



INSPIRED SENIOR LIVING


January 2025

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) 5</p> <p>10:00 Anglican Church Service (CHA)</p> <p>11:00 Shuffleboard (BRLL)</p> <p>1:00 Resident-Run Euchre (TFL)</p> <p>1:15 Meet Me @ The MoMA, inspired art (CR)</p> <p>1:30 Meet Me @ The MoMA, learn about the artist (CR)</p> <p>2:00 Anne with an "E" series (MT2F)</p> <p>3:30 DrumFit (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 6</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: The Deep end of the Ocean (MT2F)</p> <p>2:00 Afternoon Tunes with Django Djunkies (MPR)</p> <p>3:30 Colouring Club (CR)</p> <p>3:30 Active Games: Ring Toss (BIS)</p> <p>6:00 Bingo with Sharon (TFL)</p> <p>7:00 Resident-Run Jigsaw Puzzle Group (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 7</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>12:15 Tuck Shop Table (GFL)</p> <p>2:30 Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Active Games: Washer Toss (BIS)</p> <p>4:10 Head's Up Trivia (GFL)</p> <p>6:00 Games Night: Scrabble (TFL)</p>	<p>NEW YEAR'S DAY 1</p> <p>10:00 Journaling: Resolutions for the New Year (TFL)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>11:30 NEW YEAR'S DAY BRUNCH BUFFET (MFDR)</p> <p>2:00 Aiden Lao Performs on Piano (MPR)</p> <p>3:00 Resident-Run Euchre (TFL)</p> <p>6:00 Comedy Movie: Fever Pitch (MT2F)</p>	<p>8:30 Resident-Run News Group (GFL) 2</p> <p>10:30 Seated Exercise with Tanya (MPR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>11:15 Wordle (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Baking Club: Nutella Croissants (MPR)</p> <p>1:30 Ice Cream Outing (OUT)</p> <p>3:00 \$1 Blackjack with Tanya (TFL)</p> <p>6:00 Paint Night (CR)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 3</p> <p>10:30 Roman Catholic Mass (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 Resident-Run Jigsaw Puzzle Group (TFL)</p> <p>4:10 Brainteasers (BIS)</p> <p>6:00 DJ Disco Night (GFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 4</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Crafter's Corner (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:30 Would You Rather? (TFL)</p> <p>6:00 Romance Movie: Far From The Madding Crowd (MT2F)</p>
<p>9:00 Resident-Run Go 4 Life Walk (AF) 5</p> <p>10:00 Anglican Church Service (CHA)</p> <p>11:00 Shuffleboard (BRLL)</p> <p>1:00 Resident-Run Euchre (TFL)</p> <p>1:15 Meet Me @ The MoMA, inspired art (CR)</p> <p>1:30 Meet Me @ The MoMA, learn about the artist (CR)</p> <p>2:00 Anne with an "E" series (MT2F)</p> <p>3:30 DrumFit (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 6</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: The Deep end of the Ocean (MT2F)</p> <p>2:00 Afternoon Tunes with Django Djunkies (MPR)</p> <p>3:30 Colouring Club (CR)</p> <p>3:30 Active Games: Ring Toss (BIS)</p> <p>6:00 Bingo with Sharon (TFL)</p> <p>7:00 Resident-Run Jigsaw Puzzle Group (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 7</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>12:15 Tuck Shop Table (GFL)</p> <p>2:30 Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Active Games: Washer Toss (BIS)</p> <p>4:10 Head's Up Trivia (GFL)</p> <p>6:00 Games Night: Scrabble (TFL)</p>	<p>9:15 Seated Yoga with Emily (MPR) 8</p> <p>10:30 Artfull Enrichment Paint Video Tutorial (MPR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (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 Tea Social with Janine (BIS)</p> <p>5:30 Resident-Run Billiards Night (BRLL)</p> <p>6:00 Comedy Movie: Ticket To Paradise (MT2F)</p>	<p>8:30 Resident-Run News Group (GFL) 9</p> <p>10:30 Seated Exercise with Tanya (MPR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>11:15 Wordle (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Shopping Outing: Walmart (Sign-Up Required) (OUT)</p> <p>1:00 Baking Club: Biscuits (MPR)</p> <p>3:00 \$1 Blackjack with Tanya (TFL)</p> <p>6:00 Billiards & Shuffleboard Games & Refreshments (BRLL)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 10</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 Resident-Run Jigsaw Puzzle Group (TFL)</p> <p>4:10 Brainteasers (BIS)</p> <p>6:00 Action Movie Night: Unstoppable (MT2F)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 11</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Crafter's Corner (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:30 Would You Rather? (TFL)</p> <p>6:00 Romance Movie: Jane Eyre (MT2F)</p>
<p>9:00 Resident-Run Go 4 Life Walk (AF) 12</p> <p>10:00 Anglican Church Service (CHA)</p> <p>10:30 Ecumenical Gathering (MPR)</p> <p>11:00 Shuffleboard (BRLL)</p> <p>1:00 Resident-Run Euchre (TFL)</p> <p>2:00 Anne with an "E" series (MT2F)</p> <p>3:30 DrumFit (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 13</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: Enola Holmes (MT2F)</p> <p>3:30 Colouring Club (CR)</p> <p>3:30 Active Games: Bean Bag Toss (BIS)</p> <p>6:00 Evening Bingo (TFL)</p> <p>7:00 Resident-Run Jigsaw Puzzle Group (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 14</p> <p>10:30 Drum Fit (MT2F)</p> <p>10:30 Clarington Library Visits (GFL)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>2:00 Scenic Drive (Weather Permitting, Sign-Up Required) (OUT)</p> <p>2:30 Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Active Games: Golf (BIS)</p> <p>4:10 Head's Up Trivia (GFL)</p> <p>6:00 Games Night: Dominoes (TFL)</p>	<p>9:15 Tai Chi (MPR) 15</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Resident-Run Euchre (TFL)</p> <p>3:00 Tea Social with Janine (BIS)</p> <p>6:00 Comedy Movie: The Intern (MT2F)</p>	<p>8:30 Resident-Run News Group (GFL) 16</p> <p>10:30 Ecumenical Gathering (MPR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>11:15 Wordle (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 \$1 Blackjack with Tanya (TFL)</p> <p>6:00 Karaoke & Cocktails (BIS)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 17</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 Jigsaw Puzzle Challenge (TFL)</p> <p>4:10 Brainteasers (BIS)</p> <p>6:00 DJ Disco Night (GFL)</p>	<p>9:00 Puzzle Pack Pick Up (RECE) 18</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Crafter's Corner (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:30 Would You Rather? (TFL)</p> <p>6:00 Romance Movie: Dirty Dancing (MT2F)</p>



