




Sunshine Centre October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note that programs are subject to change as per Provincial guidelines.</p>	<p>Please see posters outside Activities Office for more details. GH—Great Hall ML—Muskoka Lounge</p>	<p>SC Recreation Coordinator: Jackie Roedding x 2032</p>	<p>Please purchase beer/wine/soda tickets from the front desk</p>	<p>Oktoberfest dinner (served in the dining room on the 7th) Choice of Schnitzel, Oktoberfest Sausage, apple strudel and more!</p>	<p>1 10:30 National Geographic Travelogue: "Singapore, City of the Future" —GH 2:30 Jean-Michel Piano Performance and Learning—GH</p>	<p>2 2:30 Indoor Bocce Ball —GH</p>
<p>3 10:00 Service of Praise—Piano and Vocals by Marilyn and Muriel —GH</p>	<p>4 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML</p>	<p>5 10:30 SMART Exercise —GH 2:30 "The Crown" -GH Season 4 Episode 6</p>	<p>6 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 Bingo— GH</p>	<p>7 10:30 SMART Exercise —GH 2:30 Oktoberfest Party Entertainment by Lynn & Rick—GH (Bar open)</p>	<p>8 2:30 Documentary: Apollo 11—GH</p>	<p>9 "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." —Oprah Winfrey</p>
<p>10 "The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time." — Douglas Wood</p>	<p>11 Thanksgiving  Marilyn plays piano at lunch Happy Thanksgiving!</p>	<p>12 10:30 SMART Exercise —GH</p>	<p>13 10:30 Group Crossword —GH 2:30 Bingo—GH</p>	<p>14 10:30 SMART Exercise —GH 2:30 Classic Movie "My Fair Lady" Part 1</p>	<p>15 10:30 News & Views —GH Janet plays piano at lunch 2:30 Classic Movie "My Fair Lady" Part 2</p>	<p>16 "Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all." —William Faulkner</p>
<p>17 10:00 Worship Service —GH</p>	<p>18 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 4 Episode 7</p>	<p>19 10:30 SMART Exercise —GH 2:30 Brain Games/Word Games—GH</p>	<p>20 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 Leaf Print Craft - GH</p>	<p>21 10:30 SMART Exercise —GH 2:30 Jeopardy—GH</p>	<p>22 10:30 Travelogues by Rick Steves: Paris & Dublin 2:30 Tafelmusik Virtual Baroque Concert "Essential Bach" -GH</p>	<p>23 2:30 Bingo—GH</p>
<p>24 10:00 Worship Service —GH</p> <hr/> <p>31 Halloween 10:00 Worship Service - GH</p>	<p>25 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 4 Episode 8</p>	<p>26 10:30 SMART Exercise —GH 2:30 The History of Apples and Apple Tasting—GH</p>	<p>27 10:30 Pumpkin Carving - GH 2:30 Bingo—GH</p>	<p>28 10:30 SMART Exercise —GH 2:30 Musical Entertainment by Cameron Grant Bar Open—GH</p>	<p>29 10:30 Documentaries: Origins of Halloween & Transylvania—GH 2:30 Diamonds in the Ruff Dog Show —GH</p>	<p>30 2:30 Ladder Ball - GH</p>