



Sunshine Centre August 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (No Worship Service today) "A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." — James Dent	2 Civic Holiday "If summer had one defining scent, it'd definitely be the smell of barbecue." — Katie Lee	3 10:30 SMART Exercise —GH 2:30 "The Crown" -GH Season 3 Episode 7	4 10:30 Group Crossword —GH 3:30 Tafelmusik Baroque Virtual Concert—GH "Café Counterculture"	5 10:30 SMART Exercise —GH 2:30 Jeopardy—GH	6 10:30 Ladder Ball—Meet at front door 2:30 Bingo—GH	7 2:30 Travelogue Video with Rick Steves: The Best of Israel—GH
8 10:00 Worship Service - GH	9 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 3 Episode 8	10 10:30 SMART Exercise —GH	11 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 David Attenborough "Life in Colour" 3—GH	12 10:30 SMART Exercise —GH 2:30 Word Games—GH	13 10:30 Bocce Ball—Meet at front door 2:30 Al Crawford Performs on the Guitar —GH	14 2:30 Bingo—GH
15 10:00 Worship Service - GH	16 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 3 Episode 9	17 10:30 SMART Exercise —GH 2:30 Jeopardy—GH	18 10:30 Documentary: "The Secret Life of the Sun" - GH 2:30 Bingo—GH	19 10:30 SMART Exercise —GH 2:30 Nail Painting—GH	20 10:30 News & Views —GH 2:30 Root Beer Floats & Classic Movie: "Grease" - GH	21 2:30 Travelogue Video with Rick Steves: Greek Islands—Santorini, Mykonos and Rhodes —GH
22 10:00 Worship Service - GH	23 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" - GH Season 3 Episode 10	24 10:30 SMART Exercise —GH 2:30 Scattergories—GH	25 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 Travelogue Video with Rick Steves "Cruising the Mediterranean" - GH	26 10:30 SMART Exercise —GH 2:30 Craft – GH	27 Janet plays piano over lunch service	28 2:30 Bingo—GH
29 10:00 Worship Service - GH	30 10:00 Old Time Music—ML 2:30 "The Crown" - GH Season 4 Episode 1	31 10:30 SMART Exercise —GH	Please note that programs are subject to change as per Provincial guidelines.	A maximum of 25 residents are permitted at indoor programs at one time.	Please see posters outside Activities Office for more details. GH—Great Hall ML—Muskoka Lounge	