

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# February 2025



## Canterbury Woods Gates Circle Independent Living Activity Calendar

<p>10:00 Advanced Tai Chi (CH) <b>2</b>  11:00 Catholic Mass (LH)  12:00 Beginner Tai Chi (CH)  2:30 Movie Matinee "Groundhog Day" (LH)  7:00 Movie Repeat "Groundhog Day" (CH)</p> <p style="text-align: center;"><small>Groundhog Day</small></p>	<p>10:00 Fitness Video (CH) <b>3</b>  11:00 Yoga with Ann (LH)  <b>1:30 Special Guest Journalist Brianne Rosser Discussion Q&amp;A (LH)</b>  2:30 Oscar Nominee Movie &amp; Popcorn "Dune" (LH)  4:30 Happy Hour (L6)</p>	<p>10:00 Fitness Video (CH) <b>4</b>  <b>11:00 Resident Council Meeting (LH)</b>  1:30 Game Hour (L6)  2:30 Movie Musical Sing-Along "Oklahoma!" (AL&amp;CH)  7:00 Movie Night "Rain Man" (LH)</p>	<p><b>Cancelled: Yoga with Jon 5</b>  10:00 Beginner Tai Chi (CH)  11:30 Tech Help with Alex (CA)  1:30 Canterbury University (CH)  2:30 Wheel of Fortune (AL)  4:30 Happy Hour (L6)</p>	<p>10:00 Meditation with Ann (CH) <b>6</b>  <b>11:15 Wegmans Grocery Trip</b>  1:30 Scrabble (L6)  2:30 Black History Month Artist Spotlight &amp; Project: Horace Pippin (CA)  7:00 Movie Repeat "Rain Man" (CH)</p>	<p><b>9:30 BPO Coffee Concert: Tchaikovsky Festival: Piano Concerto No. 2 7</b>  10:00 Fitness with Susie (LH)  11:00 Balance with Susie (LH)  2:00 Afternoon Tea (L)  4:30 Birthday Happy Hour! (L6)  <b>7:00 Concert featuring Classical Guitarist Joseph Mahfoud (LH)</b></p>	<p>10:00 Senior Strong Mix with Theresa (LH) <b>1</b>  11:00 Fitness (CH)  2:30 Movie Matinee "Gone with the Wind" (LH)  7:00 Movie Repeat "Gone with the Wind" (CH)</p> <p>10:00 Senior Strong Mix with Theresa (LH) <b>8</b>  11:00 Fitness (CH)  2:30 Movie Matinee "Cabrinì" (LH)  7:00 Movie Repeat "Cabrinì" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) <b>9</b>  11:00 Catholic Mass (LH)  12:00 Beginner Tai Chi (CH)  2:30 Movie Matinee "Dances with Wolves" (LH)  7:00 Movie Repeat "Dances with Wolves" (CH)</p>	<p>10:00 Fitness Video (CH) <b>10</b>  11:00 Yoga with Ann (LH)  <b>1:00 Town Hall Meeting (LH)</b>  2:30 Oscar Nominee Movie &amp; Popcorn "Dune 2" (LH)  4:30 Happy Hour (L6)</p>	<p>10:00 Fitness Video (CH) <b>11</b>  11:00 Trivia: Black History Month Name that Person (CH)  1:30 Game Hour (L6)  3:00 Singing Group (L1)  <b>7:00 Music in Film with Charles Smith "2001: A Space Odyssey" (LH)</b></p>	<p>10:00 Beginner Tai Chi (CH) <b>12</b>  11:00 Chair Yoga with Jon (LH)  11:30 Tech Help with Alex (CA)  1:30 Canterbury University (LH)  2:30 Jeopardy! (AL)  <b>4:30 Valentines Happy Hour (L6)</b></p> <p style="text-align: center;"><small>Tu B'Shevat Begins</small></p>	<p><b>9:15 Irish Classical Matinee "The Loved Ones" 13</b>  10:00 Meditation with Ann (CH)  1:30 Scrabble (L6)  2:30 Black History Month Artist Spotlight &amp; Project: Aaron Douglas (CA)  <b>7:00 Movie Showing with Charles Smith "2001: A Space Odyssey" 14</b></p>	<p><b>9:30 BPO Coffee Concert: Tchaikovsky Festival: Sinatra in Love 14</b>  10:00 Fitness with Susie (LH)  11:00 Balance with Susie (LH)  2:00 Afternoon Tea (L)  3:00 Anti-Racism Group Meeting (LH)  