



INSPIRED SENIOR LIVING


# May 2024

## White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SUNDAY</b> <b>MAY 12</b> <b>Mother's Day</b></p>			<p>9:15 Seated Yoga with Emily (MT) <b>1</b></p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>10:45 Green Thumb Gardening Group (CR)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Treats and Trivia (BIS)</p> <p>2:45 Java Music Singalong Club (BIS)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MT) <b>2</b></p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 White Cliffe Walking Club (RECE)</p> <p>2:00 CBC Documentary: Anne Murray, Full Circle (MT)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>9:30 Shopping Outing: Walmart (Sign-Up Required) (OUT) <b>3</b></p> <p>10:00 Falls Prevention Exercise Class (MT)</p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>4:15 Pre-Dinner Trivia (ML)</p> <p>6:00 Movie Night: Casablanca (classic) (MT)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) <b>4</b></p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>10:30 Word Games (BIS)</p> <p>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Wheel of Fortune Game (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Watch The Kentucky Derby Race (MT)</p>
<p><b>CINCO DE MAYO</b> <b>5</b></p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>3:45 DrumFit (MT)</p> <p>4:00 Pinata Fun! (ML)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>4:30 Margaritas with dinner (DR)</p> <p>5:30 Resident-Run Shuffleboard &amp; Billiards (BR)</p>	<p>10:00 Falls Prevention Exercise Class (MT) <b>6</b></p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Afternoon Movie &amp; Popcorn: Uncharted (adventure) (MT)</p> <p>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>3:15 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>3:45 Meet Me @ The MoMA, inspired art (BIS)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p>	<p>9:30 Resident-Run Cribbage (BIS) <b>7</b></p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 DrumFit (MT)</p> <p>1:30 Scenic Drive (Sign-Up Required) (OUT)</p> <p>3:30 Game Show Games: Jeopardy (BIS)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>4:15 Pre-Dinner Trivia (ML)</p> <p>7:00 "Happy Harmony" Choir Performs (DR)</p>	<p>9:15 Tai Chi (MT) <b>8</b></p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>10:45 Green Thumb Gardening Group (CR)</p> <p>1:00 Bingo (TFL)</p> <p>1:00 Tuck Shop (Suite to Suite) (STS)</p> <p>2:30 Town Hall Meeting (MPR)</p> <p>3:30 Java Music Singalong Club (BIS)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MT) <b>9</b></p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 White Cliffe Walking Club (RECE)</p> <p>2:00 Documentary: Barbra Streisand - The Music! The Mem'ries! The Magic! (MT)</p> <p>3:00 Fit Minds: Stay Sharp (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>10:00 Falls Prevention Exercise Class (MT) <b>10</b></p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>4:15 Pre-Dinner Trivia (ML)</p> <p>6:00 DJ Disco Night (ML)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) <b>11</b></p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>10:30 Word Games (BIS)</p> <p>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Wheel of Fortune Game (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Movie Night: 9 to 5 (comedy) (MT)</p>
<p><b>MOTHER'S DAY</b> <b>12</b></p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>11:30 Mother's Day Special Brunch (DR)</p> <p>1:00 Movie Matinee: Mamma Mia! (musical) (MT)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>5:30 Resident-Run Shuffleboard &amp; Billiards (BR)</p>	<p>10:00 Falls Prevention Exercise Class (MT) <b>13</b></p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Afternoon Movie &amp; Popcorn: 80 for Brady (comedy) (MT)</p> <p>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Blackjack with Tanya (TFL)</p>	<p>9:30 Resident-Run Cribbage (BIS) <b>14</b></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>1:30 Scenic Drive (Sign-Up Required) (OUT)</p> <p>3:30 Game Show Games: Jeopardy (BIS)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>4:15 Pre-Dinner Trivia (ML)</p>	<p>9:15 Seated Yoga with Emily (MT) <b>15</b></p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>10:45 Green Thumb Gardening Group (CR)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Gourmet Treats and Trivia with Asha (BIS)</p> <p>2:45 Java Music Singalong Club (BIS)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MT) <b>16</b></p> <p>10:30 Artfull Enrichment (CR)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 