



INSPIRED
SENIOR LIVING

January 2026

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>9:00 Puzzle Pack Pick Up (RECE) 4</div> <div>10:00 Anglican Church Service (CHA)</div> <div>11:00 Jigsaw Puzzle Challenge (TFL)</div> <div>2:00 Card Games (TFL)</div> <div>3:30 Hymn Sing (MT2F)</div> <div>6:00 National Geographic: Undercover in North Korea (MT2F)</div>	<div></div> <div>10:00 Falls Prevention Exercise Class (MPR) 5</div> <div>10:30 Mini-Manicures (Sign-Up Required) (TFL)</div> <div>1:00 \$1 Bingo (TFL)</div> <div>2:15 Shopping Outing: Winners (Sign-Up Required) (OUT)</div> <div>3:00 Gourmet Treats with Dancel (BIS)</div> <div>6:00 Jigsaw Puzzle Challenge (TFL)</div>	<div></div> <div>10:00 Seated Exercise Class (MPR) 6</div> <div>10:30 Rosary Group with Shirley (CHA)</div> <div>12:00 Tuck Shop Table (GFL)</div> <div>1:00 Knitters & Knatters Club (CR)</div> <div>2:00 Scenic Drive (Weather Permitting, Sign-Up Required) (OUT)</div> <div>3:30 Backgammon with Bryan (MT2F)</div> <div>4:15 Scattegories (GFL)</div>	<div></div> <div>9:15 Seated Yoga with Emily (MPR) 7</div> <div>10:00 Artfull Enrichment Paint Tutorial: Snowy Street Lamp (CR)</div> <div>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</div> <div>1:00 \$1 Bingo (TFL)</div> <div>2:00 Java Music Singalong Club (TFL)</div> <div>3:30 Seated Drum Fit Exercise (MPR)</div> <div>6:00 Movie Night: Nine to Five (MT2F)</div>	<div></div> <div>NEW YEAR'S DAY 1</div> <div>10:00 Meet Me @ The MoMA (CR)</div> <div>1:00 Resident-Run Bible Study (TFL)</div> <div>1:00 Crafter's Corner: New Years Resolution Collage (CR)</div> <div>3:00 Scrabble Game (TFL)</div>	<div></div> <div>10:30 Roman Catholic Service (CHA) 2</div> <div>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</div> <div>1:00 \$1 Bingo (TFL)</div> <div>2:00 Fit Minds: Stay Sharp (TFL)</div> <div>3:00 \$1 Blackjack (TFL)</div> <div>6:00 Vintage Movie Night: Terms of Endearment (MT2F)</div>	<div></div> <div>10:00 Go 4 Life Walk: Join a group or walk individually (AF) 3</div> <div>11:00 Resident Run Colouring Club (TFL)</div> <div>2:30 Trivia Fun! with Manager on Duty (BIS)</div> <div>3:30 Rick Steves Travelogue Adventures (MT2F)</div> <div>6:00 Resident-Run Scrabble Game (TFL)</div>
<div></div> <div>9:00 Puzzle Pack Pick Up (RECE) 11</div> <div>10:00 Anglican Church Service (CHA)</div> <div>11:00 Jigsaw Puzzle Challenge (TFL)</div> <div>2:00 Card Games (TFL)</div> <div>3:30 Hymn Sing (MT2F)</div> <div>6:00 National Geographic: Is Escape From Earth Possible? (MT2F)</div>	<div></div> <div>10:00 Falls Prevention Exercise Class (MPR) 12</div> <div>10:30 Mini-Manicures (Sign-Up Required) (TFL)</div> <div>1:00 Program Planning Meeting - Share Your Ideas! (TFL)</div> <div>2:15 Shopping Outing: Walmart (Sign-Up Required) (OUT)</div> <div>3:00 Crafter's Corner: Beaded Jewelry (CR)</div> <div>6:00 \$1 Bingo with Sharon (TFL)</div>	<div></div> <div>10:00 Seated Exercise Class (MPR) 13</div> <div>10:30 Rosary Group with Shirley (CHA)</div> <div>1:00 Knitters & Knatters Club (CR)</div> <div>2:00 Scenic Drive (Weather Permitting, Sign-Up Required) (OUT)</div> <div>3:30 Backgammon with Bryan (MT2F)</div> <div>4:15 Scattegories (GFL)</div>	<div></div> <div>9:15 Tai Chi with Patrick (MPR) 14</div> <div>10:00 Artfull Enrichment Paint Tutorial: Winter Hats (CR)</div> <div>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</div> <div>1:00 \$1 Bingo (TFL)</div> <div>2:00 Java Music Singalong Club (TFL)</div> <div>3:30 Seated Drum Fit Exercise (MPR)</div> <div>6:00 Movie Night: Thelma and Louise (MT2F)</div>	<div></div> <div>10:00 Falls Prevention Exercise Class (MT2F) 15</div> <div>10:00 Meet Me @ The MoMA (CR)</div> <div>1:00 Resident-Run Bible Study (TFL)</div> <div>1:00 Knitters & Knatters Club (CR)</div> <div>2:00 Monthly Birthday Party with Terry Maxwell (MPR)</div> <div>3:00 Scrabble Game (TFL)</div> <div>4:15 Trivia Time! (GFL)</div>	<div></div> <div>10:00 Falls Prevention Exercise Class (MPR) 16</div> <div>10:30 Roman Catholic Service (CHA)</div> <div>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</div> <div>1:00 \$1 Bingo (TFL)</div> <div>2:00 Fit Minds: Stay Sharp (TFL)</div> <div>3:00 \$1 Blackjack (TFL)</div> <div>6:00 Vintage Movie Night: Hidden Figures (MT2F)</div>	<div></div> <div>10:00 Go 4 Life Walk: Join a group or walk individually (AF) 17</div> <div>11:00 Resident Run Colouring Club (TFL)</div> <div>2:30 Trivia Fun! with Manager on Duty (BIS)</div> <div>3:30 Rick Steves Travelogue Adventures (MT2F)</div> <div>6:00 Resident-Run Scrabble Game (TFL)</div>



