



INSPIRED SENIOR LIVING

May 2026

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Cinco De Mayo		 Mother's Day			
<p>10:00 Anglican Church Service (CHA) 3</p> <p>10:30 Word Games and Trivia (BIS)</p> <p>11:00 Jigsaw Puzzle Challenge (TFL)</p> <p>1:00 Java Music Singalong Club (TFL)</p> <p>2:00 Green Thumb Gardening Group (TER)</p> <p>3:30 Hymn Sing (MT2F)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 4</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>10:00 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>11:00 Crossword Challenge (BIS)</p> <p>1:00 \$1 Bingo (TFL)</p> <p>2:15 Shopping Outing: Walmart (Sign-Up Required) (OUT)</p> <p>3:00 \$2 Margaritas for Cinco De Mayo (BIS)</p> <p>6:00 Jigsaw Puzzle Challenge (TFL)</p>	<p>CINCO DE MAYO 5</p> <p>10:00 Seated Exercise Class (MPR)</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>11:00 Active Games: Ring Toss! (GFL)</p> <p>1:15 Knitters & Knatters Club (CR)</p> <p>2:00 Scenic Drive (Sign-Up Required) (OUT)</p> <p>3:30 Backgammon with Bryan (MT2F)</p> <p>4:00 Cinco De Mayo History and Trivia (BIS)</p> <p>4:30 Cinco De Mayo Special Dinner (FFDR)</p> <p>6:00 Movie Night: Les Miserables (MT2F)</p>	<p>9:15 Tai Chi with Patrick (MPR) 6</p> <p>10:00 Artfull Enrichment Paint Tutorial: Storybook Faces (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 Java Music Singalong Club (TFL)</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 (MPR) 7</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (AF)</p> <p>11:00 Vendor: Linda's Natural Remedies (GFL)</p> <p>1:00 Resident-Run Bible Study (TFL)</p> <p>1:15 Knitters & Knatters Club (CR)</p> <p>3:00 Scrabble Game (TFL)</p> <p>4:00 Trivia & Word Games (BIS)</p> <p>5:45 Sip n' Paint Night (CR)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 8</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 \$2 Bingo for Alzheimer's Society of Durham Region (TFL)</p> <p>2:10 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 \$1 Blackjack (TFL)</p> <p>4:00 Scattogories (BIS)</p> <p>6:00 DJ Disco Night (GFL)</p>	<p>10:00 Go 4 Life Walk: Join a group or walk individually (AF) 9</p> <p>10:30 Sit and Stretch (MPR)</p> <p>1:00 Crafter's Corner: Beaded Jewelry (CR)</p> <p>2:00 Scrabble Game (TFL)</p> <p>2:30 Neighbourhood Stroll With Judy (Meet at Reception) (OUT)</p> <p>3:00 Rick Steves Istanbul: Turkish Delights (MT2F)</p>
<p>MOTHER'S DAY 10</p> <p>10:00 Anglican Church Service (CHA)</p> <p>11:00 Jigsaw Puzzle Challenge (TFL)</p> <p>11:30 Mother's Day Special Brunch (DRGF)</p> <p>2:00 Mother's Day Craft: Floral Painted Glass (CR)</p> <p>3:30 Hymn Sing (MT2F)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 11</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>10:00 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>11:00 Crossword Challenge (BIS)</p> <p>1:00 \$1 Bingo (TFL)</p> <p>2:15 Shopping Outing: Giant Tiger (Sign-Up Required) (OUT)</p> <p>3:00 \$2 Happy Hour & Treats with Dancel (BIS)</p> <p>6:00 Jigsaw Puzzle Challenge (TFL)</p>	<p>10:00 Seated Exercise Class (MPR) 12</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>11:00 Active Games: Ring Toss! (GFL)</p> <p>12:00 Tuck Shop Table (GFL)</p> <p>1:15 Knitters & Knatters Club (CR)</p> <p>1:30 Clarrington Library Visit (GFL)</p> <p>2:00 Scenic Drive (Sign-Up Required) (OUT)</p> <p>3:30 Backgammon with Bryan (MT2F)</p> <p>4:00 Brainteasing Riddles (BIS)</p> <p>6:00 Concert Night: Andre Rieu Live in Malta (MT2F)</p>	<p>APPLE PIE DESSERT DAY 