

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Canterbury Woods Gates Circle Independent Living Activity Calendar

1 10:00 Advanced Tai Chi (CH) 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) Tu B'Shevat Begins	2 7:00 Groundhog Day: Out of the Shadows (L1) 10:00 Fitness Video (CH) 11:00 Yoga with Ann (LH) 11:00 Resident Council (LH) 1:00 Wegmans Grocery Trip (FL) 2:30 Mahjong (L6) 3:30 Armchair Travel (CH) 7:00 Movie Night "Circle of Friends" (LH) Groundhog Day	3 10:00 Fitness Video (CH) 11:00 Resident Council (LH) 1:00 Wegmans Grocery Trip (FL) 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Canterbury University (LH) 3:00 Entertainment featuring Judd & Jamie Sunshine (L1) 4:30 Happy Hour (L6)	4 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Canterbury University (LH) 3:00 Entertainment featuring Judd & Jamie Sunshine (L1) 4:30 Happy Hour (L6)	5 10:00 Meditation with Ann (CH) 11:00 Shopping Trip: Target (FL) 12:00 Road Scholar Lecture: A Dementia Primer – Causes, Diagnosis & Trajectory (LH) 1:30 Scrabble (L6) 2:30 Craft Valentine's Cards (CA) 7:00 Movie Repeat "Circle of Friends" (CH)	6 10:00 Fitness with Susie (LH) 11:00 Balance with Susie 2:00 Olympics Opening Ceremony (LH) 4:30 February Birthday Happy Hour! (L6) 8:00 Repeat Olympics Opening Ceremony (L1)	7 10:00 Senior Strong Mix with Theresa (LH) 11:00 Meditation with Ann (CH) 12:00 Trivia (CH) 2:30 Movie Matinee "Splitsville" (LH) 7:00 Movie Repeat "Splitsville" (CH)
8 10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Book Club (L6) 6:30 Super Bowl Watch Party (L1)	9 10:00 Fitness Video (CH) 11:00 Yoga with Ann (LH) 1:00 Town Hall Meeting (LH) 2:30 Mahjong (L6) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6) 7:00 Classical Concert featuring Aria & Alisha (L1)	10 10:00 Fitness Video (CH) 1:00 Wegmans Grocery Trip (FL) 11:00 Yoga with Jon (LH) 2:30 Mahjong (L6) 3:30 Armchair Travel (CH) 7:00 Movie Night "Rust" (LH)	11 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Musical BINGO! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	12 9:15 Irish Classical Matinee "A Skull in Connemara" (FL) 10:00 Meditation with Ann (CH) 11:30 Scrabble (L6) 2:30 Crafting: Painted Trinket Boxes (CA) 7:00 Movie Repeat "Rust" (CH)	13 9:30 BPO Coffee Concert: Tribute to Luther Vandross (FL) 10:00 Fitness with Susie (LH) 11:00 Balance with Susie 2:00 Afternoon Tea & Cookies (L) 3:00 Oscar Nominated Movie & Popcorn "F1" (LH) 4:30 BYO Sip & Socialize (L6)	14 10:00 Senior Strong Mix with Theresa (LH) 11:00 Meditation with Ann (CH) 12:00 Trivia (CH) 2:30 Movie Matinee "Casablanca" (LH) 7:00 Movie Repeat "Casablanca" (CH) Valentine's Day
15 10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Mamma Mia" (LH) 7:00 Movie Repeat "Mamma Mia" (CH)	16 10:00 Fitness Video (CH) 11:00 Yoga with Ann (LH) 1:00 Wegmans Grocery Trip (FL) 1:30 Presidents Day Trivia (CH) 2:30 Mahjong (L6) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	17 10:00 Fitness Video (CH) 11:30 Cultural Arts Meeting (CA) 1:00 Wegmans Grocery Trip (FL) 11:00 Yoga with Jon (LH) 2:30 Mahjong (L6) 3:00 "The Unique and Complex Dynamics of Mardi Gras" (CH) 7:00 Movie Night "Soul on Fire" (LH)	18 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Jon (LH) 12:00 Lunch at A Taste of Soul Jamaican Halal Soul Food (FL) 1:00 Road Scholar Live Zoom Lecture: Jefferson & Madison's Northern Journey (LH) 3:00 Canterbury University (LH)	19 10:00 Meditation with Ann (CH) 11:00 Shopping Trip: Marshall's Plaza (FL) 11:30 Scrabble (L6) 2:30 Painting with Rio (CA) 7:00 Movie Repeat "Soul on Fire" (CH)	20 10:00 Fitness & Balance with Susie (LH) 11:00 Canterbury Olympics Closing Ceremony (LH) 2:00 Afternoon Tea & Cookies (L) 3:00 Oscar Nominated Movie & Popcorn "Train Dreams" (LH) 4:30 BYO Sip & Socialize (L6)	21 10:00 Senior Strong Mix with Theresa (LH) 11:00 Meditation with Ann (CH) 12:00 Trivia (CH) 2:30 Movie Matinee "Mamma Mia: Here We Go Again" (LH) 7:00 Movie Repeat "Mamma Mia: Here We Go Again" (CH)
22 10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:00 Olympics Closing Ceremony (LH) 8:00 Repeat Olympics Closing Ceremony (L1)	23 10:00 Fitness Video (CH) 11:00 Yoga with Ann (LH) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6) 7:00 Concert featuring Mary Ramsey & Marc Rosen (L1)	24 10:00 Zumba & Resistance (LH) 10:30 Dining Committee (LH) 1:00 Wegmans Grocery Trip (FL) 11:00 Yoga with Jon (LH) 2:30 Mahjong (L6) 3:00 Oscar Nominated Movie & Popcorn "One Battle After Another" (LH) 7:00 Movie Night "Sully" (LH)	25 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Musical BINGO! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	26 10:00 Zumba & Resistance (LH) 11:00 Coffee with Paul (LH) 11:00 Balance with Susie 1:15 Tour of the WUFO Black Radio History Collective (FL) 1:30 Scrabble (L6) 2:30 Crafting: Beaded Bookmarks (CA) 7:00 Movie Repeat "Sully" (CH)	27 10:00 Fitness with Susie (LH) 11:00 Balance with Susie 1:15 Tour of the WUFO Black Radio History Collective (FL) 2:00 Afternoon Tea & Cookies (L) 4:30 BYO Sip & Socialize (L6)	28 10:00 Senior Strong Mix with Theresa (LH) 11:00 Meditation with Ann (CH) 12:00 Trivia (CH) 2:30 Movie Matinee "The Heartbreak Kid" (LH) 7:00 Movie Repeat "The Heartbreak Kid" (CH)

