



INSPIRED SENIOR LIVING

# March 2024 White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>FRIDAY</b> <b>MAR 8</b></p> <p><b>International Women's Day</b></p>	 <p><b>SUNDAY</b> <b>MAR 17</b></p> <p><b>St. Patrick's Day</b></p>					
<p><b>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 3</b></p> <p><b>10:00 Anglican Church Service (CHA)</b></p> <p><b>2:00 Resident-Run Euchre Players Unite! (TFL)</b></p> <p><b>3:45 DrumFit (MT)</b></p> <p><b>5:30 Resident-Run Shuffleboard (BR)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p>	<p><b>9:00 Puzzle Pack Pick Up (RECE) 4</b></p> <p><b>10:00 Falls Prevention Exercise Class (MT)</b></p> <p><b>10:15 Resident-Run Horse Race Game (TFL)</b></p> <p><b>1:00 Bingo (TFL)</b></p> <p><b>2:00 Afternoon Matinee: Midnight at Magnolia (MT)</b></p> <p><b>3:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>3:30 Cineplex Movie Outing: Ordinary Angels (OUT)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p>	<p><b>10:30 Rosary Group with Shirley 5 (CHA)</b></p> <p><b>10:30 DrumFit (MT)</b></p> <p><b>1:00 Resident-Run Cribbage (BIS)</b></p> <p><b>2:00 Resident-Run Shuffleboard (BR)</b></p> <p><b>3:45 Meet Me @ The MoMA, learn about the artist (BIS)</b></p> <p><b>4:15 Pre-Dinner Trivia, Tri-Bond (ML)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>6:00 Tuesday Night Movie: Playing For Keeps (MT)</b></p>	<p><b>9:15 Seated Yoga with Emily 6 (MT)</b></p> <p><b>10:15 Resident-Run Horse Race Game (TFL)</b></p> <p><b>10:45 Crafter's Corner (CR)</b></p> <p><b>1:00 Bingo (TFL)</b></p> <p><b>1:30 Scenic Drive (OUT)</b></p> <p><b>2:00 Gourmet Treats and Trivia with Asha (BIS)</b></p> <p><b>2:45 Java Music Singalong Club (BIS)</b></p> <p><b>3:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p>	<p><b>10:30 Seated Exercise with Tanya (MT) 7</b></p> <p><b>1:00 Resident-Run Bible Conversational Group (TFL)</b></p> <p><b>2:00 Resident-Run Euchre Players Unite! (TFL)</b></p> <p><b>3:00 Fit Minds: Stay Sharp (TFL)</b></p> <p><b>4:15 Pre-Dinner Trivia (ML)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>6:00 Thursday Night Movie: A Horse Called Bear (MT)</b></p>	<p><b>9:30 Resident-Run Cribbage (BIS) 1</b></p> <p><b>10:00 Falls Prevention Exercise Class (MT)</b></p> <p><b>10:15 Resident-Run Horse Race Game (TFL)</b></p> <p><b>10:30 Roman Catholic Mass (CHA)</b></p> <p><b>1:00 Bingo (TFL)</b></p> <p><b>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>3:00 Fit Minds: Stay Sharp (TFL)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p>	<p><b>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 2</b></p> <p><b>9:30 Balloon Ball (MT)</b></p> <p><b>10:30 Word Games (BIS)</b></p> <p><b>1:15 Artfull Enrichment: Beaded Jewellery (TFL)</b></p> <p><b>3:45 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>6:00 Saturday Night Movie: Magic In The Moonlight (MT)</b></p>
