



INSPIRED SENIOR LIVING


November 2023

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>			<p>9:15 Seated Yoga with Emily (MT) 1</p> <p>10:30 Horse Race Game (TFL)</p> <p>11:00 Gemini Jewellery Sale (ML)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Gourmet Treats and Trivia with Asha (BIS)</p> <p>3:15 Mobile Tuck Shop (Door to Door) (AF)</p> <p>5:30 Resident- Run Go 4 Life Walk (PAT)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 2</p> <p>10:45 Fit Minds: Stay Sharp (TFL)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:30 Just Jokes (BIS)</p> <p>2:00 Shuffleboard (BR)</p> <p>3:15 Movie Outing: Priscilla (OUT)</p> <p>6:00 Resident-Run Scrabble Game (TFL)</p>	<p>10:30 Horse Race Game (TFL) 3</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Seated Exercise with Tanya (MT)</p> <p>3:00 Poker (TFL)</p> <p>3:30 Resident-Run Cribbage (BIS)</p> <p>6:00 Resident-Run Go 4 Life Walk (PAT)</p>	<p>9:00 Resident-Run Go 4 Life Walk (PAT) 4</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:15 Adult Colouring Group (TFL)</p> <p>2:00 Resident-Run Knitting and Crocheting (TFL)</p> <p>3:45 Jigsaw Puzzle Challenge (TFL)</p> <p>6:00 Resident-Run Scrabble Game (TFL)</p>
<p>9:00 Resident-Run Go 4 Life Walk (PAT) 5</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Cheer on your favourite NFL teams! (BIS)</p> <p>1:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:15 Shuffleboard (BR)</p> <p>3:45 DrumFit (MT)</p> <p>6:00 Resident-Run Dominoes (TFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 6</p> <p>10:00 Falls Prevention Class w/ Rutva (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>2:00 Town Hall Meeting (MPR)</p> <p>3:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>3:15 Tea Social & Trivia (BIS)</p> <p>6:00 Bingo with Sharon (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 7</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Crafter's Corner: Poppy Craft (CR)</p> <p>2:00 DRPS Fraud Awareness (BIS)</p> <p>3:15 Tuck Shop (MT)</p> <p>3:30 One on One Visits (STS)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>9:15 Tai Chi (MT) 8</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Virtually Verve (MT)</p> <p>3:30 Mystery Box Trivia (BIS)</p> <p>5:30 Resident- Run Go 4 Life Walk (PAT)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 9</p> <p>10:30 Knitting and Crocheting with Tanya (TFL)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:30 Just Jokes (BIS)</p> <p>2:00 Shuffleboard (BR)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>	<p>10:30 Roman Catholic Service (CHA) 10</p> <p>10:30 Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Seated Exercise with Tanya (MT)</p> <p>3:00 Poker (TFL)</p> <p>3:30 Resident-Run Cribbage (BIS)</p> <p>6:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Disco Night for Everyone (ML)</p>	<p>9:00 Resident-Run Go 4 Life Walk (PAT) 11</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Remembrance Day Service (ML)</p> <p>1:15 Adult Colouring Group (TFL)</p> <p>2:00 Swingeasy Quintet Performs (DR)</p> <p>3:45 Jigsaw Puzzle Challenge (TFL)</p> <p>6:00 Resident-Run Scrabble Game (TFL)</p> <p>Remembrance Day</p>
<p>9:00 Resident-Run Go 4 Life Walk (PAT) 12</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Cheer on your favourite NFL teams! (BIS)</p> <p>1:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:15 Shuffleboard (BR)</p> <p>3:45 DrumFit (MT)</p> <p>6:00 Resident-Run Dominoes (TFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 13</p> <p>9:30 Walmart Shopping Outing (OUT)</p> <p>10:00 Falls Prevention Class w/ Rutva (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>3:15 Tea Social & Trivia (BIS)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>	<p>10:30 Clarington Library Visits (MFL) (ML) 14</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Celebrating Caregiver's: Mini Mani's (MT)</p> <p>2:30 Game Show Games: Wheel of Fortune (BIS)</p> <p>3:30 One on One Visits (STS)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>9:15 Seated Yoga with Emily (MT) 15</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:30 Bake Sale (ML)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:00 Bingo (TFL)</p> <p>1:30 Scenic Drive (OUT)</p> <p>2:00 Gourmet Treats and Trivia with Asha (BIS)</p> <p>3:15 Mobile Tuck Shop (Door to Door) (AF)</p> <p>5:30 Resident- Run Go 4 Life Walk (PAT)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 