



INSPIRED SENIOR LIVING

July 2024

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY CANADA DAY! (AF) 1 9:00 Canadiana Trivia Pack Pick-Up (RECE) 11:30 Special Canada Day BBQ Lunch (TER) 12:00 Entertainment by Terry Maxwell (TER) 1:00 Canada Day Bingo (TFL) 2:00 Canadian Film: Men With Brooms (Comedy) (MT2F) 2:15 Canada Day Popsicle Patio Social (TER) 3:30 Artfull Enrichment: Canada Day Mosaic (BIS) 6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)	2 10:30 Rosary Group with Shirley (CHA) 10:30 Drum Fit (MT2F) 11:15 Password Trivia Game (GFL) 1:00 Afternoon Movie & Popcorn: Megan Leavey (Drama) (MT2F) 1:30 Scenic Drive (Sign-Up Required) (OUT) 3:00 Tuck Shop Table (GFL) 4:15 Go4Life Walk with Tanya (GFL) 7:00 Resident-Run Card Games (TFL)	3 8:30 Resident-Run News Group (GFL) 9:15 Tai Chi (MT2F) 10:00 Artfull Enrichment Paint Tutorial (BIS) 11:00 Jewellery Sale: Little Black Dress Approved (GFL) 1:00 Bingo (TFL) 2:15 Java Music Singalong Club (BIS) 3:00 Happy Hour: Orange Float (BIS) 3:45 Move to the Music! Exercise (MT2F) 5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)	4 9:15 Guided Meditation (MT2F) 10:30 Seated Exercise with Tanya (MT2F) 11:15 Head's Up Game (BIS) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 Shopping Outing: Dollar Stores (OUT) 3:00 Happy Hour Treats with Janine (BIS) 4:15 Go4Life Walk with Tanya (GFL) 6:00 Resident-Run Billiards Night (BRLL) 6:00 Movie Night: Bridget Jones's Diary (Comedy) (MT2F)	5 10:00 Falls Prevention Exercise Class (MT2F) 10:30 Roman Catholic Service (CHA) 1:00 Bingo (TFL) 2:00 Fit Minds: Stay Sharp (TFL) 3:00 Happy Hour & Sunshine Social (TER) 3:45 LLL Raspberry Trivia (GFL) 4:00 Horse Race Game (BIS) 6:00 DJ Disco Night (GFL) 7:00 Resident-Run Card Games (TFL)	6 9:00 Puzzle Pack Pick Up (RECE) 9:30 Shuffleboard (BRLL) 10:30 Active Games on the Terrace (TER) 1:00 Quiddler (BIS) 2:00 Sunshine Social (TER) 3:30 Magnetic Chess (TFL) 6:00 Movie Night: The Accidental Husband (Comedy) (MT2F)
7 9:00 Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) 1:00 Sit-Com Sunday: Golden Girls (MT2F) 2:00 Resident-Run Euchre Players Unite! (TFL) 2:00 Kid Crooner, Noah Kosta Performs (DRGF) 3:30 DrumFit (MT2F) 4:15 Pre-Dinner Trivia (GFL) 6:00 Resident-Run Shuffleboard (BRLL)	8 10:00 Falls Prevention Exercise Class (MT2F) 10:30 NEW PROGRAM: Book Club (TFL) 1:00 Bingo (TFL) 2:00 Afternoon Tunes with Jon (TER) 3:00 Chair Zumba (MT2F) 3:30 Artfull Enrichment: Summer Collage (CR) 4:15 Game Show Games: What's My Line? (GFL) 6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)	9 10:30 Rosary Group with Shirley (CHA) 10:30 Drum Fit (MT2F) 10:30 Clarington Library Visit & Presentation (GFL) 11:15 Password Trivia Game (GFL) 1:00 Afternoon Movie & Popcorn: Red Notice (Action) (MT2F) 1:30 Scenic Drive (Sign-Up Required) (OUT) 3:30 Toss Across Tic Tac Toe Game (TER) 4:15 Go4Life Walk with Tanya (GFL) 7:00 Resident-Run Card Games (TFL)	10 PINA COLADA DAY 8:30 Resident-Run News Group (GFL) 9:15 Seated Yoga with Emily (MT2F) 