



INSPIRED
SENIOR LIVING

September 2026

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



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) 6 10:30 Master the Machines: Gym Lessons and Supervised Gym Time (GYM) 11:00 Jigsaw Puzzle Challenge (TFL) 11:30 End of Summer BBQ (DRGF) 1:00 Java Music Singalong Club (TFL) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL)	LABOUR DAY 7 9:30 Puzzle Pack Pick Up (RECE) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 1:00 \$1 Afternoon Bingo! (TFL) 2:10 Seated Exercise with Danielle (MPR) 3:00 \$2 Happy Hour & Trivia with Danielle (BIS)	9:30 Seated Exercise with Skye (MPR) 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Scenic Drive (Sign-Up with Reception) (OUT) 6:00 \$2 Texas Hold'Em Poker Night (TFL) 8 9:30 Seated Exercise with Skye (MPR) 10:30 Rosary Group with Shirley (CHA) 10:30 Good Neighbours Library Exchange Visit (RECE) 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Philosophy Talks with Guest Speaker Ritesh Rohan: Snap Judgements (MT2F) 2:00 Scenic Drive (Sign-Up with Reception) (OUT) 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: Cool Summer Mountains (CR) 11:00 Plinko Prize n' Dine (GFL) 1:00 \$1 Bingo (TFL) 2:00 Welcome the New Residents: Tea Social (BIS) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:30 Complimentary Concession Stand (MT2F) 6:00 Movie Night: The Steamie (1953) (MT2F) 9 9:00 Ask The Librarian with Mary Beth (TFL) 9:15 Tai Chi with Patrick (MPR) 10:15 Artfull Enrichment Paint Tutorial: Fall Path (CR) 11:00 Lobby Trivia: Lunch 'n Learn (GFL) 1:00 \$1 Bingo (TFL) 2:00 "EyesCream" Social with EyeCare Express (MPR) 2:30 Ambassador Club Meeting (TFL) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:30 Complimentary Concession Stand (MT2F) 6:00 Movie Night: The Blind Side (MT2F)	Hair Salon Open \$ (HS) 10:00 Falls Prevention Exercise Class (MPR) 10:15 Shopping Outing: Dollar Tree Bowmanville (Sign-Up with Reception) (OUT) 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) 2:30 Activity Meeting with Skye (TFL) 3:30 DrumFit, Seated Coordination Exercise (MPR) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR) 3 Hair Salon Open \$ (HS) 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) 2:00 Town Hall Meeting (MPR) 3:30 DrumFit, Seated Coordination Exercise (MPR) 4:00 Outing: Bonner Boy Classic Car Night (with Go Bags for dinner) (Sign-Up with Reception) (OUT) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR)	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) 1:00 Baking with Mike & Friends: Muffins (MPR) 2:00 Ice Cream Social and Draw Winner with Tunes by Rosita Stone (TER) 3:00 \$1 Blackjack (TFL) 6:00 Resident-Run Movie Night with Ian T. (MT2F) 4 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 and Draw Winner with Tunes by Jeanette DeSouza (TER) 3:00 \$1 Blackjack (TFL) 6:00 Resident-Run Movie Night with Ian T. (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 with Reception) (TFL) 1:00 Crafter's Corner: Living Loving Local - Beaded Corn (CR) 2:30 Walking Club with Judy (BIS) 3:00 Armchair Travel: Scotland Vacation (MT2F) 4:30 Living, Loving, Local Dinner (DRGF) 6:00 Movie Night: My Big Fat Greek Wedding (MT2F) 5 OPEN HOUSE TODAY! 10:00 Armchair Travel: The Wonders of Canada (MT2F) 12:55 The Great Canadian Open House - 1-3pm 1:00 The Great Canadian Open House with Music by Alicia Santos (RECE) 1:00 The Great Canadian Crafter's Corner: Fall Candle Holder & Indigenous Art (CR) 6:00 Movie Night: The Devil Wears Prada (MT2F)
National Grandparents Day 10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 13 10:30 Master the Machines: Gym Lessons and Supervised Gym Time (GYM) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 2:00 National Grandparents Day: Ice Cream on Us with MooLaLa's Ice Cream Truck! (FPL) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL)	9:30 Puzzle Pack Pick Up (RECE) 10:00 Falls Prevention Exercise Class (MPR) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 11:00 Weekly Ambassador Report with Skye (BIS) 2:00 Pipecleaner Flowers Craft Workshop w/ Loretta (Sign-Up with Reception) (CR) 2:00 Kitchen Tour with Mike (Sign-Up with Reception) (DRGF) 3:30 \$2 Happy Hour & Jeopardy with Skye (BIS) 6:00 Monday Night BINGO With Sharon! (TFL) 14	9:30 Seated Exercise with Skye (MPR) 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Fresh Start Local Food Demo with Mike (Sign-Up with Reception) (BIS) 2:00 Scenic Drive (Sign-Up with Reception) (OUT) 6:00 \$2 Texas Hold'Em Poker Night (TFL) 15	9:00 Ask The Librarian with Mary Beth (TFL) 9:15 Seated Yoga with Emily (MPR) 10:15 Artfull Enrichment Paint Tutorial: Budding Butterfly (CR) 11:00 Plinko Prize n' Dine (GFL) 1:00 \$1 Bingo (TFL) 2:00 A Visit from Mayor Adrian Foster (MPR) 3:00 Shopping Outing: Seniors Day at Algoma Orchards (back for supper) (Sign-Up with Reception) (OUT) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:30 Complimentary Concession Stand (MT2F) 6:00 Movie Night: The Devil Wears Prada 2 (MT2F) 16	Hair Salon Open \$ (HS) International Country Music Day 10:00 Falls Prevention Exercise Class (MPR) 10:00 Shopping Outing: Walmart (Sign-Up with Reception) (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 Swing Easy Ensembles Concert (MPR) 3:30 DrumFit, Seated Coordination Exercise (MPR) 4:30 Special Spanish 3 Course Meal with Mike (Sign-Up Required, 12 Seats) (BIS) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR) 17	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) 18	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 with Reception) (TFL) 1:00 Crafter's Corner: Magnet Making (CR) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:00 Armchair Travel: London Vacation (MT2F) 6:00 Movie Night: Sabrina (1954) (MT2F) 19



