



INSPIRED SENIOR LIVING


# October 2024

## White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Breast Cancer Awareness Month</b></p>		<b>ACTIVE AGING WEEK, MAINTAIN YOUR EMOTIONAL WELLNESS 1</b> INTERNATIONAL COFFEE DAY 9:00 Morning Social with Tim Horton's Coffee & Donuts (BIS) 9:30 Active Aging Week Pass Pick-Up (RECE) 10:30 Rosary Group with Shirley (CHA) 10:30 Drum Fit (MT2F) 11:00 Go 4 Life Walk (GFL) 12:15 Tuck Shop Table (GFL) 1:00 Afternoon Movie & Popcorn: Wild (MT2F) 1:30 Scenic Drive (Sign-Up Required) (OUT) 3:30 Aromatherapy and Mini-Manicures (TFL) 6:00 Resident-Run Billiards Night (BRLL)	<b>ACTIVE AGING WEEK, STRENGTHEN THE MIND 2</b> 8:30 Resident-Run News Group (GFL) 9:15 Seated Yoga with Emily (MPR) 10:30 Artfull Enrichment Paint Video Tutorial (BIS) 11:00 Go 4 Life Walk (GFL) 11:15 Brainteasing Riddles (GFL) 1:00 Bingo (TFL) 2:00 Resident-Run Euchre (TFL) 2:00 Afternoon Tunes with Terry Maxwell (MPR) 3:30 Move to the Music! Exercise (MT2F) 5:30 Resident-Run Jigsaw Puzzle Challenge (TFL)	<b>ACTIVE AGING WEEK, PRIORITIZE YOUR BRAIN CARE 3</b> 10:30 Seated Exercise with Tanya (MPR) 11:00 Go 4 Life Walk (GFL) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 Baking Club: Apple Tarts (MPR) 1:30 LLL Trivia/ Word Games "Apples" (MPR) 3:00 Afternoon Tea Social with Janine (BIS) 3:30 Scrabble (TFL) 6:00 Movie Night: Animated Film "Inside Out 2" (MT2F)	<b>ACTIVE AGING WEEK, TOOLS FOR PAIN RELIEF 4</b> WORLD ANIMAL DAY 10:00 Falls Prevention Exercise Class (MPR) 10:30 Roman Catholic Mass (CHA) 1:00 Bingo (TFL) 2:15 Ambassador Club Meeting (TFL) 3:00 Interview with Dr. Jane Goodall, Zoologist (TED talk video) (MT2F) 3:30 Create An Animal Activity (TFL) 4:10 Brainteasers (BIS) 4:30 LLL Dinner Theme: Squash (FFDR) 6:00 DJ Disco Night (GFL) 7:00 Resident-Run Dominoes (TFL)	<b>ACTIVE AGING WEEK, MOVE YOUR BODY 5</b> 9:00 Puzzle Pack Pick Up (RECE) 9:30 Move To The Music! (MT2F) 10:30 Breast Cancer Awareness Month - Pink Beaded Bracelets (TFL) 2:15 Java Music Singalong Club (BIS) 3:45 Balloon Ball: Move Your Body (MT2F) 6:00 Movie Night: Treasure Island (classic) (MT2F)
		<b>ACTIVE AGING WEEK, MOVE YOUR BODY 6</b> 9:00 Resident-Run Go 4 Life Walk (AF) 9:30 Move To The Music! (MT2F) 10:00 Anglican Church Service (CHA) 1:30 Meet Me @ The MoMA, learn about the artist (BIS) 2:00 Meet Me @ The MoMA, inspired art (BIS) 3:30 DrumFit (MT2F) 4:15 Pre-Dinner Trivia (GFL) 6:00 Resident-Run Shuffleboard (BRLL)	<b>10:00 Falls Prevention Exercise Class (MPR) 7</b> 10:30 Wordle (BIS) 11:00 Go 4 Life Walk (GFL) 1:00 Bingo (TFL) 2:00 Town Hall Meeting (MPR) 3:00 Sunshine Therapy Dogs Visit (GFL) 4:10 Jeopardy (BIS) 6:00 Pub Night (BRLL) 7:00 Resident-Run Card Games (TFL)	<b>9:00 Morning Coffee Social (BIS) 8</b> 10:30 Rosary Group with Shirley (CHA) 10:30 Drum Fit (MT2F) 10:30 Clarington Library Visits (GFL) 11:00 Go 4 Life Walk (GFL) 1:00 Afternoon Movie & Popcorn: The Second Best Exotic Marigold Hotel (Comedy) (MT2F) 1:15 Shopping Outing: White Feather Farms (Sign-Up Required) (OUT) 3:30 Aromatherapy and Mini-Manicures (TFL) 6:00 Resident-Run Billiards Night (BRLL)	<b>9:15 Tai Chi (MPR) 9</b> 10:30 Artfull Enrichment Paint Video Tutorial (BIS) 11:00 Go 4 Life Walk (GFL) 1:00 Bingo (TFL) 2:00 Resident-Run Euchre (TFL) 2:15 Java Music Singalong Club (BIS) 3:00 Pink Happy Hour: "Starbucks" Pink Drink (BIS) 3:30 Wheel of Fortune Game (BIS) 6:00 \$2 Blackjack for Breast Cancer Awareness with Tanya (TFL)	<b>10:30 Seated Exercise with Tanya (MPR) 10</b> 11:00 Go 4 Life Walk (GFL) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 Thankful Card Workshop (MPR) 2:00 Resident Program Planning Meeting (MPR) 3:00 Afternoon Tea Social with Janine (BIS) 3:30 Scrabble (TFL) 7:00 Resident-Run Dominoes (TFL)
