



Sunshine Centre January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Organized group programs are currently on hold and dependent on outbreak status. Once the outbreak is lifted, scheduled programs will resume and you will receive an updated calendar.	Activity Room Service (independent/in-suite activities) will be offered to different floors each week. Please see below for Schedule.	Virtual music concerts are available through email (need to have Wi-Fi and own computer/tablet etc)	Please feel free to call Jackie (SC Recreation Coordinator) if you are feeling isolated or require any additional in suite activities. - Jackie Roedding X2032			1 New Year's Day How come no one listens to New Year's resolutions? They go in one year and out the other.
2 "You are never too old to set another goal or to dream a new dream." - C.S Lewis	3 "I like the dreams of the future better than the history of the past." - Thomas Jefferson	4 My New Year's resolution is to procrastinate. But I will wait till tomorrow to start.	5 Activity Room Service 1st Floor this week. Activities will be provided or scheduled the following day. Please fill out by 3pm	6 "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	7 They say New York has the best New Year's Eve party... I'd say it's overrated — every year they drop the ball.	8 "The secret of change is to focus all of your energy, not on fighting the old, but on building the new." - Socrates
9 "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	10 Activity Room Service Floor 3 this week. Activities will be provided or scheduled the following day. Please fill out by 3pm	11 I raised my left leg before the ball dropped so I could start the New Year off on the right foot.	12 "Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." - Helen Keller	13 Every year I make a resolution to change myself..... this year making a resolution to be myself!	14 "The new year stands before us, like a chapter in a book, waiting to be written." - Melody Beattie	15 "What a wonderful thought it is that some of the best days of our lives haven't even happened yet." - Anne
16 "Never underestimate the power you have to take your life in a new direction." - Germany Kent	17 Activity Room Service Floors 4 & 5 this week. Activities will be provided or scheduled the following day. Please fill out by 3pm	18 "Whatever it is you're scared of doing, do it. Make your mistakes next year and forever." - Neil Gaiman	19 May all your troubles last as long as your New Year resolutions.	20 "What the new year brings to you will depend a great deal on what you bring to the new year." - Vern McLellan	21 My wife still hasn't told me what my New Year's resolutions are.	22 "Hope smiles from the threshold of the year to come, whispering, 'it will be happier.'" - Alfred Lord Tennyson
23 	24/31 Activity Room Service Floors 1 & 3 week of 24th Floors 4 & 5 week of 31st Please fill out by 3pm	25 My New Year's resolution is to be more optimistic by keeping my cup half-full with either rum, vodka, or whiskey.	26 "Life begins at the end of your comfort zone." - Neale Donald Walsch	27 My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.	28 "Write it on your heart that every day is the best day in the year." -Ralph Waldo Emerson	29 I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.