>9-4 Open Art Studio</p> <p><b>Election Day</b></p>	<p>10:00 Coffee &amp; Conversation (L6) <b>6</b></p> <p>10:30 Beginner Tai Chi (CH)</p> <p>11:00 Yoga with Ann (LH)</p> <p>1:00 Tech Help with Alex (CA)</p> <p>2:30 Guest Speaker Grief Counselor Andrew Mattel (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>9:15 Bus Leaving: The Fitzgeralds of St. Paul at Irish Classical Theatre <b>7</b></p> <p>10:00 Chair Yoga with Jon (LH)</p> <p>11:00 Meditation with Ann (CH)</p> <p>1:30 Scrabble (L6)</p> <p>7:30 Movie Repeat "The Best Exotic Marigold Hotel" (CH)</p>	<p>10:00 Fitness with Susie (LH) <b>8</b></p> <p>11:00 Balance with Susie (LH)</p> <p>2:00 Afternoon Tea (L)</p> <p>3:00 Anti-Racism Group Meeting (LH)</p> <p>4:30 Informal Happy Hour (L6)</p> <p><small>Diwali (Hindu)</small></p>	<p><b>Cancelled: Senior Strong Mix with Theresa</b> <b>2</b></p> <p>11:00 Fitness (CH)</p> <p>2:30 Movie Matinee "A River Runs Through It" (LH)</p> <p>7:30 Movie Repeat "A River Runs Through It" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) <b>10</b></p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>1:00 Bills vs Colts (L1)</p> <p>2:30 Movie Matinee "The Curious Case of Benjamin Button" (LH)</p> <p>7:30 Movie Repeat "The Curious Case of Benjamin Button" (CH)</p>	<p>10:15 Zumba Gold &amp; Tone with Mary (LH) <b>11</b></p> <p>11:30 Veterans Day Painted Mason Jar Candle Holder (CA)</p> <p>1:00 Town Hall Meeting (LH)</p> <p>2:30 Veterans Day Gathering (LH)</p> <p>4:30 Happy Hour (L6)</p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>10:00 Yoga with Kandy (CH) <b>12</b></p> <p>11:15 Grocery Trip: Lexington Co-Op</p> <p>1:30 Open Studio &amp; Working on Paper Bag Booklet (CA)</p> <p>3:00 Singing Group (L1)</p> <p>7:30 Movie Night "Ladies in Lavender" (LH)</p>	<p>10:00 Coffee &amp; Conversation (L6) <b>13</b></p> <p>10:30 Beginner Tai Chi (CH)</p> <p>11:00 Yoga with Ann (LH)</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Chair Yoga with Jon (LH) <b>14</b></p> <p>11:00 Meditation with Ann (CH)</p> <p>1:30 Scrabble (L6)</p> <p>3:30 Classical Guitarist Joseph Mahfoud (LH)</p> <p>7:30 Movie Repeat "Ladies in Lavender" (CH)</p>	<p>10:00 Fitness with Susie (LH) <b>15</b></p> <p>11:00 Balance with Susie (LH)</p> <p>2:00 Afternoon Tea (L)</p> <p>4:30 Informal Happy Hour (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) <b>16</b></p> <p>11:00 Fitness (CH)</p> <p>2:30 Guest Speaker and Q&amp;A with Actress Aleks Malejs (LH)</p> <p>7:30 Movie Night "Pretty Woman" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) <b>17</b></p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>2:30 Movie Matinee "Driving Miss Daisy" (LH)</p> <p>4:25 Bills vs Chiefs (L1)</p> <p>7:30 Movie Repeat "Driving Miss Daisy" (CH)</p>	<p><b>Cancelled: Zumba Gold &amp; Tone with Mary</b> <b>18</b></p> <p>11:30 Crafting: Felt Mums (CA)</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) <b>19</b></p> <p>11:30 Cultural Arts Meeting (CA)</p> <p>1:30 Open Studio &amp; Working on Paper Bag Booklet (CA)</p> <p>3:00 Singing Group (L1)</p> <p>7:30 Movie Night "Evil Under the Sun" (LH)</p>	<p>10:00 Coffee &amp; Conversation (L6) <b>20</b></p> <p>10:30 Beginner Tai Chi (CH)</p> <p>11:00 Yoga with Ann (LH)</p> <p>1:00 Tech Help with Alex (CA)</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p> <p>7:30 Composer Talk: Rakhmaninof with Charles Smith (LH)</p>	<p>10:00 Chair Yoga with Jon (LH) <b>21</b></p> <p>11:00 Meditation with Ann (CH)</p> <p>11:15 Coffee with Paul (LH)</p> <p>1:30 Scrabble (L6)</p> <p>3:00 Jeopardy! (AL)</p> <p>7:30 Movie Repeat "Evil Under the Sun" (CH)</p>	<p>10:00 Fitness with Susie (LH) <b>22</b></p> <p>10:45 – 1:30pm Tour of The Burchfield's Ann Clarke Exhibit &amp; Lunch at Roux Café</p> <p>11:00 Balance with Susie (LH)</p> <p>2:00 Afternoon Tea (L)</p> <p>4:30 Informal Happy Hour (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) <b>23</b></p> <p>11:00 Fitness (CH)</p> <p>2:30 Movie Matinee "Thelma &amp; Louise" (LH)</p> <p>7:30 Movie Repeat "Thelma &amp; Louise" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) <b>24</b></p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>2:30 Movie Matinee "Alice in Wonderland" (LH)</p> <p>7:30 Movie Repeat "Alice In Wonderland" (CH)</p>	<p>10:15 Zumba Gold &amp; Tone with Mary (LH) <b>25</b></p> <p>11:30 Crafting: Bubble Wrap Fall Corn Decoration</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) <b>26</b></p> <p>10:30 Dining Committee Meeting (LH)</p> <p>11:15 Grocery Trip: Wegmans</p> <p>1:30 Open Studio (CA)</p> <p>3:30 Entertainment featuring Judd Sunshine (L1)</p> <p>7:30 Movie Night "The Prime of Miss Jean Brodie" (LH)</p>	<p>10:00 Coffee &amp; Conversation (L6) <b>27</b></p> <p>10:30 Beginner Tai Chi (CH)</p> <p>11:00 Yoga with Ann (LH)</p> <p>2:30 Canterbury University (LH)</p> <p>3:00 Turkey Day Trivia! (AL)</p> <p>4:30 Happy Hour (L6)</p>	<p>8:30-12:00 Watch the 98<sup>th</sup> Annual Macy's Day Parade (L1) <b>28</b></p> <p>10:00 Chair Yoga with Jon (LH)</p> <p>11:00 Meditation with Ann (CH)</p> <p>1:30 Scrabble (L6)</p> <p>2-4 Classic Thanksgiving Cartoons &amp; TV Episodes (CH)</p> <p>7:30 Movie Repeat "The Prime of Miss Jean Brodie" (CH)</p> <p><small>Thanksgiving Day</small></p>	<p>10:00 Fitness with Susie (LH) <b>29</b></p> <p>11:00 Balance with Susie (LH)</p> <p>2:00 Afternoon Tea (L)</p> <p>4:30 Informal Happy Hour (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) <b>30</b></p> <p>11:00 Fitness (CH)</p> <p>2:30 Movie Matinee "The Fabulous Four" (LH)</p> <p>7:30 Movie Repeat "The Fabulous Four" (CH)</p>