<b>9:00 Resident-Run Go 4 Life Walk (AF) 13</b> 9:30 Move To The Music! (MT2F) 10:00 Anglican Church Service (CHA) 1:30 Meet Me @ The MoMA, learn about the artist (BIS) 2:00 Meet Me @ The MoMA, inspired art (BIS) 3:30 DrumFit (MT2F) 4:30 Thanksgiving Dinner (DRGF) 6:00 Resident-Run Shuffleboard (BRLL)	<b>THANKSGIVING MONDAY 14</b> 9:00 Resident-Run Jigsaw Puzzle Challenge (TFL) 11:00 Go 4 Life Walk (GFL) 1:00 Thanksgiving Happy Hour: Apple Cider (BIS) 2:00 Afternoon Tunes with Bill Dickinson (DRGF) 3:30 Short Stories (TFL) 4:10 Thanksgiving Trivia (BIS) 6:00 Bingo with Sharon (TFL)	<b>9:00 Morning Coffee Social (BIS) 15</b> 10:30 Rosary Group with Shirley (CHA) 10:30 Drum Fit (MT2F) 11:00 Go 4 Life Walk (GFL) 12:15 Tuck Shop Table (GFL) 1:00 Afternoon Movie & Popcorn: Secretariat (Drama) (MT2F) 1:30 Scenic Drive (Sign-Up Required) (OUT) 3:00 Oshawa Museum Presentation: Windfield (MT2F) 6:00 Resident-Run Billiards Night (BRLL)	<b>9:15 Seated Yoga with Emily (MPR) 16</b> 10:30 Artfull Enrichment Paint Video Tutorial (BIS) 11:00 Go 4 Life Walk (GFL) 1:00 Bingo (TFL) 2:00 Resident-Run Euchre (TFL) 2:15 Java Music Singalong Club (BIS) 3:00 Pink Happy Hour: Pink Lemonade (BIS) 3:30 Wheel of Fortune Game (BIS)	<b>10:30 Seated Exercise with Tanya (MPR) 17</b> 11:00 Go 4 Life Walk (GFL) 1:00 Resident-Run Bible Conversational Group (TFL) 1:00 Baking Club: Pumpkin Spice Waffles (MPR) 2:00 FYI Doctors Eye Care (TFL) 3:00 Afternoon Tea Social with Janine (BIS) 3:30 Scrabble (TFL) 7:00 Resident-Run Dominoes (TFL)	<b>10:00 Falls Prevention Exercise Class (MPR) 18</b> 10:30 Roman Catholic Service (CHA) 1:00 Bingo (TFL) 1:30 Shopping Outing: Giant Tiger (Sign-Up Required) (OUT) 3:10 Resident-Run Knitting and Crocheting (TFL) 3:30 Colouring Club (CR) 4:10 Brainteasers (BIS) 6:00 DJ Disco Night (GFL)	<b>9:00 Puzzle Pack Pick Up (RECE) 19</b> 9:30 Move To The Music! (MT2F) 10:30 Crafter's Corner (TFL) 11:00 Go 4 Life Walk (GFL) 2:15 Fit Minds: Stay Sharp (TFL) 3:45 Balloon Ball (MT2F) 6:00 Movie Night: The Apple Dumpling Gang (Western Comedy) (MT2F)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Resident-Run Go 4 Life Walk (AF) <b>20</b></p> <p>9:30 Move To The Music! (MT2F)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:30 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>2:00 Meet Me @ The MoMA, inspired art (BIS)</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 (MPR) <b>21</b></p> <p>10:30 Wordle (BIS)</p> <p>11:00 Go 4 Life Walk (GFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Afternoon Tunes with Jon (MPR)</p> <p>3:30 Short Stories (TFL)</p> <p>4:10 Jeopardy (BIS)</p> <p>7:00 Resident-Run Card Games (TFL)</p>	<p>9:00 Morning Coffee Social (BIS) <b>22</b></p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:00 Go 4 Life Walk (GFL)</p> <p>1:00 Afternoon Movie &amp; Popcorn: Death on The Nile (Mystery Thriller) (MT2F)</p> <p>1:15 Shopping Outing: Walmart (Sign-Up Required) (OUT)</p> <p>3:30 Aromatherapy and Mini-Manicures (TFL)</p> <p>6:00 Resident-Run Billiards Night (BRLL)</p>	<p>9:15 Tai Chi (MPR) <b>23</b></p> <p>10:30 Artfull Enrichment Paint Video Tutorial (BIS)</p> <p>11:00 