



Sunshine Centre May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:00pm Worship Service - Chapel	2 10:00 Old Time Music - ML 10:30 Bible Study—G 3:00 Social Hour: Coffee, Conversation, Cookies & Sing Along—GH	3 No seated exercises today 10:30 “Steps for Kids” Group Walk—Meet at the Atrium doors 2:30 Documentary “Animal” Season 2 Episode 1 “Apes”	4 10:00 Indoor Walking Group—5th floor 10:00 Parkinson’s Peer Support—G 10:30 Paraffin Hand Wax & Relaxation Class—ML 2:30 Bingo—GH	5 10:30 Seated Exercises-GH 2:30 Scrabble—ML	6 11:30 Singing Group—CH 2:30 Chris Sharpe Performs on the Cello Mother’s Day Tea Social—GH	7 2:30 Indoor Bocce Ball—GH
8 Mother’s Day 7:00pm Worship Service - Chapel	9 10:00 Old Time Music—ML 2:30 Showing of the documentary film by Anne Daag “The Woman Who Loves Giraffes” - GH	10 10:30 Seated Exercises-GH 3:30 Euchre—ML	11 10:00 Indoor Walking Group—5th floor 10:00 RC Mass—Chapel 2:30 Jeopardy Trivia—GH	12 10:30 Seated Exercises-GH 3:30 Pub Social with music by Cameron Grant—GH	13 10:30 News & Views—GH 11:30 Singing Group—CH 2:30 Classic Movie : “Steel Magnolias” - GH	14 2:30 Bingo - GH
15 7:00pm Worship Service - Chapel	16 10:00 Old Time Music - ML 3:00 Social Hour: Coffee, Conversation, Cookies & Sing Along—GH	17 10:30 Seated Exercises-GH 3:00 Sunshine Centre Resident Forum—GH	18 10:00 Indoor Walking Group—5th floor 10:00 Parkinson’s Peer Support—G 10:30 Paraffin Hand Wax & Relaxation Class—ML 2:30 Bingo—GH	19 10:30 Seated Exercises-GH 2:30 Paper Flowers Craft—GH	20 10:30 Group Crossword - GH 11:30 Singing Group—CH 2:30 Entertainment by “A Record Day Combo” - GH	21 2:30 Indoor Ladder Ball—GH
22 7:00pm Worship Service - Chapel	23 Victoria Day 10:00 Old Time Music - ML 10:30 Bible Study—G	24 10:30 Seated Exercises—GH 2:30 Documentary “Animal” Season 2 Episode 2 “Birds of Prey” - GH	25 10:00 Indoor Walking Group—5th floor 10:30 May Discussion Group: “Just in Time” - ML	26 10:30 Seated Exercises-GH 3:30 Pub Social with music by Manvir Rai—GH	27 11:30 Singing Group—CH 2:30 Tafelmusik Baroque Virtual Concert—GH	28 2:30 Bingo - GH
29 7:00pm Worship Service - Chapel	30 10:00 Old Time Music - ML 10:30 Bible Study—G 3:00 Social Hour: Coffee, Conversation, Cookies & Music by “MUGS”—GH	31 10:30 Seated Exercises-GH 2:30 Documentary “Animal” Season 2 Episode 3 “Bears” - GH	Please feel free to call Jackie (SC Recreation Coordinator) to give suggestions/feedback - Jackie X 2032	GH—Great Hall ML—Muskoka Lounge CH—Chapel G—Gallery	Please note this calendar is subject to change due to outbreak status	