Key: L=Library / CH=Channel 1390 / LH=Lunt Hall / L1=1<sup>st</sup> Floor Lounge / L6=6<sup>th</sup> Floor Lounge / CA=Cultural Arts / S=1<sup>st</sup> Floor Art Studio / C=Café / AL=2<sup>nd</sup> Floor Assisted Living





**Traci Terlecky**  
Fitness Director  
716-929-5120



**Susan Arthur**  
Fitness Instructor  
716-929-5120

**Mondays**

**10:00AM** - Zumba Gold + Toning w/ Mary  
*(Format of Latin rhythmic cardio and weighted shakers)*

**Wednesdays**

**11:00AM** - Chair Yoga with Resident Ann Loretan

**Thursdays**

**10:00AM** - Gentle Chair Yoga with Resident Jon Trieble

**Fridays**

**9:00AM** - Scheduled Orientations by Appt. Only  
**10:00AM** - Senior Strong Weights/Resistance + Balance  
**12:15PM** - Scheduled Orientations by Appt. Only

**Saturdays**

**10:00AM** - Senior Strong Mix w/Theresa  
*(Format of weights and cardio)*

***\*All Exercise Classes are held in Lunt Hall unless otherwise instructed  
See the Video Fitness Schedule offered daily on channel 1390.  
Daily Gym hours are: 6am-9pm***

**Lion's Mane Salon at Gates Circle**

Friday, November 15<sup>th</sup> – Spa Services  
No Hair Services this Month

**Call the Williamsville Salon at (716) 929-5115 to book an appointment.**

# November 2024

Canterbury Woods Gates Circle

**Birthdays!**

- Gwen Schopp 1st
- JoAnn Donovan 4th
- Dawn Joyner (AL) 4th
- Parfait Nizeyimana (Dining/FD) 9th
- Elizabeth Nichols Minklei 11th
- Nancy Feliciano Rosado (FD) 15th
- Patricia Cramer 20th
- Rahad Hossain (Dining) 22nd
- Amaad Elliott (Maintenance) 25th
- Sue Adams 27<sup>th</sup>

**Holidays & Special Days**

- Diwali 1<sup>st</sup>
- Daylight Savings 3<sup>rd</sup>
- Election Day 5<sup>th</sup>
- Veterans Day 11<sup>th</sup>
- Thanksgiving 28<sup>th</sup>

**CANCELLATIONS**

- Senior Strong Mix with Theresa on the 2<sup>nd</sup>
- Zumba with Mary on the 18<sup>th</sup>

For any questions regarding independent groups please see...

- Scrabble – Cathie Cornbleth (716) 440-3577
- Mahjong – Marie Houston (716) 946-7316
- Anti-Racism Group – Caren Shapiro (716) 604-5944

**Announcements & Reminders**

- Looking for Veterans or veteran spouses who are interested in speaking or sharing photos about their experiences for Veterans Day. Reach out to Alex the Cultural Arts Coordinator.
- Cultural Arts Meeting is a monthly update on activities & new announcements. Cookies & tea are provided!
- Art Studio is open 24-7! Stop in any time to borrow movies, board games, art supplies and more. A great place to bring the family or friends during a visit!
- Scrabble Every Thursday at 1:30pm! Interested in starting a new group? Contact Alex the Cultural Arts Coordinator.

**Arts & Crafts**

- Mondays at 11:30am in the Cultural Arts Room
- 12<sup>th</sup> & 19<sup>th</sup> – Brown Bag Booklet
- 4<sup>th</sup> – Magazine Clipping Fridge Magnets
- 11<sup>th</sup> – Veterans Day Painted Mason Jar Candle Holder
- 13<sup>th</sup> – Felt Mums
- 25<sup>th</sup> – Bubble Wrap Fall Corn Decoration



**SAVE THE DATE!**

**Q&A with Actor Aleks Malejs right here at Gates Circle!  
Saturday, November 16<sup>th</sup> at 2:30pm in Lunt Hall**



Classical Guitar Concert Featuring Joseph Mahfoud

Thursday, Nov 14<sup>th</sup> - 3:30pm in Lunt Hall

Joseph Michael Mahfoud (pronounced "Ma-Food") is a unique musician and bandleader. Joseph is as comfortable leaning back and letting the blues rip your soul out as he is playing a Bach Bouree. A Mohawk Indian, residing in Buffalo since childhood, his 2004 "Full Circle" release with The Pappy Johns Band won several Canadian Aboriginal Music Awards. His most notable appearances include the Chicago Blues Fest, the Canadian Aboriginal awards at the Skydome, the Iowa Blues Fest, the Memphis Blues Fest, Lewiston Blues Fest, Fox Morning News, the Maple Blues Fest, Jeff Healy's, and the Saskatoon Blues Fest. After a decade in the scene Joseph is now a full time High School music teacher at Tapestry Charter School in Buffalo, New York.



