



Sunshine Centre August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tuesday, Wednesday, Friday, Sunday Summer Snack Cart Open 3:00-4:00pm in the Muskoka Lounge (no cost)	1 Civic Holiday 10:00 Old Time Music- ML	2 10:30 Seated Exercises-GH 2:30 Cards & Games—ML	3 10:00 Indoor Walking Group—5th floor 10:30 Discussion Group —ML 2:30 Group Crossword— GH	4 10:30 Seated Exercises-GH 3:30 Pub Social with entertainment by the Dynamic Duo —GH	5 2:30 Documentary Film: Mission Joy “Finding Happiness in Troubled Times” - GH	6 2:30 Bingo - GH
7 7:00pm Worship Service -Chapel	8 10:00 Old Time Music- ML 10:30 Bible Study—GH 2:30 Documentary “Wild Babies” Episodes 5 & 6—GH - GH	9 Spread the JOY! Send a note to a friend 10:30 Seated Exercises-GH 2:30 Movie afternoon: “Amelia” - GH	10 10:00 Indoor Walking Group—5th fl 10:00 Parkinson’s Peer Support— G 10:30 Paraffin Hand Wax & Relaxation Class—ML 2:30 Bingo—GH 7:00 KW Musical Society Band—GH	11 Outing to Grand River Cruise (sign up only) Meet at Atrium doors at 9am	12 10:30 News & Views—GH 11:30 Singing Group sings for JOY —Ch 2:30 Cellist Chris Sharpe Performs- GH	13 2:30 Indoor Ladder Ball —GH
14 7:00pm Worship Service - Chapel	15 What song brings you JOY? 10:00 Old Time Music- ML 10:30 Bible Study— GH 2:30 Entertainment by Doyle Preheim—Ch	16 10:30 Seated Exercises-GH 10:30 TED Talk JOY—G 3:00 SC Resident Forum - GH	17 10:00 Indoor Walking Group—5th floor 10:30 Discussion Group “Coping with Change” -ML 2:30 Ice Cream Sundaes & Joyful Song - SC Front Entrance	18 10:30 Seated Exercises-GH 3:30 Pub Social with entertainment by Derek Byrne —GH	19 10-2 Summer Vendor Market —Atrium, Gallery	20 2:30 Bingo - GH
21 7:00pm Worship Service - Chapel	22 What brings you JOY? 10:00 Old Time Music- ML 10:30 Bible Study— GH 3:00 Social Hour: Coffee, Conversation, Cookies & Sing Along—GH	23 10:30 Seated Exercises-GH 2:30 JOY From Movement Workshop: understand how movement and fitness can promote joy—GH	24 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	25 10:30 Seated Exercises-GH 2:30 Root Beer Floats in the Courtyard/Front Entrance	26 11:30 Singing Group—Ch 2:30 Entertainment by Kevin Coates —GH	27 2:30 Indoor Bocce Ball —GH
28 7:00pm Worship Service - Chapel	29 JOY with others 10:00 Old Time Music- ML 10:30 Bible Study— GH 2:30 Documentary “Wild Babies” Episodes 7 & 8 - GH	30 10:30 Seated Exercises-GH 2:30 JOYful Cocktail Social - Martins	31 2—4 National Lemonade Day: Lemonade served to you by the Lutherwood Foundation—Atrium	GH—Great Hall ML—Muskoka Lounge Ch—Chapel G—Gallery	Please feel free to call Jackie (SC Recreation Coordinator) to give suggestions/feedback - Jackie X 2032	AUGUST Kicks off our Mission JOY initiative! See handout/poster for more details on weekly events! Let’s spread some JOY!