



INSPIRED SENIOR LIVING

# March 2024

## Stouffville Creek Retirement Residence

STOUFFVILLE CREEK  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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- 1**
- Hair Dresser Appointments (SAL)
  - Peanut Butter Lover's Day
  - 9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)
  - 10:00 Go4Life Outdoor Walking Club (MAI)
  - 11:00 DrumFit with Lauren (FR)
  - 11:30 Sit and Get Fit! (2FL)
  - 1:00 Artful enrichment: Clover Field (MPR)
  - 1:30 St. Mark's Roman Catholic Communion Service (C)
  - 2:00 Fit Minds: Stay Sharp (L)
  - 3:00 Entertainment with Gilad (ML)
  - 3:00 Teatime Special: Peanut Butter Cookies (B)
  - 4:15 Walking On The Second Floor (2FL)
  - 4:30 Living Loving Local Dinner Feature (D)
  - 7:00 Movie Night: Indian Horse (N) (T)

- 2**
- 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 Special: Mini Cupcakes (B)
  - 7:00 Movie Night: Resident Choice (T)

- 3**
- 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: Queen Bees (N) (T)

- 4**
- 9:00 Go4Life Walking Resident Run (MAI)
  - 9:30 Chair Exercise with Nicolas (FR)
  - 10:00 Wii Sports (BILL)
  - 1:00 Walking On The Second Floor (2FL)
  - 2:00 Crafters Corner: Try Something New! Paper Flowers (MPR)
  - 2:30 Shuffleboard, Pool and Darts (BILL)
  - 3:00 Teatime (B)
  - 3:30 Name That Tune! (ML)
  - 4:00 Drumfit with Lauren (FR)
  - 7:00 Men's Movie Night: Indiana Jones & The Last Crusade (T)

- 5**
- 9:30 Chair Exercise & Falls Prevention with Nicolas (FR)
  - 10:00 Go4Life Indoor Walking with Lauren (MAI)
  - 1:00 Fit Minds: Interact Group (2FL)
  - 1:30 Mobile Hearing Clinic (Sign Up) (L)
  - 2:00 Word In A Word (ML)
  - 3:00 Teatime & Trivia (B)
  - 4:30 Sit and Get Fit! (2FL)
  - 4:30 Word Search (FD)
  - 6:30 Bingo! (MPR)

- 6**
- 9:30 Chair Exercise with Nicolas (FR)
  - 10:00 Wheelchair/Walker Clinic (Sign up Required) (ML)
  - 10:30 Java Music Club (ML)
  - 11:30 Sit and Get Fit! (2FL)
  - 12:00 Book Club Lunch and Discuss (MPR)
  - 1:00 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)

- 7**
- 9:00 Spot The Difference (FD)
  - 9:30 Chair Exercise with Nicolas (FR)
  - 10:00 Outing: Encore Symphonic Concert Band Concert (OUTI)
  - 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: Birthday Social (B)
  - 3:30 Dog Therapy with Theresa and Mookiee (MAI)
  - 4:30 Gentle Seated Yoga & Stretch (2FL)
  - 7:00 Movie Night: Resident Choice (T)

- 8**
- International Womans' day
  - Hair Dresser Appointments (SAL)
  - 9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)
  - 10:00 Go4Life Outdoor Walking Club (MAI)
  - 11:00 DrumFit with Lauren (FR)
  - 11:30 Sit and Get Fit! (2FL)
  - 1:00 Artful enrichment: Beginner Seaside Canvas Painting with Diane (MPR)
  - 2:00 Fit Minds: Stay Sharp (L)
  - 3:00 Teatime (B)
  - 3:00 Entertainment with Manvir Rai (ML)
  - 4:15 Walking On The Second Floor (2FL)
  - 7:00 Movie Night: Pretty Woman (N) (T)

- 9**
- 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)
  - 7:00 Movie Night: Resident Choice (T)

- 10**
- Daylight Savings
  - 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: How Do You Know (N) (T)
  - 7:00 Oscars (ML)

