










# April 2024

## Sunshine Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>EASTER MONDAY 1</b> 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH)  	<b>2</b> 9:30 Chair Yoga Cardio (EX) 10:30 <b>BRUNCH BUNCH BREAKFAST CLUB M&amp;J's Country Kitchen Oliver (LOB)</b> 2:00 Bingo (CK) 3:15 Horse Racing Game (GR) 6:30 Theatre Available (TH) 7:00 Cribbage Group (GR) <b>National "PB &amp; J" Day Anniversary Walt &amp; Marlene 1956</b>	<b>3</b> 9:30 Chair Fit (EX) 10:30 Shut The Box (GR) 2:30 <b>Wednesday Spring Coffee's &amp; Creations" Diamond Art Tags" (CK)</b> 6:30 Theatre Available (TH)	<b>4</b> 10:00 Strength and Stretch (EX) 10:45 Golf Putting Challenge (GR) 2:00 Interactive Jeopardy (GR) 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH) 6:45 Mexican Train (CK) <b>National Burrito Day</b>	<b>5</b> <b>SHERRI'S HAIR (WEL)</b> 9:30 Chair Exercise Full Body (EX) 10:30 Yahtzee (CK) 2:30 <b>Happy Hour "Doug Solo Performance" (L)</b> 6:30 Theatre Available (TH)	<b>6</b> 1:45 Mexican Train (CK) 7:00 <b>Movie Feature DVD "Welcome To Marwen" (TH)</b>
<b>7</b> 2:00 <b>Nostalgia Movie DVD "How Green Was My Garden" (TH)</b> 6:30 Theatre Available (TH)	<b>8</b> <b>ERC REFLEXOLOGY (WEL)</b> 9:30 Recreation New Resident Meetings (CK) 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH)  <b>Total Solar Eclipse</b>	<b>9</b> 9:30 Chair Yoga Cardio (EX) 11:00 Catholic Mass (3L) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR) 6:30 Theatre Available (TH) 7:00 Cribbage Group (GR)	<b>10</b> <b>OK FOOTWORX (WEL)</b> <b>Bus Outing Oliver Shop Day &amp; Lunch @ Firehall Bistro and Brewery (LOB)</b> 6:30 Theatre Available (TH) 	<b>11</b> <b>SOUND ADVICE ADAM (WEL)</b> 10:00 Strength and Stretch (EX) 10:45 Golf Putting Challenge (GR) 2:00 Interactive Jeopardy (GR) 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH) 6:45 Mexican Train (CK)  <b>Ann R.</b> 	<b>12</b> <b>MASON'S TECH FRIDAYS 10-11:30 (CK)</b> <b>SHERRI'S HAIR (WEL)</b> 9:30 Chair Exercise Full Body (EX) 10:30 Yahtzee (CK) 2:30 <b>Happy Hour "Wine &amp; Cheese" (L)</b> 6:30 Theatre Available (TH)	<b>13</b> 1:45 Mexican Train (CK) 7:00 <b>Movie Feature DVD "Just Cause" (TH)</b>
<b>14</b> 2:30 <b>GOSPEL SING ALONG (D)</b> 6:30 Theatre Available (TH)	<b>15</b> 9:30 Recreation New Resident Meetings (CK) 1:00 <b>PERSONAL TOUCH FASHIONS SPRING POP UP SHOP (LOB)</b> 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH)	<b>16</b> 9:30 Chair Yoga Cardio (EX) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR) 6:30 Theatre Available (TH) 7:00 Cribbage Group (GR)	<b>17</b> <b>Monthly Fire Systems Check (BLDG)</b> 9:30 Chair Fit (EX) 10:30 Shut The Box (GR) 2:30 <b>Wednesday Spring Coffee's &amp; Creations" Diamond Art Tags" (CK)</b> 6:30 Theatre Available (TH)	<b>18</b> 10:00 Strength and Stretch (EX) 10:00 <b>RCMP Community Policing Fraud Presentation (CK)</b> 2:00 Interactive Jeopardy (GR) 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH) 6:45 Mexican Train (CK)  <b>Kay Z.</b> 	<b>19</b> 9:30 Chair Exercise Full Body (EX) 10:30 Yahtzee (CK) 11:00 Kim Online Course (KO) 2:30 <b>Happy Hour /Birthday Cake Tea " The Sunshiners" (L)</b> 6:30 Theatre Available (TH)	<b>20</b> 1:45 Mexican Train (CK) 7:00 <b>Movie Feature DVD " Captain Phillips" (TH)</b>
<b>21</b> 2:00 <b>Nostalgia Movie DVD " Jackie" (TH)</b> 6:30 Theatre Available (TH)	<b>22</b> <b>ERC REFLEXOLOGY (WEL)</b> 9:30 Recreation New Resident Meetings (CK) 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH)	<b>23</b> <b>BUS OUTING PENTICTON SHOP/LUNCH/CASINO (9:15) (D)</b> 6:30 Theatre Available (TH) 7:00 Cribbage Group (GR) 	<b>24</b> <b>OK FOOTWORX (WEL)</b> 9:30 Chair Fit (EX) 10:30 Shut The Box (GR) 2:00 Bingo (CK) 2:30 <b>Wednesday Spring Social " Ice Cream Float Day " (CK)</b> 3:15 Horse Racing Game (GR) 6:30 Theatre Available (TH)  <b>National Ice Cream Float Day</b>	<b>25</b> <b>10:00 RESIDENT MTG (D)</b> <b>11:00 5TH AVE JEWELRY SPRING SHOP (LOB)</b> 2:00 STAFF MEETING (TH) 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH) 6:45 Mexican Train (CK)	<b>26</b> <b>MASON'S TECH FRIDAYS 10-11:30 (CK)</b> <b>SUE DIRTY HAIRY'S (WEL)</b> 9:30 Chair Exercise Full Body (EX) 10:30 Yahtzee (CK) 2:30 <b>Happy Hour "Destiny" (L)</b> 6:30 Theatre Available (TH)	<b>27</b> 1:45 Mexican Train (CK) 7:00 <b>Movie Feature DVD " Iron Lady" (TH)</b>
<b>28</b> 2:30 <b>GOSPEL SING ALONG (D)</b> 6:30 Theatre Available (TH)	<b>29</b> 9:30 Recreation New Resident Meetings (CK) 3:00 Music Appreciation Hour (TH) 6:30 Theatre Available (TH)	<b>30</b> 9:30 Chair Yoga Cardio (EX) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR) 6:30 Theatre Available (TH) 7:00 Cribbage Group (GR)	<b>Locations Legend</b> Theatre (TH) Lounge (L) Country Kitchen (CK) Dining (D) 2nd Floor Games Room (GR) 3rd Floor Lounge (3L) Exercise Room (EX) Building (BLDG) Wellness Room (WEL) Kim's Office (KO) Lobby (LOB)		Adam @ Sound Advice # 1-778-531-5213 Dawn @ Okanagan Footworx # 250-689-0156 Connie @ ERC Reflexology # 250-408-4134 Sue @ Dirty Hairy's Hair Salon # 250-689-2050 Sherri's Hair #1-250-540-0636 Kim West Chair Massage #250-204-2274	