



July 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		75th Annual Cherry Fiesta and Canada Day Parade and Festival 11AM (BLDG) CANADA DAY KIM AWAY STAT (BLDG)  	OK FOOTWORX (WEL) 2 9:30 Chair Yoga w / Kim (D) 10:15 Java's & Gin Rummy (CK) 1:30 Jose's Food Meeting (CK) 2:30 Wednesday Sip & Stay Cool Patio Treats (CK) 	SHIRLEY F. B-DAY (D) 3 9:30 Chair Exercise w / Gayle (D) 10:00 Walk About Town " Walkers Wheelchairs Welcome" (LOB) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK) 	SHERRI'S HAIR (WEL) 4 9:30 Chair Exercise w / Kim (D) 10:15 Yahtzee (CK) 11:00 Community Paramedicine Vitals Clinic (CK) 2:30 Happy Hour Patio Charcuterie & Games (L)	1:45 Mexican Train (CK) 5 7:00 Movie Feature Netflix "The Elephant Whispers" (TH)
6	BRUNCH BUNCH BREAKFAST CLUB 7 SMITTY'S RESTAURANT (LOB) WORLD CHOCOLATE DAY (BLDG) 10:00 Watercolor Painting for Beginners Class (CK) 2:00 Book Of Revelations Theatre Series (TH) 2:30 Walk About Town " Walkers Wheelchairs Welcome" (LOB)	9:30 Strength and Stretch/W Gayle (EX) 8 10:15 "You be the Judge" Coffee & Court Mornings (L) 2:00 Bingo (CK) 3:15 Horse Racing Game (GR)	Quarterly Pendant Checks (BLDG) 9 TBD Tourist in our own Town! (BLDG) 10:15 Java's & Gin Rummy (CK) 11:00 Kim VRS Active Living Coordinators Online Meeting. (off) 2:30 Wednesday Sip & Social Patio Games (CK)	SOUND ADVICE ADAM (WEL) 10 9:30 Chair Exercise w / Gayle (D) 10:00 Walk About Town " Walkers Wheelchairs Welcome" (LOB) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)	SHERRI'S HAIR (WEL) 11 9:30 Chair Exercise w / Kim (D) 10:15 Yahtzee (CK) 2:30 Happy Hour "Ian Cameron" (D)	1:45 Mexican Train (CK) 12 7:00 Movie Feature Netflix " Shark Whisperer" (TH)
MERVIN M. B-DAY (D) 13 2:00 Nostalgia Movie Matinee Netflix "Stand by Me" (TH) 	ERC REFLEXOLOGY (WEL) 14 10:00 Watercolor Painting for Beginners Class (CK) 2:00 Book Of Revelations Theatre Series (TH) 2:00 Scooter Cruisers, Weather Permitting TBD (BLDG) 2:30 Resident Active Living Events Planning Meeting (CK)	9:30 Strength and Stretch/W Gayle (EX) 15 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) 16 OK FOOTWORX (WEL) STAN O. B-DAY (BLDG) 9:30 Chair Yoga w / Kim (D) 10:15 Java's & Gin Rummy (CK) 2:30 Wednesday Sip & Social "Craft Pending" (CK)  	9:30 Chair Exercise w / Gayle (D) 17 10:00 Walk About Town " Walkers Wheelchairs Welcome" (LOB) 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) 18 10:15 Yahtzee (CK) 2:30 Happy Hour / Birthday Cake Tea "The Sunshiners" (L)	1:45 Mexican Train (CK) 19 7:00 Movie Feature Netflix " Radio" (TH)
EDY N .B-DAY STAFF (BLDG) 20 	10:00 Watercolor Painting for Beginners Class (CK) 21 2:00 Book Of Revelations Theatre Series (TH) 2:30 Walk About Town " Walkers Wheelchairs Welcome" (LOB)	9:00 Bus Outing Penticton Casino, Shop & Lunch (L) 22 9:30 Strength and Stretch/W Gayle (EX) 	9:30 Chair Yoga w / Kim (D) 23 10:15 Java's & Gin Rummy (CK) 2:30 Wednesday Sip & Social Patio Frozen Treats (CK)	KIM AWAY (BLDG) 24 10:00 RESIDENT MTG TBD (D) 2:00 STAFF MTG (TH) 6:45 Mexican Train (CK)	KIM AWAY (BLDG) 25 9:30 Chair Exercise w / Faye ? Pending (D) 10:15 Yahtzee (CK) 11:00 Community Paramedicine Vitals Clinic (CK) 2:30 Happy Hour Patio Social W/Jenna (L)	1:45 Mexican Train (CK) 26 7:00 Movie Feature Netflix "True Spirit" (TH)
2:00 Nostalgia Movie Matinee Netflix " The Laundromat" (TH) 27 	ERC REFLEXOLOGY (WEL) 28 10:00 Watercolor Painting for Beginners Class (CK) 2:00 Book Of Revelations Theatre Series (TH) 2:00 Scooter Cruisers, Weather Permitting TBD (BLDG) 2:30 Walk About Town " Walkers Wheelchairs Welcome" (LOB)	The Fossil Guy Special Presentation & Event (D) 29 BARRY S.B-DAY (BLDG) 9:30 Strength and Stretch/W Kim (EX) 10:15 "You be the Judge" Coffee & Court Mornings (L) 	OK FOOTWORX (WEL) 30 World Friendship Day (BLDG) 9:30 Chair Yoga w / Kim (D) 10:15 Java's & Gin Rummy (CK) 2:30 Wednesday Social Tea w/Jenna "Celebrating Friends" (CK)	9:30 Chair Exercise w / Kim (D) 31 10:00 Walk About Town " Walkers Wheelchairs Welcome" (LOB) 2:00 NEW Left Centre Right Game (GR) 3:15 WII Golf (EX) 6:45 Mexican Train (CK)	<u>Locations Legend</u> <div>Country Kitchen (CK) Dining (D) Building (BLDG) Theatre (TH) Wellness Room (WEL)</div> <div>Lobby (LOB) Exercise Room (EX) Lounge (L) 2nd Floor Games Room (GR) Office (off)</div>	