



INSPIRED SENIOR LIVING

September 2024

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Resident-Run Go 4 Life Walk (AF) 1</p> <p>10:00 Anglican Church Service (CHA)</p> <p>11:00 Beach Ball Seated Exercise (MT2F)</p> <p>1:00 Java Music Singalong Club (BIS)</p> <p>3:30 DrumFit (MT2F)</p> <p>6:00 Resident-Run Billiards Night (BRLL)</p>	<p>LABOUR DAY (AF) 2</p> <p>9:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>10:00 Chair Zumba (MT2F)</p> <p>1:00 Crafter's Corner (TFL)</p> <p>2:30 Travelogue to Scotland (MT2F)</p> <p>4:15 Pre-Dinner Trivia (GFL)</p> <p>6:00 Bingo with Sharon (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 3</p> <p>10:30 Drum Fit (MT2F)</p> <p>1:00 Afternoon Movie & Popcorn: Blackberry (Drama) (MT2F)</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>4:00 Ring Toss (BIS)</p> <p>6:00 Movie Night: Odine (Romance Drama) (MT2F)</p>	<p>8:30 Resident-Run News Group (GFL) 4</p> <p>9:15 Seated Yoga with Emily (MT2F)</p> <p>10:30 Short Stories (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Afternoon Tunes with James Skarnikat (MPR)</p> <p>2:00 Resident-Run Euchre (TFL)</p> <p>3:30 Bean Bag Toss (BIS)</p> <p>4:15 Resident-Run Go 4 Life Walk (AF)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MT2F) 5</p> <p>11:15 Head's Up Trivia (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Shopping Outing: Dollar Stores (OUT)</p> <p>3:00 Afternoon Tea Social with Janine (BIS)</p> <p>3:30 Washer Toss Challenge (TER)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>6:00 Movie Night: Along Came Polly (Comedy) (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MT2F) 6</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 \$2 Bingo for World Alzheimer's Month (TFL)</p> <p>2:15 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 \$1 Blackjack with Tanya (TFL)</p> <p>4:10 Jeopardy Game! (BIS)</p> <p>4:30 LLL Dinner Theme: Corn & Pear (DRGF)</p> <p>5:30 Birds in Nature (TER)</p> <p>6:00 DJ Disco Night (GFL)</p> <p>7:00 Resident-Run Dominoes (TFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 7</p> <p>9:30 Shuffleboard (BRLL)</p> <p>10:30 Crafter's Corner (TFL)</p> <p>1:15 Quiddler (BIS)</p> <p>2:00 Scenic Walk (OUT)</p> <p>3:30 Magnetic Chess (TFL)</p> <p>6:00 Movie Night: Mr. Church (Drama) (MT2F)</p>
<p>GRANDPARENT'S DAY 8</p> <p>9:00 Resident-Run Go 4 Life Walk (AF)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Grandparent's Day Java Singalong (BIS)</p> <p>2:00 Afternoon Tunes with Sean Roberts (DRGF)</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) 9</p> <p>10:30 Book Club (TFL)</p> <p>1:00 \$2 Bingo for World Alzheimer's Month (TFL)</p> <p>2:15 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>2:30 Meet Me @ The MoMA, inspired art (BIS)</p> <p>3:00 \$1 Blackjack with Tanya (TFL)</p> <p>4:00 Chair Zumba (MT2F)</p> <p>6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>7:00 Resident-Run Card Games (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 10</p> <p>10:30 Drum Fit (MT2F)</p> <p>10:30 Clarington Library Visits (GFL)</p> <p>11:00 Zabs Comfort Footwear Sale (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: Darkest Hour (War Drama) (MT2F)</p> <p>1:30 Scenic Drive & Ice Cream (Sign-Up Required) (OUT)</p> <p>3:00 Story-Telling Social (BIS)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>6:00 Movie Night: (MT2F)</p> <p>6:00 Resident-Run Billiards Night (BRLL)</p>	<p>NATIONAL CHOCOLATE MILKSHAKE DAY 11</p> <p>8:30 Resident-Run News Group (GFL)</p> <p>9:15 Tai Chi (MT2F)</p> <p>10:30 Artfull Enrichment Paint Video Tutorial (BIS)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Town Hall Meeting (MPR)</p> <p>3:00 