




INSPIRED SENIOR LIVING

January 2024

Stouffville Creek Retirement Residence

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:00 Go4Life Walking Resident Run (MAI) 1</p> <p>9:30 Virtual Chair Yoga (FR)</p> <p>1:00 Walking On The Second Floor (2FL)</p> <p>2:00 Meet me @ MoMA Lecture Handout (T)</p> <p>3:00 Teatime (B)</p> <p>4:00 Virtual - Drumfit (FR)</p> <p>7:00 Men's Movie Night: Jumanji (Netflix) (T)</p>	<p>9:00 Go4Life Walking: Residents Run (MAI) 2</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>1:00 Fit Minds: Interact Group (2FL)</p> <p>2:00 Word In A Word (ML)</p> <p>3:00 Teatime & Trivia (B)</p> <p>4:30 Sit and Get Fit! (2FL)</p> <p>7:00 Bingo! (MPR)</p>	<p>9:30 Chair Exercise with Nicolas (FR) 3</p> <p>10:30 Beats and Bops (FR)</p> <p>10:30 Java Music Club (ML)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>2:00 Crafting with Diane (MPR)</p> <p>2:00 Monopoly Cards with Karoline (Sign Up Required) (L)</p> <p>3:00 Teatime (B)</p> <p>3:30 Giant Crosswords (ML)</p> <p>3:30 Billiards Resident Run (GR)</p> <p>7:00 Coloring Club (B)</p>	<p>National Spaghetti Day (D) 4</p> <p>9:00 Spot The Difference (FD)</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 Technology Help/ Walmart Shopping Online (LEO)</p> <p>2:00 Documentary Series "The Hidden Lives of Pets" (Netflix) (T)</p> <p>3:00 Teatime (B)</p> <p>3:30 Dog Therapy with Theresa and Mookiee (MAI)</p> <p>4:30 Gentle Seated Yoga & Stretch (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) 5</p> <p>9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)</p> <p>9:30 Walking On The Second Floor (2FL)</p> <p>10:00 Go4Life Indoor Walking - Resident Run (MAI)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Winter Tree (MPR)</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>7:00 Movie Night: Julie & Julia (Netflix) (T)</p>	<p>9:00 Cranium Crunch (FD) 6</p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>10:00 Go4Life Walking Resident Run (MAI)</p> <p>2:00 Chess, Checkers & 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) 7</p> <p>10:45 Go For Life Walking Group- Resident Run (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>3:30 Netflix Series: The Crown (T)</p> <p>7:00 Movie Night: Ladies in Black (Netflix) (T)</p>	<p>9:00 Go4Life Walking Resident Run (MAI) 8</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>10:00 Outing: Breakfast Club at McDonalds (OUTI)</p> <p>1:00 Walking On The Second Floor (2FL)</p> <p>2:00 Meet Me @ The MoMa Painting Session (MPR)</p> <p>2:30 Card Games: Euchre (L)</p> <p>3:00 Teatime (B)</p> <p>3:30 Name That Tune! (ML)</p> <p>4:00 Drumfit with Lauren (FR)</p> <p>7:00 Men's Movie Night: Moneyball (N) (T)</p>	<p>9:30 Chair Exercise with Nicolas (FR) 9</p> <p>10:00 Go4Life Indoor Walking with Lauren (MAI)</p> <p>1:00 Fit Minds: Interact Group (2FL)</p> <p>2:00 Word In A Word (ML)</p> <p>2:00 Baking: Nutella Puff Pastry Twists (MPR)</p> <p>3:00 Teatime & Trivia! (B)</p> <p>3:30 Programs Meeting (ML)</p> <p>4:30 Sit and Get Fit! (2FL)</p> <p>7:00 Bingo! (MPR)</p>	<p>9:30 Chair Exercise with Nicolas (FR) 10</p> <p>10:30 Java Music Club (ML)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>2:00 Crafting with Diane (MPR)</p> <p>2:00 Monopoly Cards with Karoline (Sign Up Required) (L)</p> <p>2:00 Quiddler with Jorge (ML)</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) 11</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>11:30 Lunch Outing: East Side Mario's (OUTI)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Technology Help/ Walmart Shopping Online (LEO)</p> <p>2:00 Documentary Series "The Hidden Lives of Pets" (Netflix) (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Welcome Social (B)</p> <p>3:30 Dog Therapy with Theresa and Mookiee (MAI)</p> <p>4:30 Gentle Seated Yoga & Stretch (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) 