



INSPIRED
SENIOR LIVING

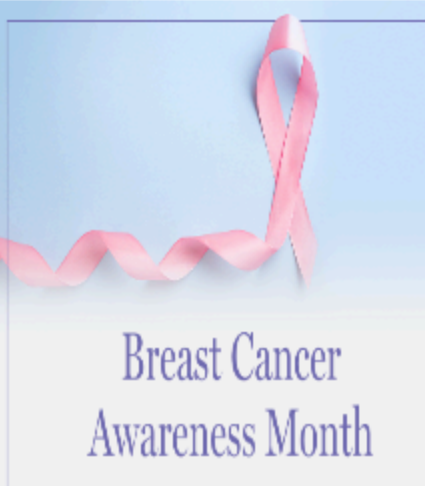
October 2026

White Cliffe Terrace Retirement Residence



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Thanksgiving MONDAY OCT. 12		 Be Celebrated	 Breast Cancer Awareness Month			
10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 4 10:30 Master the Machines: Gym Lessons and Supervised Gym Time (GYM) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Oldies Singalong Club (Java Music) (TFL) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL)	ACTIVE AGING WEEK: REST & RELAXATION 5 9:00 Durham College Massage Therapy Program (Sign-Up with Reception) (MPR) 9:30 Puzzle Pack Pick Up (RECE) 10:00 Falls Prevention Exercise Class (New Location) (MT2F) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 11:00 Weekly Ambassador Report with Skye (BIS) 1:00 \$1 Afternoon Bingo! (TFL) 3:00 Shopping Outing: Walmart (Sign-Up with Reception) (OUT)	ACTIVE AGING WEEK: BRAIN HEALTH 6 9:30 Seated Exercise with Skye (MPR) 10:30 Rosary Group with Shirley (MT2F) 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Scenic Drive (Sign-Up with Reception) (OUT) 2:00 Guest Speaker Ritesh Rohan: Dark Matter of the Mind, Exploring the Subconscious (MT2F) 3:30 Complimentary Oktoberfest Happy Hour (MPR) (MPR) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	ACTIVE AGING WEEK: FINDING JOY 7 No Tai Chi Today 9:00 Ask The Librarian with Mary Beth (TFL) 10:15 Artfull Enrichment Paint Tutorial: Harvest Moon (CR) 11:00 Plinko Prize n' Dine (GFL) 1:00 \$1 Bingo (TFL) 2:00 Critter Visits Petting Zoo! (MPR) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:40 Complimentary Concession Stand (MT2F) 6:00 Movie Night: Casablanca (MT2F)	Hair Salon Open \$ (HS) 1 10:00 Falls Prevention Exercise Class (MPR) 10:15 Shopping Outing: Dollarama (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) 3:30 DrumFit, Seated Coordination Exercise (MPR) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR)	Hair Salon Open \$ (HS) 2 10:00 Falls Prevention Exercise Class (MPR) 10:30 Fit Minds: Stay Sharp (TFL) 10:30 Roman Catholic Service (MT2F) 1:00 \$1 Bingo (TFL) 2:00 Ice Cream Social and Draw Winner! (TER) 3:00 \$1 Blackjack (TFL) 6:00 Resident-Run Movie Night with Ian T: Rodgers & Hammerstein (MT2F)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 3 10:30 Sit and Stretch (MPR) 11:00 Mini-Manicures (Sign-Up with Reception) (TFL) 1:00 Crafter's Corner: Pumpkin Vase (CR) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:00 Armchair Travel: Inside a Luxury Caribbean Cruise (MT2F) 7:00 Hockey Night at White Cliffe (MPR)
10:30 Nine Letter Word Puzzle Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 11 10:30 Master the Machines: Gym Lessons and Supervised Gym Time (GYM) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Oldies Singalong Club (Java Music) (TFL) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL)	Thanksgiving Monday No Massage Program Today (Thanksgiving) 12 9:30 Puzzle Pack Pick Up (RECE) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 2:00 Seated Exercise with Mariella (MPR) 6:00 Monday Night BINGO With Sharon! (TFL)	9:30 Seated Exercise with Skye (MPR) 13 10:30 Rosary Group with Shirley (MT2F) 10:30 Good Neighbours Library Exchange Visit (RECE) 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Welcome the New Residents: Tea Social (MPR) 3:30 Toonie Tuesday Happy Hour (BIS) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:00 Ask The Librarian with Mary Beth (TFL) 14 9:15 Seated Yoga with Emily (MPR) 10:15 Artfull Enrichment Paint Tutorial: Under the Fall Tree (CR) 11:00 Lobby Trivia: Lunch 'n Learn (GFL) 1:00 \$1 Bingo (TFL) 2:00 Afternoon Tunes with Rosita Stone (MPR) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:40 Complimentary Concession Stand (MT2F) 6:00 Movie Night: Jersey Boys (MT2F)	Hair Salon Open \$ (HS) 15 10:00 Falls Prevention Exercise Class (MPR) 10:15 Shopping Outing: Village Bake Shop, Whitby (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 Pink Party with Little Black Dress Approved (Breast Cancer Fundraiser) (MPR) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR)	Hair Salon Open \$ (HS) 16 10:00 Falls Prevention Exercise Class (MPR) 10:30 Fit Minds: Stay Sharp (TFL) 10:30 Roman Catholic Service (MT2F) 1:00 \$1 Bingo (TFL) 2:00 Ice Cream Social and Draw Winner with Councillor Candidate Joe Neal (TER) 3:00 \$1 Blackjack (TFL) 6:00 Resident-Run Movie Night with Ian T: John Wilson's Orchestra (MT2F)	10:00 Go 4 Life Walk: Join a group or walk individually (AF) 17 10:30 Sit and Stretch (MPR) 11:00 Mini-Manicures (Sign-Up with Reception) (TFL) 1:00 Crafter's Corner: Ghost Tea Light (CR) 2:30 Fire Safety and Building Information with Kosta (MT2F) 3:00 Armchair Travel: Route 66 (MT2F) 7:00 Hockey Night at White Cliffe (MPR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Nine Letter Word Puzzle 18 Pick Up (Submit to Reception by Friday for your chance to WIN!) (RECE) 10:30 Master the Machines: Gym Lessons and Supervised Gym Time (GYM) 11:00 Jigsaw Puzzle Challenge (TFL) 1:00 Oldies Singalong Club (Java Music) (TFL) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL) No Life Enrichment Staff Today 25 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) 3:30 Hymn Sing (MT2F) 6:00 Rummoli (Resident Run) (TFL)	9:00 Durham College Massage Therapy Program (Sign-Up with Reception) (MPR) 19 9:30 Puzzle Pack Pick Up (RECE) 10:00 Falls Prevention Exercise Class (New Location) (MT2F) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 11:00 Weekly Ambassador Report with Skye (BIS) 1:00 \$1 Afternoon Bingo! (TFL) 2:30 Fall Wreath Making with Loretta (CR) ELECTION DAY 26 9:00 Durham College Massage Therapy Program (Sign-Up with Reception) (MPR) 9:00 Electronic Poll Station in the Bistro (BIS) 9:30 Puzzle Pack Pick Up (RECE) 10:00 Falls Prevention Exercise Class (New Location) (MT2F) 10:15 Mini-Manicures (Sign-Up with Reception) (TFL) 11:00 Weekly Ambassador Report with Skye (BIS) 2:15 Shopping Outing: The Oshawa Centre (Back for Supper) (Sign-up With Reception) (OUT) 6:00 Monday Night BINGO With Sharon! (TFL) 6:30 Acappella Gospel Concert (MPR)	10:30 Rosary Group with Shirley (MT2F) 20 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 Scenic Drive (Sign-Up with Reception) (OUT) 3:30 Toonie Tuesday Happy Hour (BIS) 6:00 \$2 Texas Hold'Em Poker Night (TFL) 10:30 Rosary Group with Shirley (MT2F) 27 12:00 Tuck Shop Table (GFL) 1:15 Knitters & Knatters Club (CR) 2:00 History Talks with Dr. Andrew: Massachusetts 1692: The Salem Witch Trials (MT2F) 3:30 Toonie Tuesday Happy Hour (BIS) 6:00 \$2 Texas Hold'Em Poker Night (TFL)	9:00 Ask The Librarian with Mary Beth (TFL) 21 9:15 Tai Chi with Patrick (MPR) 10:15 Artfull Enrichment Paint Tutorial: Watercolour Pumpkins (CR) 1:00 \$1 Bingo (TFL) 2:00 Ambassador Club Meeting (TFL) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:40 Complimentary Concession Stand (MT2F) 6:00 Movie Night: Wicked (MT2F) 9:00 Ask The Librarian with Mary Beth (TFL) 28 9:15 Seated Yoga with Emily (MPR) 10:00 Eye Care Express Clinic (Sign-Up With Reception) (MPR) 10:15 Artfull Enrichment Paint Tutorial: Spooky Cat (CR) 11:00 Vendor: Lindy Mash 1:00 \$1 Bingo (TFL) 3:30 Go 4 Life Walk: Join a group or walk individually (AF) 5:40 Complimentary Concession Stand (MT2F) 6:00 Movie Night: Hocus Pocus (MT2F)	Hair Salon Open \$ (HS) 22 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) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR) Hair Salon Open \$ (HS) 29 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 Afternoon Tunes with Peter Marangi (MPR) 3:30 DrumFit, Seated Coordination Exercise (MPR) 5:45 Meet Me At the MoMa: Sip n' Paint Night (CR)	Hair Salon Open \$ (HS) 23 10:00 Falls Prevention Exercise Class (MPR) 10:30 Fit Minds: Stay Sharp (TFL) 10:30 Roman Catholic Service (MT2F) 1:00 \$1 Bingo (TFL) 2:00 Ice Cream Social and Draw Winner! (TER) 3:00 \$1 Blackjack (TFL) 6:00 Resident-Run Movie Night with Ian T. (MT2F) Hair Salon Open \$ (HS) 30 10:00 Falls Prevention Exercise Class (MPR) 10:30 Fit Minds: Stay Sharp (TFL) 10:30 Roman Catholic Service (MT2F) 1:00 \$1 Bingo (TFL) 2:00 Halloween Social and Draw Winner! (MPR) 3:00 \$1 Blackjack (TFL) 6:00 DJ Brian LIVE With The Lincolnaires (GFL)	No Life Enrichment Staff 24 Today 10:00 Go 4 Life Walk: Join a group or walk individually (AF) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:00 Armchair Travel: Iconic Opera Houses (MT2F) 7:00 Hockey Night at White Cliffe (MPR) Trick or Treat: Stop by Reception for a treat! 31 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: Ghost in the Garden (CR) 2:30 Trivia Fun! with Manager on Duty (BIS) 3:00 Armchair Travel: Transylvania (MT2F) 7:00 Hockey Night at White Cliffe (MPR)



Halloween

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

Locations Legend

Craft Room, Lower Level (CR)
All Floors (AF)
Hair Salon (HS)
Bistro, Ground Floor (BIS)
Reception (RECE)

Ground Floor Lobby (GFL)
Outing (OUT)
Terrace, Ground Floor (TER)
Fitness Gym, Lower Level (GYM)

Calendar Legend

Outing
Special Program
Vendor
Theme Day
Signature Program
Highlight
Active Week