- 11**
- 9:00 Go4Life Walking Resident Run (MAI)
  - 9:30 Chair Exercise with Nicolas (FR)
  - 10:00 Wii Sports (BILL)
  - 10:30 Outing: Shoppers Drug Mart/LCBO Plaza (OUTI)
  - 1:00 Walking On The Second Floor (2FL)
  - 1:00 Book Club Pick Up (FD)
  - 2:00 Meet me @ MoMA Lecture (T)
  - 2:30 Shuffleboard, Pool and Darts (BILL)
  - 3:00 Teatime (B)
  - 3:30 Name That Tune! (ML)
  - 4:00 Drumfit with Lauren (FR)
  - 7:00 Men's Movie Night: Air Force One (N) (T)

- 12**
- 9:30 Chair Exercise & Falls Prevention with Nicolas (FR)
  - 10:00 Go4Life Indoor Walking with Lauren (MAI)
  - 1:00 Fit Minds: Interact Group (2FL)
  - 2:00 Word In A Word (ML)
  - 2:00 Bean Bag Toss (FR)
  - 3:00 Teatime & Trivia (B)
  - 3:30 Programs Meeting - All About Cruise Week! (ML)
  - 4:30 Sit and Get Fit! (2FL)
  - 4:30 Word Search (FD)
  - 6:30 Bingo! (MPR)

- 13**
- 9:30 Chair Exercise with Nicolas (FR)
  - 10:30 Java Music Club (ML)
  - 11:30 Sit and Get Fit! (2FL)
  - 1:00 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)

- 14**
- National Potato Chip Day
  - 9:00 Spot The Difference (FD)
  - 9:30 Chair Exercise with Nicolas (FR)
  - 10:00 Outing: Michael's (OUTI)
  - 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: Welcome Social (B)
  - 3:00 Teatime Special: Potato Chips (B)
  - 3:30 Dog Therapy with Theresa and Mookiee (MAI)
  - 4:30 Gentle Seated Yoga & Stretch (2FL)
  - 7:00 Movie Night: Resident Choice (T)

- 15**
- Hair Dresser Appointments (SAL)
  - 9:30 Priority One Chair Exercise - Falls Prevention with Nicolas (FR)
  - 10:00 Go4Life Outdoor Walking Club (MAI)
  - 11:00 DrumFit with Lauren (FR)
  - 11:30 Sit and Get Fit! (2FL)
  - 1:00 Artful enrichment: Evening Sail Watercolour Painting (MPR)
  - 2:00 Fit Minds: Stay Sharp (L)
  - 3:00 Teatime (B)
  - 3:00 Entertainment with Robert & Fran - St. Patrick's Day Celebration (ML)
  - 4:15 Walking On The Second Floor (2FL)
  - 7:00 Movie Night: Back to the Future (N) (T)

- 16**
- 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 (B)
  - 7:00 Movie Night: Resident Choice (T)





