



INSPIRED
SENIOR LIVING

August 2026

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Civic Holiday 10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 2:00 Board Games in the Library (TFL) 3:30 Hymn Sing (MT2F) 6:00 Jigsaw Puzzle Challenge (TFL)	CIVIC HOLIDAY 9:30 Puzzle Pack Pick Up (RECE) 10:15 Mini-Manicures (Sign-Up Required) (TFL) 12:30 Ask An Ambassador! (DRGF) 1:30 Games on the Terrace (TER) 3:00 \$2 Happy Hour with Mariella (BIS) 6:00 Monday Night BINGO With Sharon! (TFL)	9:30 Seated Exercise with Skye (MPR) 10:00 Master the Machines: Gym Lessons with Adi (GYM) 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:00 Rummoli (TFL) 1:15 Knitters & Knatters Club (CR) 2:00 Scenic Drive (Sign-Up Required) (OUT) 3:30 Men's Club with Bryan (BRLL) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:00 Ask The Librarian with Mary Beth (TFL) 9:15 Seated Yoga with Emily (MPR) 10:15 Artfull Enrichment Paint Tutorial: Lemon Tree (CR) 11:00 Vendor: Well-Wise Home & Health Wellness Equipment (GFL) 1:00 \$1 Bingo (TFL) 1:00 Go 4 Life Walk: Join a group or walk individually (AF) 2:30 Seated Tai Chi on the Terrace with Skye (TER) 3:15 Activity Meeting with Skye (TFL) 5:30 Complimentary Concession Stand (MT2F) 6:00 Musical Movie Night: The Sound of Music (1965) (MT2F)	Hair Salon Open \$ (HS) 10:00 Falls Prevention Exercise Class (MPR) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 11:00 Vendor: Little Black Dress Approved Jewellery Sale (GFL) 1:00 Resident-Run Bible Study (TFL) 1:15 Knitters & Knatters Club (CR) 2:00 The Price Is Right! (Prize Game) (BIS) 3:00 DrumFit, Seated Coordination Exercise (MPR) 5:45 * NO MOMA TONIGHT * (CR) 6:30 Concerts at Rotary Park: ABBA in the Park! (Sign-Up Required) (OUT)	Hair Salon Open \$ (HS) 10:00 Falls Prevention Exercise Class (MPR) 10:30 Roman Catholic Service (CHA) 10:30 Fit Minds: Stay Sharp (TFL) 1:00 \$1 Bingo (TFL) 2:00 Ice Cream Social and Draw Winner! (TER) 3:00 \$1 Blackjack (TFL) 6:00 DJ Disco Night (GFL)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 10:30 Sit and Stretch (MPR) 11:00 Mini-Manicures (Sign-Up Required) (TFL) 1:00 Crafter's Corner: Book Bricks (CR) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:00 Rick Steves Travelogue (MT2F) 3:15 Colouring Club (TFL) 6:00 Movie Night: Singin' In The Rain (1951) (MT2F)
10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 1:00 Baking with Friends (MPR) 2:00 Board Games in the Library (TFL) 3:30 Hymn Sing (MT2F) 6:00 Jigsaw Puzzle Challenge (TFL)	9:30 Puzzle Pack Pick Up (RECE) 10:00 Falls Prevention Exercise Class (MPR) 10:15 Mini-Manicures (Sign-Up Required) (TFL) 11:00 Plinko Prize n' Dine (GFL) 12:30 Ask An Ambassador! (DRGF) 1:00 1\$ Bingo! (TFL) 2:00 Afternoon Tunes with Bill Dickinson (MPR) 3:30 \$2 Happy Hour & Karaoke with Skye (BIS) 6:00 Jigsaw Puzzle Challenge (TFL)	9:30 Seated Exercise with Skye (MPR) 10:00 Master the Machines: Gym Lessons with Adi (GYM) 10:30 Good Neighbours Library Exchange Visit (RECE) 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:00 Rummoli (TFL) 1:15 Knitters & Knatters Club (CR) 2:00 Scenic Drive (Sign-Up Required) (OUT) 3:30 Men's Club with Bryan (BRLL) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:00 Ask The Librarian with Mary Beth (TFL) 9:15 Stretching with Skye (MPR) 10:00 Artfull Enrichment Paint Tutorial: Van Gogh's Wheatfield (CR) 1:00 \$1 Bingo (TFL) 1:00 Go 4 Life Walk: Join a group or walk individually (AF) 2:00 Tunes and Iced Tea on the Terrace with