



# August 2025

## Sunshine Ridge



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><u>Locations Legend</u></p> <p>Country Kitchen Building Dining Theatre Lobby</p> <p>Exercise Room Wellness Room Lounge 2nd Floor Games Room</p>		<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 Travelling Hygienist # 778-231-0475</p>			<p>9:30 Chair Exercise w / Kim 10:15 Yahtzee 11:00 Community Paramedicine Vitals Clinic 2:30 Happy Hour Wine &amp; Cheese</p> <p>1</p> 	<p><b>VERNON W. B-DAY</b> 1:45 Mexican Train 7:00 Movie Feature</p> <p>2</p> 
<p>3</p>	<p><b>KIM AWAY ERC REFLEXOLOGY</b> 10:00 Painting Group Workshops 1:30 Jose's Food Meeting 2:00 Book Of Revelations Theatre Series</p> <p>4</p>	<p><b>BRUNCH BUNCH BREAKFAST SMITTY'S RESTAURANT</b> 9:30 Strength and Stretch/W Gayle 2:00 Bingo 3:15 Horse Racing Game</p> 	<p><b>GORDON B. B-DAY</b> 9:30 Chair Yoga w / Kim 10:15 Java's &amp; Gin Rummy 2:30 Wednesday Sip &amp; Social Courtyard Games</p> <p>6</p> 	<p>9:30 Chair Exercise w / Gayle 10:00 Walk About Town " Walkers Wheelchairs Welcome" 2:00 NEW Left Centre Right Game 3:15 WII Golf 6:45 Mexican Train</p> <p>7</p>	<p><b>KIM AWAY</b> 9:30 Chair Exercise w / Fay Pending 10:15 Yahtzee 11:00 Community Paramedicine Vitals Clinic 2:30 Happy Hour w/ New Artist Sam Farruggio "Play It Again Sam" Jenna Hosting</p> <p>8</p> 	<p>1:45 Mexican Train 7:00 Movie Feature</p> <p>9</p>
<p><b>LUCILLE B. B-DAY</b> 2:00 Nostalgia Movie Matinee</p> <p>10</p> 	<p><b>KIM AWAY</b> 10:00 Painting Group Workshops 2:00 Book Of Revelations Theatre Series 2:00 Scooter Cruisers, Weather Permitting TBD</p> <p>11</p>	<p>9:30 Strength and Stretch/W Gayle 10:15 "You be the Judge" Coffee &amp; Court Mornings 2:00 Bingo 3:15 Horse Racing Game</p> <p>12</p>	<p><b>OK FOOTWORX</b> 9:30 Chair Yoga w / Kim 10:15 Java's &amp; Gin Rummy 2:30 Wednesday Sip &amp; Stay Cool Social</p> 	<p><b>SOUND ADVICE ADAM</b> 9:30 Chair Exercise w / Kim 10:00 Walk About Town " Walkers Wheelchairs Welcome" 2:00 NEW Left Centre Right Game 3:15 WII Golf 6:45 Mexican Train</p> <p>14</p>	<p><b>SHERRI'S HAIR</b> 9:30 Chair Exercise w / Kim 10:15 Yahtzee 11:00 Community Paramedicine Vitals Clinic 2:30 Happy Hour / Birthday Cake Tea w/ Sunshiners</p> <p>15</p> 	<p>1:45 Mexican Train 7:00 Movie Feature</p> <p>16</p>
<p>17</p>	<p><b>BRENDA W.B-DAY</b> Tymely Mobile Fashions Summer Pop Up Shop <b>ERC REFLEXOLOGY</b> 10:00 Painting Group Workshops 2:00 Book Of Revelations Theatre Series 2:30 Resident Active Living Events Planning Meeting</p> <p>18</p> 	<p><b>MOIRA F. B-DAY</b> 9:30 Strength and Stretch/W Gayle 10:15 "You be the Judge" Coffee &amp; Court Mornings 2:00 Bingo 3:15 Horse Racing Game</p> <p>19</p> 	<p><b>Monthly Fire Systems Check</b> 9:30 Chair Yoga w / Kim 10:15 Java's &amp; Gin Rummy 2:30 Wednesday Sip &amp; Social Patio Frozen Treats</p> <p>20</p> 	<p>9:30 Chair Exercise w / Gayle 10:00 Walk About Town " Walkers Wheelchairs Welcome" 2:00 NEW Left Centre Right Game 3:15 WII Golf 6:45 Mexican Train</p> <p>21</p>	<p><b>JAN M. B-DAY</b> <b>SHERRI'S HAIR</b> 9:30 Chair Exercise w / Kim 10:15 Yahtzee 11:00 Community Paramedicine Vitals Clinic 2:30 Happy Hour Wine &amp; Cheese Charcuterie</p> <p>22</p> 	<p><b>AL R. B-DAY</b> 1:45 Mexican Train 7:00 Movie Feature</p> <p>23</p> 
<p>2:00 Nostalgia Movie Matinee</p> <p>24</p>	<p><b>ROB B. Staff B-Day</b> 10:00 Painting Group Workshops 2:00 Book Of Revelations Theatre Series 2:00 Scooter Cruisers, Weather Permitting TBD 2:30 Walk About Town " Walkers Wheelchairs Welcome"</p> <p>25</p> 	<p><b>KIM T. B-Day Staff</b> 9:00 Bus Outing Penticton Casino, Shop &amp; Lunch @ TBD 9:30 Strength and Stretch/W Gayle 3:15 Horse Racing Game</p> <p>26</p> 	<p><b>OK FOOTWORX</b> 9:30 Chair Yoga w / Kim 10:15 Java's &amp; Gin Rummy 2:30 Wednesday Social Tea w/Jenna</p> <p>27</p> 	<p>9:30 Chair Exercise w / Gayle 2:00 NEW Left Centre Right Game 3:15 WII Golf 6:45 Mexican Train</p> <p>28</p>	<p><b>YVONNE H. B-DAY</b> 9:30 Chair Exercise w / Kim 10:15 Yahtzee 11:00 Community Paramedicine Vitals Clinic 2:30 Happy Hour w/ Ian Cameron</p> <p>29</p> 	<p><b>ROD O. B-Day Staff</b> 1:45 Mexican Train 7:00 Movie Feature</p> <p>30</p> 
<p>31</p>						