


Sunshine Centre September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please feel free to call Jackie (SC Recreation Coordinator) to give suggestions/feedback - Jackie X 2032	Please see posters outside Activities Office for more details.	GH—Great Hall ML—Muskoka Lounge Ch—Chapel G—Gallery BC—Business Centre MPR— Multi-Purpose Room		1 9:30 After Breakfast Games— ML 10:30 Seated Exercises—GH 1:30 Reading Group—MPR 7:00 Jazz Night Party with “A Record Day Combo” - GH	2 9:30 Friendly Visits with Marg 10:30 Group Crossword—ML 11:30 Singing Group—Ch 2:30 Word/Brain Games— ML 3:30—4 Snack Cart—ML	3 2:30 Bingo—GH Pick up your weekend Word Game pack outside the Activity Office
4 2:30 Sunday Documentary: “Origins”- The Journey of Humankind Ep. 1—GH 3:30-4—Snack Cart— ML 7:00pm Worship Service—Ch	5 Labour Day 	6 9:30 After Breakfast Games— ML 10:30 Seated Exercises—GH 1:30 Friendly visits with Marg 3:30—4 Snack Cart—ML 7:00 Movie Night: “Secretariat” - GH	7 10:00 Indoor Walking Group FL 5 10:00 Parkinson’s Peer Support— G 10:30 Paraffin Hand Wax & Relaxation Class—ML 2:30 Bingo—GH 3:30—4 Snack Cart—ML	8 9:30 After Breakfast Games— ML 10:30 Seated Exercises-GH 1:30 Reading Group—MPR 2:30 Grief Healing Circle— G 2:30 Jeopardy Trivia—ML 7:00 Movie Night: “The Absent Minded Professor” - GH	9 9:30 Friendly Visits with Marg 10:30 News & Views—ML 11:30 Singing Group—Ch 2:30 Entertainment by Roger Joycey on Guitar—GH 3:30—4 Snack Cart—ML	10 2:30 Indoor Ladder Ball —GH Pick up your weekend Word Game pack outside the Activity Office
11 Grandparent’s Day 2:30 Sunday Documentary: “Origins”- The Journey of Humankind Ep. 2—GH 3:30-4—Snack Cart—ML 7:00pm Worship Service—Ch	12 10:00 Old Time Music- ML 10:00 Cards with Emilio—BC 10:30 Bible Study— G 3:00 Social Hour: Coffee, Conversation, Cookies & Sing Along—GH	13 9:30 After Breakfast Games— ML 10:30 Seated Exercises-GH 1:30 Friendly visits with Marg 3:30—4 Snack Cart—ML 7:00 Movie Night: National Geographic Presents: “Becoming Cousteau” - GH	14 10:00 Indoor Walking Group FL 5 10:00 RC Our Lady of Lourdes—Ch 2:30 Randy & Shirley Gospel Favourites—CH 3:30—4 Snack Cart—ML 4:00 Outing to Grand River Raceway (sign up)	15 9:30 After Breakfast Games-ML 10:30 Seated Exercises-GH 1:30 Reading Group—MPR 3:30 Pub Social with entertainment by the Dynamic Duo—GH 7:00 Movie Night: “Calendar Girls”	16 9:30 Friendly Visits with Marg 10:30 TED Talk “Flow, The Secret of Happiness” & “Play is More than Just Fun” - GH 3:30—4 Snack Cart—ML	17 2:30 Bingo—GH Pick up your weekend Word Game pack outside the Activity Office
18 2:30 Sunday Documentary: “Origins”- The Journey of Humankind Ep. 3—GH 3:30— 4— Snack Cart—ML 7:00pm Worship Service—Ch	19 10:00 Old Time Music- ML 10:00 Cards with Emilio—BC 10:30 Bible Study— G 2:30 Travelogue to France, sample 3 French Wines—GH	20 Evacuation Drill No exercises today 1:30 Friendly visits with Marg 2:30 Cards and Games—ML 3:30—4 Snack Cart—ML 7:00 Movie Night: “The Greatest Showman” - GH	21 10:00 Indoor Walking Group FL 5 10:00 Parkinson’s Peer Support— G 10:30 Paraffin Hand Wax & Relaxation Class—ML 2:30 World Alzheimer Day Talk: Keeping the Brain Sharp— GH 3:30—4 Snack Cart—ML	22 First Day of Fall 9:30 After Breakfast Games— ML 10:30 Seated Exercises-GH 1:30 Reading Group—MPR 2:30 Bingo—GH 7:00 Movie Night: National Geographic Presents: “ Being the Queen” - GH	23 9:30 Friendly Visits with Marg 10:00 Autumn Wreath Workshop (sign up) 11:30 Singing Group—Ch 2:30 Laura Nashman Performs on the Flute—GH 3:30—4 Snack Cart—ML	24 2:30 Indoor Bocce Ball —GH Pick up your weekend Word Game pack outside the Activity Office
25 2:30 Sunday Documentary: “Origins”- The Journey of Humankind Ep. 2—GH 3:30— 4— Snack Cart—ML 7:00pm Worship Service—Ch	26 10:00 Old Time Music- ML 10:00 Cards with Emilio—BC 10:30 Bible Study— GH 3:00 Social Hour: Coffee, Conversation, Cookies & Sing Along—GH	27 9:30 After Breakfast Games— ML 10:30 Seated Exercises-GH 1:30 Friendly visits with Marg 2:30 Indigenous Wisdom: “The Teachings of Grass” - GH 3:30—4 Snack Cart—ML 7:00 Movie Night: “Dead Poets Society” - GH	28 10:00 Indoor Walking Group —5th floor 12:00 Lunch Club—Kam Yin Chinese (Sign up only) - ML 3:30—4 Snack Cart—ML	29 9:30 After Breakfast Games-ML 10:30 Seated Exercises-GH 1:30 Reading Group—MPR 3:30 Pub Social with entertainment by Ella Nafziger on the Piano— GH 7:00 Movie Night: “The Greatest Game Ever Played” - GH	30 National Day of Truth & Reconciliation 9:30 Friendly Visits with Marg 11:30 Singing Group—Ch 2:30 Virtual TEDTALK on Truth and Reconciliation—GH 3:30—4 Snack Cart—ML	