



INSPIRED SENIOR LIVING

January 2024

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:00 Puzzle Pack Pick Up (RECE) 1</p> <p>10:00 Seated Exercise with Mariella (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>11:30 New Year's Day Brunch (DR)</p> <p>1:00 Bingo (TFL)</p> <p>4:00 New Year's Day Trivia (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p> <p>New Year's Day</p>	<p>10:30 Rosary Group with Shirley (CHA) 2</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Mobile Tuck Shop (AF)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>2:15 Game Show Games: The Wheel of Fortune (BIS)</p> <p>3:45 Meet Me @ The MoMA & Mocktails (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 Tai Chi (MT) 3</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:45 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>2:30 Java Music Singalong Club (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 4</p> <p>11:20 Movie Outing: The Boys In The Boat (OUT)</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>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Horse Race Game (TFL) 5</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Cribbage (BIS)</p> <p>2:15 Seated Exercise with Tanya (MT)</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) 6</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:15 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) 7</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 50's & 60's Theme Puzzle Pack Pick Up (RECE) 8</p> <p>10:00 Falls Prevention Class w/ Rutva (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:30 50's Inspired Baking Club: Pineapple Upside Down Cake (MPR)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 50's & 60's Party with Leigh Kemp (MPR)</p> <p>4:00 Name That 50's or 60's Tune (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Rosary Group with Shirley (CHA) 9</p> <p>10:30 Clarington Library Visit & Presentation (ML)</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>2:15 Game Show Games: Jeopardy (BIS)</p> <p>3:45 Meet Me @ The MoMA & Mocktails (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) 10</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:45 Crafter's Corner (CR)</p> <p>11:30 Lunch with Anne the GM (DR)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Town Hall Meeting (MPR)</p> <p>3:30 Java Music Singalong Club (BIS)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 11</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:00 Gourmet Treats and Trivia with Asha (BIS)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:30 Giant Tiger Shopping Outing (OUT) 12</p> <p>10:30 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>2:15 Seated Exercise with Tanya (MT)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 13</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:15 Artfull Enrichment: Collage (TFL)</p> <p>2:00 Janette Desousa Performs (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) 14</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) 15</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>4:00 Name That Tune (ML)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Rosary Group with Shirley (CHA) 16</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Mobile Tuck Shop (AF)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>2:00 Afternoon Tunes with Ed Smith (MPR)</p> <p>3:45 Meet Me @ The MoMA & Mocktails (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 Tai Chi (MT) 17</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:45 Artfull Enrichment (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>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:00 Falls Prevention Class w/ Rutva (MT) 18</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Outing: Robert McLaughlin Art Gallery (OUT)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Horse Race Game (TFL) 19</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Cribbage (BIS)</p> <p>2:15 Seated Exercise with Tanya (MT)</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) 20</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:15 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>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 21</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) 22</p> <p>10:00 Falls Prevention Class w/ Rutva (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:30 Baking Club (MPR)</p> <p>1:30 Ambassador Club Meeting (TFL)</p> <p>4:00 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) 23</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>2:15 Resident-Run Shuffleboard (BR)</p> <p>3:45 Meet Me @ The MoMA & Mocktails (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) 24</p> <p>10:30 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>10:00 Falls Prevention Class w/ Rutva (MT) 25</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>5:30 Robbie Burns Day Celebration (DR)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>10:30 Horse Race Game (TFL) 26</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Cribbage (BIS)</p> <p>2:15 Seated Exercise with Tanya (MT)</p> <p>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</p>	<p>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 27</p> <p>9:30 Balloon Ball (MT)</p> <p>10:30 Word Games (BIS)</p> <p>1:15 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) 28</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) 29</p> <p>10:00 Falls Prevention Class w/ Rutva (MT)</p> <p>10:30 Horse Race Game (TFL)</p> <p>11:00 Meet Me @ the MoMa Art Show (ML)</p> <p>1:00 Walmart Shopping Outing (OUT)</p> <p>4:00 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) 30</p> <p>10:30 DrumFit (MT)</p> <p>1:00 Mobile Tuck Shop (AF)</p> <p>1:00 Resident-Run Cribbage (BIS)</p> <p>2:00 Monthly Birthday Party: Just Us Jazz Performs (DR)</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 Tai Chi (MT) 31</p> <p>10:30 Horse Race Game (TFL)</p> <p>10:45 Artfull Enrichment (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>5:30 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)
- Billiards Room (BR)
- Main Floor Lobby (ML)

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

Calendar Legend

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