<p><b>DAYLIGHT SAVING TIME BEGINS 10</b></p> <p><b>9:00 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>10:00 Anglican Church Service (CHA)</b></p> <p><b>2:00 Resident-Run Euchre Players Unite! (TFL)</b></p> <p><b>3:45 DrumFit (MT)</b></p> <p><b>5:30 Resident-Run Shuffleboard (BR)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p>	<p><b>9:00 Puzzle Pack Pick Up (RECE) 11</b></p> <p><b>10:00 Falls Prevention Exercise Class (MT)</b></p> <p><b>10:15 Resident-Run Horse Race Game (TFL)</b></p> <p><b>1:00 Shopping Outing: Bowmanville Mall (OUT)</b></p> <p><b>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>2:00 Afternoon Matinee: Tulipani: Love, Honour and a Bicycle (MT)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>6:00 Bingo with Sharon (TFL)</b></p>	<p><b>10:30 Rosary Group with Shirley 12 (CHA)</b></p> <p><b>10:30 DrumFit (MT)</b></p> <p><b>10:30 Clarington Library Visits (ML)</b></p> <p><b>1:00 Mobile Tuck Shop (AF)</b></p> <p><b>1:00 Resident-Run Cribbage (BIS)</b></p> <p><b>2:00 Resident-Run Shuffleboard (BR)</b></p> <p><b>3:45 Meet Me @ The MoMA, inspired art (BIS)</b></p> <p><b>4:00 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>6:00 Janette Desousa Performs (DR)</b></p>	<p><b>9:15 Tai Chi (MT) 13</b></p> <p><b>10:15 Resident-Run Horse Race Game (TFL)</b></p> <p><b>10:45 Artfull Enrichment (CR)</b></p> <p><b>1:00 Bingo (TFL)</b></p> <p><b>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>2:00 Gourmet Treats and Trivia with Asha (BIS)</b></p> <p><b>2:45 Java Music Singalong Club (BIS)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p>	<p><b>NATIONAL POTATO CHIP DAY 14</b></p> <p><b>10:30 Seated Exercise with Tanya (MT)</b></p> <p><b>1:00 Resident-Run Bible Conversational Group (TFL)</b></p> <p><b>2:00 Resident-Run Euchre Players Unite! (TFL)</b></p> <p><b>2:00 Potato Chip Sampling (BIS)</b></p> <p><b>3:00 Fit Minds: Stay Sharp (TFL)</b></p> <p><b>4:15 Pre-Dinner Trivia (ML)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>6:00 Thursday Night Movie: Among Wolves (MT)</b></p>	<p><b>9:30 Resident-Run Cribbage (BIS) 15</b></p> <p><b>10:00 Falls Prevention Exercise Class (MT)</b></p> <p><b>10:15 Resident-Run Horse Race Game (TFL)</b></p> <p><b>10:30 Roman Catholic Service (CHA)</b></p> <p><b>1:00 Bingo (TFL)</b></p> <p><b>2:15 Ambassador Club Meeting (TFL)</b></p> <p><b>3:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p>	<p><b>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 16</b></p> <p><b>9:30 Balloon Ball (MT)</b></p> <p><b>10:30 Word Games (BIS)</b></p> <p><b>1:15 Artfull Enrichment: (TFL)</b></p> <p><b>3:45 Resident-Run Jigsaw Puzzle Challenge (TFL)</b></p> <p><b>5:30 Indoor Resident-Run Go 4 Life Walk (AF)</b></p> <p><b>6:00 Saturday Night Movie: White Elephant (MT)</b></p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HAPPY ST. PATRICK'S DAY! 17</b> 9:00 Indoor Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) 2:00 Resident-Run Euchre Players Unite! (TFL) 3:45 DrumFit (MT) <b>4:30 St. Patrick's Day Dinner performance by Shannon Graham (DR)</b> 5:30 Resident-Run Shuffleboard (BR) 5:30 Indoor Resident-Run Go 4 Life Walk (AF)	<b>9:00 Puzzle Pack Pick Up (RECE) 18</b> 10:00 Falls Prevention Exercise Class (MT) 10:15 