Key: L=Library / CH=Channel 1390 / LH=Lunt Hall / L1=1st Floor Lounge / L6=6th Floor Lounge / CA=Cultural Arts Room / AL=2nd Floor Assisted Living Activity Room / FL = Gather in Front Lobby



February Movie & Lecture guide

Pgs. 2-3 Movie Showings
Pg. 4 Oscar Nominated Movie Showings
Pg. 5 Armchair Travel
Pg. 6-7 Canterbury University
Pg. 7 Road Scholar Live Zoom Lectures
Pg. 8 Trivia

Gates Circle Movie Library

Located in Cultural Arts. Please use the sign out sheet and return materials in a timely manner. Find movies, Met Opera recordings, Fitness Videos, Documentaries, and more!

Channel 1390 Weekly Schedule

Sunday	10:00am Advanced Tai Chi 12:00pm Beginner Tai Chi 2:30pm Movie Matinee 7:00pm Movie Repeat
Monday	10:00am Fitness 3:00pm Canterbury University
Tuesday	10:00am Fitness 3:30pm Armchair Travel 7:00pm Movie Night
Wednesday	10:00am Beginner Tai Chi 3:00pm Canterbury University
Thursday	10:00am Meditation with Ann 7:00pm Movie Repeat
Saturday	12:00pm Trivia 2:30pm Movie Matinee 7:00pm Movie Repeat

Movie Showings – Always on Channel 1390. Watch all first showings on the big screen in Lunt Hall.

“Groundhog Day” (1993) Romance/Comedy – Sun, Feb 1st 2:30pm & 7pm

Phil (Bill Murray), a weatherman, is out to cover the annual emergence of the groundhog from its hole. He gets caught in a blizzard that he didn't predict and finds himself trapped in a time warp. He is doomed to relive the same day over and over again until he gets it right.