Happy Hour: Chocolate Milkshakes & Fun Facts (BIS)</p> <p>3:45 Move to the Music! Exercise (MT2F)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MT2F) 12</p> <p>11:15 Head's Up Trivia (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Sunshine Therapy Dogs Visit (TER)</p> <p>2:00 Afternoon Tunes with Brent Meidinger (DRGF)</p> <p>3:00 Afternoon Tea Social with Janine (BIS)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>6:00 World Alzheimer's Month Movie Night: Still Alice (Drama) (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MT2F) 13</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 \$2 Bingo for World Alzheimer's Month (TFL)</p> <p>2:15 Ambassador Club Meeting (TFL)</p> <p>3:00 Flower Arranging (TER)</p> <p>3:30 Birds in Nature (TER)</p> <p>4:10 Jeopardy Game! (BIS)</p> <p>7:00 Resident-Run Dominoes (TFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 14</p> <p>9:30 Shuffleboard (BRLL)</p> <p>10:30 Crafter's Corner (TFL)</p> <p>1:00 Fit Minds: Stay Sharp (TFL)</p> <p>1:15 Quiddler (BIS)</p> <p>2:00 Scenic Walk (OUT)</p> <p>3:30 Magnetic Chess (TFL)</p> <p>6:00 Movie Night: The Lighthouse (Drama) (MT2F)</p>
<p>9:00 Resident-Run Go 4 Life Walk (AF) 15</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Telling Our Story Docuseries: Territory (MT2F)</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) 16</p> <p>1:00 \$2 Bingo for World Alzheimer's Month (TFL)</p> <p>2:30 Travelogue to England (MT2F)</p> <p>3:30 Resident-Run Dominoes (TFL)</p> <p>4:00 Chair Zumba (MT2F)</p> <p>6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:00 Bake Sale to support Alzheimer's (GFL) 17</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 Drum Fit (MT2F)</p> <p>12:15 Tuck Shop Table (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: Offside: The Harold Ballard Story (Documentary) (MT2F)</p> <p>3:00 Oshawa Museum Presentation: Thomas Henry's Grandchildren, Descendants in time (MT2F)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>6:00 Resident-Run Billiards Night (BRLL)</p>	<p>8:30 Resident-Run News Group (GFL) 18</p> <p>9:15 Seated Yoga with Emily (MT2F)</p> <p>10:30 Artfull Enrichment Paint Video Tutorial (BIS)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Euchre (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:00 Happy Hour: Appletini (BIS)</p> <p>3:45 Move to the Music! Exercise (MT2F)</p> <p>4:10 Game Show Games: What's My Line? (GFL)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MT2F) 19</p> <p>11:15 Head's Up Trivia (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:30 Outing: Wutai Shan Buddhist Garden (OUT)</p> <p>3:00 Afternoon Tea Social with Janine (BIS)</p> <p>3:30 Bean Bag Toss (BIS)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>6:00 Movie Night: Are You Here (Comedy) (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MT2F) 20</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 \$2 Bingo for World Alzheimer's Month (TFL)</p> <p>2:15 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 Flower Arranging (TER)</p> <p>3:30 Birds in Nature (TER)</p> <p>4:10 Jeopardy Game! (BIS)</p> <p>6:00 DJ Disco Night (GFL)</p> <p>7:00 Resident-Run Dominoes (TFL)</p>	<p>OPEN HOUSE 21</p> <p>9:00 Puzzle Pack Pick Up (RECE)</p> <p>9:30 Shuffleboard (BRLL)</p> <p>10:30 Crafter's Corner (TFL)</p> <p>1:00 Open House with LTD Edition 70s Folk Tribute Band (DRGF)</p> <p>1:15 Quiddler (BIS)</p> <p>2:00 Artfull Enrichment Paint Video Tutorial: Sunset (BIS)</p> <p>3:30 Magnetic Chess (TFL)</p> <p>6:00 Movie Night: Sunset in Wyoming (Western) (MT2F)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Resident-Run Go 4 Life Walk (AF) 