



October 2024

Sunshine Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30Chair Yoga Cardio (EX) 1 10:15Walking About Town Group (L) 2:00Bingo (CK) 3:15Horse Racing Game (GR) 7:00James Bond Marathon Tuesdays (TH)	9:30Chair Fit (EX) 2 10:15Walking About Town Group (L) 2:30Wednesday Sip & Social (CK) 6:30Movie Night (TH)	10:00Strength and Stretch w/Gayle (EX) 3 2:00Interactive Jeopardy (GR) 3:00NEW WII Bowling (EX) 6:45Mexican Train (CK) Joanne H. B-Day	SHERRI'S HAIR (WEL) 4 OKTOBERFEST 9:30Chair Exercise Full Body (EX) 10:30Yahtzee (CK) 11:00Catholic Mass (3L) 2:30Happy Hour OKTOBERFEST German Beer / Wine / Dinner (L)	1:45Mexican Train (CK) 5 7:00Movie Feature DVD "Premonition" (TH) Ann W. B-Day
2:00Nostalgia Movie Matinee " No Country for Old Men" (TH) 6	ERC REFLEXOLOGY (WEL) 7 Cut Off for Guests Turkey Dinner BRUNCH BUNCH BREAKFAST CLUB SMITTY'S RESTAURANT (LOB) 2:00NEW Table Talk Topics Discussions Coffee Group (L) 3:30Music Appreciation Hour (TH) 6:30Movie Night (TH) 	9:30Chair Yoga Cardio (EX) 8 10:15Walking About Town Group (L) 2:00Bingo (CK) 3:15Horse Racing Game (GR) 7:00James Bond Marathon Tuesdays (TH)	OK FOOTWORX (WEL) 9 9:30Chair Fit (EX) 10:00Lets Play QiGong with Ravi (C) 11:30Wednesday Sunshine Scooter Cruise & Lunch @ Osoyoos Golf Course (BLDG) 6:30Movie Night (TH)	SOUND ADVICE ADAM (WEL) 10 10:00Strength and Stretch (EX) 2:00Staff Mtg (CK) 2:00Interactive Jeopardy (GR) 3:00NEW WII Bowling (EX) 6:45Mexican Train (CK) Sharon D. B-Day	SHERRI'S HAIR (WEL) 11 9:30Chair Exercise Full Body (EX) 10:30Yahtzee (CK) 2:30Happy Hour Social Charcuterie Wine & Cheese (L)	1:45Mexican Train (CK) 12 7:00Movie Feature DVD " Unbreakable" (TH)
2:00Sunday Classical Music Performed by Marylou Primeau (D) 13	Thanksgiving Dinner Family & Friends Welcome Let Reception Know ASAP (D) 14 10:00Recreation New Resident Meetings (CK) 2:00NEW Table Talk Topics Discussions Coffee Group (L) 3:30Music Appreciation Hour (TH) 6:30Movie Night (TH) 	9:30Chair Yoga Cardio (EX) 15 10:15Walking About Town Group (L) 2:00Bingo (CK) 3:15Horse Racing Game (GR) 7:00James Bond Marathon Tuesdays (TH)	Monthly Fire Systems Check (BLDG) 16 9:30Chair Fit (EX) 10:00PERSONAL TOUCH FASHIONS FALL POP UP SHOP (LOB) 2:30Wednesday Sip & Social (CK) 6:30Movie Night (TH)	9:30Bus Outing Grist Mill & Gardens / Fall Farm Stands/ Lunch & Wine Tasting @Crownsnest Vineyards (BLDG) 17 6:45Mexican Train (CK) 	9:30Chair Exercise Full Body (EX) 18 10:30Yahtzee (CK) 2:30Happy Hour / Birthday Cake Tea 'The Sunshiners" (L)	1:45Mexican Train (CK) 19 7:00Movie Feature DVD "Fences" (TH)
2:00Nostalgia Movie Matinee " The Ballad of the Sad Cafe" (TH) 20	ERC REFLEXOLOGY (WEL) 21 10:00Recreation New Resident Meetings (CK) 2:00Recreation Planning Meeting (CK) 3:30Music Appreciation Hour (TH) 6:30Movie Night (TH)	9:30Chair Yoga Cardio (EX) 22 10:15Walking About Town Group (L) 2:00Bingo (CK) 3:15Horse Racing Game (GR) 7:00James Bond Marathon Tuesdays (TH)	OK FOOTWORX (WEL) 23 9:30Chair Fit (EX) 10:00Lets Play QiGong with Ravi (C) 2:30Wednesday Sip & Social (CK) 6:30Movie Night (TH)	10:00RESIDENT MTG (D) 24 2:00STAFF MTG (TH) 3:00NEW WII Bowling (EX) 6:45Mexican Train (CK)	9:30Chair Exercise Full Body (EX) 25 10:30Yahtzee (CK) 2:30Happy Hour "Ian Kehler" New Entertainer (L) Jose Chef B-Day	1:45Mexican Train (CK) 26 7:00Movie Feature DVD " Contraband" (TH)
27 Gerry F. 90th B-Day	Halloween Decorating 28 3:30Music Appreciation Hour (TH) 6:30Movie Night (TH)	5:00Bus Outing Penticton Casino Day, Lunch & Shop (CK) 29 7:00James Bond Marathon Tuesdays (TH) 	9:30Chair Fit (EX) 30 10:15Walking About Town Group (L) 2:30Wednesday Sip & Social Tea w/Michelle (CK) 6:30Movie Night (TH)	HALLOWEEN Trick or Treat Main St. Afternoon/Evening 2:30-4:30 (BLDG) 31 10:00Strength and Stretch (EX) 6:45Mexican Train (CK) Maureen R. B-Day		