



INSPIRED SENIOR LIVING

April 2024

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	APRIL FOOL'S DAY 1 9:30 Shopping Outing: Walmart (OUT) 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) 2:30 TED Talks: Jane Fonda (MT) 5:30 Resident-Run Go 4 Life Walk (PAT)	9:30 Resident-Run Cribbage (BIS) 2 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT) 1:00 White Cliffe Walking Club (RECE) 2:00 Resident-Run Gin Rummy (TFL) 3:45 Meet Me @ The MoMA, learn about the artist (MT) 6:00 Movie Night: Miss Potter (love story) (MT)	9:15 Seated Yoga with Emily (MT) 3 10:15 Resident-Run Horse Race Game (TFL) 10:45 Green Thumb Gardening Group (CR) 1:00 Bingo (TFL) 1:30 Scenic Drive (OUT) 2:00 Gourmet Treats and Trivia with Asha (BIS) 2:45 Java Music Singalong Club (BIS) 5:30 Resident-Run Go 4 Life Walk (PAT)	10:30 Seated Exercise with Tanya (MT) 4 1:00 Resident-Run Bible Conversational Group (TFL) 1:30 Lions: Africa's Super Power (documentary) (MT) 1:45 Crafter's Corner (CR) 2:00 Resident-Run Euchre Players Unite! (TFL) 3:00 Fit Minds: Stay Sharp (TFL) 4:15 Pre-Dinner Trivia (ML) 5:30 Resident-Run Go 4 Life Walk (PAT)	10:00 Falls Prevention Exercise Class (MT) 5 10:15 Resident-Run Horse Race Game (TFL) 10:30 Roman Catholic Mass (CHA) 10:45 Artfull Enrichment (CR) 1:00 Bingo (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 5:30 Resident-Run Go 4 Life Walk (PAT) 6:00 DJ Disco Night (ML)	9:00 Indoor Resident-Run Go 4 Life Walk (AF) 6 9:00 Puzzle Pack Pick Up (RECE) 10:30 Wordle (BIS) 1:30 Resident-Run Jigsaw Puzzle Challenge (TFL) 2:00 Afternoon Tunes with Keith Kirkpatrick (DR) 3:30 Wheel of Fortune Game (TFL) 5:30 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: The Gift (thriller) (MT)
9:00 Indoor Resident-Run Go 4 Life Walk (AF) 7 10:00 Anglican Church Service (CHA) 1:00 Movie Matinee: The Music Man (musical) (MT) 2:00 Resident-Run Euchre Players Unite! (TFL) 3:45 DrumFit (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 5:30 Resident-Run Shuffleboard & Billiards (BR)	SOLAR ECLIPSE 8 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) 2:30 TED Talks: Coral Reefs (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML)	9:30 Resident-Run Cribbage (BIS) 9 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT) 10:30 Clarrington Library Visits (ML) 1:00 Mobile Tuck Shop (AF) 1:00 White Cliffe Walking Club (RECE) 2:00 Afternoon Tunes with Joe Thistel (MPR) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: Just Cause (thriller) (MT)	9:15 Tai Chi (MT) 10 10:15 Resident-Run Horse Race Game (TFL) 10:45 Green Thumb Gardening Group (CR) 1:00 Bingo (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 2:00 Gourmet Treats and Trivia with Asha (BIS) 2:45 Java Music Singalong Club (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT)	10:30 Seated Exercise with Tanya (MT) 11 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 Travel Documentary: Scotland's Highlands (MT) 1:45 Crafter's Corner (CR) 2:00 Town Hall Meeting (MPR) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML) 6:00 Resident-Run Euchre Players Unite! (TFL)	10:00 Falls Prevention Exercise Class (MT) 12 10:15 Resident-Run Horse Race Game (TFL) 10:30 Roman Catholic Service (CHA) 10:45 Artfull Enrichment (CR) 1:00 Bingo (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 3:00 Fit Minds: Stay Sharp (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: Brooklyn (historical drama) (MT)	WORLD SCRABBLE DAY 13 9:00 Indoor Resident-Run Go 4 Life Walk (AF) 9:00 Puzzle Pack Pick Up (RECE) 10:30 Scrabble SLAM! (BIS) 1:15 Java Music Club (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 3:30 Wheel of Fortune Game (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: The Secret Garden (fantasy) (MT)
9:00 Indoor Resident-Run Go 4 Life Walk (AF) 14 10:00 Anglican Church Service (CHA) 1:00 Movie Matinee: Mystery, Alaska (heart-warming) (MT) 2:00 Resident-Run Euchre Players Unite! (TFL) 2:00 Afternoon Tunes with Sean Roberts (DR) 3:45 DrumFit (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 5:30 Resident-Run Shuffleboard & Billiards (BR)	10:00 Falls Prevention Exercise Class (MT) 15 10:15 Resident-Run Horse Race Game (TFL) 1:00 White Cliffe Walking Club (RECE) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 2:30 TED Talks: Parkinson's Awareness (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML) 6:00 Bingo (TFL)	9:30 Resident-Run Cribbage (BIS) 16 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT) 1:00 Shopping Outing: Oshawa Centre (OUT) 3:45 Meet Me @ The MoMA, inspired art (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: My Cousin