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10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 20 10:30 Master the Machines: Gym Lessons and Supervised Gym Time (GYM) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL) 10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 27 10:30 Master the Machines: Gym Lessons and Supervised Gym Time (GYM) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Java Music Singalong Club (TFL) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL)	9:30 Puzzle Pack Pick Up (RECE) 21 10:00 Falls Prevention Exercise Class (MPR) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 1:00 \$1 Afternoon Bingo! (TFL) 2:15 Shopping Outing: Betty's Butter Tarts Port Hope (Sign-Up with Reception) (OUT) 3:30 \$2 Happy Hour & Trivia with Mariella (BIS) 9:30 Puzzle Pack Pick Up (RECE) 28 10:00 Falls Prevention Exercise Class (MPR) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 11:00 Weekly Ambassador Report with Skye (BIS) 2:15 Shopping Outing: Giant Tiger (Sign-Up with Reception) (OUT) 3:30 \$2 Happy Hour & Jeopardy with Skye (BIS) 6:00 Monday Night BINGO With Sharon! (TFL)	9:30 Seated Exercise with Skye (MPR) 22 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Gypsy Jazz with Conrad Kipping! (MPR) 2:00 Scenic Drive (Sign-Up with Reception) (OUT) 6:00 \$2 Texas Hold'Em Poker Night (TFL) 9:30 Seated Exercise with Skye (MPR) 29 10:00 Morning Scenic Drive (Sign-Up with Reception) (OUT) 10:30 Rosary Group with Shirley (CHA) 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Monthly Birthday Party with Eric Lambier (MPR) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:00 Ask The Librarian with Mary Beth (TFL) 23 9:15 Tai Chi with Patrick (MPR) 10:15 Artfull Enrichment Paint Tutorial: Wild Mountain Flowers (CR) 11:00 Lobby Trivia: Lunch 'n Learn (GFL) 1:00 \$1 Bingo (TFL) 2:30 Seated Tai Chi on the Terrace with Skye (TER) 3:00 History Talks with Dr. Andrew: Tim Horton - Hockey Star and Businessman (MT2F) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:30 Complimentary Concession Stand (MT2F) 6:00 Movie Night: Fried Green Tomatoes (MT2F) NATIONAL DAY FOR TRUTH AND RECONCILIATION (ORANGE SHIRT DAY) 30 9:00 Ask The Librarian with Mary Beth (TFL) 9:15 Seated Yoga with Emily (MPR) 10:15 Artfull Enrichment Paint Tutorial: A Single Pear (CR) 11:00 Zab's Comfort Footwear (GFL) 11:00 Orange Shirt Day Photo in the Lobby! (GFL) 1:00 \$1 Bingo (TFL) 2:30 Seated Tai Chi on the Terrace with Skye (TER) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:30 Complimentary Concession Stand (MT2F) 6:00 Returning Home: The Story of Orange Shirt Day Founder Phyllis Jack-Webstad (MT2F)	Hair Salon Open \$ (HS) 24 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) 2:00 The Price Is Right! (Prize Game) (BIS) 3:30 DrumFit, Seated Coordination Exercise (MPR) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR) 	Hair Salon Open \$ (HS) 25 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) 4:30 Oktoberfest Themed Dinner 6:00 Resident-Run Movie Night with Ian T. (MT2F) 	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 26 10:30 Sit and Stretch (MPR) 11:00 Mini-Manicures (Sign-Up with Reception) (TFL) 1:00 Crafter's Corner: Thanksgiving Garland (CR) 2:30 Astronomy Series with Derek (MT2F) 3:00 Armchair Travel: Austrian Vacation (MT2F) 6:00 Movie Night: 50 First Dates (MT2F)

Day for Truth and
Reconciliation

Be
Supported

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

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

Hair Salon (HS)
Terrace, Ground Floor (TER)
Fitness Gym, Lower Level (GYM)
Dining Room, Ground Floor (DRGF)
Front Parking Lot (FPL)

Calendar Legend
Outing
Special Program
Holidays
Theme Day
Living, Loving, Local
Signature Program
Highlight