13</p> <p>9:15 Seated Yoga with Emily (MPR)</p> <p>10:00 Artfull Enrichment Paint Tutorial: Narrow Forest (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 Kid Crooner, Noah Kosta Performs (MPR)</p> <p>3:30 Seated Drum Fit Exercise (MPR)</p> <p>6:00 \$2 Texas Hold'Em Poker Night (TFL)</p>	<p>BAKE SALE TODAY! (GFL) 14</p> <p>9:30 Shopping Outing: Dollarama (Sign-Up Required) (OUT)</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>10:00 Bake Sale to Support Walk for Alzheimer's (GFL)</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>1:15 Knitters & Knatters Club (CR)</p> <p>2:30 Ambassador Club Meeting - All Welcome! (TFL)</p> <p>4:00 Trivia & Word Games (BIS)</p> <p>5:45 Sip n' Paint Night (CR)</p>	<p>CHOCOLATE CHIP DAY 15</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>11:00 Coffee and Scattogories (BIS)</p> <p>1:00 \$2 Bingo for Alzheimer's Society of Durham Region (TFL)</p> <p>2:10 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 Chocolate Chip Sundae Social (BIS)</p> <p>6:00 Vintage Movie Night: A Chorus Line (MT2F)</p>	<p>10:00 Go 4 Life Walk: Join a group or walk individually (AF) 16</p> <p>10:30 Sit and Stretch (MPR)</p> <p>11:00 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>1:00 Crafter's Corner: Painting Wood Decorations (CR)</p> <p>2:00 Scrabble Game (TFL)</p> <p>3:00 Rick Steves Italy's Highlights (MT2F)</p> <p>3:15 Colouring Club (TFL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Anglican Church Service (CHA) 17</p> <p>10:30 Word Games and Trivia (BIS)</p> <p>11:00 Jigsaw Puzzle Challenge (TFL)</p> <p>1:00 Java Music Singalong Club (TFL)</p> <p>2:00 Green Thumb Gardening Group (TER)</p> <p>3:30 Hymn Sing (MT2F)</p>	<p>VICTORIA DAY 18</p> <p>9:00 Puzzle Pack Pick Up (RECE)</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>10:00 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>11:00 Crossword Challenge (BIS)</p> <p>1:00 \$1 Bingo (TFL)</p> <p>3:00 \$2 Happy Hour & Treats (BIS)</p> <p>6:00 Jigsaw Puzzle Challenge (TFL)</p>	<p>10:00 Seated Exercise Class (MPR) 19</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>11:00 Active Games: Ring Toss! (GFL)</p> <p>1:15 Knitters & Knatters Club (CR)</p> <p>2:00 Scenic Drive (Sign-Up Required) (OUT)</p> <p>3:30 Backgammon with Bryan (MT2F)</p> <p>4:00 Brainteasing Riddles (BIS)</p> <p>6:00 Movie Night: Chorus Line (MT2F)</p>	<p>9:15 Tai Chi with Patrick (MPR) 20</p> <p>10:00 Artfull Enrichment Paint Tutorial: Botanical Art (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 Java Music Singalong Club (TFL)</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 (MPR) 21</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>1:15 Knitters & Knatters Club (CR)</p> <p>3:00 Scrabble Game (TFL)</p> <p>4:00 Trivia & Word Games (BIS)</p> <p>6:00 Pub Night with Mike Barnes (BIS)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 22</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>11:00 Vendor: Smiles Whimsy Products (GFL)</p> <p>11:00 Coffee and Scattogories (BIS)</p> <p>1:00 \$2 Bingo for Alzheimer's Society of Durham Region (TFL)</p> <p>2:10 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 \$1 Blackjack (TFL)</p> <p>6:00 Vintage Movie Night: Oklahoma (MT2F)</p>	<p>10:00 Go 4 Life Walk: Join a group or walk individually (AF) 23</p> <p>10:30 Colouring Club (TFL)</p> <p>1:00 Resident Run Crafter's Corner: Custom Bookmarks (CR)</p> <p>2:00 Resident-Run Scrabble Game (TFL)</p> <p>3:00 Rick Steves Krakow: Poland's Historic Capital (MT2F)</p>