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>St. Patrick's Day (B)</b> <b>Theme Day: Wear Green!</b> <b>17</b> 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: Fools Gold (N) (T)	9:00 Go4Life Walking Resident Run (MAI) <b>18</b> 9:30 Chair Exercise with Nicolas (FR) 10:00 Outing: Canadian Tire & Marks (OUTI) 10:00 Wii Sports (BILL) 1:00 Walking On The Second Floor (2FL) 2:00 Crafters Corner: Try Something New! Lavender Pouches (MPR) 2:30 Shuffleboard, Pool and Darts (BILL) 3:00 Teatime (B) 3:30 Name That Tune! (ML) 4:00 Drumfit with Lauren (FR) 7:00 Men's Movie Night: Catch Me If You Can (N) (T)	<b>Sarah Ann's FootCare on site (SAL)</b> <b>19</b> 9:30 Chair Exercise & Falls Prevention with Nicolas (FR) 10:00 Go4Life Indoor Walking with Lauren (MAI) 1:00 Fit Minds: Interact Group (2FL) 2:00 Word In A Word (ML) 3:00 Teatime & Trivia (B) 4:30 Sit and Get Fit! (2FL) 4:30 Word Search (FD) 6:30 Bingo! (MPR)	9:30 Chair Exercise with Nicolas (FR) <b>20</b> 10:30 Java Music Club (ML) 11:30 Sit and Get Fit! (2FL) 1:00 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) 3:30 Nails with Karoline - Sign up (SAL) 7:00 Coloring Club (B)	<b>Cruise Week: Spain</b> <b>Theme Day: Sundress Day in Spain!</b> <b>21</b> 9:00 Mediterranean Spot The Difference (FD) 9:30 Spanish Chair Exercise with Nicolas (FR) 10:00 Travelogue: Spain! (ML) 11:30 Outing: Willow Springs Winery (OUTI) 2:00 Go4Life Walking - Resident Run (MAI) 2:00 Technology Help/ Walmart Shopping Online (LEO) 2:00 Spanish Documentary: Chef's Table - Spanish Food (N) (T) 3:00 Teatime: Sangria & Churros (B) 3:30 Dog Therapy with Theresa and Mookiee (MAI) 4:30 Mediterranean Gentle Seated Yoga & Stretch (2FL) 4:30 Cruise Week Opening Dinner Gala (D) 7:00 Movie Night: Book Club, The Next Chapter (N) (T)	<b>Hair Dresser Appointments (SAL)</b> <b>22</b> <b>Cruise Week: Morocco</b> <b>Theme Day: Tacky Tourist Day! Dress in your tackiest tourist attire</b> 9:30 Moroccan Chair Exercise - Falls Prevention with Nicolas (FR) 10:00 Travelogue: Morocco! (ML) 10:00 Go4Life Excursion - Scavenger Hunt! (pick up at reception desk) (MAI) 11:00 Staff Limbo Contest! (B) 11:30 Mediterranean Sit and Get Fit! (2FL) 1:00 Artful enrichment: Moroccan Paper Lanterns (MPR) 2:00 Fit Minds: Stay Sharp (L) 3:00 Entertainment by Moroccan Belly Dancers (ML) 3:00 Teatime: Mint Tea & "Name That Spice" (B) 4:15 Walking the Plank On The Second Floor (2FL) 7:00 Movie Night: Love & Gelato (T)	<b>Cruise Week: Italy</b> <b>23</b> <b>Theme Day: Wear Red, White or Green!</b> 9:00 Cruise Week Cranium Crunch (FD) 9:30 Virtual Seated Zumba (FR) 10:00 Go4Life Excursion - Scavenger Hunt (pick up at reception desk) (MAI) 10:00 Travelogue: Italy! (ML) 1:00 Open House with Entertainment by Bruce Tournay (ML) 2:00 Artful Enrichment Craft: Floral Painted Glass (L) 3:00 Teatime (B) 7:00 Movie Night: Eat Pray Love (N) (T)
<b>Cruise Week: Türkiye</b> <b>24</b> <b>Theme Day: Let's Get Colourful! Wear your tie dye or any bright colours today!</b> 9:00 Cruise Week Cranium Crunch (FD) 10:00 Travelogue: Türkiye! (ML) 10:45 Go4Life Excursion - Walking Group (MAI) 1:00 Deck Games: Puzzles (2FL) 1:15 Deck Games: Cards with Friends (RR) (L) 2:00 Stouffville United Church - Virtual (T) 3:00 Teatime: Turkish Coffee & Turkish Delight Sampling (B) 3:30 Netflix Series: Chef's Table - Turkey (T) 7:00 Movie Night: Mamma Mia! (N) (T)	<b>Cruise Week: Greece</b> <b>25</b> <b>Theme Day: Beach Day in the Greek Islands - wear your beach attire!