

Activity Calendar September 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
35 participants may attend each program— Note: this is subject to change as per directives from leadership	Please Note Masks must be worn for the duration of programs and in common spaces	1 10:30 Outdoor Bocce Ball (Meet at Sunshine Centre front entrance)	2 1:00 SMART Exercise Class—GH (sign up only) <small>Please speak to Jackie if interested</small> 2:30 Bingo—GH	3 2:30 Memory Improving Games—GH How does our memory work anyway?	4 2:30 Travelogue Movie—GH <i>“Untamed Romania”</i>	5 2:30 Bingo—GH (Prizes provided, no money necessary)
6 “You only live once, but if you do it right, once is enough.” — Mae West	7 Labour Day	8 2:30 Documentary Film “Jane” - GH <small>Using a trove of never-before-seen footage, the film tells the story of Jane’s early explorations and research in Tanzania.</small>	9 10:30 Ladder Ball (SC Entrance) 1:00 SMART Exercise Class—GH (sign up only)	10 10:30 Rock Painting with Christine—GH (supplies provided)	11 Concert 2:30 Classical Music Demonstration with Michel Allard—GH	12 Life is like riding a bicycle. To keep your balance, you must keep moving. - Albert Einstein
13 Happy Grandparent’s Day! 3:00 Worship Service—GH	14 2:30 NEW SERIES “The Crown” Episode 1 Chronicles of the life of Queen Elizabeth II (Claire Foy) from the 1940s to modern times. - GH	15 3:00 Sunshine Resident Forum—GH	16 1:00 SMART Exercise Class—GH (sign up only) 2:30 Bingo—GH	17 2:30 Jeopardy Trivia - GH	18 2:30 Root Beer Floats in the Courtyard (Out front Sunshine Centre Entrance)	19 2:30 Movie—GH <i>“Letters to Juliet”</i> <small>Sophie, an aspiring writer assisted by the secretaries of Juliet, sets out to unite Claire with her lover. While on her journey, she finds herself drawn to Claire’s grandson.</small>
20 3:00 Worship Service—GH	21 2:30 NEW SERIES “The Crown” Episode 2 - GH	22 First Day of Fall 10:30 Leaf etching craft—GH	23 1:00 SMART Exercise Class—GH (sign up only)	24 2:30 Bingo—GH	25 Concert 2:30 Lynne & Rick Perform—GH Floors 1 & 3 3:30 Lynne & Rick Floors 4 & 5	26 “Sing like no one’s listening, love like you’ve never been hurt, dance like nobody’s watching, and live like it’s heaven on earth.”
27 3:00 Worship Service—GH	28 2:30 NEW SERIES “The Crown” Episode 3 - GH	29 2:30 Jeopardy Trivia—GH	30 1:00 SMART Exercise Class—GH (sign up only) 2:30 Bingo—GH	Please speak with Jackie in the recreation office or the Front Desk if you require assistance making an appointment to use the Fitness Centre	SMART Exercise Class Please speak to Jackie in the recreation office if you are interested in signing up for SMART exercise classes (x2032)	Legend GH—Great Hall ML—Muskoka Lounge