Resident-Run Horse Race Game (TFL) 1:00 Bingo (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 2:00 Afternoon Matinee: Marshall (MT) 4:15 Pre-Dinner Trivia, Opposites (ML) 5:30 Indoor Resident-Run Go 4 Life Walk (AF)	<b>10:30 Rosary Group with Shirley (CHA) 19</b> 10:30 DrumFit (MT) 1:00 Resident-Run Cribbage (BIS) 2:00 Resident-Run Shuffleboard (BR) 2:30 Fit Minds: Stay Sharp (TFL) 3:45 Meet Me @ The MoMA, learn about the artist (BIS) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 6:00 Tuesday Night Movie: Little Pink House (MT)	<b>9:15 Seated Yoga with Emily (MT) 20</b> 10:15 Resident-Run Horse Race Game (TFL) 10:45 Crafter's Corner (CR) 1:00 Bingo (TFL) <b>1:30 Scenic Drive (OUT)</b> 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) <b>2:00 Gourmet Treats and Trivia with Asha (BIS)</b> 2:45 Java Music Singalong Club (BIS) 3:30 Travelogue to Spain (MT) 5:30 Indoor Resident-Run Go 4 Life Walk (AF)	<b>CRUISE WEEK BEGINS! PORT OF CALL: SPAIN 21</b> 10:30 Seated Exercise with Tanya (MT) 11:00 Gemini Jewellery Sale (ML) 11:00 Loteria Game Residents & Staff (ML) 1:00 Resident-Run Bible Conversational Group (TFL) 2:00 Travelogue to Morocco (MT) 3:45 Cocktail Oasis: featuring the Sangria (BIS) 4:15 Let's Learn Spanish! (ML) 4:30 Cruise Week Kick-Off Gala Dinner (DR) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 6:00 Movie: The Barefoot Contessa (MT)	<b>PORT OF CALL: MOROCCO 22</b> 10:00 Falls Prevention Exercise Class (MT) 10:15 Resident-Run Horse Race Game (TFL) 10:30 Roman Catholic Service (CHA) 11:00 Felli Game Residents & Staff (ML) 1:00 Bingo (TFL) 2:00 Travelogue to Italy (MT) 3:45 Cocktail Oasis: featuring the Moroccan Mule (BIS) 4:15 Let's Learn Arabic! (ML) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 6:00 DJ Disco Night (ML)	<b>OPEN HOUSE PORT OF CALL: ITALY 23</b> 9:00 Indoor Resident-Run Go 4 Life Walk (AF) <b>1:00 Filipa Sousa Performs: International Music Variety (DR)</b> 1:15 Artfull Enrichment: Floral Printed Glass (TFL) 3:45 Cocktail Oasis: featuring the Classic Negroni (BIS) 4:15 Let's Learn Italian! (ML) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 5:30 Travelogue to Turkey (MT)
<b>PORT OF CALL: TURKEY 24</b> 9:00 Indoor Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) 1:00 Resident-Run Backgammon (TFL) 2:00 Resident-Run Euchre Players Unite! (TFL) 2:00 Travelogue to Greece (MT) 3:45 Cocktail Oasis: featuring the Turkish Delight (BIS) 4:15 Let's Learn Turkish! (ML) 6:00 Movie: Pascali's Island (MT)	<b>PORT OF CALL: GREECE 25</b> 10:00 Falls Prevention Exercise Class (MT) 10:15 Resident-Run Horse Race Game (TFL) <b>11:00 Toilet Paper Toga Race Residents &amp; Staff (ML)</b> <b>11:30 Cruise Captain's Lunch (DR)</b> 2:00 Travelogue to Croatia (MT) 3:45 Cocktail Oasis: featuring the Ouzo Martini (BIS) 4:15 Let's Learn Greek! (ML) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 5:45 Movie: Santorini Blue (MT) 6:00 Bingo with Sharon (TFL)	<b>PORT OF CALL: CROATIA 26</b> 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT) <b>11:15 