







JANUARY

January 2025

Sunshine Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			NEW YEARS DAY OK FOOTWORX (WEL) Kim Away 	Christmas Take Down 6:45Mexican Train (CK) 	SHERRI'S HAIR (WEL) Christmas Take Down 	1:45Mexican Train (CK) 7:00Movie Feature Netflix "NYAD" (TH)
James MacNeill Birthday (D) 5	BRUNCH BUNCH BREAKFAST CLUB 6 Sunridge Restaurant (LOB) 3:30Armchair Adventures The Asia's (TH) 	Kim Away 7 9:30Strength and Stretch/W Gayle (EX)	Kim Away 8 9:30Chair Yoga w / Faye (EX)	SOUND ADVICE ADAM (WEL) 9 9:30Strength and Stretch/W Gayle (EX) 2:00NEW Left Centre Right Game (GR) 3:15WII Bowling (EX) 6:45Mexican Train (CK)	SHERRI'S HAIR (WEL) 10 9:30Chair Exercise w / Kim (EX) 10:30Yahtzee (CK) 2:30Happy Hour NEW Entertainer "Sandra Kunz" (D)	1:45Mexican Train (CK) 7:00Movie Feature Netflix "Spy" (TH) 11
James M. 			Monthly Fire Systems Check (BLDG) 15 OK FOOTWORX (WEL) 9:30Chair Yoga w / Faye (EX) 10:15New UNO game (CK) 2:30Wednesday Sip & Social "Special Coffee's and Biscotti's" Bring Your Favorite Fancy Mug (CK)	9:30Strength and Stretch/W Gayle (EX) 16 2:00NEW Left Centre Right Game (GR) 3:15WII Bowling (EX) 6:45Mexican Train (CK)	9:30Chair Exercise w / Kim (EX) 17 10:30Yahtzee (CK) 2:30Happy Hour / Birthday Cake Tea "The Sunshiners" (L)	1:45Mexican Train (CK) 7:00Movie Feature Netflix "The Six Triple Eight" (TH) 18
2:00Nostalgia Movie Matinee (TH) 12	ERC REFLEXOLOGY (WEL) 13 10:00Kim (New Resident Meetings) (CK) 2:30Resident Active Living Events Planning Meeting (CK) 3:30Armchair Adventures The Asia's (TH)	9:30Strength and Stretch/W Gayle (EX) 14 10:15Quiddler & Coffee's Mornings (CK) 2:00Bingo (CK) 3:15Horse Racing Game (GR)				
	Kim Grassick (Staff) Birthday (D) 20 10:00Kim (New Resident Meetings) (CK) 3:30Armchair Adventures The Asia's (TH) Kim G. Staff 	9:30Strength and Stretch/W Gayle (EX) 21 10:15Quiddler & Coffee's Mornings (CK) 2:00Bingo (CK) 3:15Horse Racing Game (GR)	9:30Chair Yoga w / Kim (EX) 22 10:15New UNO game (CK) 2:30Wednesday Sip & Social "Special Hot Chocolate Bar" Come get your Hugs In A Mug ! (CK)	10:00RESIDENT MTG (D) 23 2:00STAFF MTG (TH) 3:15WII Bowling (EX) 6:45Mexican Train (CK)	9:30Chair Exercise w / Kim (EX) 24 10:30Yahtzee (CK) 2:30Happy Hour (Wine & Cheese Charcuterie) Caftans & Cocktails Party (L) Bruce B. 	1:45Mexican Train (CK) 7:00Movie Feature Netflix " Gifted" (TH) 25
2:00Nostalgia Movie Matinee (TH) 26	ERC REFLEXOLOGY (WEL) 27 9:00Bus Outing Penticton Casino, Shop & Lunch@ JJ Joy (L) 	Kim Away 28 9:30Strength and Stretch/W Gayle (EX)	OK FOOTWORX (WEL) 29 Chinese New Year Dinner (D) Kim Away 9:30Chair Yoga w / Faye (EX) 	9:30Strength and Stretch/W Gayle (EX) 30 2:00NEW Left Centre Right Game (GR) 3:15WII Bowling (EX) 6:45Mexican Train (CK)	9:30Chair Exercise w / Kim (EX) 31 10:30Yahtzee (CK) 2:30Happy Hour TBD (D) Jessie S. 	
Gwen M. 