
















NOVEMBER

November 2024

Sunshine Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Country Kitchen (CK) Theatre (TH) Exercise Room (EX) Lounge (L) Wellness Room (WEL) 2nd Floor Games Room (GR)</p> <p>Building (BLDG) Lobby (LOB) Courtyard (C) 3rd Floor Lounge (3L) Dining (D)</p>		 <p>WE REMEMBER</p>	<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>SHERRI'S HAIR (WEL) 1 9:30 Chair Exercise Full Body (EX) 10:30 Yahtzee (CK) 2:30 Happy Hour Halloween Theme " Dress Up, or Wear Halloween Colors,Purple,Black, Orange, etc." (L)  Zdenka B. B-Day </p>	<p>1:45 Mexican Train (CK) 2 7:00 Movie Feature DVD " Miss Potter" (TH)</p>	
<p>2:00 Nostalgia Movie Matinee "Titanic Part 1" (TH) 3 3:00 DAYLIGHT SAVINGS FALL BACK </p>	<p>BRUNCH BUNCH BREAKFAST CLUB AMBROSIA RESTAURANT (LOB) ERC REFLEXOLOGY (WEL) 4 10:00 Kim (New Resident Meetings) (CK) 3:30 NEW TIME Music Appreciation Hour (TH) 7:00 NEW TIME Movie Night (TH)</p>	<p>9:30 Chair Yoga Cardio (EX) 5 2:00 Bingo (CK) 3:15 Horse Racing Game (GR) 7:00 Angela Lansbury Marathon Tuesdays (TH)</p>	<p>OK FOOTWORX (WEL) 6 10:00 Lets Play QiGong with Ravi (C) 2:30 Wednesday Sip & Social(Finishing Up our Felting Soaps) (CK) 7:00 NEW TIME Movie Night (TH) </p>	<p>10:00 Strength and Stretch/W Gayle (EX) 7 2:00 NEW Left Centre Right Game (GR) 3:00 NEW WII Bowling (EX) 6:45 Mexican Train (CK)</p>	<p>SHERRI'S HAIR (WEL) 8 9:30 Chair Exercise Full Body (EX) 10:30 Yahtzee (CK) 2:00 Happy Hour "Su Wolfe Performance" (L) Ben G. B-Day </p>	<p>1:45 Mexican Train (CK) 9 7:00 Movie Feature DVD " The Notebook" (TH)</p>
<p>10:00 PERSONAL TOUCH FASHIONS FALL/WINTER POP UP SHOP (LOB) 10 3:00 Nostalgia Part 2 "Titanic" (TH) Jeanette K. B-Day </p>	<p>REMEMBRANCE DAY Ceremonies 9:45-11AM 11 10:00 Winter Paint Mornings (Special Coffee's & Cocoa) (CK) 3:30 NEW TIME Music Appreciation Hour (TH) 4:00 KIM AWAY IN AFTERNOON (BLDG) 7:00 NEW TIME Movie </p>	<p>Food Bank Christmas Collection & Fundraiser (BLDG) 12 9:30 Chair Yoga Cardio (EX) 10:00 Winter Paint Mornings (Special Coffee's & Cocoa) (CK) 11:00 Catholic Mass (3L) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR) 7:00 Angela Lansbury Marathon Tuesdays (TH)</p>	<p>9:30 Chair Fit (EX) 13 10:15 Table Talk Chats & Coffee (L) 2:30 Wednesday Sip & Social (X-mas Craft TBD) (CK) 7:00 NEW TIME Movie Night (TH)</p>	<p>SOUND ADVICE ADAM (WEL) 14 5:00 Bus Outing November Adventure (BLDG) 6:45 Mexican Train (CK)   Happy Anniversary Dave & Carol Faye F. B-Day Staff </p>	<p>9:30 Chair Exercise Full Body (EX) 15 10:30 Yahtzee (CK) 2:30 Happy Hour (L) 2:30 Happy Hour / Birthday Cake Tea "The Sunshiners" (L)</p>	<p>1:45 Mexican Train (CK) 16 7:00 Movie Feature DVD " A Walk To Remember" (TH) Dal Zita B-Day </p>
<p>2:00 Nostalgia Movie Matinee " Wyatt Earp" (TH) 17</p>	<p>ERC REFLEXOLOGY (WEL) 18 10:00 Kim (New Resident Meetings) (CK) 10:00 Winter Paint Mornings (Special Coffee's & Cocoa) (CK) 3:30 NEW TIME Music Appreciation Hour (TH) 7:00 NEW TIME Movie Night (TH) Esther B. & Mary E. B-Day </p>	<p>International Men's Day ! (BLDG) 19 9:30 Chair Yoga Cardio (EX) 10:00 Winter Paint Mornings (Special Coffee's & Cocoa) (CK) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR) 7:00 Angela Lansbury Marathon Tuesdays (TH)</p>	<p>Monthly Fire Systems Check (BLDG) 20 OK FOOTWORX (WEL) 10:00 Lets Play QiGong with Ravi (C) 2:30 Wednesday Sip & Social (X-mas Craft Finish Up) (CK) 7:00 NEW TIME Movie Night (TH)</p>	<p>10:00 Strength and Stretch/W Gayle (EX) 21 2:00 NEW Left Centre Right Game (GR) 3:00 NEW WII Bowling (EX) 6:45 Mexican Train (CK)</p>	<p>9:30 Chair Exercise Full Body (EX) 22 10:30 Yahtzee (CK) 2:30 Happy Hour (Wine & Cheese Charcuterie) (L)</p>	<p>1:45 Mexican Train (CK) 23 7:00 Movie Feature DVD " Something's Gotta Give" (TH)</p>
<p>24</p>	<p>10:00 Kim (New Resident Meetings) (CK) 25 10:00 Winter Paint Mornings (Special Coffee's & Cocoa) (CK) 3:30 NEW TIME Music Appreciation Hour (TH) 7:00 NEW TIME Movie Night (TH)</p>	<p>10:00 Winter Paint Mornings (Special Coffee's & Cocoa) (CK) 26 4:00 Bus Outing Penticton Casino, Shop & Lunch (CK) 7:00 Angela Lansbury Marathon Tuesdays (TH) </p>	<p>Christmas Craft Fair 10-2 (L) 27 9:30 Chair Fit (EX) 10:15 Table Talk Chats & Coffee (L) 2:30 Wednesday Sip & Social Tea w/Michelle (CK) 7:00 NEW TIME Movie Night (TH)</p>	<p>10:00 RESIDENT MTG (D) 28 2:00 STAFF MTG (TH) 3:00 NEW WII Bowling (EX) 6:45 Mexican Train (CK)</p>	<p>9:30 Chair Exercise Full Body (EX) 29 10:30 Yahtzee (CK) 2:30 Happy Hour TBD (L) Navneet K. B-Day Staff </p>	<p>1:45 Mexican Train (CK) 30 7:00 Movie Feature DVD " Two Weeks Notice" (TH)</p>