Rosita! (TER) 2:30 Experience Outing: Horse Races and dinner at Ajax Downs! (Sign-Up Required) (OUT) 5:30 Complimentary Concession Stand (MT2F) 6:00 Movie Night: The Queen (Take 2) (MT2F)	Hair Salon Open \$ (HS) National Prosecco Day! 10:00 Falls Prevention Exercise Class (MPR) 10:00 Shopping Outing: Giant Tiger (Sign-Up Required) (OUT) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 Resident-Run Bible Study (TFL) 1:15 Knitters & Knatters Club (CR) 2:00 Town Hall Meeting (MPR) 3:30 National Prosecco Day: Our Treat - Mimosas in the Bistro! (BIS) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR)	Hair Salon Open \$ (HS) 10:00 Day Trip Outing: Mary Maxim Sale and Lunch in Paris (Sign-Up Required) (OUT) 10:00 *No Falls Prevention Today* (MPR) 10:30 Roman Catholic Service (CHA) 10:30 Fit Minds: Stay Sharp (TFL) 1:00 \$1 Bingo (TFL) 2:00 Ice Cream Social and Draw Winner! (TER) 3:00 \$1 Blackjack (TFL) 6:00 Concert's On Film with Ian (MT2F)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 10:30 Sit and Stretch (MPR) 11:00 Mini-Manicures (Sign-Up Required) (TFL) 1:00 Crafter's Corner: (CR) 2:30 Jeopardy with Skye (TFL) 3:00 Rick Steves Travelogue (MT2F) 3:15 Colouring Club (TFL) 6:00 Movie Night: Sister Act (MT2F)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 16 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 1:00 Baking with Friends (MPR) 2:00 Board Games in the Library (TFL) 3:30 Hymn Sing (MT2F) 6:00 Jigsaw Puzzle Challenge (TFL)	9:30 Puzzle Pack Pick Up (RECE) 17 10:00 Falls Prevention Exercise Class (MPR) 10:15 Mini-Manicures (Sign-Up Required) (TFL) 11:00 Plinko Prize n' Dine (GFL) 12:30 Ask An Ambassador! (DRGF) 1:30 Games on the Terrace (TER) 2:15 Shopping Outing: Pingles Farm Market (Sign-Up Required) (OUT) 3:30 \$2 Happy Hour & Trivia with Skye (BIS) 6:00 Monday Night BINGO With Sharon! (TFL)	9:30 Seated Exercise with Skye (MPR) 18 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:00 Our Treat: MooLaLa's Ice Cream (FPL) 1:15 Knitters & Knatters Club (CR) 2:00 Rummoli (TFL) 2:00 Scenic Drive (Sign-Up Required) (OUT) 3:30 Men's Club with Bryan (BRLL) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:00 Ask The Librarian with Mary Beth (TFL) 19 9:15 Seated Yoga with Emily (MPR) 10:15 Artfull Enrichment Paint Tutorial: Lismers Rocky Ocean (CR) 11:00 Vendor: Gemini Jewellery Sale (GFL) 1:00 \$1 Bingo (TFL) 1:00 Go 4 Life Walk: Join a group or walk individually (AF) 2:30 Ambassador Club Meeting (TFL) 5:30 Complimentary Concession Stand (MT2F) 6:00 Movie Night: Forrest Gump (MT2F)	Hair Salon Open \$ (HS) 20 10:00 Falls Prevention Exercise Class (MPR) 10:00 Shopping Outing: Walmart (Sign-Up Required) (OUT) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 Resident-Run Bible Study (TFL) 1:15 Knitters & Knatters Club (CR) 2:00 Monthly Birthday Party with Terry Maxwell (MPR) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR)	Hair Salon Open \$ (HS) 21 10:00 Falls Prevention Exercise Class (MPR) 10:30 Roman Catholic Service (CHA) 10:30 Fit Minds: Stay Sharp (TFL) 1:00 \$1 Bingo (TFL) 2:00 Ice Cream Social and Draw Winner! (TER) 3:00 \$1 Blackjack (TFL) 6:00 Concert's On Film with Ian (MT2F)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 22 10:30 Sit and Stretch (MPR) 11:00 Mini-Manicures (Sign-Up Required) (TFL) 1:00 Crafter's Corner: (CR) 2:30 Astronomy Series with Derek (MT2F) 3:00 Rick Steves Travelogue (MT2F) 3:15 Colouring Club (TFL) 6:00 Movie Night: Sister Act 2: Back in the Habit (MT2F)
