



INSPIRED SENIOR LIVING

May 2023

Stouffville Creek

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Exercise with Rachel (FR) 1 10:45 Drumfit (FR) 1:00 Walking On The Second Floor (2FL) 2:00 Meet Me @ The MoMa Painting Session (MPR) 3:00 Teatime (B) 3:30 Name That Tune! (ML) 7:00 Men's Movie Night: Netflix's Mission: Impossible Fallout (T)	9:30 Exercise with Rachel (FR) 2 10:00 Shop at Home with Sonita (B) 10:15 Virtual Chair Yoga (FR) 10:45 Go4Life Walking with Rachel (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime (B) 3:30 Programs Meeting (ML) 4:30 Word Search (FD) 4:30 Sit and Get Fit! (2FL) 7:00 Bingo! (2FL)	9:30 Drumfit (FR) 3 10:30 Trivia (B) 10:30 Exercise with Rachel (FR) 11:30 Sit and Get Fit! (2FL) 1:00 Walking On The Second Floor (2FL) 1:30 Artful enrichment: Van Gogh's Sunflowers (MPR) 2:30 Crafting with Diane (MPR) 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 7:10 Blue Jays Vs. Red Sox (B)	May the 4th be with you: Star War All Day Long (T) 4 9:00 Spot The Difference (FD) 9:30 Exercise with Rachel (FR) 10:00 Hair Dresser Appointments (SAL) 10:00 Outing: Longos Plaza (OUTI) 2:00 Go4Life Walking with Brett (MAI) 3:00 Teatime: Welcome Social (B) 3:30 Technology Help/ Walmart Shopping Online (LEO) 4:30 Sit and Get Fit! (2FL) 7:00 Movie Night: Resident Choice (T)	Cinco de Mayo- Wear Green, Red & White (B) 5 9:30 Virtual exercise (FR) 10:00 Hair Dresser Appointments (SAL) 10:00 Horseshoes (ML) 11:30 Sit and Get Fit! (2FL) 2:00 Fit Minds: Stay Sharp (L) 3:00 Teatime (B) 3:00 Entertainment with John Pebble (ML) 3:30 Cinco de Mayo: Happy Hour with Margaritas (B) 4:30 Chicken Soup for the Soul (2FL) 7:00 Movie Night: Disney + Down Periscope (T)	9:00 Cranium Crunch (FD) 6 9:30 Move and Groove with Brettney (FR) 10:30 Java Music (ML) 1:30 Drumfit (2FL) 3:00 Teatime (B) 3:00 Chess, Checkers & Scrabble Club with Lois (L) 3:00 Craft: May Day Lei (2FL) 7:00 Movie Night: Resident Choice (T)
9:00 Colouring Package (FD) 7 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 2:00 Stouffville United Church - Virtual (ML) 3:00 Teatime (B) 3:00 Documentary: Disney + World's Greatest Dogs (T) 7:00 Movie Night: Netflix's Something's Gotta Give (T)	9:30 Exercise with Rachel (FR) 8 10:45 Drumfit (FR) 1:00 Walking On The Second Floor (2FL) 2:00 Meet me @ MoMA Lecture (T) 3:00 Teatime (B) 3:30 Name That Tune! (ML) 7:00 Men's Movie Night: Netflix's Cry Macho (T)	9:30 Exercise with Rachel (FR) 9 10:00 Foot Care Appointments 10:15 Virtual Chair Yoga (FR) 10:45 Go4Life Walking with Rachel (MAI) 1:00 Fit Minds: Interact Group (2FL) 1:30 Mobile Hearing Clinic (Sign up) (DR) 2:00 Word In A Word (ML) 3:00 Teatime (B) 4:30 Word Search (FD) 4:30 Sit and Get Fit! (2FL) 7:00 Bingo! (2FL)	9:30 Drumfit (FR) 10 10:30 Trivia (B) 10:30 Exercise with Rachel (FR) 11:30 Sit and Get Fit! (2FL) 1:00 Walking On The Second Floor (2FL) 1:30 Artful enrichment: Keith Haring - Handout (FD) 2:30 Crafting with Diane (MPR) 3:00 Teatime (B) 3:30 Giant Crosswords (ML)	9:00 Spot The Difference (FD) 11 9:30 Exercise with Rachel (FR) 10:00 Hair Dresser Appointments (SAL) 10:00 Outing: Walmart (OUTI) 2:00 Go4Life Walking with Brett (MAI) 2:00 Resident General Forum (T) 3:00 Teatime (B) 3:30 Technology Help/ Walmart Shopping Online (LEO) 4:30 Sit and Get Fit! (2FL) 7:00 Movie Night: Resident