“Circle of Friends” (1995) Drama – Tue, Feb 3rd & Thurs, Feb 5th 7pm

At university in Dublin in 1957, awkward Benny (Minnie Driver) is introduced to handsome Jack (Chris O'Donnell), the son of a doctor who is unsure about following the family business. While Benny and Jack fall in love, Benny's old friend Nan (Saffron Burrows) is less fortunate. Nan wants to raise herself from her lower-class roots with a marriage, but her chosen man impregnates and abandons her. All three must grapple with conflicts between their physical desires and religious upbringings.

“Splitsville” (2025) Romance/Comedy – Sat, Feb 7th 2:30pm & 7pm

After Ashley (Adria Arjona) asks for a divorce, good-natured Carey (Kyle Marvin) runs to his friends, Julie (Dakota Johnson) and Paul (Michael Angelo Covino), for support. He's shocked to discover that the secret to their happiness is an open marriage, that is until Carey crosses the line and throws all their relationships into chaos.

“Rust” (2025) Western – Tue, Feb 10th & Thurs, Feb 12th 7pm

In 1880s Wyoming, recently orphaned Lucas Hollister (Patrick Scott McDermott) accidentally kills a rancher and is sentenced to hang. In a twist of fate, his estranged grandfather, the notorious outlaw Harland Rust (Academy Award nominee Alec Baldwin), breaks him out of jail and takes him on the run toward Mexico. As they flee across the unforgiving wilderness, the fugitive pair must outrun the determined U.S. Marshal Wood Helm (Josh Hopkins) and a ruthless bounty hunter named "Preacher" (Travis Fimmel).

“Casablanca” (1942) Drama – Sat, Feb 14th 2:30pm & 7pm

Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

“Mamma Mia” (2008) Musical/Comedy – Sun, Feb 15th 2:30pm & 7pm

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

"Soul On Fire" (2025) Biography/Drama – Tue, Feb 17th & Thurs, Feb 19th 7pm

Directed by Sean McNamara (SOUL SURFER, REAGAN), written by Gregory Poirier and based on O'Leary's bestselling memoir, On Fire, this film is an emotional and faith-filled portrait of resilience as O'Leary not only battles to survive but ultimately discovers what it means to truly live. From frontline workers to family members, and the support of the wider community, this film is a celebration of heroes.

"Mamma Mia! Here We Go Again" (2018) Musical/Comedy – Sat, Feb 21st 2:30pm & 7pm

In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.

"Sully" (2016) Drama/Biography – Tue, Feb 24th & Thurs, Feb 26th 7pm

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

"The Heartbreak Kid" (2007) Comedy – Sat, Feb 28th 2:30pm & 7pm

After a short fling with a beautiful woman named Lila (Malin Akerman) and at the urging of his friends and family, Eddie (Ben Stiller) proposes marriage. But Eddie didn't realize that Lila is a shrew, and she reveals her true nature during their honeymoon. He then meets Miranda (Michelle Monaghan) and is convinced she is his soul mate. Eddie sets out to woo Miranda and extricate himself from his wife's claws.

Oscar Nominated Movie & Popcorn Showings

“Frankenstein” (2026) Horror/Drama/Sci-Fi – Mon, Feb 2nd at 2pm in Lunt Hall Only

Oscar-winning director Guillermo del Toro adapts Mary Shelley's classic tale of Victor Frankenstein, a brilliant but egotistical scientist who brings a creature to life in a monstrous experiment that ultimately leads to the undoing of both the creator and his tragic creation.

“F1” (2025) Action/Drama/Sports – Fri, Feb 13th at 3:00pm in Lunt Hall Only

Dubbed "the greatest that never was," Sonny Hayes (Brad Pitt) was FORMULA 1's most promising phenom of the 1990s until an accident on the track nearly ended his career. Thirty years later, he's a nomadic racer-for-hire when he's approached by his former teammate Ruben Cervantes (Javier Bardem), owner of a struggling FORMULA 1 team that is on the verge of collapse. Ruben convinces Sonny to come back to FORMULA 1 for one last shot at saving the team and being the best in the world. He'll drive alongside Joshua Pearce (Damson Idris), the team's hotshot rookie intent on setting his own pace. But as the engines roar, Sonny's past catches up with him and he finds that in FORMULA 1, your teammate is your fiercest competition--and the road to redemption is not something you can travel alone.