10:00 Mini-Manicures (Sign-Up Required) (TFL) 11:00 Gemini Jewellery Sale (GFL) 1:00 Bingo (TFL) 2:15 Java Music Singalong Club (BIS) 3:00 Happy Hour: Pina Colada (BIS) 3:45 Move to the Music! Exercise (MT2F) 5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)	11 9:15 Guided Meditation (MT2F) 10:30 Seated Exercise with Tanya (MT2F) 11:15 Head's Up Game (BIS) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 Shopping Outing: White Feather Farms (Sign-Up Required) (OUT) 1:00 Food Forum Meeting with Janine (DRGF) 3:00 Happy Hour Treats with Janine (BIS) 4:15 Go4Life Walk with Tanya (GFL) 6:00 Resident-Run Billiards Night (BRLL) 6:00 Movie Night: Some Like It Hot (Classic) (MT2F)	12 10:00 Falls Prevention Exercise Class (MT2F) 10:30 Roman Catholic Service (CHA) 1:00 Bingo (TFL) 2:00 Fit Minds: Stay Sharp (TFL) 3:00 Happy Hour & Sunshine Social (TER) 3:45 Trivia, Tri-Bond (GFL) 4:00 Horse Race Game (BIS) 6:30 Outing: Cineplex Bowmanville - Fly Me to the Moon (Sign-Up Required) (OUT) 7:00 Resident-Run Card Games (TFL)	13 9:00 Puzzle Pack Pick Up (RECE) 9:30 Shuffleboard (BRLL) 10:30 Active Games on the Terrace (TER) 1:00 Quiddler (BIS) 2:00 Afternoon Tunes with Keith Kirkpatrick (TER) 3:30 Magnetic Chess (TFL) 6:00 Movie Night: All About Steve (Comedy) (MT2F)
14 9:00 Resident-Run Go 4 Life Walk (AF) 10:00 Anglican Church Service (CHA) 1:00 Sit-Com Sunday: Golden Girls (MT2F) 2:00 Resident-Run Euchre Players Unite! (TFL) 2:00 Sunshine Social (TER) 3:30 DrumFit (MT2F) 4:15 Pre-Dinner Trivia (GFL) 6:00 Resident-Run Shuffleboard (BRLL)	15 10:00 Falls Prevention Exercise Class (MT2F) 10:30 Book Club (TFL) 1:00 \$1 Blackjack with Tanya (TFL) 2:00 Meet Me @ The MoMA, learn about the artist (BIS) 2:15 Meet Me @ The MoMA, inspired art (BIS) 3:00 Chair Zumba (MT2F) 4:15 Game Show Games: What's My Line? (GFL) 6:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 6:00 Bingo with Sharon (TFL)	16 10:30 Rosary Group with Shirley (CHA) 10:30 Drum Fit (MT2F) 11:15 Password Trivia Game (GFL) 1:00 Afternoon Movie & Popcorn: The Wizard of Oz (Classic) (MT2F) 1:30 Scenic Drive (Sign-Up Required) (OUT) 3:00 Tuck Shop Table (GFL) 4:15 Go4Life Walk with Tanya (GFL) 7:00 Resident-Run Card Games (TFL)	17 8:30 Resident-Run News Group (GFL) 9:15 Tai Chi (MT2F) 10:00 Artfull Enrichment Paint Tutorial (BIS) 11:00 Java Music Singalong Club (BIS) 1:00 Bingo (TFL) 2:00 Afternoon Tunes with Joe Thistel (TER) 3:00 Happy Hour: Raspberry Lemonade (BIS) 3:45 Move to the Music! Exercise (MT2F) 5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)	18 9:15 Guided Meditation (MT2F) 10:30 Seated Exercise with Tanya (MT2F) 11:15 Head's Up Game (BIS) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 Shopping Outing: Giant Tiger (Sign-Up Required) (OUT) 2:00 Clarington Museum Presentation (MT2F) 3:00 Happy Hour Treats with Janine (BIS) 3:30 Fit Minds: Stay Sharp (TFL) 4:15 Go4Life Walk with Tanya (GFL) 6:00 Resident-Run Billiards Night (BRLL) 6:00 Movie Night: The Engagement Dress (Comedy) (MT2F)	19 10:00 