INSPIRED SENIOR LIVING

January 2025

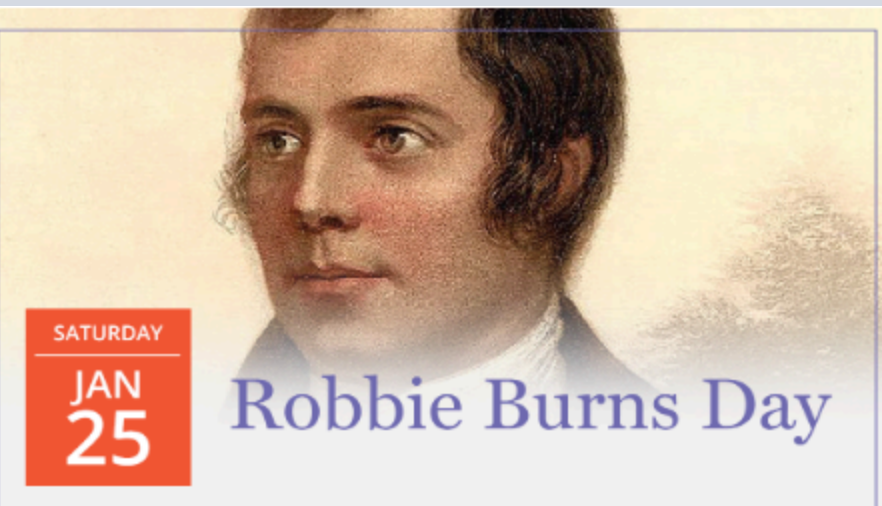
White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Resident-Run Go 4 Life Walk (AF) 19</p> <p>10:00 Anglican Church Service (CHA)</p> <p>11:00 Shuffleboard (BRLL)</p> <p>1:00 Resident-Run Euchre (TFL)</p> <p>1:15 Meet Me @ The MoMA, inspired art (CR)</p> <p>1:30 Meet Me @ The MoMA, learn about the artist (CR)</p> <p>2:00 Anne with an "E" series (MT2F)</p> <p>3:30 DrumFit (MT2F)</p>	<p>9:30 Shopping Outing: Giant Tiger (Sign-Up Required) (OUT) 20</p> <p>10:00 Falls Prevention Exercise Class (MPR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: The Mountain Between Us (MT2F)</p> <p>3:30 Colouring Club (CR)</p> <p>3:30 Active Games: Horseshoes (BIS)</p> <p>6:00 Bingo with Sharon (TFL)</p> <p>7:00 Resident-Run Jigsaw Puzzle Group (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 21</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>12:15 Tuck Shop Table (GFL)</p> <p>2:30 Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Active Games: Ring Toss (BIS)</p> <p>4:10 Head's Up Trivia (GFL)</p> <p>6:00 Games Night: Rummy (TFL)</p>	<p>BELL LET'S TALK DAY 22</p> <p>9:15 Seated Yoga with Emily (MPR)</p> <p>10:30 Artfull Enrichment Paint Video Tutorial (MPR)</p> <p>11:00 Go 4 Life Walk & Talk (GFL)</p> <p>1:00 Bingo (TFL)</p> <p>2:00 Afternoon Tunes with James Skarnikat (MPR)</p> <p>3:00 Tea Social with Janine (BIS)</p> <p>4:00 Self-Care 101 (BIS)</p> <p>5:30 Resident-Run Billiards Night (BRLL)</p> <p>6:00 Comedy Movie: A Man Called Otto (MT2F)</p>	<p>8:30 Resident-Run News Group (GFL) 23</p> <p>10:30 Seated Exercise with Tanya (MPR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>11:15 Wordle (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>2:15 Java Music Singalong Club (BIS)</p> <p>3:00 \$1 Blackjack with Tanya (TFL)</p> <p>6:00 Murder Mystery Night (MPR)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 24</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Ambassador Club Meeting (TFL)</p> <p>3:15 Fit Minds: Stay Sharp (TFL)</p> <p>4:10 Brainteasers (BIS)</p> <p>6:00 Action Movie Night: Skyscraper (MT2F)</p> <p>7:00 Jigsaw Puzzle Challenge (TFL)</p>	<p>ROBBIE BURNS DAY 25</p> <p>9:00 Puzzle Pack Pick Up (RECE)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Crafter's Corner: Thistles (TFL)</p> <p>2:00 Swingeasy Performs (MPR)</p> <p>3:30 Travelogue to Scotland (MT2F)</p> <p>4:30 Robbie Burns Scottish-Inspired Meal (DRGF)</p> <p>6:00 Romance Movie: Maudie (MT2F)</p>