Choice (T)	9:30 Falls Prevention Class with Rachel (FR) 12 10:00 Hair Dresser Appointments (SAL) 10:00 Carpet Bowling (ML) 11:30 Sit and Get Fit! (2FL) 11:30 Resident Only Mother's day Brunch (D) 2:00 Fit Minds: Stay Sharp (L) 3:00 Teatime (B) 3:00 Entertainment with Gilad (ML) 3:30 Happy Hour (B) 4:30 Chicken Soup for the Soul (2FL) 7:00 Movie Night: Disney + Anywhere but Here (T)	9:00 Cranium Crunch (FD) 13 9:30 Move and Groove with Brettney (FR) 10:30 Java Music (ML) 1:30 Drumfit (2FL) 3:00 Teatime (B) 3:00 Chess, Checkers & Scrabble Club with Lois (L) 3:30 Handy Crafts: Resident Run (ML) 7:00 Movie Night: Resident Choice (T)
Mother's Day 14 9:00 Colouring Package (FD) 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 2:00 Stouffville United Church - Virtual (ML) 3:00 Documentary: Disney + The Crimson Wing Mystery of the Flamingos (T) 3:00 Teatime: Assorted Baked Goods (B) 7:00 Movie Night: Netflix's Yes Day! (T)	Alzheimer's 50/50 Tickets Go On Sale (FD) 15 9:30 Exercise with Rachel (FR) 10:45 Drumfit (FR) 1:00 Walking On The Second Floor (2FL) 2:00 Meet Me @ The MoMa Painting Session (MPR) 3:00 Teatime: Chocolate Chip Cookies (B) 3:30 Name That Tune! (ML) 7:00 Men's Movie Night: Disney+ The Boston Strangler (T)	9:30 Exercise with Rachel (FR) 16 10:00 5th Avenue Jewelry sale (B) 10:00 Foot Care Appointments (SAL) 10:15 Virtual Chair Yoga (FR) 10:45 Go4Life Walking with Rachel (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime (B) 4:30 Word Search (FD) 4:30 Sit and Get Fit! (2FL) 7:00 Bingo! (2FL)	9:30 Drumfit (FR) 17 10:30 Trivia (B) 10:30 Exercise with Rachel (FR) 11:30 Sit and Get Fit! (2FL) 11:30 Bistro Special: Build your own Pizza (B) 1:00 Walking On The Second Floor (2FL) 1:30 Artful enrichment: Water Lilies Mixed Media (MPR) 2:30 Crafting with Diane (MPR) 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 7:07 Blue Jays Vs. Yankees (B)	9:00 Spot The Difference (FD) 18 9:30 Exercise with Rachel (FR) 10:00 Hair Dresser Appointments (SAL) 10:45 Gardening Club Meeting (ML) 2:00 Go4Life Walking with Brett (MAI) 2:00 Documentary: Disney + Edge of the Unknown- Willpower (T) 3:00 Teatime (B) 3:00 Fit Minds: Stay Sharp (L) 3:30 Technology Help/ Walmart Shopping Online (LEO) 4:30 Sit and Get Fit! (2FL) 7:00 Movie Night: Resident Choice (T)	9:30 Virtual exercise (FR) 19 10:00 Hair Dresser Appointments (SAL) 10:00 Shuffleboard Resident Run (FR) 10:00 Outing: White Feather (OUTI) 2:00 Sit and Get Fit! (2FL) 3:00 Teatime (B) 3:00 Entertainment with Ed Smith (ML) 3:30 Happy Hour: Rhubarb Mixer (B) 4:30 Chicken Soup for the Soul (2FL) 7:00 Movie Night: Crave's The Courier (T)	9:00 Cranium Crunch (FD) 20 9:30 Move and Groove with Brettney (FR) 10:30 Java Music (ML) 1:30 Drumfit (2FL) 3:00 Chess, Checkers & Scrabble Club with Lois (L) 3:00 Teatime: National Bee Day Honey Social (B) 3:30 Ted Talk: What Honey Bees Can Teach Us About Shaping Change (T) 7:00 Movie Night: Resident Choice (T)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Colouring Package (FD) 21 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 2:00 Stouffville United Church - Virtual (ML) 3:00 Teatime (B) 3:00 Documentary: Crave's The Princess (T) 7:00 Movie Night: Netflix's 10,000 BC (T)	Victoria day holiday- Wear Red & White 22 9:00 Victoria Day Activity Package (FD) 9:30 Virtual