Falls Prevention Exercise Class (MT2F) 10:30 Roman Catholic Service (CHA) 1:00 Bingo (TFL) 2:00 Town Hall Meeting (MPR) 3:00 Happy Hour & Sunshine Social (TER) 3:45 Trivia, Tri-Bond (GFL) 4:00 Horse Race Game (BIS) 6:00 DJ Disco Night (GFL) 7:00 Resident-Run Card Games (TFL)	20 9:00 Puzzle Pack Pick Up (RECE) 9:30 Shuffleboard (BRLL) 10:30 Active Games on the Terrace (TER) 1:00 Quiddler (BIS) 2:00 Sunshine Social (TER) 3:30 Magnetic Chess (TFL) 6:00 Movie Night: Babes In Arms (Musical Comedy) (MT2F)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NATIONAL ICE CREAM DAY 21</p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Sit-Com Sunday: Golden Girls (MT2F)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:00 Ice Cream Social (TER)</p> <p>3:30 DrumFit (MT2F)</p> <p>4:15 Pre-Dinner Trivia (GFL)</p> <p>6:00 Resident-Run Shuffleboard (BRLL)</p>	<p>10:00 Falls Prevention Exercise Class (MT2F) 22</p> <p>10:30 Book Club (TFL)</p> <p>11:30 "Golden Girl" Luncheon on the Terrace (TER)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Artfull Enrichment: Summer Collage (CR)</p> <p>3:00 Chair Zumba (MT2F)</p> <p>4:15 Game Show Games: What's My Line? (GFL)</p> <p>6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 23</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:15 Password Trivia Game (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: Calendar Girls (Comedy) (MT2F)</p> <p>1:30 Scenic Drive & Ice Cream (Sign-Up Required) (OUT)</p> <p>3:30 Toss Across Tic Tac Toe Game (TER)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>7:00 Resident-Run Card Games (TFL)</p>	<p>8:30 Resident-Run News Group (GFL) 24</p> <p>9:15 Seated Yoga with Emily (MT2F)</p> <p>10:00 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:00 Happy Hour: Sherbet Punch (BIS)</p> <p>3:45 Move to the Music! Exercise (MT2F)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>9:15 Guided Meditation (MT2F) 25</p> <p>10:30 Seated Exercise with Marilyn (MT2F)</p> <p>11:15 Head's Up Game (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:00 Monthly Birthday Party with Eric Lambier (MPR)</p> <p>3:00 Happy Hour Treats with Janine (BIS)</p> <p>4:15 Go4Life Walk (GFL)</p> <p>6:00 Resident-Run Billiards Night (BRLL)</p> <p>6:00 Movie Night: Idaho (Musical Western) (MT2F)</p>	<p>SUMMER SENIOR OLYMPIC GAMES BEGIN! 26</p> <p>10:00 Falls Prevention Exercise Class (MT2F)</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Sports Bingo (TFL)</p> <p>1:30 Paris Olympics Opening Ceremony (BIS)</p> <p>2:00 Fit Minds (TFL)</p> <p>3:00 White Cliffe Senior Olympics Opening Ceremony (TER)</p> <p>3:30 Senior Olympics - Thunder Ball (TER)</p> <p>3:45 Senior Olympics Trivia (GFL)</p> <p>4:00 Cross Country Senior Olympic Horse Race (BIS)</p> <p>4:15 Go4Life Walk (GFL)</p> <p>7:00 Resident-Run Card Games (TFL)</p>	<p>Watch the Paris Summer Olympic Games (BIS) 27</p> <p>SENIOR SUMMER OLYMPICS CONTINUE</p> <p>9:00 Senior Olympics Puzzle Pack Pick Up (RECE)</p> <p>9:00 Summer Olympics Medal Tally (GFL)</p> <p>9:30 Senior Olympic Shuffleboard Challenge (BRLL)</p> <p>11:30 Friends & Family Country BBQ (TER)</p> <p>1:00 Senior Olympic Flag Trivia (BIS)</p> <p>2:00 Sunshine Social (TER)</p> <p>3:30 Senior Olympics Go for the Gold Golf (GFL)</p> <p>6:00 Movie Night: Butch Cassidy and The Sundance Kid (Classic Western) (MT2F)</p>
