



# March 2023

## Sunshine Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Locations Legend</b></p> <p>Theatre (TH) Country Kitchen (CK) Exercise Room (EX) Lounge (L) 3rd Floor Lounge (3L)</p> <p>Wellness Room (WEL) 2nd Floor Games Room (GR) Building (BLDG) Lobby (LOB)</p>			<p><b>OK FOOTWORX (WEL) 1</b></p> <p><b>National Peanut butter Lovers Day (BLDG)</b></p> <p>9:30 Chair Exercise (EX) 2:45 Wednesday Social Winey Wednesday (CK) 7:00 Movie Theatre (TH)</p>	<p><b>2</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Chit Chat (L) 2:00 Left Centre Right (GR) 3:00 Jazz Experience (TH) 6:45 Mexican Train (CK) 7:00 Movie Theatre (TH)</p>	<p><b>3</b></p> <p>9:30 Chair Exercise (EX) 10:30 Yahtzee (CK) 2:30 Happy Hour (L) 7:00 Movie Theatre (TH)</p> <p><b>Bob F. B-Day</b></p>	<p><b>Employee Appreciation Day 4 (BLDG)</b></p> <p>1:45 Mexican Train (CK) 2:00 Scrabble (3L) 7:00 Movie Feature Netflix (TH)</p>
<p><b>Theatre Available (TH) 5</b></p>	<p><b>KRYSTAL AURORA DAWN NAILS (WEL) 6</b></p> <p>3:00 Music Appreciation Hour (TH) 7:00 Scrabble (3L) 7:00 Movie Theatre (TH)</p>	<p><b>Scenic Bus Ride Through Keremeos/Cawston To Apex Mountain Resort &amp; Gunbarrel Saloon for Lunch (LOB) 7</b></p> <p>7:00 Movie Theatre (TH)</p> <p><b>Cory B. B-Day</b></p>	<p><b>International Women's Day (BLDG) 8</b></p> <p>9:30 Chair Exercise (EX) 11:00 Catholic Mass (3L) 2:45 Wednesday Social Winey Wednesday (CK) 7:00 Movie Theatre (TH)</p>	<p><b>SOUND ADVICE ADAM (WEL) 9</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Chit Chat (L) 2:00 Left Centre Right (GR) 2:00 Staff Mtg (CK) 3:00 Jazz Experience (TH) 6:45 Mexican Train (CK) 7:00 Movie Theatre (TH)</p>	<p><b>10</b></p> <p>9:30 Chair Exercise (EX) 10:30 Yahtzee (CK) 2:30 Happy Hour Holly &amp; Gerry Destiny (L) 7:00 Movie Theatre (TH)</p>	<p><b>11</b></p> <p>1:45 Mexican Train (CK) 2:00 Scrabble (3L) 7:00 Movie Feature Netflix (TH)</p>
<p><b>DAYLIGHT SAVINGS (BLDG) 12</b></p> <p>2:00 Nostalgia Movie Matinee (TH)</p>	<p><b>ERC REFLEXOLOGY (WEL) 13</b></p> <p>3:00 Music Appreciation Hour (TH) 7:00 Scrabble (3L) 7:00 Movie Theatre (TH)</p> <p><b>Doreen H. B-Day</b></p>	<p><b>14</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Reminisce (L) 2:00 Bingo (CK) 3:00 Horse Racing Game (GR) 7:00 Movie Theatre (TH)</p>	<p><b>OK FOOTWORX (WEL) 15</b></p> <p><b>Monthly Fire Systems Check (BLDG)</b></p> <p>9:30 Chair Exercise (EX) 2:45 Wednesday Social Winey Wednesday (CK) 7:00 Movie Theatre (TH)</p> <p><b>Marianne M. B-Day</b></p>	<p><b>16</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Chit Chat (L) 2:00 Left Centre Right (GR) 3:00 Jazz Experience (TH) 6:45 Mexican Train (CK) 7:00 Movie Theatre (TH)</p>	<p><b>17</b></p> <p>9:30 Chair Exercise (EX) 10:30 Yahtzee (CK) 2:30 Happy Hour / Birthday Cake Tea St Patrick's Day "Mike &amp; Friends Entertainment" (L) 2:30 Happy Hour Mike &amp; Friends Entertainment (L) 7:00 Movie Theatre (TH) </p> <p><b>Albert D. B-Day</b></p>	<p><b>18</b></p> <p>1:45 Mexican Train (CK) 2:00 Scrabble (3L) 7:00 Movie Feature Netflix (TH)</p>
<p><b>Theatre Available (TH) 19</b></p>	<p><b>FIRST DAY OF SPRING (BLDG) 20</b></p> <p>3:00 Music Appreciation Hour (TH) 7:00 Scrabble (3L) 7:00 Movie Theatre (TH)</p>	<p><b>21</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Reminisce (L) 2:00 Bingo (CK) 3:00 Horse Racing Game (GR) 7:00 Movie Theatre (TH)</p>	<p><b>MONTHLY BUS TRIP CASCADES CASINO /SHOP/ MATCH EATERY (LOB) 22</b></p> <p>7:00 Movie Theatre (TH)</p>	<p><b>23</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Chit Chat (L) 2:00 Left Centre Right (GR) 3:00 Jazz Experience (TH) 6:45 Mexican Train (CK) 7:00 Movie Theatre (TH)</p>	<p><b>24</b></p> <p>9:30 Chair Exercise (EX) 10:30 Yahtzee (CK) 2:30 Happy Hour Nkmip Jam Group (L) 7:00 Movie Theatre (TH)</p>	<p><b>25</b></p> <p>1:45 Mexican Train (CK) 2:00 Scrabble (3L) 7:00 Movie Feature Netflix (TH)</p>
<p>2:00 Nostalgia Movie Matinee (TH) <b>26</b></p> <p><b>Helga F. B-Day</b></p>	<p><b>ERC REFLEXOLOGY (WEL) 27</b></p> <p>3:00 Music Appreciation Hour (TH) 7:00 Scrabble (3L) 7:00 Movie Theatre (TH)</p>	<p><b>28</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Reminisce (L) 2:00 Bingo (CK) 3:00 Horse Racing Game (GR) 7:00 Movie Theatre (TH)</p>	<p><b>OK FOOTWORX (WEL) 29</b></p> <p>9:30 Chair Exercise (EX) 2:45 Wednesday Social Winey Wednesday (CK) 7:00 Movie Theatre (TH)</p>	<p><b>30</b></p> <p>9:30 Chair Exercise (EX) 10:30 Coffee &amp; Chit Chat (L) 2:00 Left Centre Right (GR) 3:00 Jazz Experience (TH) 6:45 Mexican Train (CK) 7:00 Movie Theatre (TH)</p> <p><b>Robert B. B-Day</b></p>	<p><b>SUE DIRTY HAIRY'S HAIR SALON (WEL) 31</b></p> <p>9:30 Chair Exercise (EX) 10:30 Yahtzee (CK) 2:30 Happy Hour (L) 7:00 Movie Theatre (TH)</p>	