




INSPIRED SENIOR LIVING

# November 2023

## White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH  Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:15 Morning "Good" News (4TH) <b>5</b></p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:15 Word Games (4TH)</p> <p>1:15 Bingo! (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 DrumFit (MT)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>6</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Board Game Fun (4TH)</p> <p>1:15 Adult Colouring Group (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>7</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>11:15 Tuesday Trivia (FFL)</p> <p>1:00 Crafter's Corner: Poppy Craft (CR)</p> <p>2:15 Bingo! (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Seated Yoga with Emily (MT) <b>1</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Artfull Enrichment (4TH)</p> <p>11:00 Gemini Jewellery Sale (ML)</p> <p>1:30 Scenic Drive (OUT)</p> <p>3:00 Gourmet Treats by Asha &amp; Afternoon Tea (4DR)</p> <p>3:45 Reminiscing "Scents" (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>2</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Java Music Club Singalong Group (TVL)</p> <p>1:15 Indoor Go4Life Walking Club (4TH)</p> <p>2:00 Fit Minds (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>3</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Mind Joggers (4TH)</p> <p>2:00 Card Games (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Just Jokes (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Balloon Ball (MT) <b>4</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:00 Aromatherapy Hand Massage (FFL)</p> <p>2:15 Sing Along (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p>
<p>9:15 Morning "Good" News (4TH) <b>5</b></p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:15 Word Games (4TH)</p> <p>1:15 Bingo! (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 DrumFit (MT)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>6</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Board Game Fun (4TH)</p> <p>1:15 Adult Colouring Group (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>7</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>11:15 Tuesday Trivia (FFL)</p> <p>1:00 Crafter's Corner: Poppy Craft (CR)</p> <p>2:15 Bingo! (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Tai Chi (MT) <b>8</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>3:00 Gourmet Treats by Asha &amp; Afternoon Tea (4DR)</p> <p>3:45 Reminiscing "Sounds" (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>9</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Java Music Club Singalong Group (TVL)</p> <p>1:15 Indoor Go4Life Walking Club (4TH)</p> <p>2:00 Fit Minds (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>10:00 Morning Snack &amp; Chat (4DR) <b>10</b></p> <p>1:00 Mind Joggers (4TH)</p> <p>2:00 Card Games (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Just Jokes (FFL)</p> <p>6:00 Disco Night for Everyone (ML)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Balloon Ball (MT) <b>11</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Remembrance Day Service (ML)</p> <p>2:00 Swingeasy Quintet Performs (DR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p> <p style="text-align: center;"><b>Remembrance Day</b></p>
<p>9:15 Morning "Good" News (4TH) <b>12</b></p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:15 Word Games (4TH)</p> <p>1:15 Bingo! (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 DrumFit (MT)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>13</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Board Game Fun (4TH)</p> <p>1:00 Crafter's Corner: Beaded Necklaces (FFL)</p> <p>1:15 Adult Colouring Group (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>14</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Clarrington Library Visits (MFL) (ML)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>11:15 Tuesday Trivia (FFL)</p> <p>1:00 Celebrating Caregiver's: Mini Mani's (MT)</p> <p>2:15 Bingo! (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Seated Yoga with Emily (MT) <b>15</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Bake Sale (ML)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>3:00 Gourmet Treats by Asha &amp; Afternoon Tea (4DR)</p> <p>3:45 Reminiscing "Textures" (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>16</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Java Music Club Singalong Group (TVL)</p> <p>1:15 Indoor Go4Life Walking Club (4TH)</p> <p>2:00 Afternoon Tunes with Terry Maxwell (MPR)</p> <p>2:00 Fit Minds (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>17</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>1:00 Mind Joggers (4TH)</p> <p>2:00 Card Games (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Just Jokes (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Balloon Ball (MT) <b>18</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:00 Aromatherapy Hand Massage (FFL)</p> <p>2:15 Sing Along (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:15 Morning "Good" News (4TH) <b>19</b></p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:15 Word Games (4TH)</p> <p>1:15 Card Games (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 DrumFit (MT)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>20</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Board Game Fun (4TH)</p> <p>1:15 Adult Colouring Group (4TH)</p> <p>2:30 Durham Storytellers (MT)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>21</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>11:15 Tuesday Trivia (FFL)</p> <p>1:00 Crafter's Corner: Paper Snowflakes (CR)</p> <p>2:00 Afternoon Tunes with Dean Tarrant (MPR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Bingo! (AR)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Tai Chi (MT) <b>22</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>3:00 Gourmet Treats by Asha &amp; Afternoon Tea (4DR)</p> <p>3:45 Reminiscing "Sights" (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>23</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Java Music Club Singalong Group (TVL)</p> <p>1:15 Indoor Go4Life Walking Club (4TH)</p> <p>2:00 Fit Minds (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 Board Games (TVL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>24</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>1:00 Mind Joggers (4TH)</p> <p>2:00 Card Games (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Just Jokes (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Balloon Ball (MT) <b>25</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:00 Aromatherapy Hand Massage (FFL)</p> <p>2:15 Sing Along (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p>
<p>9:15 Morning "Good" News (4TH) <b>26</b></p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>11:15 Word Games (4TH)</p> <p>1:15 Card Games (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 DrumFit (MT)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>27</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Board Game Fun (4TH)</p> <p>1:15 Adult Colouring Group (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) <b>28</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>11:15 Tuesday Trivia (FFL)</p> <p>1:00 Crafter's Corner: Wooden Ornaments (FFL)</p> <p>2:15 Bingo! (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Classic Movie (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Seated Yoga with Emily (MT) <b>29</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>3:00 Gourmet Treats by Asha &amp; Afternoon Tea (4DR)</p> <p>3:45 Reminiscing "Tastes" (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) <b>30</b></p> <p>10:00 Morning Snack &amp; Chat (4DR)</p> <p>10:30 Java Music Club Singalong Group (TVL)</p> <p>1:15 Indoor Go4Life Walking Club (4TH)</p> <p>2:00 Monthly Birthday Party with Eric Lambier (DR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 One on One Visits (STS)</p> <p>7:30 Evening Snack (4DR)</p>		



Be Grateful

Locations Legend

- 4th Floor Dining Room (4DR)
- 4th Floor (4TH)
- Fourth floor Lounge (FFL)
- Movie Theatre (MT)
- Activity Room (AR)
- Chapel (CHA)
- Suite to Suite (STS)
- TV Lounge (TVL)
- Craft Room (CR)
- Outing (OUT)
- Main Floor Lobby (ML)
- Main Lobby (ML)
- Dining Room (DR)
- Multi Purpose Room (MPR)

Calendar Legend

- Outing
- Special Program
- Sign up Required
- Living, Loving, Local
- Signature Program