




INSPIRED SENIOR LIVING

August 2023

Stouffville Creek

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
|  <p>SUNDAY AUG 6</p> <p>National Friendship Day</p> | <p>9:30 Exercise with Saya (FR) 1</p> <p>10:00 Go4Life Walking with Rachel (MAI)</p> <p>10:15 Falls Prevention with Saya (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:00 Fit Minds: Interact Group (2FL)</p> <p>2:00 Word In A Word (L)</p> <p>3:00 Teatime (B)</p> <p>3:30 Programs Meeting (L)</p> <p>4:30 Word Search (FD)</p> <p>7:00 Bingo! (MPR)</p> | <p>9:30 Exercise with Saya (FR) 2</p> <p>10:30 Trivia (B)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Painted Scarf (MPR)</p> <p>2:00 Quibbler with Jorge (L)</p> <p>3:00 Teatime: Ice Cream Sandwiches (B)</p> <p>3:30 Billiards with Jorge (GR)</p> <p>3:30 Giant Crosswords (L)</p> <p>7:00 Coloring Club (B)</p> | <p>9:00 Spot The Difference (FD) 3</p> <p>9:45 Outing: Encore Symphonic Concert Band Concert (OUTI)</p> <p>10:00 Exercise with Saya (FR)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Documentary: Disney's Growing up Animal: A Baby Elephants Story (T)</p> <p>3:00 Teatime (B)</p> <p>3:30 Dog Therapy with Theresa and Mookiee (MAI)</p> <p>3:30 Technology Help/ Walmart Shopping Online (LEO)</p> <p>4:30 Sit and Get Fit! (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p> | <p>Hair Dresser Appointments (SAL) 4</p> <p>9:30 Falls Prevention with Saya (FR)</p> <p>10:00 Bocce Ball - Outside (BG-W)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Teatime (B)</p> <p>3:00 Entertainment with Robert D'Cruz (ML)</p> <p>3:30 Happy Hour (B)</p> <p>4:30 Chicken Soup for the Soul (2FL)</p> <p>6:00 Book Club Pick Up (FD)</p> <p>7:00 Movie Night: Netflix's Book Club (T)</p> | <p>9:00 Cranium Crunch (FD) 5</p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>10:30 Java Music Club (ML)</p> <p>2:30 Handy Crafts: Resident Run (ML)</p> <p>3:00 Chess, Checkers & Scrabble Club with Lois (L)</p> <p>3:00 Teatime: Chocolate Chip Cookies (B)</p> <p>7:00 Movie Night: Resident Choice (T)</p> | |
| <p>National Friendship Day 6</p> <p>9:00 Cranium Crunch (FD)</p> <p>10:45 Go For Life Walking Group (MAI)</p> <p>1:00 Puzzles (2FL)</p> <p>1:15 Cards with Friends (RR) (ML)</p> <p>2:00 Stouffville United Church - Virtual (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Documentary: Netflix's Inside the mind of a Cat (T)</p> <p>7:00 Movie Night: Disney's Calendar Girls (T)</p> | <p>Statutory Holiday 7</p> <p>9:30 Virtual Yoga (FR)</p> <p>10:00 Long weekend Activity package (FD)</p> <p>10:45 Drumfit (FR)</p> <p>2:00 Movie Matinee: Crave's Mack & Rita (T)</p> <p>2:00 Go For Life Walking Group- Resident Run (MAI)</p> <p>3:00 Teatime (B)</p> <p>3:30 Music in the Bistro (ML)</p> <p>7:00 Men's Movie Night: Netflix's The Shawshank Redemption (T)</p> | <p>International Cat Day 8</p> <p>Satisfaction Surveys</p> <p>9:30 Exercise with Saya (FR)</p> <p>10:00 Go4Life Walking with Rachel (MAI)</p> <p>10:15 Falls Prevention with Saya (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:00 Fit Minds: Interact Group (2FL)</p> <p>2:00 Word In A Word (ML)</p> <p>3:00 Teatime (B)</p> <p>3:30 Satisfaction Survey Kick Off (ML)</p> <p>4:30 Word Search (FD)</p> <p>7:00 Bingo! (MPR)</p> | <p>9:30 Exercise with Saya (FR) 9</p> <p>9:30 Resident Survey Assistance (L)</p> <p>10:00 Shop at Home with Sonita (B)</p> <p>10:30 Trivia (B)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Peacock Drawing & Painting (MPR)</p> <p>2:00 Quibbler with Jorge (ML)</p> <p>3:00 Teatime (B)</p> <p>3:30 Giant Crosswords (ML)</p> <p>3:30 Resident Survey Assistance (L)</p> <p>7:00 Coloring Club (B)</p> | <p>9:00 Spot The Difference (FD) 10</p> <p>10:00 Exercise with Saya (FR)</p> <p>10:00 Outing: Picnic De La Salle Beach (OUTI)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Wine and Cheese Social (B)</p> <p>3:00 Teatime (B)</p> <p>3:30 Dog Therapy with Theresa and Mookiee (MAI)</p> <p>3:30 Technology Help/ Walmart Shopping Online (LEO)</p> <p>4:30 Sit and Get Fit! (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p> | <p>Hair Dresser Appointments (SAL) 11</p> <p>9:30 Falls Prevention with Saya (FR)</p> <p>10:00 Horseshoes (ML)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Teatime (B)</p> <p>3:00 Entertainment: Manvir Rai (ML)</p> <p>3:30 Happy Hour (B)</p> <p>4:30 Chicken Soup for the Soul (2FL)</p> <p>7:00 Movie Night: Netflix's Our Souls at Night (T)</p> | |
| <p>9:00 Cranium Crunch (FD) 13</p> <p>10:45 Go For Life Walking Group (MAI)</p> <p>1:00 Puzzles (2FL)</p> <p>1:15 Cards with Friends (RR) (ML)</p> <p>2:00 Stouffville United Church - Virtual (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Documentary: Netflix's The Minimalists: Less is Now (T)</p> <p>7:00 Movie Night: Netflix's Cats (T)</p> | <p>9:30 Exercise with Saya (FR) 14</p> <p>10:45 Drumfit (FR)</p> <p>11:00 Walking On The Second Floor (2FL)</p> <p>2:00 Meet me @ MoMA Lecture (T)</p> <p>3:00 Teatime: Creamsicles (B)</p> <p>3:30 Name That Tune! (ML)</p> <p>7:00 Men's Movie Night: Netflix's Gran Torino (T)</p> | <p>9:30 Exercise with Saya (FR) 15</p> <p>10:00 Go4Life Walking with Rachel (MAI)</p> <p>10:00 5th Avenue Jewelry sale (B)</p> <p>10:15 Falls Prevention with Saya (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:00 Fit Minds: Interact Group (2FL)</p> <p>2:00 Word In A Word (ML)</p> <p>3:00 Teatime (B)</p> <p>3:30 Walking On The Second Floor (2FL)</p> <p>3:30 Satisfaction Survey Assistance (B)</p> <p>4:30 Word Search (FD)</p> <p>7:00 Bingo! (MPR)</p> | <p>9:30 Exercise with Saya (FR) 16</p> <p>9:30 Resident Survey Assistance (L)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>10:30 Trivia (B)</p> <p>11:30 Outdoor BBQ (O)</p> <p>1:30 Artful enrichment: Lemons & Limes (MPR)</p> <p>2:00 Quibbler with Jorge (ML)</p> <p>3:00 Teatime (B)</p> <p>3:30 Resident Survey Assistance (L)</p> <p>3:30 Giant Crosswords (ML)</p> <p>7:00 Coloring Club (B)</p> | <p>9:00 Spot The Difference (FD) 17</p> <p>10:00 Exercise with Saya (FR)</p> <p>10:00 Outing: Walmart (OUTI)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Documentary: Netflix's Almost Australian Episode 2 (T)</p> <p>3:00 Teatime (B)</p> <p>3:30 Dog Therapy with Theresa and Mookiee (MAI)</p> <p>3:30 Technology Help/ Walmart Shopping Online (LEO)</p> <p>7:00 Movie Night: Resident Choice (T)</p> | <p>Hair Dresser Appointments (SAL) 18</p> <p>9:30 Falls Prevention with Saya (FR)</p> <p>10:00 Bean Bag Toss (ML)</p> <p>11:30 Bistro Special: National Fajita Day (B)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Teatime (B)</p> <p>3:00 Entertainment with Fran Townsend (ML)</p> <p>3:30 Happy Hour (B)</p> <p>4:30 Chicken Soup for the Soul (2FL)</p> <p>7:00 Movie Night: Netflix's King Richard (T)</p> | |
| | | | | | | <p>9:00 Cranium Crunch (FD) 19</p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>10:30 Java Music Club (ML)</p> <p>2:30 Handy Crafts: Resident Run (ML)</p> <p>3:00 Chess, Checkers & Scrabble Club with Lois (L)</p> <p>3:00 Teatime (B)</p> <p>7:00 Movie Night: Resident Choice (T)</p> |