“Train Dreams” (2026) Drama – Fri, Feb 20th at 2pm in Lunt Hall Only

Based on the beloved novella by Denis Johnson, Train Dreams is the moving portrait of Robert Grainier (Golden Globe-nominee Joel Edgerton), whose life unfolds during an era of unprecedented change in early 20th century America. Orphaned at a young age, Robert grows into adulthood among the towering forests of the Pacific Northwest, where he helps expand the nation's railroad empire alongside men as unforgettable as the landscapes they inhabit. After a tender courtship, he marries Gladys (Academy Award-nominee Felicity Jones) and they build a home together, though his work often takes him far from her and their young daughter. When his life takes an unexpected turn, Robert finds beauty, brutality and newfound meaning for the forests and trees he has felled.

“One Battle After Another” (2025) Thriller/Comedy – Tues, Feb 24th at 3pm in Lunt Hall Only

Bob is a washed-up revolutionary who lives in a state of stoned paranoia, surviving off-grid with his spirited and self-reliant daughter, Willa. When his evil nemesis resurfaces and Willa goes missing, the former radical scrambles to find her as both father and daughter battle the consequences of their pasts

Armchair Travel – Select Tuesdays at 3:30pm

Feb 3rd Guided Tour of Oxford

Join me for a walk around the legendary city of Oxford, best-known as the home of the oldest university in the English-speaking world! But along with the wealth of colleges and striking university buildings to be found around the city, there's even more to Oxford, from its role in the English Civil War to serving as the place where a number of works of fiction were inspired! On our walk around Oxford, we pass countless interesting landmarks, just a few of which include Christ Church, Christ Church Cathedral, Alice's Shop, Tom Tower, St. Aldate's Church, Oxford Town Hall, Carfax Tower, High Street, Oxford Covered Market, Lincoln College, Brasenose College, the University Church of St. Mary the Virgin, Magpie Lane, Merton College, Corpus Christi College, University College, the Examinations Schools, Magdalen College, Queen's Lane, All Souls' College, the Radcliffe Camera, the Bodleian Library, the Bridge of Sighs, the Clarendon Building, the Sheldonian Theatre, the White Horse Pub, Balliol College, the site of the execution of the Oxford Martyrs, the Martyrs' Memorial, The Randolph Hotel, the Ashmolean Museum, St. Mary Magdalene Church, Cornmarket Street, St. Peter at the Northgate Church, Queen Street, Oxford County Hall and Oxford Castle and Prison.

Feb 10th Gettysburg | Civil War Historian Gives Guided Tour

Hop in the car and join the American Battlefield Trust's very own Garry Adelman for this full tour of the Gettysburg National Military Park. The video highlights the same route that visitors experience when trekking the battlefield, and includes walking stops at the iconic sites of Confederate Avenue, Little Round Top and Cemetery Ridge. There is no replacement for being able to see America's Hallowed Grounds in person, but we hope this serves as a worthy option for the virtual experience. This tour was directed, filmed and edited by Andy Poulton and produced by Kris White and Garry Adelman.

Feb 17th The French Quarter: The Unique and Complex Dynamics of Mardi Gras

The most famous New Orleans carnival is the French-influenced carnival organized not by the public authorities, but by the "Krewes." It starts with the Krewe du Vieux, in its own territory of the French Quarter, a reminder of the colonial past. Through a festive and sensitive journey, this video explores the diversity of the Mardi Gras carnival of New Orleans, in its richness but also in its contradictions and paradoxes. The tensions generated by its heterogeneity make it a kaleidoscope in the image of the United States. Here, the carnival has a necessary social dimension for the locals as well as for the tourists.

Canterbury University – Mondays & Wednesdays at 3pm

Celebrating Black History Month

Mon, Feb 9th Buffalo Soldiers: Fighting on Two Fronts

BUFFALO SOLDIERS: FIGHTING ON TWO FRONTS, explores the often-contradictory role played by Black soldiers throughout American history, with particular emphasis on the settling of the American West and colonialism abroad. A film by Dru Holley.

Mon, Feb 16th The Eugenics Crusade PBS American Experience

The Eugenics Crusade tells the story of the unlikely—and largely unknown—project to breed a better American race, tracing the rise of a movement that turned a scientific theory of heredity into a powerful instrument of social control. Populated by figures both celebrated and obscure, it is an often revelatory portrait of an America at once strange and eerily familiar.

