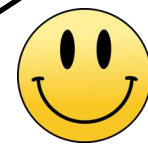


Sunshine Centre January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Small group programs have resumed but are limited to 5 people per program. Some programs will be offered multiple times in order to accommodate all who wish to participate.</p>	<p>Please pay special attention to the floor listed for when you can participate. If no floor is listed, all floors are welcome.</p>	<p>Face masks or shields must be worn for the duration of the program. GH—Great Hall ML—Muskoka Lounge</p>	<p>Please feel free to call Jackie (SC Recreation Coordinator) if you are feeling isolated or require any additional in suite activities. - Jackie Roedding X2032</p>	<p>Please note this calendar is subject to change depending on outbreak status</p>	<p>1 New Year's Day</p> 	<p>2 "You are never too old to set another goal or to dream a new dream." - C.S. Lewis</p>
<p>3 "I like the dreams of the future better than the history of the past." - Thomas Jefferson</p>	<p>4 10:30 "The Crown" Episode 10 - GH (Floors 1 & 3) 2:30 "The Crown" Episode 10 - GH (Floor 4)</p>	<p>5 10:30 SMART Exercise Class—GH 2:30 "The Crown" Episode 10 - GH (Floor 5)</p>	<p>6 10:30 News & Views—GH 2:30 Jeopardy (Floors 1 & 3) - GH</p>	<p>7 10:30 SMART Exercise Class—GH 2:30 Jeopardy (Floors 4 & 5) - GH</p>	<p>8 2:30 Bingo—GH (Floors 1 & 3)</p>	<p>9 2:30 Bingo—GH (Floors 4 & 5)</p>
<p>10 "Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to." - Bill Vaughan</p>	<p>11 10:30 "The Crown" Season 2 Episode 1 - GH (Floors 1 & 3) 2:30 "The Crown" Season 2 Episode 1 - GH (Floor 5)</p>	<p>12 10:30 SMART Exercise Class—GH</p>	<p>13 10:30 "The Crown" (Floor 4) 2:30 Bible Study Group 1—ML 3:15 Bible Study Group 2—ML 2:30 Kevin Coates Plays - Virtual Concert - GH (Floor 5)</p>	<p>14 10:30 SMART Exercise Class—GH 2:30 Kevin Coates Plays - Virtual Concert - GH (Floors 1 & 3)</p>	<p>15 Michel Allard plays piano over both lunches 2:30 Kevin Coates Plays - Virtual Concert - GH (Floor 4)</p>	<p>16 "It takes courage to grow up and become who you really are." - E. E. Cummings</p>
<p>17 "Never underestimate the power you have to take your life in a new direction." - Germany Kent</p>	<p>18 10:30 "The Crown" Season 2 Episode 2 - GH (Floors 1 & 3) 2:30 "The Crown" Season 2 Episode 2 - GH (Floor 4)</p>	<p>19 10:30 SMART Exercise Class—GH 2:30 "The Crown" Episode 2 - GH (Floor 5)</p>	<p>20 10:30 Tafelmusik Baroque Virtual Concert (Floors 1 & 3) 2:30 Bible Study Group 1—ML 3:15 Bible Study Group 2—ML 2:30 Tafelmusik Baroque Virtual Concert (Floors 4)</p>	<p>21 10:30 SMART Exercise Class—GH 2:30 Tafelmusik Baroque Virtual Concert (Floors 4)</p>	<p>22 2:30 Bingo—GH (Floors 1 & 3)</p>	<p>23 2:30 Bingo—GH (Floors 4 & 5)</p>
<p>24 Have a great day!</p>  <p>31</p>	<p>25 10:30 "The Crown" Season 2 Episode 3 - GH (Floors 1 & 3) 2:30 "The Crown" Season 2 Episode 3 - GH (Floor 4)</p>	<p>26 10:30 SMART Exercise Class—GH 2:30 "The Crown" Episode 3 - GH (Floor 5)</p>	<p>27 10:30 Paper Bead Making Craft—GH 2:30 Bible Study Group 1—GH 3:15 Bible Study Group 2—GH</p>	<p>28 10:30 SMART Exercise Class—GH 2:30 Paraffin Hand Wax, Relaxation—GH</p>	<p>29 Toni & Fran play violin and viola over both lunches</p>	<p>30 "Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." - Carl Bard</p>