16</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:30 Just Jokes (BIS)</p> <p>2:00 Afternoon Tunes with Terry Maxwell (MPR)</p> <p>3:00 Resident-Run Shuffleboard (BR)</p> <p>3:15 Fit Minds: Stay Sharp (TFL)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>	<p>10:30 Roman Catholic Service (CHA) 17</p> <p>10:30 Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Seated Exercise with Tanya (MT)</p> <p>3:00 Poker (TFL)</p> <p>3:30 Resident-Run Cribbage (BIS)</p> <p>6:00 Resident-Run Go 4 Life Walk (PAT)</p>	<p>9:00 Resident-Run Go 4 Life Walk (PAT) 18</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:15 Adult Colouring Group (TFL)</p> <p>2:00 Resident-Run Knitting and Crocheting (TFL)</p> <p>3:45 Jigsaw Puzzle Challenge (TFL)</p> <p>6:00 Resident-Run Scrabble Game (TFL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Resident-Run Go 4 Life Walk (PAT) 19</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:05 Watch The Generals v. The Petes (BIS)</p> <p>2:15 Shuffleboard (BR)</p> <p>3:45 DrumFit (MT)</p> <p>6:00 Resident-Run Dominoes (TFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 20</p> <p>10:00 Falls Prevention Class w/ Rutva (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>2:30 Durham Storytellers (MT)</p> <p>3:30 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Bingo with Sharon (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 21</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Crafter's Corner: Paper Snowflakes (CR)</p> <p>2:00 Afternoon Tunes with Dean Tarrant (MPR)</p> <p>3:15 Tuck Shop (MT)</p> <p>3:30 One on One Visits (STS)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>9:15 Tai Chi (MT) 22</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:00 Bingo (TFL)</p> <p>1:30 Scenic Drive (OUT)</p> <p>2:00 Gourmet Treats and Trivia with Asha (BIS)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 23</p> <p>10:30 Knitting and Crocheting with Tanya (TFL)</p> <p>12:00 Viewing: NFL American Thanksgiving Day Game (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:30 Just Jokes (BIS)</p> <p>2:00 Shuffleboard (BR)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>	<p>10:30 Roman Catholic Service (CHA) 24</p> <p>10:30 Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Seated Exercise with Tanya (MT)</p> <p>3:00 Poker (TFL)</p> <p>3:30 Resident-Run Cribbage (BIS)</p> <p>6:00 Resident-Run Go 4 Life Walk (PAT)</p>	<p>9:00 Resident-Run Go 4 Life Walk (PAT) 25</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:15 Adult Colouring Group (TFL)</p> <p>2:00 Resident-Run Knitting and Crocheting (TFL)</p> <p>3:45 Jigsaw Puzzle Challenge (TFL)</p> <p>6:00 Resident-Run Scrabble Game (TFL)</p>
<p>9:00 Resident-Run Go 4 Life Walk (PAT) 26</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Cheer on your favourite NFL teams! (BIS)</p> <p>1:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:15 Shuffleboard (BR)</p> <p>3:45 DrumFit (MT)</p> <p>6:00 Resident-Run Dominoes (TFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 27</p> <p>10:00 Falls Prevention Class w/ Rutva (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>3:15 Tea Social & Trivia (BIS)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>	<p>10:30 Rosary Group with Shirley (CHA) 28</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Crafter's Corner: Wooden Ornaments (FFL)</p> <p>2:15 Game Show Games: The Price Is Right Game (BIS)</p> <p>3:30 One on One Visits (STS)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>9:15 Seated Yoga with Emily (MT) 29</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Gourmet Treats and Trivia with Asha (BIS)</p> <p>3:15 Mobile Tuck Shop (Door to Door) (AF)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 30</p> <p>10:30 Fit Minds: Stay Sharp (TFL)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:00 Monthly Birthday Party with Eric Lambier (DR)</p> <p>3:15 Resident-Run Shuffleboard (BR)</p> <p>5:30 Resident-Run Go 4 Life Walk (PAT)</p>		



SUNDAY
NOV 12

Diwali

Be Grateful

- Locations Legend**
- Third Floor Lounge (TFL)
 - Movie Theatre (MT)
 - Bistro (BIS)
 - Patio (PAT)
 - Billiards Room (BR)
 - Chapel (CHA)
 - Craft Room (CR)
 - Outing (OUT)
 - Reception (RECE)
 - Suite to Suite (STS)
 - All Floors (AF)
 - Multi Purpose Room (MPR)
 - Main Floor Lobby (ML)
 - Main Lobby (ML)
 - Dining Room (DR)
 - Fourth floor Lounge (FFL)

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