<p>9:00 Resident-Run Go 4 Life Walk (AF) 26</p> <p>10:00 Anglican Church Service (CHA)</p> <p>11:00 Shuffleboard (BRLL)</p> <p>1:00 Resident-Run Euchre (TFL)</p> <p>1:15 Meet Me @ The MoMA, inspired art (CR)</p> <p>1:30 Meet Me @ The MoMA, learn about the artist (CR)</p> <p>2:00 Anne with an "E" series (MT2F)</p> <p>3:30 DrumFit (MT2F)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 27</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>1:00 Afternoon Movie & Popcorn: The Six Triple Eight (MT2F)</p> <p>3:30 Colouring Club (CR)</p> <p>3:30 Active Games: Golf (BIS)</p> <p>6:00 Evening Bingo (TFL)</p> <p>7:00 Resident-Run Jigsaw Puzzle Group (TFL)</p>	<p>10:30 Rosary Group with Shirley (CHA) 28</p> <p>10:30 Drum Fit (MT2F)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>2:00 Scenic Drive (Weather Permitting, Sign-Up Required) (OUT)</p> <p>2:30 Jigsaw Puzzle Challenge (TFL)</p> <p>3:30 Active Games: Dart Ball Game (BIS)</p> <p>4:10 Head's Up Trivia (GFL)</p> <p>6:00 Games Night: Qwixx Dice Game (TFL)</p>	<p>CHINESE NEW YEAR PUZZLE DAY! 29</p> <p>9:15 Tai Chi (MPR)</p> <p>10:30 Jigsaw Puzzle Challenge (TFL)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (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 Green Tea Social and Fortune Cookies (BIS)</p> <p>3:00 Tea Social with Janine (BIS)</p> <p>6:00 Comedy Movie: The Animal (MT2F)</p>	<p>8:30 Resident-Run News Group (GFL) 30</p> <p>10:30 Seated Exercise with Tanya (MPR)</p> <p>11:00 Go 4 Life Walk: Join a group or walk individually (GFL)</p> <p>11:15 Wordle (BIS)</p> <p>1:00 Resident-Run Bible Conversational Group (TFL)</p> <p>1:00 Baking Club: Rice Krispie Treats (MPR)</p> <p>3:00 \$1 Blackjack with Tanya (TFL)</p> <p>6:00 Pub Night with music by Mike Barnes (BIS)</p>	<p>10:00 Falls Prevention Exercise Class (MPR) 31</p> <p>10:30 Roman Catholic Service (CHA)</p> <p>1:00 Bingo (TFL)</p> <p>2:15 Fit Minds: Stay Sharp (TFL)</p> <p>3:00 Jigsaw Puzzle Challenge (TFL)</p> <p>4:10 Brainteasers (BIS)</p> <p>6:00 Action Movie Night: Carry-On (MT2F)</p>	



Be Limitless

Locations Legend

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

Calendar Legend

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