</b> 9:30 Chair Exercise with Nicolas in the Greek Islands (FR) 10:00 Wii Sports in Olympia Stadium (BILL) 10:00 Travelogue: Greece! (ML) 11:00 Deck Games: Shuffleboard, Pool and Darts (BILL) 11:30 Cruise Week Captain's Lunch (D) 1:00 Walking The Plank on the Second Floor (2FL) 2:00 The Flagman Presentation - Mediterranean Flags (ML) 3:00 Teatime: Lemonade (B) 3:00 Staff & Resident Toga Contest! (L) 3:30 Mediterranean Name That Tune! (ML) 4:00 DrumFit on the Beach (FR) 7:00 Monday Night Movie Night: Somethings Gotta Give (N) (T)	<b>Sarah Ann's FootCare on site (SAL)</b> <b>26</b> <b>Cruise Week: Croatia (B)</b> <b>Theme Day: Dress in Red, Blue and White &amp; grab your favourite sunhat!</b> 9:30 Mediterranean Chair Exercise & Falls Prevention with Nicolas (FR) 10:00 Go4Life Excursion - Scavenger Hunt (pick up from reception desk) (MAI) 10:00 Travelogue: Croatia! (ML) 12:00 Luncheon Picnic on The Golden Cape (RSVP required) (MPR) 1:00 Fit Minds: Interact Group (2FL) 2:00 Travel themed Word In A Word (ML) 3:00 On Board Entertainment with "Harmony" (ML) 3:30 Cocktail Hour: Mojito (B) 4:30 Sit and Get Fit in Croatia (2FL) 4:30 Mediterranean Word Search (FD) 6:30 Cruise Ship Bingo! (MPR) 7:00 Movie Night: Love in the Villa (N) (T)	<b>Cruise Week: France</b> <b>27</b> <b>Theme Day: Scarf &amp; Beret Day!</b> 9:30 Chair Exercise with Nicolas (FR) 10:00 Classy Cruise Jewelry by Maria (B) 10:00 Travelogue: France! (ML) 10:30 Mediterranean Music Club (ML) 11:30 Sit and Get Fit! (2FL) 11:30 Cruise Week Chef's Demo (B) 1:00 Crafting with Diane (MPR) 1:00 Caricatures on Board (B) 3:00 Teatime: Wine & Cheese Plates (B) 3:30 Deck Games: Billiards (GR) 3:30 Deck Games: Giant Crosswords (ML) 7:00 Movie Night: Made in Italy (N) (T)	<b>Cruise Week: Return Home to Canada</b> <b>28</b> <b>Theme Day: Dress in Red &amp; White</b> 9:00 Spot The Difference - Canadian Edition (FD) 9:30 Chair Exercise with Nicolas (FR) 10:00 Outing: Maple Syrup Festival at Kortright Conservation Area (OUTI) 2:00 Technology Help/ Walmart Shopping Online (LEO) 2:00 Documentary Series: Our Canadian Provinces (YT) (T) 3:00 Teatime: Maple Cookies (B) 3:30 Dog Therapy with Theresa and Mookiee (MAI) 4:30 Gentle Seated Yoga & Stretch (2FL) 4:30 Cruise Week Gala Dinner (D) 7:00 Movie Night: The Tourist (T)	<b>Hair Dresser Appointments (SAL)</b> <b>29</b> <b>Good Friday</b> 9:30 Priority One Chair Exercise - Virtual (FR) 10:00 Go4Life Walking Resident Run (MAI) 10:00 Go4Life Outdoor Walking Club (MAI) 11:00 Virtual Drumfit (FR) 11:30 Virtual Sit and Get Fit! (2FL) 1:00 Artful Minds Handout- Word Search: Art Movements (FD) 2:00 Fit Minds: Stay Sharp (L) 3:00 Teatime (B) 3:00 Entertainment with Robert D'Cruz (ML) 4:15 Walking On The Second Floor (2FL) 7:00 Movie Night: Safe Haven (N) (T)	9:00 Cranium Crunch (FD) <b>30</b> 9:30 Virtual Seated Zumba (FR) 10:00 Go4Life Walking Resident Run (MAI) 11:00 Meet Me @ the MoMA Lecture (Handout) (2FL) 2:00 Chess, Checkers & Scrabble Club Resident run (L) 2:30 Handy Crafts: Resident Run (ML) 3:00 Teatime (B) 7:00 Movie Night: Resident Choice (T)

<b>Easter</b> <b>31</b> 9:00 Cranium Crunch (FD) 10:45 Go For Life Walking Group- Resident Run (MAI) 11:00 Easter Brunch & Entertainment by Zack Wojtala (D) 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: Chocolat (N) (T)
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**Locations Legend**

Mimosa Lounge (ML)	Multipurpose Rm. (MPR)
Bistro (B)	Salon (LL) (SAL)
Theater (T)	Billiards (BILL)
2nd Floor Lounge (2FL)	Outing (OUTI)
Fitness Room (FR)	Dining Room (D)
Main Lobby (MAI)	Games Room (GR)
Front Desk (FD)	Life Enrichment Office (LEO)
Library (L)	Chapel (C)

**Calendar Legend**

Outing

Special Program

Cruise Week

Living, Loving, Local

Signature Program