



INSPIRED SENIOR LIVING




# June 2024

## White Cliffe Terrace Retirement Residence- Assisted Living



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Pride Month</b></p>	 <p><b>Father's Day</b></p>	 <p><b>Canada's National Indigenous Peoples Day</b></p>				
<p><b>2</b></p> <p>9:00 Go 4 Life Walk (AF) 9:15 Move To The Music! (4TH) 10:00 Anglican Church Service (CHA) 10:00 Morning Snack &amp; Chat (FFDR) 11:15 Word Games (4TH) 1:15 Bingo! (FFL) 2:45 Afternoon Tea (FFDR) 3:30 DrumFit (MT2F) 7:30 Evening Snack (FFDR)</p>	<p><b>3</b></p> <p>9:00 Go 4 Life Walk (AF) 9:30 Falls Prevention Exercise Class (4TH) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Java Music Singalong Club (TVL) 2:00 Afternoon Tunes with James Skarnikat (PAT) 2:45 Afternoon Tea (FFDR) 3:30 Meet Me @ The MoMA, learn about the artist (BIS) 3:45 Meet Me @ The MoMA, inspired art (BIS) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)</p>	<p><b>4</b></p> <p><b>NATIONAL CHEESE DAY</b> 9:00 Go 4 Life Walk (AF) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT2F) 1:00 Bingo! (4AR) 2:45 Afternoon Tea (FFDR) 3:30 Travel Documentary (FFL) 4:00 Pre-Dinner Trivia 7:30 Evening Snack (FFDR)</p>	<p><b>5</b></p> <p>9:30 Gentle Range of Motion (4TH) 10:00 Morning Snack &amp; Chat (FFDR) 10:45 Green Thumb Gardening Group (CR) 1:00 Viewing: Variety Shows (4TH) 2:00 Resident-Run Crafter's Corner: Greeting Cards (FFL) 2:45 Afternoon Tea (FFDR) 3:30 Bean Bag Toss (4TH) 7:30 Evening Snack (FFDR)</p>	<p><b>6</b></p> <p>9:15 Gentle Range of Motion (4TH) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Artfull Enrichment (CR) 1:00 Outing: Oshawa Botanical Gardens (Sign-Up Required) (OUT) 2:45 Afternoon Tea (FFDR) 3:45 Fit Minds (FFL) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)</p>	<p><b>7</b></p> <p>9:30 Falls Prevention Class (FFL) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Roman Catholic Service (FFL) 1:00 Mindful Mandala Colouring (4TH) 1:45 Card Games (4AR) 2:45 Afternoon Tea (FFDR) 3:45 Just Jokes (FFL) 5:45 Go 4 Life Walk (AF) 6:00 DJ Disco Night (GFL) 7:30 Evening Snack (FFDR)</p>	<p><b>8</b></p> <p>9:30 Shuffleboard (BRLL) 10:00 Morning Snack &amp; Chat (FFDR) 11:15 Trivia Games (FFL) 1:00 Active Games on the Patio (PAT) 2:45 Afternoon Tea (FFDR) 3:30 Board Games (TFL) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)</p>
<p><b>9</b></p> <p>9:00 Go 4 Life Walk (AF) 9:15 Move To The Music! (4TH) 10:00 Anglican Church Service (CHA) 10:00 Morning Snack &amp; Chat (FFDR) 11:15 Word Games (4TH) 1:15 Bingo! (FFL) 2:45 Afternoon Tea (FFDR) 3:30 DrumFit (MT2F) 7:30 Evening Snack (FFDR)</p>	<p><b>10</b></p> <p>9:00 Go 4 Life Walk (AF) 9:30 Falls Prevention Exercise Class (4TH) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Java Music Singalong Club (TVL) 1:00 Board Game Fun (4TH) 2:00 Beach Ball Social (4TH) 2:45 Afternoon Tea (FFDR) 3:45 Wacky News Stories From Around The World (FFL) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)</p>	<p><b>11</b></p> <p>9:00 Go 4 Life Walk (AF) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT2F) 10:30 