4:30 Informal Happy Hour (L6)</p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p>10:00 Senior Strong Mix with Theresa (LH) <b>15</b>  11:00 Fitness (CH)  2:30 Movie Matinee "Brief Encounter" (LH)  7:00 Movie Repeat "Brief Encounter" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) <b>16</b>  11:00 Catholic Mass (LH)  12:00 Beginner Tai Chi (CH)  2:30 Movie Matinee "Julie &amp; Julia" (LH)  7:00 Movie Repeat "Julie &amp; Julia" (CH)</p>	<p>10:00 Fitness Video (CH) <b>17</b>  11:00 Yoga with Ann (LH)  1:30 Canterbury University &amp; Open Discussion (LH)  2:30 Oscar Nominee Movie &amp; Popcorn "Emilia Perez" (LH)  4:30 Happy Hour (L6)</p> <p style="text-align: center;"><small>Presidents' Day (U.S.)</small></p>	<p>10:00 Fitness Video (CH) <b>18</b>  <b>11:30 Cultural Arts Meeting (CA)</b>  1:30 Game Hour (L6)  <b>3:30 Entertainment featuring Pianist &amp; Singer Judd Sunshine (L1)</b>  7:00 Movie Night "The King's Speech" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) <b>19</b>  11:00 Chair Yoga with Jon (LH)  11:30 Tech Help with Alex (CA)  1:30 Canterbury University (LH)  2:30 Are You Smarter Than a 5<sup>th</sup> Grader? (AL)  4:30 Happy Hour (L6)</p>	<p>10:00 Meditation with Ann (C) <b>20</b>  <b>11:15 Wegmans Grocery Trip</b>  1:30 Scrabble (L6)  <b>2:30 Painting Workshop with Splash on Canvas (CA)</b>  7:00 Movie Repeat "The King's Speech" (CH)</p>	<p>10:00 Fitness with Susie (LH) <b>21</b>  11:00 Balance with Susie (LH)  2:00 Afternoon Tea (L)  4:30 Informal Happy Hour (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) <b>22</b>  11:00 Fitness (CH)  2:30 Movie Matinee "Breakfast at Tiffany's" (LH)  7:00 Movie Repeat "Breakfast at Tiffany's" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) <b>23</b>  11:00 Catholic Mass (LH)  12:00 Beginner Tai Chi (CH)  <b>1:15 Jewish Repertory Theater Matinee "The Wanderers" &amp; Dinner at Libro's</b>  2:30 Movie Matinee "Top Hat" (LH)  7:00 Movie Repeat "Top Hat"</p>	<p>10:00 Fitness Video (CH) <b>24</b>  11:00 Yoga with Ann (LH)  1:30 Canterbury University &amp; Open Discussion (LH)  3:00 Oscar Nominee Movie &amp; Popcorn "Wicked" (LH)  4:30 Happy Hour (L6)</p>	<p>10:00 Fitness Video (CH) <b>25</b>  <b>10:30 Dining Committee Meeting (LH)</b>  11:00 Trivia: Geography, Movies &amp; Food (CH)  1:30 Game Hour (L6)  2:30 Singing Group (L1)  7:00 Movie Night "Annie Hall" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) <b>26</b>  <b>10:45 Morning Transportation to the AKG</b>  11:00 Chair Yoga with Jon (LH)  11:30 Tech Help with Alex (CA)  <b>12:45 Afternoon Transportation to the AKG</b>  1:30 Canterbury University (LH)  4:30 Happy Hour (L6)</p>	<p>10:00 Meditation with Ann (C) <b>27</b>  <b>11:15 Coffee with Paul (LH)</b>  1:30 Scrabble (L6)  2:30 Black History Month Artist Spotlight &amp; Project: Alma Woodsey Thomas (CA)  7:00 Movie Repeat "Annie Hall" (CH)</p>	<p>10:00 Fitness with Susie (LH) <b>28</b>  11:00 Balance with Susie (LH)  2:00 Afternoon Tea (L)  4:30 Informal Happy Hour (L6)</p> <p style="text-align: center;"><small>Ramadan Begins</small></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

