



INSPIRED SENIOR LIVING

# November 2023

## Stouffville Creek Retirement Residence

STOUFFVILLE CREEK  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:30 Music and Movement with Jorge (FR) <b>1</b></p> <p>10:00 Chair Exercise with Nicolas (FR)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>10:30 Java Music Club (ML)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Spooky Night (MPR)</p> <p>2:00 Quiddler with Jorge (ML)</p> <p>2:00 Crafting with Diane (MPR)</p> <p>3:00 Teatime (B)</p> <p>3:30 Giant Crosswords (ML)</p> <p>3:30 Billiards with Jorge (GR)</p> <p>7:00 Coloring Club (B)</p>	<p>9:00 Spot The Difference (FD) <b>2</b></p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>10:00 Outing: Walmart (OUTI)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Wellness Education Talk: Faceology Skincare &amp; Spa (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>4:15 Sit and Get Fit! (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) <b>3</b></p> <p>9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 St. Mark's Roman Catholic Communion Service (C)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>2:00 Entertainment with Fran Townsend &amp; Robert Yeretch (ML)</p> <p>3:00 Teatime (B)</p> <p>4:15 Walking On The Second Floor (2FL)</p> <p>4:30 Living Loving Local Dinner Feature (D)</p> <p>7:00 Movie Night: Eddie the Eagle (Netflix) (T)</p>	<p>9:00 Cranium Crunch (FD) <b>4</b></p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>2:00 Chess, Checkers &amp; Scrabble Club with Lois (L)</p> <p>2:30 Handy Crafts: Resident Run (ML)</p> <p>3:00 Teatime (B)</p> <p>7:00 Movie Night: Resident Choice (T)</p>
<p>National Donut Day <b>5</b></p> <p>Daylight Savings- Fall Back</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) (L)</p> <p>2:00 Stouffville United Church - Virtual (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Teatime: Donuts (B)</p> <p>3:00 Documentary: Queen Cleopatra (Netflix) (T)</p> <p>7:00 Movie Night: The Sapphires (Netflix) (T)</p>	<p>National Nacho Day (B) <b>6</b></p> <p>9:30 Chair Yoga with Nicolas (FR)</p> <p>11:00 Outing: Bank Bus (Sign up Required) (MAI)</p> <p>1:00 Walking On The Second Floor (2FL)</p> <p>2:00 Meet me @ MoMA Lecture (T)</p> <p>3:00 Teatime: Nachos (B)</p> <p>3:30 Name That Tune! (ML)</p> <p>4:00 Drumfit (FR)</p> <p>7:00 Men's Movie Night: Fury (Netflix) (T)</p>	<p>9:30 Tai-Chi with Nicolas (FR) <b>7</b></p> <p>10:00 Go4Life Walking with Lauren (MAI)</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 Programs Meeting (ML)</p> <p>4:30 Sit and Get Fit! (2FL)</p> <p>4:30 Word Search (FD)</p> <p>7:00 Bingo! (MPR)</p>	<p>National Cappuccino Day (B) <b>8</b></p> <p>9:30 Music and Movement with Jorge (FR)</p> <p>10:00 Chair Exercise with Nicolas (FR)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>10:30 Java Music Club (ML)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Potato Poppies (MPR)</p> <p>2:00 Quiddler with Jorge (ML)</p> <p>2:00 Crafting with Diane (MPR)</p> <p>2:00 Virtually Verve Presentation: Stepping Towards Safety in Retirement Living (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Teatime: Cappuccino Day (B)</p> <p>3:30 Giant Crosswords (ML)</p> <p>3:30 Billiards with Jorge (GR)</p> <p>7:00 Coloring Club (B)</p>	<p>9:00 Spot The Difference (FD) <b>9</b></p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>10:00 Sonita Jewelry Vendor (MAI)</p> <p>10:00 Outing: Georgina Military Museum (OUTI)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Documentary Series "Live to 100 - Secrets of the Blue