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RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|--|
| 20 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 1:00 Puzzles (2FL) 1:15 Cards with Friends (RR) (ML) 2:00 Stouffville United Church - Virtual (T) 3:00 Documentary: Netflix's Dolly Parton, Here I Am (T) 3:00 Teatime: Lemonade (B) 7:00 Movie Night: Netflix's Interstellar (T) | 21 9:30 Exercise with Saya (FR) 10:45 Drumfit (FR) 11:00 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 Extraction (T) | 22 9:30 Exercise with Saya (FR) 10:00 Go4Life Walking to main St. Bakehouse with Rachel (MAI) 10:15 Falls Prevention with Saya (FR) 11:30 Sit and Get Fit! (2FL) 1:00 Fit Minds: Interact Group (2FL) 2:00 Resident General Forum (ML) 3:00 Teatime (B) 3:00 Word In A Word (ML) 3:30 Walking On The Second Floor (2FL) 4:30 Word Search (FD) 7:00 Bingo! (MPR) | 23 9:30 Exercise with Saya (FR) 9:30 Resident Survey Assistance (L) 10:30 Trivia (B) 10:30 Beats and Bops with Jorge (FR) 11:00 Bistro Special: Make your own Pizza (B) 11:30 Sit and Get Fit! (2FL) 1:30 Artful enrichment: Cyanotype (MPR) 2:00 Quibbler with Jorge (ML) 3:00 Teatime (B) 3:30 Ice Cream Truck (Donated by EastRidge Church) (O) 7:00 Coloring Club (B) | 24 9:00 Spot The Difference (FD) 10:00 Exercise with Saya (FR) 10:00 Outing: Casino (OUTI) 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Documentary: Disney's Growing up Animal: Baby Chimps Story (T) 3:00 Teatime (B) 3:30 Dog Therapy with Theresa and Mookiee (MAI) 3:30 Technology Help/ Walmart Shopping Online (LEO) 4:30 Sit and Get Fit! (2FL) 7:00 Movie Night: Resident Choice (T) | 25 Hair Dresser Appointments (SAL) 9:30 Falls Prevention with Saya (FR) 10:00 Ring Toss (ML) 11:30 Sit and Get Fit! (2FL) 2:00 Fit Minds: Stay Sharp (L) 3:00 Teatime (B) 3:00 Entertainment with J Paul Adams (ML) 3:30 Happy Hour: Whisky Sour (B) 4:30 Chicken Soup for the Soul (2FL) 7:00 Movie Night: The Wizard of Oz (T) | 26 National Dog Day 9:00 Cranium Crunch (FD) 9:30 Virtual Tai- Chi (FR) 10:30 Java Music Club (ML) 12:00 Book Club Lunch and Discuss (MPR) 2:30 Handy Crafts: Resident Run (ML) 3:00 Chess, Checkers & Scrabble Club with Lois (L) 3:00 Teatime: Birthday Social (B) 7:00 Movie Night: Resident Choice (T) |
| 27 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 1:00 Puzzles (2FL) 1:15 Cards with Friends (RR) (ML) 2:00 Stouffville United Church - Virtual (T) 3:00 Teatime (B) 3:00 Documentary: Netflix's My Beautiful Broken Brain (T) 7:00 Movie Night: Netflix's The Lake House (T) | 28 National Red Wine Day 9:30 Exercise with Saya (FR) 10:45 Drumfit (FR) 11:00 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 Extraction 2 (T) | 29 Last day for Surveys 9:30 Exercise with Saya (FR) 10:00 Go4Life Walking with Rachel (MAI) 10:15 Falls Prevention with Saya (FR) 11:30 Sit and Get Fit! (2FL) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime (B) 3:30 Walking On The Second Floor (2FL) 3:30 Education Talks - Stroke Awareness (ML) 4:30 Word Search (FD) 7:00 Bingo! (MPR) | 30 9:30 Exercise with Saya (FR) 10:30 Trivia (B) 10:30 Beats and Bops with Jorge (FR) 11:30 Sit and Get Fit! (2FL) 1:30 Artful enrichment: O'Keeffe's Desert (MPR) 2:00 Quibbler with Jorge (ML) 3:00 Teatime (B) 3:30 Billiards with Jorge (GR) 3:30 Giant Crosswords (ML) 7:00 Coloring Club (B) | 31 9:00 Spot The Difference (FD) 10:00 Exercise with Saya (FR) 10:00 Maria Jewelry Sale (B) 11:30 Outing: Fishbone By the Lake (OUTI) 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Documentary: Disney's Growing up Animal: Baby Lions Story (T) 3:00 Teatime: Trail Mix (B) 3:30 Dog Therapy with Theresa and Mookiee (MAI) 3:30 Technology Help/ Walmart Shopping Online (LEO) 4:30 Sit and Get Fit! (2FL) 7:00 Movie Night: Resident Choice (T) | | |

Locations Legend

- Bistro (B)
- Fitness Room (FR)
- Mimosa Lounge (ML)
- 2nd Floor Lounge (2FL)
- Theater (T)
- Main Lobby (MAI)
- Front Desk (FD)
- Library (L)
- Multipurpose Rm. (MPR)
- Outing (OUTI)
- Life Enrichment Office (LEO)
- Salon (LL) (SAL)
- Games Room (GR)
- Outdoors (O)
- Back Gazebo - weather permitting (BG-W)

Calendar Legend

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