



INSPIRED SENIOR LIVING



February 2024

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>		 <p>Valentine's Day</p>				
<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 4</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Resident-Run Dominoes (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:45 DrumFit (MT)</p> <p>5:30 Resident-Run Shuffleboard (BR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 5</p> <p>10:00 Falls Prevention Class (MT)</p> <p>10:15 Horse Race Game (TFL)</p> <p>1:00 Outing to "Nowhere" (OUT)</p> <p>3:30 Game Show Games: The Price Is Right Game (BIS)</p> <p>4:15 Name That Tune (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>6:00 Bingo (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 6</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>1:00 Artful Enrichment Painting Session (CR)</p> <p>3:45 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>9:15 Seated Yoga with Emily (MT) 7</p> <p>10:15 Horse Race Game (TFL)</p> <p>10:45 Crafter's Corner (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>2:30 Java Music Singalong Club (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Seated Exercise with Tanya (MT) 8</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>4:15 Pre-Dinner Trivia (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>6:30 "Happy Harmony" Choir Performs (DR)</p>	<p>GROUNDHOG DAY 2</p> <p>10:00 Falls Prevention Class (MT)</p> <p>10:15 Horse Race Game (TFL)</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Cribbage (BIS)</p> <p>4:30 Living, Loving, Local Dinner (DR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>6:00 DJ Disco Night (ML)</p>	<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 3</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>2:00 Afternoon Tunes with Terry Maxwell (DR)</p> <p>3:45 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>
<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 11</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Resident-Run Dominoes (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:45 DrumFit (MT)</p> <p>5:30 Resident-Run Shuffleboard (BR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 12</p> <p>9:30 Dollar Stores Outing (OUT)</p> <p>10:00 Falls Prevention Class (MT)</p> <p>10:15 Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Valentine Card Workshop (TFL)</p> <p>3:30 Game Show Games: What's My Line? (BIS)</p> <p>4:15 Name That Tune (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>MARDI GRAS 13</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 (DR)</p> <p>1:00 Mobile Tuck Shop (AF)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>3:45 Meet Me @ The MoMA, inspired art (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>VALENTINE'S DAY 14</p> <p>9:15 Tai Chi (MT)</p> <p>10:15 Horse Race Game (TFL)</p> <p>10:45 Artful Enrichment: Valentine Theme (CR)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Gourmet Treats and Trivia with Asha (BIS)</p> <p>2:30 Java Music Singalong Club (BIS)</p> <p>5:00 A "Love"ly Valentine's Day Dinner & Dance with music by Joe Thistel (DR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Seated Exercise with Tanya (MT) 15</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>4:15 Pre-Dinner Trivia (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>6:00 Cineplex Movie Outing (OUT)</p>	<p>10:00 Falls Prevention Class (MT) 16</p> <p>10:15 Horse Race Game (TFL)</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Cribbage (BIS)</p> <p>2:30 Service Canada Presentation: Dental Plan (MPR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 17</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:00 Artful Enrichment: Collage (TFL)</p> <p>3:45 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 18</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Resident-Run Dominoes (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:45 DrumFit (MT)</p> <p>5:30 Resident-Run Shuffleboard (BR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>FAMILY DAY 19</p> <p>9:00 Puzzle Pack Pick Up (RECE)</p> <p>10:00 Falls Prevention Class (MT)</p> <p>10:15 Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Independent Card Games (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Rosary Group with Shirley (CHA) 20</p> <p>10:30 DrumFit (MT)</p> <p>12:30 Crock-a-Doodle Outing (OUT)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>3:45 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:15 Seated Yoga with Emily (MT) 21</p> <p>10:15 Horse Race Game (TFL)</p> <p>1:00 Special Prize Bingo (MPR)</p> <p>1:30 Scenic Drive (OUT)</p> <p>2:30 Java Music Singalong Club (BIS)</p> <p>4:15 Pre-Dinner Trivia (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>NATIONAL MARGARITA DAY 22</p> <p>10:30 Seated Exercise with Tanya (MT)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>4:30 Margaritas with dinner (DR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:30 Resident-Run Cribbage (BIS) 23</p> <p>10:00 Falls Prevention Class (MT)</p> <p>10:15 Horse Race Game (TFL)</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Ambassador Club Meeting (TFL)</p> <p>4:30 Italian Themed Dinner (DR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>6:00 DJ Disco Night (ML)</p>	<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 24</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:00 Artfull Enrichment: Collage (TFL)</p> <p>3:45 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>
<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 25</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Resident-Run Dominoes (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:45 DrumFit (MT)</p> <p>5:30 Resident-Run Shuffleboard (BR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 26</p> <p>10:00 Falls Prevention Class (MT)</p> <p>10:15 Horse Race Game (TFL)</p> <p>1:00 Enskillen General Store & Ice Cream Outing (OUT)</p> <p>4:15 Name That Tune (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>6:00 Bingo (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 27</p> <p>10:30 DrumFit (MT)</p> <p>11:30 Lunch with Anne the GM (DR)</p> <p>1:00 Mobile Tuck Shop (AF)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>2:00 Town Hall Meeting (MPR)</p> <p>3:45 Meet Me @ The MoMA, inspired art (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:15 Tai Chi (MT) 28</p> <p>10:15 Horse Race Game (TFL)</p> <p>10:45 Artfull Enrichment (CR)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Treats and Trivia with Tanya (BIS)</p> <p>2:30 Java Music Singalong Club (BIS)</p> <p>3:30 Fit Minds: Stay Sharp (TFL)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Seated Exercise with Tanya (MT) 29</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:00 Leap Year Birthday Party with Eric Lambier (MPR)</p> <p>4:15 Pre-Dinner Trivia (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>		



Be your best self

Locations Legend

- Third Floor Lounge (TFL)
- All Floors (AF)
- Movie Theatre (MT)
- Bistro (BIS)
- Chapel (CHA)
- Main Floor Lobby (ML)

Locations Legend

- Dining Room (DR)
- Outing (OUT)
- Billiards Room (BR)
- Craft Room (CR)
- Reception (RECE)
- Multi Purpose Room (MPR)
- Main Lobby (ML)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program