<p>Watch the Paris Summer Olympic Games (BIS) 28</p> <p>SENIOR SUMMER OLYMPICS CONTINUE</p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>9:00 Summer Olympics Medal Tally (GFL)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Sit-Com Sunday: Golden Girls (MT2F)</p> <p>2:00 Resident-Run Euchre Players Unite! (TFL)</p> <p>2:00 Senior Olympics Bean Bag Challenge & Sunshine Social (TER)</p> <p>3:30 DrumFit (MT2F)</p> <p>4:15 Senior Olympics Summer Sports Trivia (GFL)</p> <p>6:00 Resident-Run Shuffleboard (BRLL)</p>	<p>Watch the Paris Summer Olympic Games (BIS) 29</p> <p>SENIOR SUMMER OLYMPICS CONTINUE</p> <p>9:00 Summer Olympics Medal Tally (GFL)</p> <p>10:00 Falls Prevention Exercise Class (MT2F)</p> <p>10:30 Book Club (TFL)</p> <p>1:00 \$1 Blackjack with Tanya (TFL)</p> <p>2:00 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>2:15 Meet Me @ The MoMA, inspired art (BIS)</p> <p>3:00 Senior Olympics Balloon Badminton (MT2F)</p> <p>4:15 Senior Olympics: What's My Line? (GFL)</p> <p>6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>6:00 Bingo with Sharon (TFL)</p>	<p>Watch the Paris Summer Olympic Games (BIS) 30</p> <p>SENIOR SUMMER OLYMPICS CONTINUE</p> <p>9:00 Summer Olympics Medal Tally (GFL)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 Drum Fit (MT2F)</p> <p>1:00 Afternoon Movie & Popcorn: The Natural (Sports Drama) (MT2F)</p> <p>1:30 Scenic Drive (Sign-Up Required) (OUT)</p> <p>3:00 Tuck Shop Table (GFL)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>6:00 Evening Entertainment with Ed Smith (DRGF)</p> <p>7:00 Resident-Run Card Games (TFL)</p>	<p>Watch the Paris Summer Olympic Games (BIS) 31</p> <p>SENIOR SUMMER OLYMPICS CONTINUE</p> <p>8:30 Resident-Run News Group (GFL)</p> <p>9:00 Summer Olympics Medal Tally (GFL)</p> <p>9:15 Tai Chi (MT2F)</p> <p>10:00 Meet Me @ the MoMa Art Show (GFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:00 Olympic Happy Hour: Wine Spritzer (BIS)</p> <p>3:45 Rhythmic Ribbon Exercise (MT2F)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	 <p>THURSDAY JUL 25 Culinaricians Day</p>		



WEDNESDAY
JUL 17
National Hot Dog Day

Be Vibrant

Locations Legend

- Movie Theatre, Second Floor (MT2F)
- Third Floor Lounge (TFL)
- Ground Floor Lobby (GFL)
- Bistro, Ground Floor (BIS)
- Terrace, Ground Floor (TER)
- Chapel, Lower Level (CHA)
- Billiards Room, Lower Level (BRLL)

- Outing (OUT)
- All Floors (AF)
- Reception (RECE)
- Dining Room, Ground Floor (DRGF)
- Craft Room, Lower Level (CR)
- Multi Purpose Room, Lower Level (MPR)

Calendar Legend

- All Day
- Outing
- Special Program
- Vendor
- Holidays
- New Program
- Sign up Required
- Senior Olympics
- Living, Loving, Local
- Signature Program