Go 4 Life Walk (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 Pink Happy Hour: Pink Lady (BIS)</p> <p>6:00 \$2 Blackjack for Breast Cancer Awareness with Tanya (TFL)</p>	<p>10:30 Seated Exercise with Tanya (MPR) <b>24</b></p> <p>11:00 Go 4 Life Walk (GFL)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Baking Club: Pumpkin Spice Waffles (MPR)</p> <p>2:00 Fall Beer &amp; Food Pairing (BIS)</p> <p>3:00 Afternoon Tea Social with Janine (BIS)</p> <p>3:30 Scrabble (TFL)</p> <p>7:00 Resident-Run Dominoes (TFL)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) <b>25</b></p> <p>10:30 Roman Catholic Service (CHA)</p> <p>11:00 Fit Minds: Stay Sharp (TFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Alzheimer's Society Information Session on Meaningful Activities (MPR)</p> <p>3:10 Knitting and Crocheting with Tanya (TFL)</p> <p>3:30 Colouring Club (CR)</p> <p>4:10 Brainteasers (BIS)</p> <p>6:00 Movie Night: Pinocchio (Live Action Version) (MT2F)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) <b>26</b></p> <p>9:30 Move To The Music! (MT2F)</p> <p>10:30 Crafter's Corner (TFL)</p> <p>11:00 Go 4 Life Walk (GFL)</p> <p>2:00 Peter Mennie Comedy Show (DRGF)</p> <p>3:45 Balloon Ball (MT2F)</p> <p>6:00 Movie Night: Hitchcock (Biographical) (MT2F)</p>
<p>9:00 Resident-Run Go 4 Life Walk (AF) <b>27</b></p> <p>9:30 Move To The Music! (MT2F)</p> <p>10:00 Anglican Church Service (CHA)</p> <p>1:30 Meet Me @ The MoMA, learn about the artist (BIS)</p> <p>2:00 Meet Me @ The MoMA, inspired art (BIS)</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 (MPR) <b>28</b></p> <p>11:00 Go 4 Life Walk (GFL)</p> <p>1:00 Pumpkin Carving &amp; Painting (MPR)</p> <p>2:00 Short Stories (TFL)</p> <p>3:00 \$2 Blackjack for Breast Cancer Awareness with Tanya (TFL)</p> <p>4:10 Jeopardy (BIS)</p> <p>6:00 Resident-Run Jigsaw Puzzle Challenge (TFL)</p> <p>6:00 Bingo with Sharon (TFL)</p>	<p>9:00 Morning Coffee Social (BIS) <b>29</b></p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:00 Go 4 Life Walk (GFL)</p> <p>2:00 Kid Krooner Noah Kosta performs (MPR)</p> <p>3:00 Sunshine Therapy Dogs Visit (GFL)</p> <p>3:30 Aromatherapy and Mini-Manicures (TFL)</p> <p>6:00 Resident-Run Billiards Night (BRLL)</p>	<p>9:15 Seated Yoga with Emily (MPR) <b>30</b></p> <p>10:30 Artfull Enrichment Paint Video Tutorial (BIS)</p> <p>11:00 Go 4 Life Walk (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 Spooky Happy Hour: Bloody Caesar's (BIS)</p> <p>3:30 Halloween-Theme Wheel of Fortune (BIS)</p>	<p>HAPPY HALLOWEEN! <b>31</b></p> <p>10:30 Seated Exercise with Tanya (MPR)</p> <p>11:15 Costume Parade (GFL)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Baking Club: Pumpkin Spice Waffles (MPR)</p> <p>2:00 Halloween Carnival (MPR)</p> <p>3:00 Pumpkin Carving Contest (GFL)</p> <p>3:30 Scrabble (TFL)</p> <p>6:00 Movie Night: Haunted Mansion, Enter If You Dare (Thriller) (MT2F)</p>	<p><b>MONDAY</b> <b>OCT 14</b></p> <h2>Thanksgiving</h2>	



Be Vibrant

### Locations Legend

- Third Floor Lounge (TFL)
- Bistro, Ground Floor (BIS)
- Movie Theatre, Second Floor (MT2F)
- Ground Floor Lobby (GFL)
- Multi Purpose Room, Lower Level (MPR)
- Chapel, Lower Level (CHA)
- Billiards Room, Lower Level (BRLL)
- Outing (OUT)
- Reception (RECE)
- All Floors (AF)
- Craft Room, Lower Level (CR)
- Dining Room, Ground Floor (DRGF)
- 4th Floor Dining Room (FFDR)

### Calendar Legend

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