



INSPIRED SENIOR LIVING

February 2026

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BLACK HISTORY MONTH BEGINS 1 10:00 Anglican Church Service (CHA) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Billiards & Shuffleboard Games (BRLL) 2:00 Euchre Game (TFL) 3:30 Hymn Sing (MT2F) 6:00 National Geographic: Exploring the South Pole (MT2F)	GROUNDHOG DAY 2 9:00 Puzzle Pack Pick Up (RECE) 10:00 Falls Prevention Exercise Class (MPR) 10:30 Mini-Manicures (Sign-Up Required) (TFL) 1:00 \$1 Bingo (TFL) 2:15 Shopping Outing: Walmart (Sign-Up Required) (OUT) 3:00 \$2 Happy Hour & Treats with Dancel (BIS) 6:00 Jigsaw Puzzle Challenge (TFL)	3 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 Scenic Drive (Sign-Up Required) (OUT) 3:30 Backgammon with Bryan (MT2F) 4:00 Black History Month TED TALK: Can Art Amend History? (BIS) 6:00 Movie Night: Bonnie and Clyde (MT2F)	4 9:15 Seated Yoga with Emily (MPR) 10:00 Artfull Enrichment Paint Tutorial: Heart Shaped Cherries (CR) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 \$1 Bingo (TFL) 2:00 Java Music Singalong Club (TFL) 3:30 Seated Drum Fit Exercise (MPR) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	5 9:30 Shopping Outing: Dollarama (Sign-Up Required) (OUT) 10:00 Falls Prevention Exercise Class (MT2F) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 Resident-Run Bible Study (TFL) 1:00 Knitters & Knatters Club (CR) 2:00 Monthly Birthday Party with Eric Lambier (MPR) 4:00 Trivia Games (BIS) 6:00 Black History Learn & Paint Night! Artist Spotlight: Nina Chanel Abney (CR)	6 10:00 Falls Prevention Exercise Class (MPR) 10:30 Roman Catholic Service (CHA) 1:00 \$1 Bingo (TFL) 2:00 Fit Minds: Stay Sharp (TFL) 3:00 \$1 Blackjack (TFL) 6:00 Vintage Movie Night: Tootsie (MT2F)	7 10:00 Go 4 Life Walk: Join a group or walk individually (AF) 10:30 Sit and Stretch (MPR) 1:00 Crafter's Corner: Olympic Colouring (CR) 2:30 "Everything Titanic" Presentation with Derek (MT2F) 3:00 Making Canada's Team: Destination Milano Cortina 2026 Documentary (MT2F) 4:30 LLL Dinner (DRGF) 6:00 Resident-Run Scrabble Game (TFL)
8 10:00 Anglican Church Service (CHA) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 2:00 Euchre Game (TFL) 3:30 Hymn Sing (MT2F) 6:00 National Geographic: Discovering New Ancient Clues (MT2F)	WINTER OLYMPICS BEGINS - WEAR RED AND WHITE FOR CANADA! 9 9:00 Puzzle Pack Pick Up (RECE) 10:00 Falls Prevention Exercise Class (MPR) 10:30 Mini-Manicures (Sign-Up Required) (TFL) 1:00 \$1 Bingo with Sharon (TFL) 2:15 Shopping Outing: Winners (Sign-Up Required) (OUT) 3:00 Winter Olympic Opening Ceremony with Hot Cocoa & Snowball Cookies (BIS) 6:00 Jigsaw Puzzle Challenge (TFL)	WINTER SORTS DAY - WEAR COZY FLANNEL 10 10:00 Seated Exercise Class (MPR) 10:30 Rosary Group with Shirley (CHA) 10:30 Clarington Library Visit (GFL) 1:00 Tabletop Curling Game (MPR) 2:00 Scenic Drive (Sign-Up Required) (OUT) 3:30 Backgammon with Bryan (MT2F) 4:00 Black History Month TED TALK: The Most Powerful Woman You've Never Heard Of (BIS) 6:00 Movie Night: Cool Runnings (MT2F)	HOCKEY AND ICE SKATING DAY - WEAR TEAM COLOURS! 