Clarington Library Visits (GFL) 2:00 Afternoon Tunes with Sean Roberts (PAT) 2:45 Afternoon Tea (FFDR) 3:30 Travel Documentary (FFL) 4:00 Pre-Dinner Trivia 7:30 Evening Snack (FFDR)</p>	<p><b>12</b></p> <p>9:15 Seated Yoga with Emily (MT2F) 10:00 Morning Snack &amp; Chat (FFDR) 10:45 Green Thumb Gardening Group (CR) 1:00 Mind Joggers Trivia (FFL) 2:00 Resident-Run Crafter's Corner: Greeting Cards (FFL) 2:15 Simon Says! (4TH) 2:45 Afternoon Tea (FFDR) 3:30 Bean Bag Toss (4TH) 7:30 Evening Snack (FFDR)</p>	<p><b>13</b></p> <p>9:15 Gentle Range of Motion (4TH) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Artfull Enrichment (CR) 1:00 Bingo! (4AR) 2:00 Chicken Soup for the Soul - Story Reading (4TH) 2:45 Afternoon Tea (FFDR) 3:30 Fit Minds (FFL) 4:15 Pre-Dinner Trivia 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)</p>	<p><b>14</b></p> <p>9:00 Go 4 Life Walk (AF) 9:30 Falls Prevention Class (FFL) 10:00 Morning Snack &amp; Chat (FFDR) 10:30 Roman Catholic Service (FFL) 1:00 Mindful Mandala Colouring (4TH) 1:45 Card Games (4AR) 2:45 Afternoon Tea (FFDR) 3:45 Just Jokes (FFL) 7:30 Evening Snack (FFDR)</p>	<p><b>15</b></p> <p>9:30 Shuffleboard (BRLL) 10:00 Morning Snack &amp; Chat (FFDR) 11:15 Trivia Games (FFL) 1:00 Active Games on the Patio (PAT) 2:45 Afternoon Tea (FFDR) 3:30 Board Games (TFL) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FATHER'S DAY 16</b> 9:00 Go 4 Life Walk (AF) 9:15 Move To The Music! (4TH) 10:00 Anglican Church Service (CHA) 10:00 Morning Snack & Chat (FFDR) 11:15 Word Games (4TH) 11:30 Special Father's Day BBQ Lunch (Sign-Up Required for Guests) (PAT) 2:00 Afternoon Tunes with Janette Desousa (PAT) 2:45 Afternoon Tea (FFDR) 3:30 DrumFit (MT2F) 7:30 Evening Snack (FFDR)	<b>17</b> 9:00 Go 4 Life Walk (AF) 9:30 Falls Prevention Exercise Class (4TH) 10:00 Morning Snack & Chat (FFDR) 10:30 Java Music Singalong Club (TVL) 1:00 Board Game Fun (4TH) 2:00 Beach Ball Social (4TH) 2:45 Afternoon Tea (FFDR) 3:15 Meet Me @ The MoMA, learn about the artist (BIS) 3:45 Meet Me @ The MoMA, inspired art (BIS) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)	<b>18</b> 9:00 Go 4 Life Walk (AF) 10:00 Morning Snack & Chat (FFDR) 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT2F) 1:30 Scenic Drive (Sign-Up Required) (OUT) 2:45 Afternoon Tea (FFDR) 3:30 Travel Documentary (FFL) 4:00 Pre-Dinner Trivia 7:30 Evening Snack (FFDR)	<b>19</b> 9:15 Gentle Range of Motion (4TH) 10:00 Morning Snack & Chat (FFDR) 10:45 Green Thumb Gardening Group (CR) 1:00 Viewing: Variety Shows (4TH) 2:00 Resident-Run Crafter's Corner: Greeting Cards (FFL) 2:45 Afternoon Tea (FFDR) 3:30 Bean Bag Toss (4TH) 7:30 Evening Snack (FFDR)	<b>20</b> 9:15 Gentle Range of Motion (4TH) 10:00 Morning Snack & Chat (FFDR) 10:30 Artfull Enrichment (CR) 1:00 Bingo! (4AR) 2:00 Chicken Soup for the Soul - Story Reading (4TH) 2:45 Afternoon Tea (FFDR) 3:30 Fit Minds (FFL) 4:15 Pre-Dinner Trivia 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)	<b>21</b> NATIONAL INDIGENOUS PEOPLE'S DAY 9:30 Falls Prevention Class (FFL) 10:00 Avon Sale (GFL) 10:00 Morning Snack & Chat (FFDR) 10:30 Roman Catholic Service (FFL) 1:00 "Stories From The Land" Documentary Series in Recognition of National Indigenous History Month (TVL) 2:00 Card Games (4AR) 2:45 Afternoon Tea (FFDR) 3:45 Just Jokes (FFL) 5:45 Go 4 Life Walk (AF) 6:00 DJ Disco Night (GFL) 7:30 Evening Snack (FFDR)	<b>22</b> 9:30 Shuffleboard (BRLL) 10:00 Morning Snack & Chat (FFDR) 11:15 Trivia Games (FFL) 1:00 Active Games on the Patio (PAT) 2:00 Swingeasy Performs (DRGF) 2:45 Afternoon Tea (FFDR) 3:30 Board Games (TFL) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)
<b>23</b> 9:00 Go 4 Life Walk (AF) 9:15 Move To The Music! (4TH) 10:00 Anglican Church Service (CHA) 10:00 Morning Snack & Chat (FFDR) 11:15 Word Games (4TH) 1:15 Bingo! (FFL) 2:45 Afternoon Tea (FFDR) 3:30 DrumFit (MT2F) 7:30 Evening Snack (FFDR)	<b>24</b> 9:00 Go 4 Life Walk (AF) 9:30 Falls Prevention Exercise Class (4TH) 10:00 Morning Snack & Chat (FFDR) 10:30 Java Music Singalong Club (TVL) 1:00 Board Game Fun (4TH) 2:00 Beach Ball Social (4TH) 2:45 Afternoon Tea (FFDR) 3:45 Wacky News Stories From Around The World (FFL) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)	<b>25</b> 9:00 Go 4 Life Walk (AF) 10:00 Morning Snack & Chat (FFDR) 10:30 Rosary Group with Shirley (CHA) 10:30 DrumFit (MT2F) 1:30 Scenic Drive (Sign-Up Required) (OUT) 2:45 Afternoon Tea (FFDR) 3:30 Travel Documentary (FFL) 4:00 Pre-Dinner Trivia 7:30 Evening Snack (FFDR)	<b>26</b> 9:15 Seated Yoga with Emily (MT2F) 10:00 Morning Snack & Chat (FFDR) 10:45 Green Thumb Gardening Group (CR) 1:00 Mind Joggers Trivia (FFL) 2:00 Resident-Run Crafter's Corner: Greeting Cards (FFL) 2:15 Simon Says! (4TH) 2:45 Afternoon Tea (FFDR) 3:30 Bean Bag Toss (4TH) 7:30 Evening Snack (FFDR)	<b>27</b> 9:15 Gentle Range of Motion (4TH) 10:00 Morning Snack & Chat (FFDR) 10:30 Artfull Enrichment (CR) 1:00 Bingo! (4AR) 2:00 Monthly Birthday Party with Eric Lambier (DRGF) 2:45 Afternoon Tea (FFDR) 3:30 Fit Minds (FFL) 4:15 Pre-Dinner Trivia 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)	<b>28</b> 9:00 Go 4 Life Walk (AF) 9:30 Falls Prevention Class (FFL) 10:00 Morning Snack & Chat (FFDR) 10:30 Roman Catholic Service (FFL) 1:00 Mindful Mandala Colouring (4TH) 1:45 Card Games (4AR) 2:45 Afternoon Tea (FFDR) 3:45 Just Jokes (FFL) 7:30 Evening Snack (FFDR)	<b>29</b> 9:30 Shuffleboard (BRLL) 10:00 Morning Snack & Chat (FFDR) 11:15 Trivia Games (FFL) 1:00 Active Games on the Patio (PAT) 2:45 Afternoon Tea (FFDR) 3:30 Board Games (TFL) 5:30 Classic Movie (4TH) 7:30 Evening Snack (FFDR)
<b>30</b> 9:00 Go 4 Life Walk (AF) 9:15 Move To The Music! (4TH) 10:00 Anglican Church Service (CHA) 10:00 Morning Snack & Chat (FFDR) 11:15 Word Games (4TH) 1:15 Bingo! (FFL) 2:45 Afternoon Tea (FFDR) 3:30 DrumFit (MT2F) 7:30 Evening Snack (FFDR)			<b>Locations Legend</b> 4th Floor Dining Room (FFDR) 4th Floor (4TH) 4th Floor Lounge (FFL) All Floors (AF) Movie Theatre, Second Floor (MT2F) Patio, Ground Floor (PAT) Chapel, Lower Level (CHA) 4th Floor Activity Room (4AR)		<b>Calendar Legend</b> Outing Special Program Living, Loving, Local Signature Program	