12</p> <p>9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)</p> <p>10:00 Go4Life Indoor Walking with Lauren (MAI)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Milky Way Mountains (MPR)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Teatime (B)</p> <p>3:00 Entertainment with JV Music (ML)</p> <p>4:15 Walking On The Second Floor (2FL)</p> <p>7:00 Movie Night: Dumplin' (N) (T)</p>	<p>9:00 Cranium Crunch (FD) 13</p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>10:00 Go4Life Walking Resident Run (MAI)</p> <p>2:00 Chess, Checkers & 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) 14</p> <p>10:45 Go For Life Walking Group- Resident Run (MAI)</p> <p>11:30 Friends & Family Brunch (D)</p> <p>12:30 Entertainment with Craig Brtnik (ML)</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>3:30 Netflix Series: The Crown (T)</p> <p>7:00 Movie Night: Elvis (N) (T)</p>	<p>National Strawberry Ice Cream Day 15</p> <p>Martin Luther King Jr Day</p> <p>9:00 Go4Life Walking Resident Run (MAI)</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>11:00 Java Music Sing-a-long (2FL)</p> <p>1:00 Walking On The Second Floor (2FL)</p> <p>2:00 Meet me @ MoMA Lecture (T)</p> <p>2:30 Card Games: Euchre (L)</p> <p>3:00 Teatime Special: Strawberry Ice Cream (B)</p> <p>3:30 Name That Tune! (ML)</p> <p>4:00 Drumfit with Lauren (FR)</p> <p>7:00 Men's Movie Night: Mr & Mrs Smith (N) (T)</p>	<p>9:30 Chair Exercise with Nicolas (FR) 16</p> <p>10:00 Go4Life Indoor 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 & Trivia! (B)</p> <p>4:30 Sit and Get Fit! (2FL)</p> <p>7:00 Bingo! (MPR)</p>	<p>9:30 Chair Exercise with Nicolas (FR) 17</p> <p>10:30 Java Music Club (ML)</p> <p>10:30 Beats and Bops with Jorge (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>11:30 Bistro Special: Build your own Pizza (B)</p> <p>2:00 Crafting with Diane (MPR)</p> <p>2:00 Monopoly Cards with Karoline (Sign Up Required) (L)</p> <p>2:00 Quiddler with Jorge (ML)</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) 18</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>10:00 Outing: A Coffee & A Cruise (Country Drive) (OUTI)</p> <p>2:00 Go4Life Walking - Resident Run (MAI)</p> <p>2:00 Technology Help/ Walmart Shopping Online (LEO)</p> <p>2:00 Documentary Series "The Hidden Lives of Pets" (Netflix) (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Resident General Forum (ML)</p> <p>3:30 Shuffleboard (FR)</p> <p>4:30 Gentle Seated Yoga & Stretch (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) 19</p> <p>National Popcorn Day (B)</p> <p>9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)</p> <p>10:00 Go4Life Indoor Walking with Lauren (MAI)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:30 Artful enrichment: Cherry Blossom Mountains (MPR)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Entertainment with Gilad (ML)</p> <p>3:00 Teatime: Popcorn Tasting (B)</p> <p>4:15 Walking On The Second Floor (2FL)</p> <p>7:00 Movie Night: The Big Short (N) (T)</p>	<p>9:00 Cranium Crunch (FD) 20</p> <p>9:30 Virtual Seated Zumba (FR)</p> <p>10:00 Go4Life Walking Resident Run (MAI)</p> <p>2:00 Chess, Checkers & 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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Granola Day 21 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group- Resident Run (MAI) 1:00 Puzzles (2FL) 1:15 Cards with Friends (RR) (L) 2:00 Stouffville United Church - Virtual (T) 3:00 Teatime Special: Granola Bars (B) 3:30 Netflix Series: The Crown (T) 7:00 Movie Night: The Miracle Club (N) (T)	National Polka Dot Day: Put on your Polka Dots! 22 9:00 Go4Life Walking Resident Run (MAI) 9:30 Chair Exercise with Nicolas (FR) 11:00 Outing: Dollarama (Sign up Required) (OUTI) 1:00 Walking On The Second Floor (2FL) 2:00 Meet Me @ The MoMa Painting Session (MPR) 2:30 Card Games: Euchre (L) 3:00 Teatime (B) 3:30 Name That Tune! (ML) 4:00 Drumfit with Lauren (FR) 7:00 Men's Movie Night: The Dark Knight (N) (T)	9:30 Chair Exercise with Nicolas (FR) 23 10:00 Go4Life Indoor Walking with Lauren (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 2:00 Baking: Oreo Rice Krispie (MPR) 3:00 Teatime & Trivia! (B) 4:30 Sit and Get Fit! (2FL) 4:30 Word Search (FD) 7:00 Bingo! (MPR)	9:30 Chair Exercise with Nicolas (FR) 24 10:30 Java Music Club (ML) 10:30 Beats and Bops with Jorge (FR) 11:30 Sit and Get Fit! (2FL) 11:30 Bistro Special- Chef's Demo (B) 2:00 Crafting with Diane (MPR) 2:00 Book Club Lunch and Discuss (MPR) 2:00 Monopoly Cards with Karoline (Sign Up Required) (L) 2:00 Quiddler with Jorge (ML) 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 3:30 Billiards with Jorge (GR) 7:00 Coloring Club (B)	Robbie Burns Day 25 9:00 Spot The Difference (FD) 9:30 Chair Exercise with Nicolas (FR) 10:00 Outing: Blue Heron Casino (OUTI) 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Technology Help/ Walmart Shopping Online (LEO) 2:00 Education Talk: All About Pain Management (ML) 2:00 Documentary Series "The Hidden Lives of Pets" (Netflix) (T) 3:00 Birthday Social (B) 3:00 Teatime - Robbie Burns Day! (B) 3:30 Balloon Volleyball (ML) 4:30 Gentle Seated Yoga & Stretch (2FL) 7:00 Movie Night: Resident Choice (T)	Hair Dresser Appointments (SAL) 26 9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR) 10:00 Go4Life Indoor Walking with Lauren (MAI) 11:30 Sit and Get Fit! (2FL) 1:30 Artful enrichment: Celestial Silhouette Painting (MPR) 2:00 Fit Minds: Stay Sharp (L) 3:00 Teatime (B) 3:00 Entertainment with Jay Franco (ML) 4:15 Walking On The Second Floor (2FL) 7:00 Movie Night: The Girl with the Dragon Tattoo (N) (T)	National Chocolate Cake Day 27 9:00 Cranium Crunch (FD) 9:30 Virtual Seated Zumba (FR) 10:00 Go4Life Walking Resident Run (MAI) 2:00 Chess, Checkers & Scrabble Club with Lois (L) 2:30 Handy Crafts: Resident Run (ML) 3:00 Teatime Special: Chocolate Cake (B) 7:00 Movie Night: Resident Choice (T)
9:00 Cranium Crunch (FD) 28 10:45 Go For Life Walking Group- Resident Run (MAI) 1:00 Puzzles (2FL) 1:15 Cards with Friends (RR) (L) 2:00 Stouffville United Church - Virtual (T) 3:00 Teatime (B) 3:30 Netflix Series: The Crown (T) 7:00 Movie Night: Hitch (N) (T)	9:00 Go4Life Walking Resident Run (MAI) 29 9:30 Chair Exercise with Nicolas (FR) 11:00 Java Music Sing-a-long (2FL) 1:00 Walking On The Second Floor (2FL) 2:00 Meet me @ MoMA Lecture (T) 2:30 Card Games: Euchre (L) 3:00 Teatime (B) 3:30 Name That Tune! (ML) 4:00 Drumfit with Lauren (FR) 7:00 Men's Movie Night: No Country for Old Men (N) (T)	National Croissant Day 30 9:30 Chair Exercise with Nicolas (FR) 10:00 Go4Life Indoor Walking with Lauren (MAI) 10:00 Vendor: Sonita Jewelry (B) 12:30 Book Club Lunch and Discuss (MPR) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime Special: Chocolate Drizzled Croissants (B) 3:00 Education Talks with HomeInstead (ML) 4:30 Sit and Get Fit! (2FL) 4:30 Word Search (FD) 7:00 Bingo! (MPR)	National Hot Chocolate Day 31 9:30 Chair Exercise with Nicolas (FR) 10:30 Java Music Club (ML) 10:30 Beats and Bops with Jorge (FR) 11:30 Sit and Get Fit! (2FL) 2:00 Crafting with Diane (MPR) 2:00 Monopoly Cards with Karoline (Sign Up Required) (L) 2:00 Quiddler with Jorge (ML) 3:00 Teatime Special: Hot Chocolate (B) 3:30 Giant Crosswords (ML) 3:30 Billiards with Jorge (GR) 7:00 Coloring Club (B)			



- Locations Legend**
- Bistro (B)
 - Fitness Room (FR)
 - 2nd Floor Lounge (2FL)
 - Mimosa Lounge (ML)

- Locations Legend**
- Theater (T)
 - Main Lobby (MAI)
 - Library (L)
 - Multipurpose Rm. (MPR)
 - Front Desk (FD)

- Locations Legend**
- Outing (OUTI)
 - Games Room (GR)
 - Life Enrichment Office (LEO)
 - Salon (LL) (SAL)
 - Dining Room (D)

- Calendar Legend**
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program