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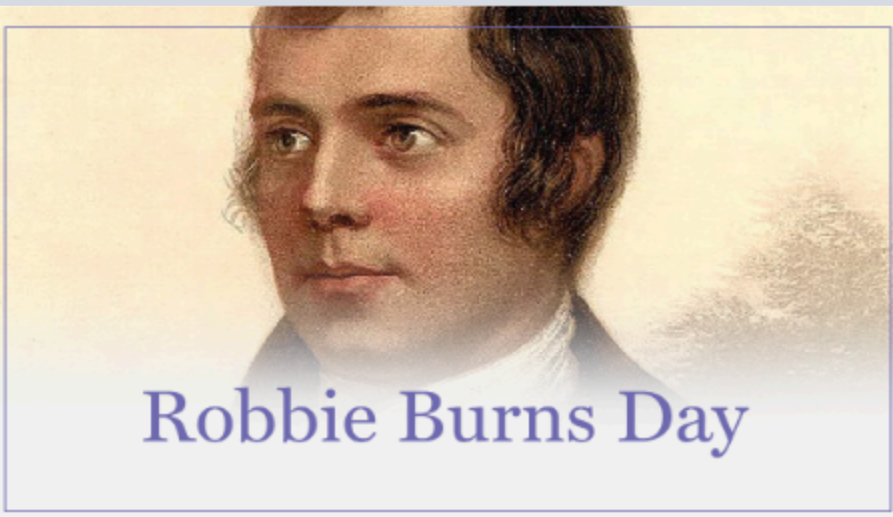
White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Puzzle Pack Pick Up (RECE) 18 10:00 Anglican Church Service (CHA) 11:00 Jigsaw Puzzle Challenge (TFL) 2:00 Card Games (TFL) 3:30 Hymn Sing (MT2F) 6:00 National Geographic: How I Survived a Trek Through the Desert ALONE (MT2F)	9:30 Shopping Outing: Giant Tiger (Sign-Up Required) (OUT) 19 10:00 Falls Prevention Exercise Class (MPR) 10:30 Mini-Manicures (Sign-Up Required) (TFL) 11:15 Drum Fit Demo (BIS) 1:00 \$1 Bingo (TFL) 2:00 Afternoon Tunes with Joe Thistel (MPR) 6:00 Jigsaw Puzzle Challenge (TFL)	NATIONAL CHEESE LOVERS DAY 20 10:00 Seated Exercise Class (MPR) 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:00 Knitters & Knatters Club (CR) 2:00 Wine & Cheese Pairing Social (BIS) 3:30 Backgammon with Bryan (MT2F) 4:15 Scattagories (GFL)	9:15 Seated Yoga with Emily (MPR) 21 10:00 Artfull Enrichment Paint Tutorial: Winter Chickadee (CR) 10:30 Ecumenical Service (MPR) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 \$1 Bingo (TFL) 2:00 Town Hall Meeting (MPR) 3:30 Seated Drum Fit Exercise (MPR) 6:00 Movie Night: The Devil Wears Prada (MT2F)	10:00 Falls Prevention Exercise Class (MT2F) 22 10:00 Meet Me @ The MoMA (CR) 1:00 Resident-Run Bible Study (TFL) 1:00 Ambassador Club Meeting - All Welcome! (BRLL) 2:00 Scenic Drive (Weather Permitting, Sign-Up Required) (OUT) 3:00 Scrabble Game (TFL) 4:15 Trivia Time! (GFL)	NATIONAL PIE DAY 23 9:30 Shopping Outing: White Feather Farms (Sign-Up Required) (OUT) 10:00 Falls Prevention Exercise Class (MPR) 10:30 Roman Catholic Service (CHA) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 \$1 Bingo (TFL) 2:00 Fit Minds: Stay Sharp (TFL) 3:00 \$2 Texas Hold'Em Poker (TFL) 6:00 Vintage Movie Night: Pretty Woman (MT2F)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 24 10:30 Sit and Stretch (MPR) 11:00 Resident Run Colouring Club (TFL) 1:00 Java Music Singalong Club (TFL) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:30 Rick Steves Travelogue Adventures (MT2F) 6:00 Resident-Run Scrabble Game (TFL)