Vinny (comedy) (MT)	9:15 Seated Yoga with Emily (MT) 17 10:15 Resident-Run Horse Race Game (TFL) 10:45 Green Thumb Gardening Group (CR) 1:00 Bingo (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 2:00 Gourmet Treats and Trivia with Asha (BIS) 2:45 Java Music Singalong Club (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT)	10:30 Seated Exercise with Tanya (MT) 18 1:00 Resident-Run Bible Conversational Group (TFL) 1:30 Land & Sea Documentary: Salt & Mushrooms (MT) 1:45 Crafter's Corner (CR) 2:00 Resident-Run Euchre Players Unite! (TFL) 3:00 Fit Minds: Stay Sharp (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML)	10:00 Falls Prevention Exercise Class (MT) 19 10:15 Resident-Run Horse Race Game (TFL) 10:30 Roman Catholic Service (CHA) 10:45 Artfull Enrichment (CR) 1:00 Bingo (TFL) 2:15 Ambassador Club Meeting (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 DJ Disco Night (ML)	9:00 Indoor Resident-Run Go 4 Life Walk (AF) 20 9:00 Puzzle Pack Pick Up (RECE) 10:30 Wordle (BIS) 1:15 Java Music Club (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 3:30 Wheel of Fortune Game (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: The Pink Panther (comedy/mystery) (MT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea Day 21 9:30 Resident-Run Tea Social (BIS) 10:00 Anglican Church Service (CHA) 1:00 Movie Matinee: The Book Thief (historical drama) (MT) 2:00 Resident-Run Euchre Players Unite! (TFL) 3:45 DrumFit (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 5:30 Resident-Run Shuffleboard & Billiards (BR)	ARTFUL ENRICHMENT WEEK EARTH DAY 22 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) 2:30 TED Talks: Art & Environment (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Earth Day Trivia (ML)	ARTFUL ENRICHMENT WEEK WORLD BOOK DAY 23 9:30 Resident-Run Cribbage (BIS) 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT) 1:00 Mobile Tuck Shop (AF) 1:00 Crock-a-Doodle Outing (pottery painting) (OUT) 3:45 Meet Me @ The MoMA, learn about the artist (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: The Book Makers (documentary) (MT)	ARTFUL ENRICHMENT WEEK 24 10:15 Resident-Run Horse Race Game (TFL) 10:45 Artfull Enrichment (CR) 1:00 Bingo (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 2:00 Gourmet Treats and Trivia with Asha (BIS) 2:45 Java Music Singalong Club (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT)	ARTFUL ENRICHMENT WEEK 25 10:30 Seated Exercise with Tanya (MT) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 A History of Dance on Screen (MT) 1:45 Crafter's Corner (CR) 2:00 Resident-Run Euchre Players Unite! (TFL) 2:00 Monthly Birthday Party with Eric Lambier (MPR) 3:45 Meet Me @ The MoMA, inspired art (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT)	ARTFUL ENRICHMENT WEEK 26 10:00 Falls Prevention Exercise Class (MT) 10:15 Resident-Run Horse Race Game (TFL) 10:30 Roman Catholic Service (CHA) 10:45 Artfull Enrichment (CR) 1:00 Bingo (TFL) 2:00 Wine, Cheese & Paint Social (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: Stealth (action) (MT)	27 9:00 Indoor Resident-Run Go 4 Life Walk (AF) 9:00 Puzzle Pack Pick Up (RECE) 10:30 Wordle (BIS) 1:15 Java Music Club (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 3:30 Wheel of Fortune Game (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Movie Night: Frank and Jesse (western) (MT)
28 9:00 Indoor Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) 1:00 Movie Matinee: Miss Pettigrew Lives For A Day (comedy) (MT) 2:00 Resident-Run Euchre Players Unite! (TFL) 3:45 DrumFit (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 5:30 Resident-Run Shuffleboard & Billiards (BR)	29 10:00 Falls Prevention Exercise Class (MT) 10:15 Resident-Run Horse Race Game (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 2:30 TED Talks: Memory (MT) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML) 6:00 Bingo (TFL)	30 9:30 Resident-Run Cribbage (BIS) 10:30 Rosary Group with Shirley (CHA) 1:00 White Cliffe Walking Club (RECE) 3:45 Meet Me @ The MoMA, inspired art (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Evening Entertainment with Art Lajambe (DR) 6:00 Movie Night: Roman Holiday (classic) (MT)	 Parkinson's Awareness Month		 Tea Day	



MONDAY
APR 22
Earth Day

Be Proud

Locations Legend

Third Floor Lounge (TFL)	All Floors (AF)
Movie Theatre (MT)	Reception (RECE)
Patio (PAT)	Outing (OUT)
Bistro (BIS)	Billiards Room (BR)
Chapel (CHA)	Dining Room (DR)
Craft Room (CR)	Multi Purpose Room (MPR)
Main Floor Lobby (ML)	Main Lobby (ML)

Calendar Legend

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