22</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Telling Our Story Docuseries: Spirituality (MT2F)</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) 23</p> <p>10:30 Artfull Enrichment Paint Video Tutorial (BIS)</p> <p>2:00 Afternoon Tunes with Jon (DRGF)</p> <p>3:30 Book Club (TFL)</p> <p>5:30 Chair Zumba (MT2F)</p> <p>6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>6:00 Bingo with Sharon (TFL)</p> <p>7:00 Resident-Run Card Games (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 24</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:15 Password Trivia Game (GFL)</p> <p>12:15 Tuck Shop Table (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: Robinhood (Action/Fantasy) (MT2F)</p> <p>2:00 Smile Theatre Performs "Wild Rovers" (MPR)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>6:00 Resident-Run Billiards Night (BRLL)</p>	<p>8:30 Resident-Run News Group (GFL) 25</p> <p>9:15 Tai Chi (MT2F)</p> <p>10:30 Artfull Enrichment Paint Video Tutorial (BIS)</p> <p>11:00 Jewellery Sale: Little Black Dress Approved (GFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Euchre (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:00 LLL Happy Hour: Spiced Vanilla Pear Cocktail (BIS)</p> <p>3:45 Move to the Music! Exercise (MT2F)</p> <p>5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MT2F) 26</p> <p>11:15 Head's Up Trivia (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 Afternoon Tea Social with Janine (BIS)</p> <p>3:30 Washer Toss Challenge (TER)</p> <p>4:15 Go4Life Walk with Tanya (GFL)</p> <p>5:30 Sunshine Therapy Dogs Visit (TER)</p> <p>6:00 Movie Night: Stone (Thriller) (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MT2F) 27</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>11:00 Jeopardy Game! (BIS)</p> <p>1:00 \$2 Bingo for World Alzheimer's Month (TFL)</p> <p>2:15 Ambassador Club Meeting (TFL)</p> <p>3:00 Flower Arranging (TER)</p> <p>3:30 Birds in Nature (TER)</p> <p>4:30 Oktoberfest Dinner with Janette DeSousa (DRGF)</p> <p>7:00 Resident-Run Dominoes (TFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 28</p> <p>9:30 Shuffleboard (BRLL)</p> <p>10:30 Crafter's Corner (TFL)</p> <p>1:15 Quiddler (BIS)</p> <p>2:15 Fit Minds: Stay Sharp (TFL)</p> <p>3:30 Magnetic Chess (TFL)</p> <p>6:00 Movie Night: Crouching Tiger, Hidden Dragon (Action) (MT2F)</p>
<p>9:00 Resident-Run Go 4 Life Walk (AF) 29</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:00 Telling Our Story Docuseries: Rebuilding (MT2F)</p> <p>3:30 DrumFit (MT2F)</p> <p>4:15 Pre-Dinner Trivia (GFL)</p> <p>6:00 Resident-Run Shuffleboard (BRLL)</p>	<p>NATIONAL DAY FOR TRUTH AND RECONCILIATION ORANGE SHIRT DAY 30</p> <p>10:00 Falls Prevention Exercise Class (MT2F)</p> <p>10:30 Book Club (TFL)</p> <p>1:00 Shopping Outing: Oshawa Centre (OUT)</p> <p>1:00 \$2 Bingo for World Alzheimer's Month (TFL)</p> <p>3:30 Artfull Enrichment Paint Project (CR)</p> <p>5:30 Chair Zumba (MT2F)</p> <p>6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p>	 <p>SUNDAY SEPT 1</p> <h3>World Alzheimer's Month</h3>		 <p>SUNDAY SEPT 8</p> <h3>Grandparent's Day</h3>		



MONDAY
SEPT 30

Day for Truth and Reconciliation

Be *Vibrant*

- ### Locations Legend
- Third Floor Lounge (TFL)
 - Movie Theatre, Second Floor (MT2F)
 - Bistro, Ground Floor (BIS)
 - Ground Floor Lobby (GFL)
 - Chapel, Lower Level (CHA)
 - Billiards Room, Lower Level (BRLL)
 - Terrace, Ground Floor (TER)
 - All Floors (AF)
 - Outing (OUT)
 - Dining Room, Ground Floor (DRGF)
 - Multi Purpose Room, Lower Level (MPR)
 - Reception (RECE)
 - Craft Room, Lower Level (CR)

- ### Calendar Legend
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program