

















# May 2024

## Sunshine Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>		<p><u>Locations Legend</u></p> <p>Theatre Country Kitchen Lounge Exercise Room 2nd Floor Games Room Wellness Room Lobby Main Hall 3rd Floor Lounge Building Dining</p>	<p>9:30 Chair Fit <b>1</b> 10:15 Walking About Town Group 2:30 Wednesday Spring Social &amp; Art Hour 6:30 Theatre Available</p>	<p>10:00 Strength and Stretch <b>2</b> 10:15 Walking About Town Group 10:45 Golf Putting Challenge 2:00 Interactive Jeopardy 3:00 Music Appreciation Hour 6:30 Theatre Available 6:45 Mexican Train</p>	<p><b>SHERRI'S HAIR 3</b> 9:30 Chair Exercise Full Body 10:15 Walking About Town Group 10:30 Yahtzee 2:30 Cinco De Mayo Happy Hour Welcoming Back "Vince DeCowans" 6:30 Theatre Available</p> 	<p>1:45 Mexican Train <b>4</b> 7:00 Movie Feature DVD</p> <p>Jim W. B-Day </p>
<p>2:00 Nostalgia Movie Matinee <b>5</b> 6:30 Theatre Available</p> 	<p><b>ERC REFLEXOLOGY 6</b> <b>BRUNCH BUNCH BREAKFAST @ Gino's Coffee &amp; Bistro</b> Recreation New Resident Meetings 3:00 Music Appreciation Hour 6:30 Theatre Available</p> 	<p>9:30 Chair Yoga Cardio <b>7</b> 10:15 Walking About Town Group 10:15 Walking About Town Group 2:00 Bingo 3:15 Horse Racing Game 6:30 Theatre Available 7:00 Cribbage Group</p>	<p><b>OK FOOTWORX 8</b> 9:30 Chair Fit 10:15 Walking About Town Group 2:30 Wednesday Spring Social &amp; Art Hour 6:30 Theatre Available</p>	<p><b>SOUND ADVICE ADAM 9</b> 8:30 BUS Trip to Kelowna Kangaroo Creek Farm 10:15 Walking About Town Group 3:00 Music Appreciation Hour 6:30 Theatre Available 6:45 Mexican Train</p>  <p>Linda J. Staff B-Day </p>	<p><b>MASON'S TECH FRIDAYS 10-11:30 10</b> <b>SHERRI'S HAIR</b> 9:30 Chair Exercise Full Body 10:15 Walking About Town Group 10:30 Yahtzee 2:30 Happy Hour Wine &amp; Cheese Social 6:30 Theatre Available</p>  <p>Patty T. B-Day</p>	<p>1:45 Mexican Train <b>11</b> 7:00 Movie Feature DVD</p> <p>Claudette M. B-Day </p>
<p><b>MOTHERS DAY Brunch Items / Dinner 12</b> 6:30 Theatre Available</p> 	<p><b>Recreation New Resident Meetings 13</b> 3:00 Music Appreciation Hour 6:30 Theatre Available</p>	<p>9:30 Chair Yoga Cardio <b>14</b> 10:15 Walking About Town Group 11:00 Catholic Mass 2:00 Bingo 3:15 Horse Racing Game 6:30 Theatre Available 7:00 Cribbage Group</p>	<p><b>Monthly Fire Systems Check 15</b> 9:30 Chair Fit 10:15 Walking About Town Group 2:30 Wednesday Ladies Manicures &amp; Mimosas (Limited Numbers) 6:30 Theatre Available</p> 	<p>10:00 Strength and Stretch <b>16</b> 10:15 Walking About Town Group 10:45 Golf Putting Challenge 2:00 Interactive Jeopardy 3:00 Music Appreciation Hour 6:30 Theatre Available 6:45 Mexican Train</p>  <p>Ed B. B-Day</p>	<p>9:30 Chair Exercise Full Body <b>17</b> 10:15 Walking About Town Group 10:30 Yahtzee 2:00 Happy Hour / Birthday Cake Tea "The Sunshiners" 6:30 Theatre Available</p>  <p>Betty &amp; Vern Anniversary 1958</p>	<p>1:45 Mexican Train <b>18</b> 7:00 Movie Feature DVD</p> <p>Flo F.B-Day </p>
<p>2:00 Nostalgia Movie Matinee <b>19</b> 6:30 Theatre Available</p>	<p><b>VICTORIA DAY 20</b> <b>ERC REFLEXOLOGY</b> Recreation New Resident Meetings 3:00 Music Appreciation Hour 6:30 Theatre Available</p> <p>Trinity G. Staff B-Day </p>	<p><b>Bus Outing Penticton Casino Day, Lunch @ Copper Mug pub &amp; Shop 21</b> 6:30 Theatre Available 7:00 Cribbage Group</p> 	<p><b>OK FOOTWORX 22</b> 9:30 Chair Fit 10:15 Walking About Town Group 2:30 Wednesday Spring Coffee's &amp; Creations (Tea W/ Michelle) 6:30 Theatre Available</p>	<p>10:00 Strength and Stretch with Gayle <b>23</b> 10:15 Walking About Town Group 10:45 Golf Putting Challenge 2:00 Interactive Jeopardy 3:00 Music Appreciation Hour 6:30 Theatre Available 6:45 Mexican Train</p>	<p><b>MASON'S TECH FRIDAYS 10-11:30 24</b> 9:30 Chair Exercise Full Body 10:15 Walking About Town Group 10:30 Yahtzee 2:30 Happy Hour "TBD" 6:30 Theatre Available</p>	<p>1:45 Mexican Train <b>25</b> 7:00 Movie Feature DVD</p>
<p>6:30 Theatre Available <b>26</b></p> <p>Zoli B.B-Day </p>	<p><b>KIM AWAY 27</b> Recreation New Resident Meetings 3:00 Music Appreciation Hour 6:30 Theatre Available</p>	<p><b>KIM AWAY 28</b> 10:15 Walking About Town Group 6:30 Theatre Available 7:00 Cribbage Group</p>	<p><b>KIM AWAY 29</b> 10:15 Walking About Town Group 6:30 Theatre Available</p>	<p><b>KIM AWAY 30</b> <b>10:00 RESIDENT MEETING</b> 10:15 Walking About Town Group 2:00 STAFF MEETING 3:00 Music Appreciation Hour 6:30 Theatre Available 6:45 Mexican Train</p>	<p><b>KIM AWAY 31</b> 10:15 Walking About Town Group 6:30 Theatre Available</p>	