


Sunshine Centre September 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note that programs are subject to change as per Provincial guidelines.</p>	<p>Please see posters outside Activities Office for more details. GH—Great Hall ML—Muskoka Lounge</p>		<p>1 2:30 Tafelmusik Baroque Virtual Concert: "Il Seicento" - GH</p>	<p>2 10:30 SMART Exercise —GH</p>	<p>3 2:30 Travelogue Video with Rick Steves "European Festivals" -GH</p>	<p>4 "Enjoy the little things in life , for one day, you'll look back and realize they were big things." — Robert Brault</p>
<p>5 "The morning of the first September was crisp and golden as an apple." — J. K. Rowling</p>	<p>6 Labour Day </p>	<p>7 10:30 SMART Exercise —GH 2:30 "The Crown" -GH Season 4 Episode 2</p>	<p>8 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 Jeopardy "Back to School" —GH</p>	<p>9 10:30 SMART Exercise —GH 2:30 Bingo—GH</p>	<p>10 10:30 Indoor Bocce Ball - GH 2:30 Documentary: "Fantastic Fungi"—GH</p>	<p>11 "Autumn is the time of year when Mother Nature says, 'Look how easy, how healthy, and how beautiful letting go can be.' — Tori Sorenson</p>
<p>12 Grandparent's Day 10:00 Worship Service —GH</p>	<p>13 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 4 Episode 3</p>	<p>14 10:30 SMART Exercise —GH</p>	<p>15 10:30 Group Crossword —GH 2:30 Bingo—GH</p>	<p>16 10:30 SMART Exercise —GH 2:30 Classic Movie "My Fair Lady" Part 1</p>	<p>17 10:30 News & Views —GH 2:30 Classic Movie "My Fair Lady" Part 2</p>	<p>18 By all these lovely tokens, September days are here, with summer's best of weather and autumn's best of cheer." — H. H. Jackson</p>
<p>19 10:00 Worship Service —GH</p>	<p>20 Election Day 2:30 "The Crown" -GH Season 4 Episode 4</p>	<p>21 First Day of Fall 10:30 SMART Exercise —GH 2:30 Brain Games/Word Games—GH</p>	<p>22 10:30 Paraffin Hand Waxing & Relaxation – ML 2:30 City of Waterloo Virtual Guest Speaker: "History of Waterloo"- GH</p>	<p>23 10:30 SMART Exercise —GH 2:30 Bingo—GH</p>	<p>24 2:30 Travelogue Video with Rick Steves "Iran" - GH 2:30 Kevin Coates Performs on the piano, bar open—GH</p>	<p>25 "You only live once, but if you do it right, once is enough." — Mae West</p>
<p>26 10:00 Worship Service —GH</p>	<p>27 10:00 Old Time Music—ML 10:30 Weekly Updates & Morning Laughs—ML 2:30 "The Crown" -GH Season 4 Episode 5</p>	<p>28 10:30 SMART Exercise —GH 2:30 Scattergories—GH</p>	<p>29 10:30 Euchre & Skipbo - ML 2:30 Bingo—GH</p>	<p>30 10:30 SMART Exercise —GH 2:30 Craft – GH</p>	<p>Please purchase drink tickets at the front desk</p>	