Entertainment featuring Pianist & Singer Judd Sunshine

Tuesday, Nov 26<sup>th</sup> - 3:30pm - 1<sup>st</sup> Floor Lounge

Judd Sunshine, son of Gates Resident Doris Sunshine, is a pianist and vocalist with over 30 years of experience as a professional musician and entertainer. An extensive repertoire of well-known popular music from the 40's to the present as well as special styles such as jazz standards, classic rock, blues, country, and bluegrass music. Come down to enjoy a combination of well-known musical pieces audience participation, and humor!



Composer Talk with Charles Smith Rakhmaninof

Wednesday, November 20<sup>th</sup>  
7:30pm - Lunt Hall

Discussion and Q&A Series with Licensed Mental Health Counselor Andrew Mattle

Sharing Our Grief Experiences - Wednesday, November 6<sup>th</sup> at 2:30pm  
Facing Our Own Mortality - Wednesday, December, 4<sup>th</sup> at 2:30pm



CMH COUNSELING Andrew James Mattle, LMHC

"I am a licensed Mental Health Counselor with 30 years of experience. I have worked with clients who are hoping to enhance their life experiences and improve their quality of life. Life can be a difficult and challenging road and sometimes we need some help navigating through our journey. I utilize a strength based approach and help people identify their capabilities using their inner strengths to reach their goals. My specialties include; Grief and loss, depression and anxiety, LGBTQ+, family conflict, adoption and infertility."

"The Fitzgerald's of St. Paul at the Irish Classical Theatre

Thursday, Nov 7<sup>th</sup>

Bus Leaving at 9:15am – Gather in Lobby

Tickets are \$12 per person and will be charged to your month bill.

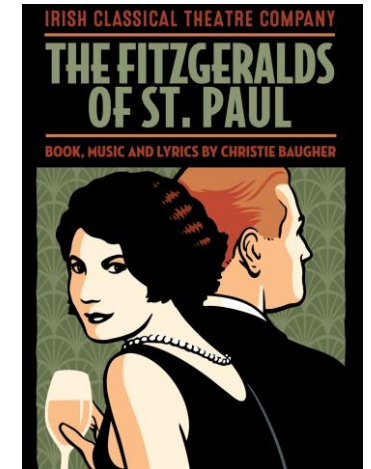
Sign Up in the Cultural Arts Room.

THE FITZGERALDS OF ST. PAUL

Book, Music and Lyrics by Christie Baugher

A Preview Production of a New Musical.

Directed & Choreographed by Danny Mefford.

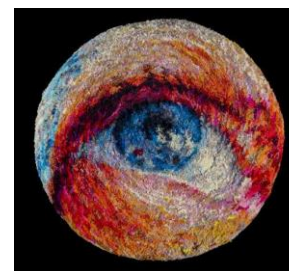


Join us as we proudly bring home a piece of a beloved Buffalonian and Irish American literary legend, F. Scott Fitzgerald, and his wife Zelda's legacy. Immerse yourself in a mesmerizing blend of memory play and gin-soaked vaudeville, as we invite you to witness a fictionalized, hyper-theatrical portrayal of an infamous marriage. Experience the larger-than-life icons of a bygone era finally stepping forward to share their captivating story.

Directed by the acclaimed Danny Mefford, known for his work on Broadway hits like Dear Evan Hansen and Fun Home, and featuring stellar performances by Shannon O'Boyle and Jewell Wilson Bridges, The Fitzgeralds of St. Paul promises to be an unforgettable theatrical event.

Grocery Trips  
Leaving at 11:15am  
via the Canterbury Van.

Lexington Co-Op - Tuesday, Nov 12<sup>th</sup>  
Wegmans - Tuesday, Nov 26<sup>th</sup>



Docent Lead Tour of the Ann Clarke: Interior Landscapes Exhibit at the Burchfield & Lunch at Roux Café

Friday, Nov 22<sup>nd</sup>

Bus Leaving at 10:45am & returning approx. 1:30pm

Tour Fee is \$10 per person (including members!) which will be charged to your monthly bill. Please bring cash or card for lunch as we will be paying with separate checks. Sign-Up & find more information on the exhibit in the Cultural Arts Room!