Zones" (Netflix) (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Technology Help/ Walmart Shopping Online (LEO)</p> <p>3:30 Dog Therapy with Theresa and Mookiee (MAI)</p> <p>4:15 Gentle Seated Yoga &amp; Stretch (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) <b>10</b></p> <p>9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)</p> <p>10:00 Remembrance Day Service (ML)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>11:30 Brunch</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Entertainment with Joe Crone (ML)</p> <p>3:00 Teatime (B)</p> <p>4:15 Walking On The Second Floor (2FL)</p> <p>7:00 Movie Night: All Quiet on the Western Front (Netflix) (T)</p>	<p>9:00 Cranium Crunch (FD) <b>11</b></p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>10:30 Remembrance Day Service - Live from Ottawa (T)</p> <p>2:00 Chess, Checkers &amp; Scrabble Club with Lois (L)</p> <p>2:30 Handy Crafts: Resident Run (ML)</p> <p>3:00 Teatime (B)</p> <p>7:00 Movie Night: Resident Choice (T)</p>
<p>9:00 Cranium Crunch (FD) <b>12</b></p> <p>10:45 Go For Life Walking Group (MAI)</p> <p>1:00 Puzzles (2FL)</p> <p>1:15 Cards with Friends (RR) (L)</p> <p>2:00 Stouffville United Church - Virtual (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Documentary: Queen Cleopatra (Netflix) (T)</p> <p>7:00 Movie Night: The Dig (Netflix) (T)</p>	<p>9:30 Chair Yoga with Nicolas (FR) <b>13</b></p> <p>10:00 Shuffleboard (ML)</p> <p>1:00 Walking On The Second Floor (2FL)</p> <p>2:00 Meet Me @ The MoMa Painting Session (MPR)</p> <p>3:00 Teatime (B)</p> <p>3:00 Teatime: Ice Cream Waffle Bowls (B)</p> <p>3:30 Name That Tune! (ML)</p> <p>4:00 Drumfit (FR)</p> <p>7:00 Men's Movie Night: A River Runs Through It (Netflix) (T)</p>	<p>9:30 Tai-Chi with Nicolas (FR) <b>14</b></p> <p>10:00 Go4Life Walking with Lauren (MAI)</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>4:30 Sit and Get Fit! (2FL)</p> <p>4:30 Word Search (FD)</p> <p>7:00 Bingo! (MPR)</p>	<p>9:30 Music and Movement with Jorge (FR) <b>15</b></p> <p>10:00 Mobile Senior Shop (ML)</p> <p>10:00 Chair Exercise with Nicolas (FR)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>10:30 Java Music Club (ML)</p> <p>11:00 Mobile Senior Sale (ML)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Harvest Moon (MPR)</p> <p>2:00 Quiddler with Jorge (ML)</p> <p>2:00 Crafting with Diane (MPR)</p> <p>3:00 Teatime (B)</p> <p>3:30 Giant Crosswords (ML)</p> <p>3:30 Billiards with Jorge (GR)</p> <p>7:00 Coloring Club (B)</p>	<p>9:00 Spot The Difference (FD) <b>16</b></p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>10:00 Outing: Blue Heron Casino (OUTI)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Documentary Series "Live to 100 - Secrets of the Blue Zones" (Netflix) (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Technology Help/ Walmart Shopping Online (LEO)</p> <p>3:30 Dog Therapy with Theresa and Mookiee (MAI)</p> <p>4:15 Gentle Seated Yoga &amp; Stretch (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) <b>17</b></p> <p>9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>2:00 Book Club: New Boy (MPR)</p> <p>3:00 Entertainment with Craig Brtnik (ML)</p> <p>3:00 Teatime (B)</p> <p>3:00 Teatime: Welcome Social (B)</p> <p>4:15 Walking On The Second Floor (2FL)</p> <p>7:00 Movie Night: Mowgli: Legend of the Jungle (Netflix) (T)</p>	<p>9:00 Cranium Crunch (FD) <b>18</b></p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>2:00 Chess, Checkers &amp; Scrabble Club with Lois (L)</p> <p>2:30 Handy Crafts: Resident Run (ML)</p> <p>3:00 Teatime (B)</p> <p>7:00 Movie Night: Resident Choice (T)</p>



