












April 2025

Sunshine Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
<p>Adam @ Sound Advice # 1-778-531-5213 Dawn @ Sole Shine # 250-689-0156 Connie @ ERC Reflexology # 250-408-4134 Sherri's Hair #1-250-540-0636 Kim West Chair Massage #250-204-2274 Travelling Hygienist # 778-231-0475</p>		<p>9:30 Strength and Stretch/W Rhona (D) 1 10:15 "You be the Judge" Coffee & Court Mornings (L) 1:30 Tech Help W/ Logan (CK) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR)</p>	<p>9:30 Chair Yoga w / Kim (EX) 2 10:15 New UNO game (CK) 2:30 Wednesday Sip & Social (Easter Craft) (CK)</p>	<p>9:30 Chair Exercise w / Kim (EX) 3 1:30 Tech Help W/ Logan (CK) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)</p>	<p>SHERRI'S HAIR (WEL) 4 9:30 Chair Exercise w / Rhona (D) 10:30 Yahtzee (CK) 2:30 Happy Hour "Vince DeCowans" (L)</p>	<p>George M. Birthday (BLDG) 5 9:30 Spring Craft & Artisan Show & Sale. (LOB) 1:45 Mexican Train (CK) 7:00 Movie Feature DVD (TH)</p> 										
<p>2:00 Nostalgia Movie Matinee (TH) 6</p>	<p>ERC REFLEXOLOGY (WEL) 7 BRUNCH BUNCH BREAKFAST CLUB SMITTY'S RESTAURANT (LOB) 3:30 Armchair Adventures Tours of Ireland (TH)</p> 	<p>Doug M. Birthday (BLDG) 8 9:30 Strength and Stretch/W Rhona (D) 10:15 "You be the Judge" Coffee & Court Mornings (L) 1:30 Tech Help W/ Logan (CK) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR)</p> 	<p>OK FOOTWORX (WEL) 9 9:30 Chair Yoga w / Kim (EX) 10:15 New UNO game (CK) 2:30 Wednesday Sip & Social (Finish Easter Craft) (CK)</p>	<p>SOUND ADVICE ADAM (WEL) 10 9:30 Chair Exercise w / Kim (EX) 1:30 Tech Help W/ Logan (CK) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)</p>	<p>SHERRI'S HAIR (WEL) 11 Ann R. Birthday (BLDG) 9:30 Chair Exercise w / Rhona (D) 10:30 Yahtzee (CK) 2:30 Happy Hour Birthday Cake Tea w/Sunshiners (D)</p> 	<p>1:45 Mexican Train (CK) 12 7:00 Movie Feature DVD (TH)</p>										
<p>13</p>	<p>10:00 Kim (New Resident Meetings) (CK) 14 2:30 Resident Active Living Events Planning Meeting (CK) 3:30 Armchair Adventures Tours of Ireland (TH)</p>	<p>9:30 Strength and Stretch/W Rhona (D) 15 10:15 "You be the Judge" Coffee & Court Mornings (L) 1:30 Tech Help W/ Logan (CK) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR)</p>	<p>Monthly Fire Systems Check (BLDG) 16 Bus Outing to Princeton/ MuseumTour/ Fibre Arts Show and lunch @ The Copper Pit (BLDG)</p> 	<p>9:30 Chair Exercise w / Kim (EX) 17 1:30 Tech Help W/ Logan (CK) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)</p>	<p>GOOD FRIDAY 18 KIM AWAY (BLDG) Kay Z. Birthday (BLDG) 9:30 Chair Exercise w / Rhona (D) 10:30 Yahtzee (CK)</p>  	<p>1:45 Mexican Train (CK) 19 7:00 Movie Feature DVD (TH)</p>										
<p>EASTER SUNDAY DINNER (D) 20 2:00 Nostalgia Movie Matinee (TH)</p> 	<p>ERC REFLEXOLOGY (WEL) 21 EASTER MONDAY KIM AWAY (BLDG) 3:30 Armchair Adventures Tours of Ireland (TH)</p>	<p>Bus Outing Penticton Casino, Shop & Lunch @ Local Public Eatery (BLDG) 22 9:30 Strength and Stretch/W Rhona (D) 1:30 Tech Help W/ Logan (CK)</p> 	<p>OK FOOTWORX (WEL) 23 9:30 Chair Yoga w / Kim (EX) 10:15 New UNO game (CK) 2:30 Wednesday Sip & Social W Jenna Easter Tea Party (CK)</p>	<p>9:30 Chair Exercise w / Kim (EX) 24 10:00 RESIDENT MTG (D) 1:30 Tech Help W/ Logan (CK) 2:00 STAFF MTG (TH) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)</p>	<p>9:30 Chair Exercise w / Kim (EX) 25 9:30 Chair Exercise w / Rhona (D) 10:30 Yahtzee (CK) 2:30 Happy Hour "Ian Cameron" (D)</p>	<p>1:45 Mexican Train (CK) 26 7:00 Movie Feature DVD (TH)</p>										
<p>27</p>	<p>10:00 Kim (New Resident Meetings) (CK) 28 2:00 Menu Planning/Feedback Meeting W / Jose (CK) 3:30 Armchair Adventures Tours of Ireland (TH)</p>	<p>9:30 Strength and Stretch/W Rhona (D) 29 10:15 "You be the Judge" Coffee & Court Mornings (L) 1:30 Tech Help W/ Logan (CK) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR)</p>	<p>9:30 Chair Yoga w / Kim (EX) 30 10:15 New UNO game (CK) 2:30 Wednesday Sip & Social Tea w/ Jenna (CK)</p>	<p><u>Locations Legend</u></p> <table> <tr> <td>Country Kitchen (CK)</td> <td>2nd Floor Games Room (GR)</td> </tr> <tr> <td>Dining (D)</td> <td>Wellness Room (WEL)</td> </tr> <tr> <td>Exercise Room (EX)</td> <td>Lounge (L)</td> </tr> <tr> <td>Theatre (TH)</td> <td>Lobby (LOB)</td> </tr> <tr> <td>Building (BLDG)</td> <td></td> </tr> </table>		Country Kitchen (CK)	2nd Floor Games Room (GR)	Dining (D)	Wellness Room (WEL)	Exercise Room (EX)	Lounge (L)	Theatre (TH)	Lobby (LOB)	Building (BLDG)		
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