11 9:15 Tai Chi with Patrick (MPR) 10:00 Artfull Enrichment Paint Tutorial: Candy Hearts (CR) 11:00 Indoor Balloon Hockey (GFL) 1:00 \$1 Bingo (TFL) 2:00 Town Hall Meeting (MPR) 3:30 Seated Drum Fit Exercise (MPR) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	CELEBRATING ITALY DAY - WEAR RED, GREEN, AND WHITE 12 10:00 Falls Prevention Exercise Class (MT2F) 11:00 Relay Race! Staff vs Residents (GFL) 1:00 Resident-Run Bible Study (TFL) 1:00 Knitters & Knatters Club (CR) 2:00 Valentine's Day Party with Music by Phil & Kal (MPR) 4:00 Trivia Games (BIS) 6:00 Learn & Paint Night! Artist Spotlight: David Hockney (CR)	SENIOR OLYMPICS CLOSING CEREMONY 13 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 Senior Olympic Closing Ceremony Social (BIS) 6:00 DJ Disco Night (GFL)	VALENTINE'S DAY 14 10:00 Go 4 Life Walk: Join a group or walk individually (AF) 11:00 Resident Run Colouring Club (TFL) 1:00 Valentine's Day Craft: Cards & Hearts (CR) 2:00 Chocolate Blind Tasting Game with Mike (BIS) 3:00 Wonders of Paris Travelogue (MT2F) 6:00 Resident-Run Scrabble Game (TFL)
15 10:00 Anglican Church Service (CHA) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Billiards & Shuffleboard Games (BRLL) 2:00 Euchre Game (TFL) 3:30 Hymn Sing (MT2F) 6:00 National Geographic: The Unstoppable Viking Empire (MT2F)	FAMILY DAY 16 9:00 Puzzle Pack Pick Up (RECE) 10:30 Grandparents & Grandkids Handprint Art - Family Welcome! (BIS) 1:00 \$1 Bingo (TFL) 3:00 \$2 Happy Hour & Treats (BIS) 6:00 Jigsaw Puzzle Challenge (TFL)	RANDOM ACT OF KINDNESS DAY 17 10:00 Seated Exercise Class (MPR) 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:00 Creative Club - Make Something For Someone! (CR) 2:00 Scenic Drive (Sign-Up Required) (OUT) 3:30 Backgammon with Bryan (MT2F) 4:00 Black History Month TED TALK: The Urgency of Intersectionality (BIS) 6:00 Black History Movie Night: Hidden Figures (MT2F)	NATIONAL WINE DAY 18 9:15 Seated Yoga with Emily (MPR) 10:00 Artfull Enrichment Paint Tutorial: Snowy Sunset (CR) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 \$1 Bingo (TFL) 2:00 Wine Tasting Social (BIS) 3:30 Seated Drum Fit Exercise (MPR) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:30 Breakfast Outing: McDonald's (Sign-Up Required) (OUT) 19 10:00 Falls Prevention Exercise Class (MT2F) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 Resident-Run Bible Study (TFL) 1:00 Knitters & Knatters Club (CR) 3:00 Scrabble Game (TFL) 4:00 Trivia Games (BIS) 6:00 Learn & Paint Night! Artist Spotlight: Lawren Harris (CR)	20 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 Black History Month Performance with Deidrey (MPR) 3:00 Resident Run Fit Minds: Stay Sharp (TFL) 6:00 The Use of AI to Create Images Presentation by Ian Taylor (MT2F)	21 10:00 Go 4 Life Walk: Join a group or walk individually (AF) 10:30 Sit and Stretch (MPR) 11:00 Resident Run Colouring Club (TFL) 