Soccer Fun Residents &amp; Staff (ML)</b> 1:00 Mobile Tuck Shop (AF) 2:00 Resident-Run Shuffleboard (BR) 2:00 Travelogue to France (MT) 3:45 Cocktail Oasis: featuring the Adriatic Ember (BIS) 4:15 Let's Learn Croatian! (ML) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 6:00 Cruise Week Special Casino Night (MPR)	<b>PORT OF CALL: FRANCE 27</b> 9:15 Tai Chi (MT) 10:15 Resident-Run Horse Race Game (TFL) 10:45 French Landscape Artfull Enrichment (CR) <b>11:15 Eiffel Tower Challenge Game Residents &amp; Staff (ML)</b> 1:00 Bingo (TFL) 2:00 France Edition: Gourmet Treats and Trivia with Asha (BIS) 3:45 Cocktail Oasis: featuring the French 75 (BIS) 4:15 Let's Learn French! (ML) 4:30 Cruise Gala Dinner (DR) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 6:00 Movie: Midnight In Paris (MT)	<b>CRUISE WEEK ENDS PORT OF CALL: CANADA 28</b> 10:30 Seated Exercise with Tanya (MT) 11:15 All-Canadian Pictionary Game Residents & Staff (ML) 1:00 Resident-Run Bible Conversational Group (TFL) 2:00 Monthly Birthday Celebration: Canadian Musician, Eric Lambier performs (MPR) 2:00 Resident-Run Euchre Players Unite! (TFL) 3:45 Cocktail Oasis: featuring the Bloody Caesar (BIS) 4:15 Let's Learn Cree! (ML) 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 6:00 Documentary Film: Canada Untold (MT)	<b>GOOD FRIDAY 29</b> 9:30 Resident-Run Cribbage (BIS) 10:00 Falls Prevention Exercise Class (MT) 10:15 Resident-Run Horse Race Game (TFL) 10:30 Roman Catholic Service (CHA) 1:00 Bingo (TFL) 3:00 Fit Minds: Stay Sharp (TFL) 3:45 Meet Me @ The MoMA, inspired art (BIS) 5:30 Indoor Resident-Run Go 4 Life Walk (AF)	<b>9:00 Indoor Resident-Run Go 4 Life Walk (AF) 30</b> 9:30 Balloon Ball (MT) 10:30 Java Music Club (BIS) 1:15 Artfull Enrichment: Collage (TFL) <b>3:45 Resident-Run Jigsaw Puzzle Challenge (TFL)</b> 5:30 Indoor Resident-Run Go 4 Life Walk (AF) 6:00 Saturday Night Movie: Empire State (MT)
<b>EASTER SUNDAY 31</b> 9:00 Indoor Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) <b>11:30 Easter Brunch (DR)</b> <b>1:00 Easter Egg Hunt (AF)</b> 2:00 Resident-Run Euchre Players Unite! (TFL) 3:45 DrumFit (MT) 5:30 Resident-Run Shuffleboard (BR) 5:30 Indoor Resident-Run Go 4 Life Walk (AF)	<div style="text-align: center; border: 1px solid black; padding: 20px;"> <h2 style="font-family: cursive;">Be your best self</h2> </div>		<h3 style="text-align: center;">Locations Legend</h3> <div style="display: flex; justify-content: space-between;"> <div> <p>Third Floor Lounge (TFL)</p> <p>Movie Theatre (MT)</p> <p>All Floors (AF)</p> <p>Bistro (BIS)</p> <p>Main Floor Lobby (ML)</p> <p>Chapel (CHA)</p> </div> <div> <p>Billiards Room (BR)</p> <p>Dining Room (DR)</p> <p>Outing (OUT)</p> <p>Craft Room (CR)</p> <p>Reception (RECE)</p> <p>Main Lobby (ML)</p> <p>Multi Purpose Room (MPR)</p> </div> </div>		<h3 style="text-align: center;">Calendar Legend</h3> <p><b>Outing</b></p> <p><b>Special Program</b></p> <p><b>Vendor</b></p> <p><b>Holidays</b></p> <p><b>Cruise Week</b></p> <p><b>Living, Loving, Local Signature Program</b></p>	