



May 2025

Sunshine Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Travelling Hygienist # 778-231-0475		<u>Locations Legend</u> Country Kitchen (CK) Building (BLDG) Dining (D) Exercise Room (EX) Theatre (TH) 2nd Floor Games Room (GR) Wellness Room (WEL) Lobby (LOB) Lounge (L) 3rd Floor Lounge (3L)		9:30 Chair Exercise w / Kim (D) 1 9:45 Tech Help W/ Logan (CK) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)	SHERRI'S HAIR (WEL) 2 9:30 Chair Exercise w / Rhona (D) 10:30 Yahtzee (CK) 11:00 Community Paramedicine Vitals Clinic (CK) 2:30 Happy Hour "Rob McQuaid" (D)	1:45 Mexican Train (CK) 3 7:00 Movie Feature (TH)
2:00 Nostalgia Movie Matinee (TH) 4	ERC REFLEXOLOGY (WEL) CINCO DE MAYO (BLDG) 5 10:00 5TH AVE JEWELRY SPRING SHOP (LOB) 10:30 BRUNCH BUNCH BREAKFAST CLUB SMITTY'S RESTAURANT (LOB) 2:30 Walk About Town " Walkers Wheelchairs Welcome" (LOB) 3:00 Scooter Cruisers, Cruise Weather Permitting TBD (BLDG) 	9:30 Strength and Stretch/W Kim (EX) 6 9:45 Tech Help W/ Logan (CK) 10:00 "You be the Judge" Coffee & Court Mornings (L) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR)	OK FOOTWORX (WEL) Helen W. B-Day (BLDG) 7  9:30 Chair Yoga w / Kim (D) 10:15 Java's & Gin Rummy (CK) 1:30 RCMP Community Policing Fraud Presentation (CK) 3:30 Multi Denominational Bible Study W/ Chaplin Janet (3L)	SOUND ADVICE ADAM (WEL) 8 9:30 Chair Exercise w / Kim (D) 9:45 Tech Help W/ Logan (CK) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)	Linda J. Staff B-Day (BLDG) SHERRI'S HAIR (WEL) 9  9:30 Chair Exercise w / Kim (D) 10:30 Yahtzee (CK) 2:30 Happy Hour / Birthday Cake Tea w/ The Sunshiners (L)	Patty T. B- Day (BLDG) 10  1:45 Mexican Train (CK) 7:00 Movie Feature (TH)
MOTHERS DAY Brunch / Dinner 11	10:30 Resident Active Living Events Planning Meeting (CK) 12 2:30 Walk About Town " Walkers Wheelchairs Welcome" (LOB)	KIM AWAY (BLDG) 13 9:30 Strength and Stretch/W Gayle (EX) 9:45 Tech Help W/ Logan (CK)	9:30 BUS OUTTING 14 Summerland Trout Hatchery Picnic Peach Orchard Park Shopping in Summerland (LOB) 3:30 Multi Denominational Bible Study W/ Chaplin Janet (3L) 	9:30 Chair Exercise w / Gayle (D) 15 9:45 Tech Help W/ Logan (CK) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)	KIM AWAY (BLDG) Ed B. B-Day (BLDG) 16  10:30 Yahtzee (CK) 11:00 Community Paramedicine Vitals Clinic (CK)	Donna O. B-Day (BLDG) Vern & Betty Warman Anniversary (BLDG) 17  1:45 Mexican Train (CK) 7:00 Movie Feature (TH)
Flo F. B-Day (BLDG) 18  2:00 Nostalgia Movie Matinee (TH)	ERC REFLEXOLOGY (WEL) VICTORIA DAY KIM AWAY (BLDG) 19 1:30 Jose's Menu Meeting (CK) 3:00 Scooter Cruisers, Cruise Weather Permitting TBD (BLDG)	9:30 Strength and Stretch/W Gayle (EX) 20 9:45 Tech Help W/ Logan (CK) 10:15 "You be the Judge" Coffee & Court Mornings (L) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR)	Monthly Fire Systems Check (BLDG) 21 OK FOOTWORX (WEL) 9:30 Chair Yoga w / Kim (D) 10:15 Java's & Gin Rummy (CK) 2:30 Wednesday Sip & Social (CK) 3:30 Multi Denominational Bible Study W/ Chaplin Janet (3L)	9:30 Chair Exercise w / Gayle (D) 22 9:45 Tech Help W/ Logan (CK) 10:00 RESIDENT MTG (D) 2:00 STAFF MTG (TH) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)	9:30 Chair Exercise w / Kim (D) 23 10:30 Yahtzee (CK) 11:00 Community Paramedicine Vitals Clinic (CK) 2:30 Happy Hour w/ Ian Cameron (D)	1:45 Mexican Train (CK) 24 7:00 Movie Feature (TH)
25	10:00 Kim (New Resident Meetings) (CK) 26 10:30 Tymely Mobile Fashions Spring/Summer Pop Up Shop (L)	9:00 Bus Outing Penticton Casino, Shop & Lunch @Dragon Boat Pub (CK) 27 9:30 Strength and Stretch/W Gayle (EX) 9:45 Tech Help W/ Logan (CK) 	9:30 Chair Yoga w / Kim (D) 28 10:15 Java's & Gin Rummy (CK) 2:30 Wednesday Sip & Social "Tea W/ Jenna" (CK) 3:30 Multi Denominational Bible Study W/ Chaplin Janet (3L)	9:30 Chair Exercise w / Gayle (D) 29 9:45 Tech Help W/ Logan (CK) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)	KIM AWAY (BLDG) 30 10:30 Yahtzee (CK) 11:00 Community Paramedicine Vitals Clinic (CK)	1:45 Mexican Train (CK) 31 7:00 Movie Feature (TH)