



INSPIRED SENIOR LIVING

February 2024

Stouffville Creek Retirement Residence

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>	 <p>Lunar Year Dragon</p>					
<p>9:00 Cranium Crunch (FD) 4</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: The Mirror Has Two Faces (N) (T)</p>	<p>9:00 Go4Life Walking Resident Run (MAI) 5</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>10:00 Outing: Bank Bus (Sign up Required) (OUTI)</p> <p>1:00 Walking On The Second Floor (2FL)</p> <p>2:00 Meet me @ MoMA Lecture: Jin-me Yoon (T)</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: The Tourist (N) (T)</p>	<p>National Frozen Yogurt Day 6</p> <p>9:30 Chair Exercise & Falls Prevention with Nicolas (FR)</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 Special: Frozen Yogurt (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>9:30 Chair Exercise with Nicolas (FR) 7</p> <p>10:30 Java Music Club (ML)</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 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) 8</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>11:30 Lunch Outing: Swiss Chalet (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 Last Dance" (Netflix) (T)</p> <p>3:00 Teatime (B)</p> <p>3:00 Welcome Social (B)</p> <p>4:30 Gentle Seated Yoga & Stretch (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) 9</p> <p>National Wear Red for Heart Health Day</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>11:00 DrumFit with Lauren (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:00 Artful enrichment: Dabbed Heart (MPR)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Teatime (B)</p> <p>3:00 Entertainment with Across the Pond "60s Show" (ML)</p> <p>4:15 Walking On The Second Floor (2FL)</p> <p>7:00 Movie Night: Lift (N) (T)</p>	<p>9:00 Cranium Crunch (FD) 10</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 Resident run (L)</p> <p>2:30 Handy Crafts: Resident Run (ML)</p> <p>3:00 Teatime & Games (B)</p> <p>4:30 Chinese New Year Dinner</p> <p>7:00 Movie Night: Resident Choice (T)</p>
<p>9:00 Cranium Crunch (FD) 11</p> <p>10:45 Go For Life Walking Group- Resident Run (MAI)</p> <p>11:30 Friends & Family Brunch and Entertainment by Cara Chisholm (D)</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>6:30 Superbowl Sunday on the Big Screen! (T)</p>	<p>9:00 Go4Life Walking Resident Run (MAI) 12</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 MoMa: Paint by Numbers (MPR)</p> <p>2:00 Valentine's Day: Paint your Own Canvas Kit (2FL)</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: When the Game Stands Tall (N) (T)</p>	<p>Shrove Tuesday 13</p> <p>9:30 Chair Exercise & Falls Prevention with Nicolas (FR)</p> <p>10:00 Go4Life Indoor Walking with Lauren (MAI)</p> <p>11:30 Bistro Special: Pancakes (B)</p> <p>1:00 Fit Minds: Interact Group (2FL)</p> <p>1:00 Talks with Trish (1st floor) (ML)</p> <p>2:00 Word In A Word (ML)</p> <p>2:30 Nails with Karoline - Sign up (SAL)</p> <p>3:00 Teatime & Trivia! (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>Valentines Day- Wear Red, White or Pink. 14</p> <p>9:30 Chair Exercise with Nicolas (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 Quiddler with Jorge (ML)</p> <p>3:00 Teatime (B)</p> <p>3:00 Valentines Day Social - Get to Know Your Neighbour (ML)</p> <p>3:30 Giant Crosswords (ML)</p> <p>3:30 Billiards with Jorge (GR)</p> <p>4:30 Valentines Day Dinner (D)</p> <p>7:00 Coloring Club (B)</p>	<p>9:00 Spot The Difference (FD) 15</p> <p>9:30 Chair Exercise with Nicolas (FR)</p> <p>11:00 Outing: Markville Mall (OUTI)</p> <p>1:00 Talks with Trish (3rd floor) (ML)</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 Last Dance" (Netflix) (T)</p> <p>3:00 Teatime (B)</p> <p>3:15 Java Music Sing-a-long (2FL)</p> <p>4:30 Gentle Seated Yoga & Stretch (2FL)</p> <p>7:00 Movie Night: Resident Choice (T)</p>	<p>Hair Dresser Appointments (SAL) 16</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>11:00 DrumFit with Lauren (FR)</p> <p>11:30 Sit and Get Fit! (2FL)</p> <p>1:00 Artful enrichment: Doe-eyed Deer Painting (MPR)</p> <p>2:00 Fit Minds: Stay Sharp (L)</p> <p>3:00 Teatime (B)</p> <p>3:00 Entertainment with Peter Mennie (Comedian) (ML)</p> <p>4:15 Walking On The Second Floor (2FL)</p> <p>7:00 Movie Night: The Proposal (N) (T)</p>	<p>9:00 Cranium Crunch (FD) 17</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 Resident run (L)</p> <p>2:30 Handy Crafts: Resident Run (ML)</p> <p>3:00 Teatime Special: Strawberry Ice Cream (B)</p> <p>7:00 Movie Night: Resident Choice (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 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 (B) 3:30 Netflix Series: The Crown (T) 7:00 Movie Night: Annie (N) (T)	19 Family Day 9:00 Go4Life Walking Resident Run (MAI) 9:30 Virtual Chair Exercise (FR) 1:00 Walking On The Second Floor: Resident Run (2FL) 2:00 Meet me @ MoMA Lecture- Jinny Yu Handout (FD) 2:30 Card Games: Euchre (L) 3:00 Teatime (B) 4:00 Virtual Drumfit (FR) 7:00 Men's Movie Night: The Monuments Men (N) (T)	20 National Cherry Pie Day 9:30 Eyecare Express Exams (Sign up required) (ML) 9:30 Chair Exercise & Falls Prevention with Nicolas (FR) 10:00 Go4Life Indoor Walking with Lauren (MAI) 1:00 Fit Minds: Interact Group (2FL) 1:00 Talks with Trish (4th floor) (ML) 2:00 Word In A Word (ML) 3:00 Teatime Special: Cherry Pie (B) 3:00 Teatime & Trivia! (B) 4:30 Sit and Get Fit! (2FL) 4:30 Word Search (FD) 7:00 Bingo! (MPR)	21 9:30 Chair Exercise with Nicolas (FR) 10:30 Java Music Club (ML) 11:30 Sit and Get Fit! (2FL) 2:00 Crafting with Diane (MPR) 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)	22 National Chili Day National Margarita Day 9:00 Spot The Difference (FD) 9:30 Chair Exercise with Nicolas (FR) 10:00 Outing: Dollarama (Sign up Required) (OUTI) 11:30 Bistro Special: Chili (B) 1:00 Talks with Trish (5th floor) (ML) 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Technology Help/ Walmart Shopping Online (LEO) 2:00 Documentary Series "The Last Dance" (Netflix) (T) 3:00 Teatime (B) 3:30 Happy Hour : Margarita (B) 4:30 Gentle Seated Yoga & Stretch (2FL) 7:00 Movie Night: Resident Choice (T)	23 Hair Dresser Appointments (SAL) 9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR) 10:00 Go4Life Indoor Walking with Lauren (MAI) 11:00 DrumFit with Lauren (FR) 11:30 Sit and Get Fit! (2FL) 1:00 Artful enrichment: Lighthouse Drawing & Painting (MPR) 2:00 Fit Minds: Stay Sharp (L) 3:00 Teatime (B) 3:00 Entertainment with Marcus Schwan (ML) 4:15 Walking On The Second Floor (2FL) 4:30 Italian Theme Dinner (D) 7:00 Movie Night: The Nanny Diaries (T)	24 9:00 Cranium Crunch (FD) 9:30 Virtual Seated Zumba (FR) 10:00 Go4Life Walking Resident Run (MAI) 2:00 Chess, Checkers & Scrabble Club Resident run (L) 2:30 Handy Crafts: Resident Run (ML) 3:00 Teatime & Games (B) 3:00 Teatime Special: Butter Cookies (B) 7:00 Movie Night: Resident Choice (T)
25 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 (B) 3:30 Netflix Series: The Crown (T) 7:00 Movie Night: Maudie (N) (T)	26 9:00 Go4Life Walking Resident Run (MAI) 9:30 Chair Exercise with Nicolas (FR) 10:30 Shuffleboard (ML) 1:00 Walking On The Second Floor (2FL) 2:00 MoMa: Paint by Numbers (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: After the Sunset (N) (T)	27 9:30 Chair Exercise & Falls Prevention with Nicolas (FR) 10:00 Go4Life Indoor Walking - Resident Run (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 2:00 Talks with Trish (2nd floor) (2FL) 3:00 Teatime & Trivia! (B) 3:30 Education Talks (ML) 4:30 Sit and Get Fit! (2FL) 4:30 Word Search (FD) 7:00 Bingo! (MPR)	28 9:30 Chair Exercise with Nicolas (FR) 10:30 Java Music Club (ML) 11:30 Sit and Get Fit! (2FL) 12:00 Book Club Lunch and Discuss (MPR) 2:00 Crafting with Diane (MPR) 2:00 Quiddler with Jorge (ML) 2:00 Monopoly Cards- Resident Run (L) 3:00 Teatime (B) 3:30 Giant Crosswords (ML) 3:30 Billiards with Jorge (GR) 7:00 Coloring Club (B)	29 9:00 Spot The Difference (FD) 9:30 Chair Exercise with Nicolas (FR) 10:00 Outing: Walmart (OUTI) 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Technology Help/ Walmart Shopping Online (LEO) 2:00 Resident General Forum (ML) 2:00 Documentary Series "The Last Dance" (Netflix) (T) 3:00 Teatime (B) 4:30 Gentle Seated Yoga & Stretch (2FL) 7:00 Movie Night: Resident Choice (T)	<p>WEDNESDAY FEB 14 Valentine's Day</p>	



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

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

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

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