Mon, Feb 23rd How Justice Thurgood Marshall Became "Mr. Civil Rights"

Explore the life and legacy of the nation's first African American Supreme Court justice. The film follows Justice Marshall, known as "Mr. Civil Rights," from his legal career with the NAACP to his 1967 appointment to the nation's highest court. Follow Justice Marshall's journey from his birth in Baltimore, Maryland, in 1908 through his years at Historically Black Colleges and Universities (HBCUs), Lincoln University and Howard University School of Law, and his groundbreaking career as a lawyer championing civil rights and dismantling school segregation. Marshall won 29 of the 32 cases he argued before the U.S. Supreme Court, including the landmark *Brown v. Board of Education* in 1954, invalidating the separate but equal doctrine and ending racial segregation in public schools. In 1967, Marshall became the first African American appointed to serve on the U.S. Supreme Court.

Great Migrations: A People on the Move with Henry Louis Gates Jr.

Wed, Feb 4th Episode 1: Exodus

Between 1947 and 1967, black-owned homes in Birmingham, Alabama were bombed over 50 times. Homes on Center Street were targeted so often, the neighborhood became known as 'Dynamite Hill.' What happened on Center Street is a scar on American history, but the voices of Dynamite Hill speak with strength and grace about how they faced unimaginable hatred, with one repeated refrain: "I'm still here."

Wed, Feb 11th Episode 2: Streets Paved with Gold

Between 1947 and 1967, black-owned homes in Birmingham, Alabama were bombed over 50 times. Homes on Center Street were targeted so often, the neighborhood became known as 'Dynamite Hill.' What happened on Center Street is a scar on American history, but the voices of

Dynamite Hill speak with strength and grace about how they faced unimaginable hatred, with one repeated refrain: “I’m still here.”

Wed, Feb 18th Episode 3: One-Way Ticket Back

Between 1947 and 1967, black-owned homes in Birmingham, Alabama were bombed over 50 times. Homes on Center Street were targeted so often, the neighborhood became known as ‘Dynamite Hill.’ What happened on Center Street is a scar on American history, but the voices of Dynamite Hill speak with strength and grace about how they faced unimaginable hatred, with one repeated refrain: “I’m still here.”

Wed, Feb 25th Episode 4: Coming to America

Between 1947 and 1967, black-owned homes in Birmingham, Alabama were bombed over 50 times. Homes on Center Street were targeted so often, the neighborhood became known as ‘Dynamite Hill.’ What happened on Center Street is a scar on American history, but the voices of Dynamite Hill speak with strength and grace about how they faced unimaginable hatred, with one repeated refrain: “I’m still here.”

Road Scholar Live Zoom Lectures

Thu, Feb 5th at 12pm in Lunt Hall

A Dementia Primer – Causes, Diagnosis & Trajectory

Beverly E. Thorn, Ph.D., is the author of hundreds of articles, two books, and four workbooks on coping with chronic illness. She spent decades as a faculty member at The Ohio State University and The University of Alabama, where she went on to serve as director of the clinical psychology Ph.D. program and department chair in psychology. Currently professor emerita, she is also an end-of-life doula and continues to publish, speak, and conduct workshops nationally and internationally on managing chronic illness.

Wed, Feb 18th at 1pm in Lunt Hall

Jefferson & Madison’s Northern Journey

Louis P. Masur is Board of Governors Distinguished Professor of American Studies and History at Rutgers University and the author of many books including, most recently, “The Sum of Our Dreams: A Concise History of America” (2020).

Trivia – Saturdays at noon

Feb 7th Guess the Country by its Landmark

Can you guess the country by its famous landmark? Test your knowledge in this fun and challenging geography quiz as you try to guess the country from 50 world-famous landmarks. This Guess the Country quiz starts easy and gets harder fast, moving all the way up to impossible. From iconic monuments to historic structures, see how many you recognize! Whether you enjoy geography quizzes, landmark trivia, or learning about different countries around the world, this Guess the Country by its Famous Landmark challenge is perfect for you. Try to guess the correct country, learn new facts, and see how far you can go.

Feb 14th General Knowledge Quiz

In this video, we're testing your knowledge with 100 brand-new general knowledge quiz questions that everyone should know! From history and science to pop culture and geography, this quiz has it all. Whether you're a trivia master or just here for fun, you'll enjoy putting your brain to the test.

Feb 21st How Well do you Know Earth?

How well do you really know Planet Earth? This General Knowledge Quiz will take you on a journey across geography, nature, science, and more.

Feb 28th 51 Old-Time Sayings Trivia | Can You Remember Them All?

This Old-Time Sayings Trivia will test your memory with 51 nostalgic expressions, quirky phrases, and old-school slang you probably heard growing up!