White Cliffe Walking Club (RECE)</p> <p>2:00 Afternoon Tunes with Leigh Kemp (MPR)</p> <p>3:30 Fit Minds: Stay Sharp (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Resident-Run Billiards Night (BR)</p>	<p>10:00 Falls Prevention Exercise Class (MT) <b>17</b></p> <p>10:00 Bake Sale to support Walk for Alzheimer's (ML)</p> <p>10:15 Resident-Run Horse Race Game (TFL)</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:30 Shopping Outing: Giant Tiger (Sign-Up Required) (OUT)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 CBC Documentary: Gordon Lightfoot, If You Read My Mind (MT)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) <b>18</b></p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>10:30 Word Games (BIS)</p> <p>2:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Wheel of Fortune Game (TFL)</p> <p>4:00 Resident-Run Go 4 Life Walk (PAT)</p> <p>6:00 Movie Night: First Wives Club (comedy) (MT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 9:00 Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) 1:00 Movie Matinee: The Sting (classic) (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)	<b>20</b> <b>VICTORIA DAY</b> 9:30 Balloon Ball (MT) 10:15 Resident-Run Horse Race Game (TFL) 1:00 Bingo (TFL) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 3:30 Game Show Games: "Royal" Jeopardy (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 The Secrets of Great British Castles: Arundel Castle (documentary) (MT)	<b>21</b> <b>NATIONAL TEA DAY</b> 9:30 Resident-Run Cribbage (BIS) 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT) 2:00 Afternoon Tunes with Terry Maxwell (DR) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML) 6:00 Movie Night: Sister Act (comedy) (MT)	<b>22</b> 9:15 Tai Chi (MT) 10:15 Resident-Run Horse Race Game (TFL) 10:45 Green Thumb Gardening Group (CR) 1:00 Bingo (TFL) 1:00 Tuck Shop (Suite to Suite) (STS) 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) 5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)	<b>23</b> 10:30 Seated Exercise with Tanya (MT) 10:30 Artfull Enrichment (CR) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 White Cliffe Walking Club (RECE) 1:00 Group Walk for Alzheimer's (ML) 2:00 CBC Documentary: Coco Chanel, Unbuttoned (MT) 3:00 Fit Minds: Stay Sharp (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Resident-Run Billiards Night (BR)	<b>24</b> <b>NATIONAL SCAVENGER HUNT DAY</b> 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) 2:30 Scavenger Hunt Social (MPR) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 DJ Disco Night (ML)	<b>25</b> 9:00 Puzzle Pack Pick Up (RECE) 9:00 Resident-Run Go 4 Life Walk (AF) 10:30 Word Games (BIS) 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 Beverly Hillbillies Marathon (MT)
<b>26</b> 9:00 Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) 1:00 Movie Matinee: Frontera (modern western) (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)	<b>27</b> 10:00 Falls Prevention Exercise Class (MT) 10:15 Resident-Run Horse Race Game (TFL) 1:00 Afternoon Movie & Popcorn: Now You See Me (thriller) (MT) 2:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 3:15 Meet Me @ The MoMA, learn about the artist (BIS) 3:45 Meet Me @ The MoMA, inspired art (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Bingo (TFL)	<b>28</b> 9:30 Resident-Run Cribbage (BIS) 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT) 1:30 Scenic Drive & Ice Cream (Sign-Up Required) (OUT) 3:30 Game Show Games: Jeopardy (BIS) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML)	<b>29</b> 9:15 Seated Yoga with Emily (MT) 10:15 Resident-Run Horse Race Game (TFL) 10:45 Green Thumb Gardening Group (CR) 1:00 Bingo (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) 5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)	<b>30</b> 10:30 Seated Exercise with Tanya (MT) 10:30 Artfull Enrichment (CR) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 White Cliffe Walking Club (RECE) 2:00 Monthly Birthday Party with Eric Lambier (MPR) 3:30 Fit Minds: Stay Sharp (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 6:00 Resident-Run Billiards Night (BR)	<b>31</b> 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) 2:15 Ambassador Club Meeting (TFL) 4:00 Resident-Run Go 4 Life Walk (PAT) 4:15 Pre-Dinner Trivia (ML) 6:00 Movie Night: The Iron Lady (biographical epic) (MT)	



**Locations Legend**

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

**Calendar Legend**

- All Day
- Outing
- Special Program
- Sign up Required
- Living, Loving, Local
- Signature Program
- Resident Run