1:00 Java Music Singalong Club (TFL) 3:00 College Park Church Choir Performs (MPR) 6:00 Resident-Run Scrabble Game (TFL)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Anglican Church Service (CHA) 22</p> <p>11:00 Jigsaw Puzzle Challenge (TFL)</p> <p>1:00 Fit Minds: Stay Sharp (TFL)</p> <p>2:00 Euchre Game (TFL)</p> <p>3:30 Hymn Sing (MT2F)</p> <p>6:00 National Geographic: What is the Typhoon Alley? (MT2F)</p>	<p>NATIONAL MARGARITA DAY 23</p> <p>9:00 Puzzle Pack Pick Up (RECE)</p> <p>9:30 Shopping Outing: White Feather Farms (Sign-Up Required) (OUT)</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>10:30 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>1:00 \$1 Bingo with Sharon (TFL)</p> <p>2:00 Kitchen Tour with Mike (DRGF)</p> <p>3:00 \$2 Margarita & Treats with Dancel (BIS)</p> <p>6:00 Jigsaw Puzzle Challenge (TFL)</p>	<p>10:00 Seated Exercise Class (MPR) 24</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>1:00 Knitters & Knatters Club (CR)</p> <p>2:00 Comedy Show by Peter Mennie (MPR)</p> <p>3:30 Backgammon with Bryan (MT2F)</p> <p>4:00 Black History Month TED TALK: Color Blind or Color Brave? (BIS)</p> <p>6:00 Black History Movie Night: The Colour Purple (Oprah Winfrey Movie) (MT2F)</p>	<p>PINK SHIRT DAY - WEAR PINK! 25</p> <p>9:15 Tai Chi with Patrick (MPR)</p> <p>10:00 Artfull Enrichment Paint Tutorial: Poetry Flower Wreath (CR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</p> <p>1:00 \$1 Bingo (TFL)</p> <p>2:00 Chip and Dip Tasting Social with Mike (BIS)</p> <p>3:30 Seated Drum Fit Exercise (MPR)</p> <p>6:00 \$2 Texas Hold'Em Poker Night (TFL)</p>	<p>10:00 Falls Prevention Exercise Class (MT2F) 26</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</p> <p>1:00 Resident-Run Bible Study (TFL)</p> <p>1:00 Knitters & Knatters Club (CR)</p> <p>2:00 Java Music Club (TFL)</p> <p>4:00 Trivia Games (BIS)</p> <p>6:00 Learn & Paint Night! Artist Spotlight: Johannes Vermeer (CR)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 27</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</p> <p>1:00 \$1 Bingo (TFL)</p> <p>2:00 Ambassador Club Meeting - All Welcome! (TFL)</p> <p>3:00 \$1 Blackjack (TFL)</p> <p>4:30 Carribbean Theme Dinner (DRGF)</p> <p>6:00 Vintage Movie Night: Cat on a Hot Tin Roof (MT2F)</p>	<p>10:00 Go 4 Life Walk: Join a group or walk individually (AF) 28</p> <p>11:00 Resident Run Colouring Club (TFL)</p> <p>2:30 One Minute Mysteries Game with Judy (BIS)</p> <p>3:00 Wonders of Lithuania Travelouge (MT2F)</p> <p>6:00 Resident-Run Scrabble Game (TFL)</p>



Third Floor Lounge (TFL)
 Multi Purpose Room, Lower Level (MPR)
 Movie Theatre, Second Floor (MT2F)
 Bistro, Ground Floor (BIS)

Locations Legend

Craft Room, Lower Level (CR)
 All Floors (AF)
 Chapel, Lower Level (CHA)
 Outing (OUT)

Ground Floor Lobby (GFL)
 Reception (RECE)
 Dining Room, Ground Floor (DRGF)
 Billiards Room, Lower Level (BRLL)

Calendar Legend

All Day
 Outing
 Special Program
 Cruise Week
 Living, Loving, Local
 Signature Program