exercise (FR) 10:45 Go For Life Walking Group- Resident Run (MAI) 1:00 Movie Matinee: DVD Here Comes the Waves (2FL) 3:00 Teatime: Popsicles (B) 3:30 Music in the Bistro (ML) 7:00 Men's Movie Night: Netflix's The Queen (T)	23 9:30 Exercise with Rachel (FR) 10:15 Virtual Chair Yoga (FR) 10:45 Go4Life Walking with Rachel (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:30 Word In A Word (ML) 3:00 Teatime (B) 4:30 Word Search (FD) 4:30 Sit and Get Fit! (2FL) 7:00 Bingo! (2FL)	Victoria Day 24 9:30 Drumfit (FR) 10:30 Trivia (B) 10:30 Exercise with Rachel (FR) 11:30 Sit and Get Fit! (2FL) 1:00 Walking On The Second Floor (2FL) 1:30 Artful enrichment: Canadian Flag Acrylic painting (MPR) 2:30 Crafting with Diane (MPR) 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 6:40 Blue Jays Vs. Rays (B)	25 9:00 Spot The Difference (FD) 9:30 Exercise with Rachel (FR) 10:00 Hair Dresser Appointments (SAL) 10:00 Go4Life Walking: To The Bakehouse for Treats (MAI) 12:30 Book Club: The Book (MPR) 2:00 Documentary : Disney + Edge of the Unknown- Eaten By Jaws (T) 3:00 Teatime: Birthday Social (B) 3:30 Technology Help/ Walmart Shopping Online (LEO) 4:30 Sit and Get Fit! (2FL) 7:00 Movie Night: Resident Choice (T)	26 9:00 Walk for Alzheimer's & Entertainment with Craig Brtnik (O) 10:00 Hair Dresser Appointments (SAL) 11:30 Walk for Alzheimer's BBQ (O) 12:00 Alzheimer's 50/50 Draw (FD) 2:00 Fit Minds: Stay Sharp (L) 2:00 Sit and Get Fit! (2FL) 3:00 Teatime (B) 3:30 Happy Hour: Tonic Buzz (B) 4:30 Chicken Soup for the Soul (2FL) 7:00 Movie Night: Disney + The Devil Wears Prada (T)	27 9:00 Cranium Crunch (FD) 9:30 Move and Groove with Brettney (FR) 10:30 Java Music (ML) 1:30 Drumfit (2FL) 3:00 Teatime (B) 3:00 Chess, Checkers & Scrabble Club with Lois (L) 3:00 Garden Craft: Rock Painting (BG-W) 7:00 Movie Night: Resident Choice (T)
28 9:00 Colouring Package (FD) 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 2:00 Stouffville United Church - Virtual (ML) 3:00 Teatime (B) 3:00 Documentary: Crave's Julia (T) 7:00 Movie Night: Crave's Singin' In the Rain (T)	29 9:30 Exercise with Rachel (FR) 10:45 Drumfit (FR) 1:00 Walking On The Second Floor (2FL) 2:00 Meet me @ MoMA Lecture (T) 3:00 Teatime (B) 3:30 Name That Tune! (ML) 7:00 Men's Movie Night: Disney+ The Banshees of Inisherin (T)	30 9:30 Exercise with Rachel (FR) 10:15 Virtual Chair Yoga (FR) 10:45 Go4Life Walking with Rachel (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime (B) 4:30 Word Search (FD) 4:30 Sit and Get Fit! (2FL) 7:00 Bingo! (2FL)	31 9:30 Drumfit (FR) 10:30 Trivia (B) 10:30 Exercise with Rachel (FR) 11:30 Sit and Get Fit! (2FL) 11:30 Bistro Lunch Demo: Omelet Station (B) 1:00 Walking On The Second Floor (2FL) 1:30 Artful enrichment: Rockin' Robin (MPR) 2:30 Crafting with Diane (MPR) 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 7:07 Blue Jays Vs. Brewers (B)			



Be Inspired

Locations Legend

- Bistro (B)
- 2nd Floor Lounge (2FL)
- Fitness Room (FR)
- Theater (T)
- Mimosa Lounge (ML)
- Front Desk (FD)
- Main Lobby (MAI)
- Multipurpose Rm. (MPR)

- Salon (LL) (SAL)
- Library (L)
- Life Enrichment Office (LEO)
- Outing (OUTI)
- Outdoors (O)
- Doctor's Office (DR)
- Dining Room (D)
- Back Gazebo - weather permitting (BG-W)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local Signature Program