## Senior Strong Fitness Class Schedule



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



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

### Mondays

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

### Wednesdays

**11:00AM** 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 Cardio w/Theresa

*\*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 the 7<sup>th</sup> – Nail Services  
Monday the 17<sup>th</sup> – Hair Services  
Friday the 28<sup>th</sup> – Nail Services

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



# February 2025

Canterbury Woods Gates Circle



### Announcements & Reminders

- NEW "small but mighty" shredder available for your use on the counter in the Cultural Arts Room. Stop in any time! Also the perfect place to bring family when they visit. Borrow movies, board games, art supplies and more. Children are more than welcome to utilize the Cultural Arts Room and materials but they must be supervised at all times and materials be put away once finished. Thank you!
- NEW Gaming group Tuesdays at 1:30pm and Scrabble Every Thursday at 1:30pm! Interested in starting a new group? Contact Alex the Cultural Arts Coordinator.
- NEW Canterbury University Discussions! Resident lead discussions after watching 30 min episodes of "World Heritage Sites". Mondays at 1:30pm starting on Feb 17<sup>th</sup>!
- Movie Musical Sing-Along "Oklahoma!" Tuesday, Feb 4<sup>th</sup> at 2:30pm. Lyrics available in the 2<sup>nd</sup> Floor Assisted Living Sitting Room.
- Assisted Living Game Days! All are welcome! Wednesdays at 2:30pm. Wheel of Fortune, Jeopardy, and Are You Smarter than a 5<sup>th</sup> Grader?

### Valentine's Happy Hour

Wednesday, Feb 12<sup>th</sup>

4:30pm 6<sup>th</sup> Floor Lounge

Enjoy themed drinks & appetizers and play a game of "Guess the Sweethearts" by looking at photos of Gates Circle couples and guessing who is who!

### NOW COLLECTING PHOTOS!

Email [anowak@echa.org](mailto:anowak@echa.org) with your photos.

### Special Days

- 2<sup>nd</sup> Groundhog Day
- 12<sup>th</sup> Tu B'Shevat Begins
- 14<sup>th</sup> Valentine's Day
- 17<sup>th</sup> President's Day
- 28<sup>th</sup> Ramadan Begins

### February Birthdays!

- Janet Butsch 7th
- Juanita Hunter 12th
- Stephen Hart 14th
- Carol Fatta 17th
- Diane Melillo 19th
- Dale Brown 27th

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

### CANCELATIONS:

Yoga with Jon on the 5<sup>th</sup>





**Discussion Q&A with  
Spectrum News Multimedia  
Journalist Brienne Rosser**  
*Monday, February 3<sup>rd</sup> at  
1:30pm in Lunt Hall*

An Erie, PA native, Brienne has always felt at home in Buffalo, which is like one big family. That strong communal sense serves as an inspiration in every one of her stories. “We celebrate together, hurt together and grow together,” she says. Before coming to Buffalo and covering top stories such as the Tops Shooting and the Christmas Blizzard, Brienne spent two years with Spectrum News in North Carolina. Brienne covered major weather events such as Hurricane Matthew, Florence and Dorian. Covering those types of stories taught her about the true resilience of the human spirit. Now she dedicates much of her storytelling to disability rights and advocacy.

