





INSPIRED SENIOR LIVING

February 2024 White Cliffe Terrace Retirement Residence Assisted Living



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>		 <p>Valentine's Day</p>		<p>9:30 Falls Prevention Exercise Class (4TH) 1</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Java Music Singalong Club (TVL)</p> <p>1:15 Fit Minds (FFL)</p> <p>2:00 Indoor Go4Life Walking Club (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Board Games (TVL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>GROUNDHOG DAY 2</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>11:00 Resident-Run: Indoor Go 4 Life Walk (4TH)</p> <p>1:00 Mind Joggers (4TH)</p> <p>1:45 Gentle Range of Motion (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 "Good" News Program (FFL)</p> <p>4:30 Living, Loving, Local Dinner (4DR)</p> <p>6:00 DJ Disco Night (ML)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Balloon Ball (MT) 3</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>11:30 Trivia Games (FFL)</p> <p>2:00 Afternoon Tunes with Terry Maxwell (DR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 Classic Movie (4TH)</p> <p>3:45 Aromatherapy Hand Massage (FFL)</p> <p>4:30 Indoor Go 4 Life Walk (4TH)</p> <p>7:30 Evening Snack (4DR)</p>
<p>9:15 Morning "Good" News (4TH) 4</p> <p>9:30 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack & 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>9:15 Indoor Go 4 Life Walk (4TH) 5</p> <p>9:30 Falls Prevention Exercise Class (4TH)</p> <p>10:00 Morning Snack & 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>3:45 Bean Bag Toss (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) 6</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>11:00 Bingo! (AR)</p> <p>1:00 Artful Enrichment Painting Session (CR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Seated Yoga with Emily (MT) 7</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:45 Crafter's Corner (CR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>2:45 Indoor Go 4 Life Walk (4TH)</p> <p>3:00 Gourmet Treats by Asha & Afternoon Tea (4DR)</p> <p>3:45 Travel Documentary (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) 8</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Java Music Singalong Club (TVL)</p> <p>1:15 Fit Minds (FFL)</p> <p>2:00 Indoor Go4Life Walking Club (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Board Games (TVL)</p> <p>6:30 "Happy Harmony" Choir Performs (DR)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) 9</p> <p>9:30 Gentle Range of Motion Exercises (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Roman Catholic Service (FFL)</p> <p>11:00 Indoor Go 4 Life Walk (4TH)</p> <p>1:00 Mind Joggers (4TH)</p> <p>1:45 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>LUNAR NEW YEAR 10</p> <p>9:30 Balloon Ball (MT)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>11:30 Trivia Games (FFL)</p> <p>1:00 Artful Enrichment: Collage (TFL)</p> <p>2:15 Reminiscing "Fall Scents": Strengthen The Mind (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 Classic Movie (4TH)</p> <p>3:45 Aromatherapy Hand Massage (FFL)</p> <p>4:30 Indoor Go 4 Life Walk (4TH)</p> <p>7:30 Evening Snack (4DR)</p>
<p>9:15 Morning "Good" News (4TH) 11</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack & 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>9:15 Indoor Go 4 Life Walk (4TH) 12</p> <p>9:30 Falls Prevention Exercise Class (4TH)</p> <p>10:00 Morning Snack & 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>3:45 Bean Bag Toss (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>MARDI GRAS 13</p> <p>9:15 Morning "Good" News (4TH)</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>10:30 Clarington Library Visits (ML)</p> <p>11:00 Mardi Gras Craft (CR)</p> <p>11:30 Pancake Lunch (4DR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Meet Me @ The MoMA, inspired art (BIS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>VALENTINE'S DAY 14</p> <p>9:15 Gentle Range of Motion (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:45 Artful Enrichment: Valentine Theme (CR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>2:45 Indoor Go 4 Life Walk (4TH)</p> <p>3:00 Gourmet Treats by Asha & Afternoon Tea (4DR)</p> <p>3:45 Travel Documentary (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) 15</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Java Music Singalong Club (TVL)</p> <p>1:15 Fit Minds (FFL)</p> <p>2:00 Indoor Go4Life Walking