

Sunshine Centre October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please Note As per the Ministry for Seniors and accessibility, programs are now limited to <u>9 people</u> —please not this is also subject to change	Programs are offered to specific floors. If no floor is listed, please note that the program will be offered first come first served up to 9 people.	SMART Exercise Please speak to Jackie in the recreation office if you are interested in signing up for SMART exercise classes (x2032)	1 10:00 Movie—GH <i>"Little Women"</i> (2019) Floors 1 & 3 2:30 Movie—GH <i>"Little Women"</i> (2019) Floor 4	2 "Is this not a true autumn day? Just the still melancholy that I love – that makes life and nature harmonize." – George Eliot	3 2:30 Movie—GH <i>"Little Women"</i> (2019) Floor 5
4 "The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider." - Jane Hirshfield	5 2:30 <i>"The Crown"</i> Episode 4 - GH Floors 1 & 3	6 10:30 SMART Exercise Class—GH (Sign up only) 2:30 <i>"The Crown"</i> Episode 4 - GH Floor 4	7 10:30 Travelogue Video to Bavaria—GH Floor 1 & 3 2:30 <i>"The Crown"</i> Episode 4 - GH Floor 5	8 10:30 SMART Exercise Class—GH (Sign up only) 2:30 Travelogue Video to Bavaria—GH Floor 4	9 Ziggy Zaggy Hoi Hoi Hoi 10:30 Travelogue Video to Bavaria—GH Floor 5 2:30 Pick up your choice of: Coffee & Strudel OR Beer & Pretzel from the Great Hall—Happy Oktoberfest!	10 "Life starts all over again when it gets crisp in the fall." – F. Scott Fitzgerald
11 "And all the lives we ever lived and all the lives to be are full of trees and changing leaves..." - Virginia Woolf	12 Thanksgiving Day 	13 10:30 SMART Exercise Class—GH (Sign up only) 2:30 <i>"The Crown"</i> Episode 5 - GH Floors 1 & 3	14 10:30 <i>"The Crown"</i> Episode 5 - GH Floor 4 2:30 Bingo—GH	15 10:30 SMART Exercise Class—GH (Sign up only) 2:30 <i>"The Crown"</i> Episode 5 - GH Floor 5	16 2:30 Documentary <i>"The Mind Explained, Memories and Dreams"</i> - GH Floors 1 & 3	17 2:30 Documentary <i>"The Mind Explained, Memories and Dreams"</i> - GH Floor 4 3:30 Documentary <i>"The Mind Explained, Memories and Dreams"</i> - GH Floor 5
18 "Autumn shows us how beautiful it is to let things go." - Unknown	19 10:30 <i>"The Crown"</i> Episode 5 - GH Floors 1 & 3 2:30 <i>"The Crown"</i> Episode 5 - GH Floor 4	20 10:30 SMART Exercise Class—GH (Sign up only) 2:30 <i>"The Crown"</i> Episode 5 - GH Floor 5	21 10:00 Bible Study (3- Part Series) <i>Part 1</i> — GH 2:30 Jeopardy Trivia—GH	22 10:30 SMART Exercise Class—GH (Sign up only) 2:30 Bingo—GH	23 Entertainment while you dine at both lunch sittings by pianist Michel Allard	24 "I'm so glad I live in a world where there are Octobers." – L.M. Montgomery, <i>Anne of Green Gables</i>
25 "The heart of autumn must have broken here, and poured its treasure upon the leaves." - Charlotte Bates	26 10:30 <i>"The Crown"</i> Episode 6 - GH Floors 1 & 3 2:30 <i>"The Crown"</i> Episode 6 - GH Floor 4	27 10:30 SMART Exercise Class—GH (Sign up only) 2:30 <i>"The Crown"</i> Episode 6 - GH Floor 5	28 10:00 Bible Study (3- Part Series) <i>Part 2</i> — GH 2:30 Pumpkin Carving—GH	29 10:30 SMART Exercise Class—GH (Sign up only) 2:30 Pumpkin Painting with Christine— GH	30 2:30 Halloween "WITCH" Bingo—GH Floors 1 & 3 Special candy prizes!	31 Happy Halloween! 2:30 Halloween "WITCH" Bingo—GH Floors 4 & 5 Special candy prizes! 