**Entertainment featuring  
Pianist & Singer Judd  
Sunshine**



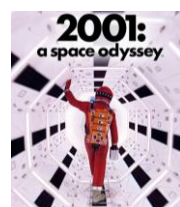
Tuesday, February 18<sup>th</sup>  
3pm 1<sup>st</sup> Floor Lounge

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!



**Classical Guitar Concert  
Featuring Joseph Mahfoud**  
*Friday, Feb 7<sup>th</sup> 7pm 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.



**Music in Film Series  
With Charles Smith**  
*7:00pm in Lunt Hall*

2001: A Space Odyssey - February, 11<sup>th</sup>  
Chariots of Fire – March 11<sup>th</sup>  
The Artist – April 15<sup>th</sup>

**2001: A Space Odyssey:** An imposing black structure provides a connection between the past and the future in this enigmatic adaptation of a short story by revered sci-fi author Arthur C. Clarke. When Dr. Dave Bowman (Keir Dullea) and other astronauts are sent on a mysterious mission, their ship's computer system, HAL, begins to display increasingly strange behavior, leading up to a tense showdown between man and machine that results in a mind-bending trek through space and time.

**Aleks Malejs in “The Wanderers” &  
Dinner at Libro’s**

*Sunday, Feb 23<sup>rd</sup> Bus leaving at 1:15pm*  
**Ticket Information:** Tickets are \$30 per person and will be charged to your monthly bill.  
**Transportation:** \$10 transportation fee. Please make out check to Canterbury Woods or drop off cash to Alex the Cultural Arts Coordinator.  
**Dinner:** Reservations made under Canterbury Woods. Residents are expected to purchase their own dinner.  
**Full play summary in Cultural Arts**

**TRANSPORTATION**

*Sign Up in the Cultural Arts Room*

*Wegmans: 6<sup>th</sup> & 20<sup>th</sup> at 11:15am*

*AKG: 26<sup>th</sup> at 10:45am & 12:45pm*

*Residents must purchase their own admission fee & will be on their own at the museum.*

**Community Preview at the Irish  
Classical Theatre**

*Thursday, Feb 13<sup>th</sup>*

*Bus Leaving at 9:15am*

**Fees & Ticket Information**

Tickets are \$12 per person and will be charged to your monthly bill if you participate.

**Transportation**

Via the Canterbury Bus. No fee.

**NEW! Transportation to the BPO  
Coffee Concerts**

**Ticket Information:** Residents must purchase their own ticket by calling the box office at (716) 885-5000.

**Transportation:** fee is \$10 per resident. Please make out check to Canterbury Woods or drop off cash to Alex the Cultural Arts Coordinator.

These are combines outings with Williamsville therefore room on the bus is limited. SIGN UP IN THE CULTURAL ARTS ROOM!

Bus arrives for boarding at approx. 9:30am

Tchaikovsky Festival- February 7<sup>th</sup>

Sinatra in Love - February 14<sup>th</sup>

Stravinsky and Ravel - March 14<sup>th</sup>

Bette, Babs and Beyond - April 4<sup>th</sup>

Patriotic Pops - May 23<sup>rd</sup>

Bernstein and Copland - May 30<sup>th</sup>

**THE LOVED ONES**

By Erica Murray

North American Premiere Production. Directed by Kyle LoConti.

Love, loss, and the true nature of birds.

Join Nell and Orla as they navigate the complexities of loss while hosting Cheryl-Ann, an American visitor seeking solace in the serene landscapes of West Clare. When an unexpected guest arrives, their weekend plans take a surprising turn, revealing the power of human connection in the face of adversity. Don’t miss this exquisite blend of comedy and tragedy, expertly crafted by one of Ireland’s most promising playwrights.