Club (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Board Games (TVL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) 16</p> <p>9:30 Gentle Range of Motion Exercises (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Roman Catholic Service (FFL)</p> <p>11:00 Indoor Go 4 Life Walk (4TH)</p> <p>1:00 Mind Joggers (4TH)</p> <p>1:45 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) 17</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>11:30 Trivia Games (FFL)</p> <p>1:00 Artful Enrichment: Collage (TFL)</p> <p>2:15 Reminiscing "Fall Scents": Strengthen The Mind (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 Classic Movie (4TH)</p> <p>3:45 Aromatherapy Hand Massage (FFL)</p> <p>4:30 Indoor Go 4 Life Walk (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) 18</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack & 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>FAMILY DAY 19</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>9:30 Falls Prevention Exercise Class (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Board Game Fun (4TH)</p> <p>2:15 Adult Colouring Group (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Bean Bag Toss (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) 20</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Bingo! (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Seated Yoga with Emily (MT) 21</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Jimmy's Old Time Radio Show (4DR)</p> <p>1:00 Special Prize Bingo (MPR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>2:45 Indoor Go 4 Life Walk (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Travel Documentary (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>NATIONAL MARGARITA DAY 22</p> <p>9:30 Falls Prevention Exercise Class (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Java Music Singalong Club (TVL)</p> <p>1:15 Fit Minds (FFL)</p> <p>2:00 Indoor Go4Life Walking Club (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Board Games (TVL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) 23</p> <p>9:30 Gentle Range of Motion Exercises (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Roman Catholic Service (FFL)</p> <p>11:00 Indoor Go 4 Life Walk (4TH)</p> <p>1:00 Mind Joggers (4TH)</p> <p>1:45 Card Games (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Just Jokes (FFL)</p> <p>4:30 Italian Themed Dinner (4DR)</p> <p>6:00 DJ Disco Night (ML)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Balloon Ball (MT) 24</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>11:30 Trivia Games (FFL)</p> <p>1:00 Artfull Enrichment: Collage (TFL)</p> <p>2:15 Reminiscing "Fall Scents": Strengthen The Mind (FFL)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:30 Classic Movie (4TH)</p> <p>3:45 Aromatherapy Hand Massage (FFL)</p> <p>4:30 Indoor Go 4 Life Walk (4TH)</p> <p>7:30 Evening Snack (4DR)</p>
<p>9:15 Morning "Good" News (4TH) 25</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:00 Morning Snack & 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>9:15 Indoor Go 4 Life Walk (4TH) 26</p> <p>9:30 Falls Prevention Exercise Class (4TH)</p> <p>10:00 Morning Snack & 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>3:45 Bean Bag Toss (4TH)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Morning "Good" News (4TH) 27</p> <p>9:15 Indoor Go 4 Life Walk (4TH)</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>11:00 Bingo! (AR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Meet Me @ The MoMA, inspired art (BIS)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:15 Gentle Range of Motion (4TH) 28</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:45 Artfull Enrichment (CR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>2:45 Indoor Go 4 Life Walk (4TH)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Travel Documentary (FFL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>9:30 Falls Prevention Exercise Class (4TH) 29</p> <p>10:00 Morning Snack & Chat (4DR)</p> <p>10:30 Java Music Singalong Club (TVL)</p> <p>1:15 Fit Minds (FFL)</p> <p>2:00 Indoor Go4Life Walking Club (4TH)</p> <p>2:00 Leap Year Birthday Party with Eric Lambier (MPR)</p> <p>2:45 Afternoon Tea (4DR)</p> <p>3:45 Board Games (TVL)</p> <p>7:30 Evening Snack (4DR)</p>	<p>Family Day</p>	



Be your best self

Locations Legend

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

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program