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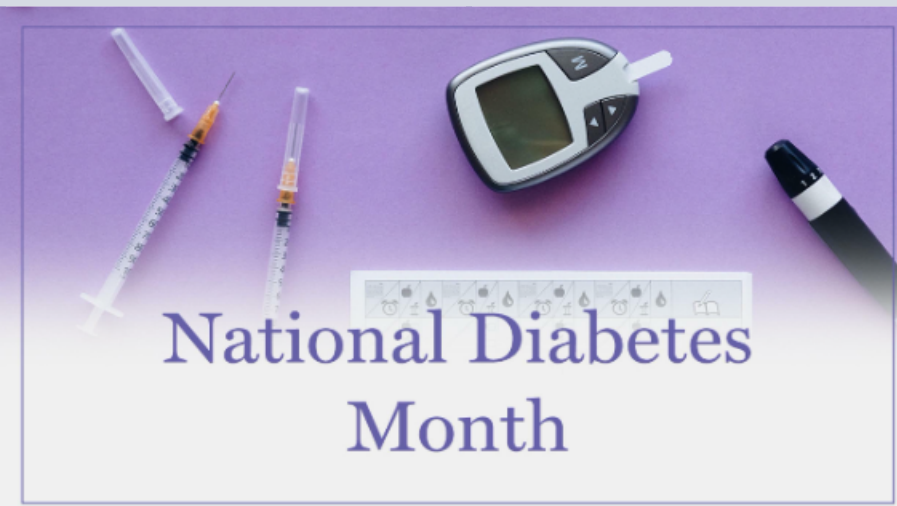
# November 2023