<p>10:00 Anglican Church Service (CHA) 24</p> <p>10:30 Word Games and Trivia (BIS)</p> <p>11:00 Jigsaw Puzzle Challenge (TFL)</p> <p>1:00 Billiards & Shuffleboard Games (BRLL)</p> <p>2:00 Resident-Run Gardening Group (TER)</p> <p>3:30 Hymn Sing (MT2F)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 25</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>10:00 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>11:00 Crossword Challenge (BIS)</p> <p>1:00 \$1 Bingo (TFL)</p> <p>2:00 Raptors Presentation by Brian Joyce (MT2F)</p> <p>3:00 \$2 Happy Hour & Treats with Dancel (BIS)</p> <p>6:00 Jigsaw Puzzle Challenge (TFL)</p>	<p>10:00 Seated Exercise Class (MPR) 26</p> <p>10:30 Rosary Group with Shirley (CHA)</p> <p>11:00 Active Games: Ring Toss! (GFL)</p> <p>12:00 Tuck Shop Table (GFL)</p> <p>1:15 Knitters & Knatters Club (CR)</p> <p>2:00 Scenic Drive (Sign-Up Required) (OUT)</p> <p>3:30 Backgammon with Bryan (MT2F)</p> <p>4:00 Brainteasing Riddles (BIS)</p> <p>6:00 Movie Night: Funny Girl (MT2F)</p>	<p>9:15 Seated Yoga with Emily (MPR) 27</p> <p>10:00 Artfull Enrichment Paint Tutorial: Cactus Oasis (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 Monthly Birthday Party with Eric Lambier (MPR)</p> <p>3:30 Seated Drum Fit Exercise (MPR)</p> <p>6:00 \$2 Texas Hold'Em Poker Night (TFL)</p>	<p>9:30 Shopping Outing: Michael's (Craft Store) Sign-Up Required (OUT) 28</p> <p>10:00 Falls Prevention Exercise Class (MPR)</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>1:15 Knitters & Knatters Club (CR)</p> <p>2:00 Group Walk for Alzheimer's (Meet in the Lobby) (OUT)</p> <p>3:00 Scrabble Game (TFL)</p> <p>4:00 Trivia & Word Games (BIS)</p> <p>5:45 Sip n' Paint Night (CR)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 29</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>11:00 Coffee and Scattogories (BIS)</p> <p>1:00 \$2 Bingo for Alzheimer's Society of Durham Region (TFL)</p> <p>2:10 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 \$1 Blackjack (TFL)</p> <p>6:00 Vintage Movie Night: My Fair Lady (MT2F)</p>	<p>9:00 Walk For Alzheimer's at Ajax Downs (Sign-Up Required) (OUT) 30</p> <p>10:00 Go 4 Life Walk: Join a group or walk individually (AF)</p> <p>10:30 Sit and Stretch (MPR)</p> <p>11:00 Mini-Manicures (Sign-Up Required) (TFL)</p> <p>1:00 Crafter's Corner: Artist Inspired Clay Sculptures (CR)</p> <p>2:00 Scrabble Game (TFL)</p> <p>3:00 Rick Steves Iceland's Ring Road (MT2F)</p> <p>3:15 Colouring Club (TFL)</p>
<p>10:00 Anglican Church Service (CHA) 31</p> <p>10:30 Word Games and Trivia (BIS)</p> <p>11:00 Jigsaw Puzzle Challenge (TFL)</p> <p>1:00 Billiards & Shuffleboard Games (BRLL)</p> <p>1:00 Java Music Singalong Club (TFL)</p> <p>2:00 Green Thumb Gardening Group (TER)</p> <p>3:30 Hymn Sing (MT2F)</p>	<p>Victoria Day</p>		<p>Be Among Friends</p>		<p>Locations Legend</p> <p>Third Floor Lounge (TFL)</p> <p>Multi Purpose Room, Lower Level (MPR)</p> <p>Bistro, Ground Floor (BIS)</p> <p>Movie Theatre, Second Floor (MT2F)</p> <p>Craft Room, Lower Level (CR)</p> <p>Chapel, Lower Level (CHA)</p> <p>All Floors (AF)</p>	<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Cruise Week</p> <p>Living, Loving, Local</p> <p>Signature Program</p>
<p>Locations Legend</p> <p>Ground Floor Lobby (GFL)</p> <p>Outing (OUT)</p> <p>Terrace, Ground Floor (TER)</p> <p>Reception (RECE)</p> <p>Dining Room, Ground Floor (DRGF)</p> <p>Billiards Room, Lower Level (BRLL)</p> <p>4th Floor Dining Room (FFDR)</p>						