10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 23 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 1:00 Baking with Friends (MPR) 2:00 Board Games in the Library (TFL) 3:30 Hymn Sing (MT2F) 6:00 Jigsaw Puzzle Challenge (TFL)	9:30 Puzzle Pack Pick Up (RECE) 24 10:00 Falls Prevention Exercise Class (MPR) 10:15 Mini-Manicures (Sign-Up Required) (TFL) 11:00 Plinko Prize n' Dine (GFL) 12:30 Ask An Ambassador! (DRGF) 1:00 1\$ Bingo! (TFL) 1:30 Games on the Terrace (TER) 2:15 Shopping Outing: Winners (Sign-Up Required) (OUT) 3:30 \$2 Happy Hour & Treats with Skye (BIS) 6:00 Jigsaw Puzzle Challenge (TFL)	9:30 Seated Exercise with Skye (MPR) 25 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:00 Rummoli (TFL) 1:15 Knitters & Knatters Club (CR) 2:00 Scenic Drive (Sign-Up Required) (OUT) 3:30 Men's Club with Bryan (BRLL) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:00 Ask The Librarian with Mary Beth (TFL) 26 9:15 Tai Chi with Patrick (MPR) 10:15 Artfull Enrichment Paint Tutorial: Northern Lakeside (CR) 1:00 \$1 Bingo (TFL) 1:00 Go 4 Life Walk: Join a group or walk individually (AF) 2:30 Seated Stretches on the Terrace with Skye (TER) 5:30 Complimentary Concession Stand (MT2F) 6:00 Movie Night: Annie (MT2F)	Hair Salon Open \$ (HS) 27 10:00 Falls Prevention Exercise Class (MPR) 11:00 Go 4 Life Walk: Join a group or walk individually (AF) 1:00 Resident-Run Bible Study (TFL) 1:15 Knitters & Knatters Club (CR) 1:30 Shopping Outing: White Feather Farms (Sign-Up Required) (OUT) 2:00 Coconut Carribean with Adam Spencer (MPR) 3:00 The Price Is Right! (Prize Game) (TFL) 4:00 DrumFit, Seated Coordination Exercise (MPR) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR)	Hair Salon Open \$ (HS) 28 10:00 Falls Prevention Exercise Class (MPR) 10:30 Roman Catholic Service (CHA) 10:30 Fit Minds: Stay Sharp (TFL) 1:00 \$1 Bingo (TFL) 2:00 Ice Cream Social and Draw Winner! (TER) 3:00 \$1 Blackjack (TFL) 6:00 Concert's On Film with Ian (MT2F)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 29 10:30 Sit and Stretch (MPR) 11:00 Mini-Manicures (Sign-Up Required) (TFL) 1:00 Crafter's Corner: Lavender Scented Pouches (CR) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:00 Rick Steves Travelogue (MT2F) 3:15 Colouring Club (TFL) 6:00 Movie Night: Butch Cassidy and the Sundance Kid (1969) (MT2F)
10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 30 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 1:00 Baking with Friends (MPR) 2:00 Board Games in the Library (TFL) 3:30 Hymn Sing (MT2F) 6:00 Jigsaw Puzzle Challenge (TFL)	9:30 Puzzle Pack Pick Up (RECE) 31 10:00 Falls Prevention Exercise Class (MPR) 10:15 Mini-Manicures (Sign-Up Required) (TFL) 11:00 Plinko Prize n' Dine (GFL) 12:30 Ask An Ambassador! (DRGF) 1:00 \$1 Bingo! (TFL) 1:30 Games on the Terrace (TER) 2:15 Shopping Outing: Dollarama (Sign-Up Required) (OUT) 3:30 \$2 Happy Hour & Treats with Skye (BIS) 6:00 Jigsaw Puzzle Challenge (TFL)	Be Supported		Locations Legend Third Floor Lounge (TFL) Multi Purpose Room, Lower Level (MPR) Movie Theatre, Second Floor (MT2F) Craft Room, Lower Level (CR) All Floors (AF) Outing (OUT) Ground Floor Lobby (GFL) Reception (RECE) Terrace, Ground Floor (TER) Bistro, Ground Floor (BIS) Chapel, Lower Level (CHA) Hair Salon (HS) Dining Room, Ground Floor (DRGF) Billiards Room, Lower Level (BRLL) Fitness Gym, Lower Level (GYM) Front Parking Lot (FPL)		Calendar Legend All Day Outing Theme Day Living, Loving, Local Signature Program Highlight