## Stouffville Creek Retirement Residence

STOUFFVILLE CREEK  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 1:00 Puzzles (2FL) 1:15 Cards with Friends (RR) (L) 2:00 Stouffville United Church - Virtual (T) 3:00 Teatime (B) 3:00 Documentary: Queen Cleopatra (Netflix) (T) 7:00 Movie Night: Central Intelligence (Netflix) (T)	<b>20</b> 9:30 Chair Yoga with Nicolas (FR) 11:00 <b>Outing: Dollarama (Sign up Required) (OUTI)</b> 1:00 Walking On The Second Floor (2FL) 1:30 Meet me @ MoMA Lecture (T) 2:00 Flute Concert with Laura Nashman (ML) 3:00 Teatime (B) 3:30 Name That Tune! (ML) 4:00 Drumfit (FR) 7:00 Men's Movie Night: The Italian Job (Netflix) (T)	<b>21</b> 9:30 Tai-Chi with Nicolas (FR) 10:00 Go4Life Walking with Lauren (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime (B) 3:15 <b>Education Talks: Understanding Arthritis (ML)</b> 4:30 Sit and Get Fit! (2FL) 4:30 Word Search (FD) 7:00 Bingo! (MPR)	<b>22</b> 9:30 Music and Movement with Jorge (FR) 10:00 Chair Exercise with Nicolas (FR) 10:30 Beats and Bops with Jorge (FR) 10:30 Java Music Club (ML) 11:30 Sit and Get Fit! (2FL) 1:30 <b>Artful enrichment: Bob's Misty Mountains (MPR)</b> 2:00 Quiddler with Jorge (ML) 2:00 <b>Crafting with Diane (MPR)</b> 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 3:30 Billiards with Jorge (GR) 7:00 Coloring Club (B)	<b>23</b> 9:00 Spot The Difference (FD) 9:30 Chair Exercise with Nicolas (FR) 11:30 <b>Lunch Outing: Swiss Chalet (OUTI)</b> 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Documentary Series "Live to 100 - Secrets of the Blue Zones" (Netflix) (T) 3:00 Teatime (B) 3:00 Technology Help/ Walmart Shopping Online (LEO) 3:30 Dog Therapy with Theresa and Mookiee (MAI) 4:15 <b>Gentle Seated Yoga &amp; Stretch (2FL)</b> 7:00 Movie Night: Resident Choice (T)	<b>24</b> <b>Hair Dresser Appointments (SAL)</b> 9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR) 11:30 Sit and Get Fit! (2FL) 2:00 Fit Minds: Stay Sharp (L) 3:00 <b>Entertainment with Dave Toms (ML)</b> 3:00 Teatime (B) 3:00 <b>Happy Hour &amp; Birthday Social (B)</b> 4:15 <b>Walking On The Second Floor (2FL)</b> 7:00 Movie Night: The Grizzlies (T)	<b>25</b> 9:00 Cranium Crunch (FD) 9:30 Virtual Seated Zumba (FR) 2:00 Chess, Checkers & Scrabble Club with Lois (L) 2:30 Handy Crafts: Resident Run (ML) 3:00 Teatime (B) 7:00 Movie Night: Resident Choice (T)
<b>26</b> 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group (MAI) 1:00 Puzzles (2FL) 1:15 Cards with Friends (RR) (L) 2:00 Stouffville United Church - Virtual (T) 3:00 Teatime (B) 3:00 Documentary: Queen Cleopatra (Netflix) (T) 7:00 Movie Night: Wonder (Netflix) (T)	<b>27</b> 9:30 Chair Yoga with Nicolas (FR) 10:00 Bocce Ball (ML) 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) 4:00 Drumfit (FR) 7:00 Men's Movie Night: Men in Black (Netflix) (T)	<b>28</b> 9:30 Tai-Chi with Nicolas (FR) 10:00 Go4Life Walking with Lauren (MAI) 12:00 Book Club Lunch and Discuss (MPR) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime (B) 3:30 <b>Resident General Forum (ML)</b> 4:30 Sit and Get Fit! (2FL) 4:30 Word Search (FD) 7:00 Bingo! (MPR)	<b>29</b> 9:30 Music and Movement with Jorge (FR) 10:00 Chair Exercise with Nicolas (FR) 10:30 Beats and Bops with Jorge (FR) 10:30 Java Music Club (ML) 11:00 Maria Jewellery Sale (B) 11:30 Sit and Get Fit! (2FL) 1:30 <b>Artful enrichment: Snowy Creek (MPR)</b> 2:00 Quiddler with Jorge (ML) 2:00 <b>Crafting with Diane (MPR)</b> 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 3:30 Billiards with Jorge (GR) 7:00 Coloring Club (B)	<b>30</b> 9:00 Spot The Difference (FD) 9:30 Chair Exercise with Nicolas (FR) 10:00 <b>Outing: Ripley's Aquarium (OUTI)</b> 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Documentary Series "Live to 100 - Secrets of the Blue Zones" (Netflix) (T) 3:00 Teatime (B) 3:00 Technology Help/ Walmart Shopping Online (LEO) 3:30 Dog Therapy with Theresa and Mookiee (MAI) 4:15 <b>Gentle Seated Yoga &amp; Stretch (2FL)</b> 7:00 Movie Night: Resident Choice (T)	<p>National Family Caregivers Month</p>	



### Locations Legend

2nd Floor Lounge (2FL)	Front Desk (FD)	Life Enrichment Office (LEO)
Main Lobby (MAI)	Library (L)	Salon (LL) (SAL)
Multipurpose Rm. (MPR)	Outing (OUTI)	Chapel (C)
	Games Room (GR)	Dining Room (D)

### Calendar Legend

<b>Outing</b>	Living, Loving, Local
<b>Special Program</b>	Signature Program