ROBBIE BURNS DAY 25 9:00 Puzzle Pack Pick Up (RECE) 10:00 Anglican Church Service (CHA) 11:00 Jigsaw Puzzle Challenge (TFL) 2:00 Card Games (TFL) 3:30 Hymn Sing (MT2F) 4:30 Robbie Burns Day Special Dinner (DRGF) 6:00 National Geographic: Birth of Planet Earth ft. Will Smith (MT2F)	10:00 Falls Prevention Exercise Class (MPR) 26 10:30 Mini-Manicures (Sign-Up Required) (TFL) 1:00 Java Music Singalong Club (TFL) 2:15 Shopping Outing: Dollarama (Sign-Up Required) (OUT) 3:00 Gourmet Treats with Dancel (BIS) 6:00 \$1 Bingo with Sharon (TFL)	10:00 Seated Exercise Class (MPR) 27 10:30 Rosary Group with Shirley (CHA) 1:00 Knitters & Knatters Club (CR) 2:00 Scenic Drive (Weather Permitting, Sign-Up Required) (OUT) 3:30 Backgammon with Bryan (MT2F) 4:15 Scattagories (GFL)	9:15 Tai Chi with Patrick (MPR) 28 10:00 Artfull Enrichment Paint Tutorial: Milky Way Mountains (CR) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 2:00 Friends & Family Party with Deidrey (MPR) 6:00 Movie Night: Erin Brokovich (MT2F)	10:00 Falls Prevention Exercise Class (MT2F) 29 10:00 Meet Me @ The MoMA (CR) 1:00 Resident-Run Bible Study (TFL) 1:00 Knitters & Knatters Club (CR) 3:00 Scrabble Game (TFL) 4:15 Trivia Time! (GFL)	9:30 Shopping Outing: Value Village (OUT) 30 10:00 Falls Prevention Exercise Class (MPR) 10:30 Roman Catholic Service (CHA) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 \$1 Bingo (TFL) 2:00 Fit Minds: Stay Sharp (TFL) 3:00 \$1 Blackjack (TFL) 6:00 Vintage Movie Night: Notes on a Scandal (MT2F)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 31 11:00 Resident Run Colouring Club (TFL) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:30 Rick Steves Travelogue Adventures (MT2F) 6:00 Resident-Run Scrabble Game (TFL)



Third Floor Lounge (TFL)
Movie Theatre, Second Floor (MT2F)
Multi Purpose Room, Lower Level (MPR)
Craft Room, Lower Level (CR)

Locations Legend
All Floors (AF)
Chapel, Lower Level (CHA)
Ground Floor Lobby (GFL)
Bistro, Ground Floor (BIS)

Outing (OUT)
Reception (RECE)
Dining Room, Ground Floor (DRGF)
Billiards Room, Lower Level (BRLL)

Calendar Legend
Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program