




# Sunshine Centre July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor organized programs are permitted but at 25% room capacity. Please continue to wear your face mask when attending.	Please note this calendar is subject to change based on Provincial regulations and guidelines from the Retirement Home Regulatory Act.	<b>Please see posters outside Activities Office for more specific details.</b> GH—Great Hall ML—Muskoka Lounge		<b>1 Happy Canada Day</b> 10:30 Indigenous Education/ Commemoration Presentation 2:30 Canada Day ice cream bars and outdoor entertainment by: <b>JC Smith</b>	<b>2</b> "I'm sorry I live in the greatest country in the world. I'm sorry! I'm sorry, but Canadians apologize so much because we know we're the greatest. Sorry!" - Dan Aykroyd	<b>3</b> 2:30 Bingo—GH
<b>4</b> 10:30 Worship Service - GH	<b>5</b> 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 3 Episode 3	<b>6</b> 10:30 SMART Exercise —GH 2:30 Cards & Games - ML	<b>7</b> 10:30 Group Crossword —GH 2:30 Bingo—GH	<b>8</b> 10:30 SMART Exercise —GH 2:30 Jeopardy—GH	<b>9</b> 10:30 Bocce Ball—meet at front door <b>Marilyn Plays Piano at Lunch</b> 2:30 Classic Movie: Murder on the Orient Express—GH	<b>10</b> "I love how summer just wraps its arms around you like a warm blanket." — Kellie Elmore
<b>11</b> 10:30 Worship Service - GH	<b>12</b> 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 3 Episode4	<b>13</b> 10:30 SMART Exercise —GH <b>3:00 SC Resident Forum - GH</b>	<b>14</b> 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 David Attenborough "Life in Colour" 2—GH	<b>15</b> 10:30 SMART Exercise —GH 2:30 Word Games—GH	<b>16</b> 10:30 "Beasts in the City" Documentary—GH 2:30 Ice Cream Sundaes in the courtyard	<b>17</b> 2:30 Bingo—GH
<b>18</b> 10:30 Worship Service - GH	<b>19</b> 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" - GH Season 3 Episode 5	<b>20</b> 10:30 SMART Exercise —GH 2:30 Cards & Games - ML	<b>21</b> 10:30 Ladder Ball (SC entrance) 2:30 Jeopardy—GH	<b>22</b> 10:30 SMART Exercise —GH 2:30 Bingo—GH	<b>23</b> 10:30 News & Views—GH <b>2:30 Kira &amp; Janet Perform—GH Pianist &amp; Vocalist</b>	<b>24</b> "A little bit of summer is what the whole year is all about." - John Mayer
<b>25</b> 10:30 Worship Service - GH	<b>26</b> 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" - GH Season 3 Episode 6	<b>27</b> 10:30 SMART Exercise —GH 2:30 Nail Painting—GH	<b>28</b> 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 Craft – GH	<b>29</b> 10:30 SMART Exercise —GH 2:30 Scattergories Game —GH	<b>30</b> 2:30 Movie: Wonder—GH	<b>31</b> 2:30 Bingo—GH