November 2026

Canterbury Woods Gates Circle Independent Living Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Beginner Tai Chi (CH) 12:00 Advanced Tai Chi (CH) 1:00 Bills vs Ravens (L1) 2:30 Movie Matinee "Practical Magic" (LH) 7:00 Movie Repeat (CH) Daylight Saving Time Ends	**2** 1-4 App Help with Hannah (L) 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:00 University Express (L) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Birthday Happy Hour! (L6)	**3** 10:00 Zumba & Resistance (LH) 10:00 University Express (L) *11:00 Resident Council (LH)* **1:00 Wegmans Trip (FL)** 1:30 Mahjong (L6) 2:00 BPL Author Talk (LH) 7:00 Movie Night "The Bodyguard" (LH) **Van Ride to Polls 9am & 3:30pm**	**4** Spa Open by Apt. Only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 12:00 Fleurettes (CA) 1:30 Musical Bingo! (CA) **3:00 Living Well: Ken-Ton PT (LH)** 4:30 Happy Hour (L6)	**5** Salon Open by Apt. Only 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 10:00 University Express (L) **11:00 Painting with Rio (CA)** 1:00 University Express (LH) 1:30 Scrabble (L6) 7:00 Movie Repeat "The Bodyguard" (CH)	**6** **9:30 BPO Coffee Concert (FL)** 10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 4:30 BYO Sip & Socialize (L6)	**7** 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurettes (CA) 2:30 Movie Matinee "The Crucible" (LH) 7:00 Movie Repeat (CH)
8 10:00 Beginner Tai Chi (CH) 12:00 Advanced Tai Chi (CH) 2:30 Movie Matinee "The Hundred Foot Journey" (LH) 7:00 Movie Repeat (CH) Diwali (Hindi)	**9** 1-4 App Help with Hannah (L) 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6) 8:15 Bills vs Vikings (L1)	**10** 10:00 Zumba & Resistance (LH) **1:00 Wegmans Trip (FL)** 1:30 Mahjong (L6) **3:00 Living Well: "Spot the Scam" with Consumer Protections (LH)** 7:00 Movie Night "The Thin Red Line" (LH)	**11** Spa Open by Apt. Only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 12:00 Fleurettes (CA) 1:30 Jeopardy! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6) Veterans Day Remembrance Day (Canada)	**12** Salon Open by Apt. Only 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 1:30 Scrabble (L6) 2:30 Crafting (CA) 7:00 Movie Repeat "The Thin Red Line" (CH)	**13** 10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 2:00 University Express (LH) 2:00 Afternoon Tea (L) 4:30 BYO Sip & Socialize (L6) **7:00 Live Music featuring Harpist Ruth Bennett (L1)**	**14** 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurettes (CA) 2:30 Movie Matinee "Airplane!" (LH) 7:00 Movie Repeat (CH)
15 10:00 Beginner Tai Chi (CH) 12:00 Advanced Tai Chi (CH) 1:00 Bills vs Jets (L1) 2:30 Movie Matinee "Encores! Great Met Performances" (LH) 7:00 Movie Repeat (CH)	**16** 1-4 App Help with Hannah (L) 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:00 University Express (L) 1:30 Cornhole (LH) 2:30 University Express (L) 4:30 Trivia Happy Hour (L6)	**17** 10:00 Zumba & Resistance (LH) *11:30 Cultural Arts Meeting (CA)* **1:00 Wegmans Trip (FL)** 1:30 Mahjong (L6) **3:00 Living Well: Death Doula Rebecca Mercurio (LH)** 7:00 Movie Night "Atonement" (LH)	**18** Spa Open by Apt. Only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 12:00 Fleurettes (CA) 1:30 Mad Gab Word Game (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	**19** Salon Open by Apt. Only 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) **11:00 Painting with Rio (CA)** 1:30 Scrabble (L6) 2:00 University Express (LH) 7:00 Movie Repeat "Atonement" (CH)	**20** 10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) **12:00 Friendsgiving Potluck (L6)** 2:00 Afternoon Tea (L) 3:00 Book Club (L) 4:30 BYO Sip & Socialize (L6)	**21** 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurettes (CA) 2:30 Movie Matinee "Munich" (LH) 7:00 Movie Repeat (CH)
22 10:00 Beginner Tai Chi (CH) 12:00 Advanced Tai Chi (CH) 1:00 Bills vs Dolphins (L1) 2:30 Movie Matinee "Breakfast at Tiffany's" (LH) 7:00 Movie Repeat (CH)	**23** 1-4 App Help with Hannah (L) 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6) **7:00 Live Music featuring Pianist Mark Wolffe (L1)**	**24** 10:00 Zumba & Resistance (LH) *11:15 Dining Committee (LH)* **1:00 Wegmans Trip (FL)** 1:30 Mahjong (L6) 3:00 Memory Book Workshop (CA) 7:00 Movie Night "Miracle on 34th Street" (LH)	**25** Spa Open by Apt. Only **9:15 Bus Leaving: Irish Classical "A Sherlock Carol" (FL)** 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 12:00 Fleurettes (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	**26** Salon Open by Apt. Only Cancelled: Coffee with Paul & Zumba 9:30 Meditation with Ann (CH) 1:30 Scrabble (L6) 2:30 Open Studio (CA) 7:00 Movie Repeat (CH) 1:00 Bills vs Chiefs (L1) Thanksgiving Day (U.S)	**27** 10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 4:30 BYO Sip & Socialize (L6)	**28** 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurettes (CA) 2:30 Movie Matinee "American Hustler" (LH) 7:00 Movie Repeat (CH)
29 10:00 Beginner Tai Chi (CH) 12:00 Advanced Tai Chi (CH) 2:30 Movie Matinee "Brief Encounter" (LH) 7:00 Movie Repeat (CH)	**30** 1-4 App Help with Hannah (L) 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Trivia Happy Hour (L6)					



Key: CH-Channel 1390 / LH-Lunt Hall / FC-Fitness Center / L1-1st Floor Lounge / L6-6th Floor Lounge / L-Library / CA-Cultural Arts Room