








July 2025 Sunshine Spring



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
St. Johns Pet Visits weekly   Visits will commence in July		1 Canada Day 10AM <i>National Anthem</i> 11AM Physio Moves 2PM <i>Strawberry Social</i> 4PM Blue Jays Vs Yankees	2 11AM Fun & Fitness 3PM Outdoor Visits 4PM Wild Animals	3 Mobility Class 10:30 <i>Mobility Class with Sheila</i> 1:15 Flower Arranging 2PM Bingo 3PM Relaxing Hymns	4 10AM Fun and Fitness 2PM Table Games 4PM Movie Hour 7PM Friendly Visits	5 10AM Fun & Fitness 2PM Outdoor Strolls 3PM 1:1 Visits 4PM Planet Earth
6 10AM Church Service (Ch.990) 2PM Comedy Hour 3PM Outdoor Strolls 7PM Church Service (Ch.990)	7 10AM Andre Rieu 11AM Fun & Fitness 3PM Room Visits 4PM Mr. Bean Show	8 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM Puzzle 7PM 1:1 Activity	9 10AM Devotion 11AM Fun & Fitness 2PM Explore The World 3PM Plant Care with Fareed 7PM Susie Q Sing Along	10 Zamar Music 10AM <i>Zamar Music</i> 1:15 Flower Arranging 2PM Bingo 3PM Relaxing Hymns	11 10AM Fun & Fitness 2PM Baking Club 3PM Bird Visit	12 11AM Outdoor Strolls 3PM Balloon Tennis 4PM Queen Bees (Netflix)
13 10AM Church Service (Ch.990) 1PM Blue Jays Vs The Athletics 7PM Church Service (Ch.990)	14 10AM Fun & Fitness 2PM Outdoor Strolls 4PM Family Feud 7PM Room Visits	15 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM Family Feud	16 11AM Fun & Fitness 3PM 1:1 Visits 4PM Midweek Movie Magic	17 10:30 Physio Moves 11AM Sing Along with Ray 1:15 Flower Arranging 3PM <i>Smile Serenades</i>	18 10AM Fun & Fitness 2PM <i>Fresh Fruit Friday</i> 4PM Sing along 7PM Blue Jays Vs San Francisco Giants	19 10AM Fun & Fitness 2PM Family Feud 3PM Pet Visit (Coco) 4PM Nature Documentary
20 10AM Church Service (Ch.990) 3PM Dice Games 7PM Church Service (Ch.990)	21 10AM Outdoor Strolls 11AM Fun & Fitness 3PM Table Games 4PM The Lucy Show	22 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM <i>Popsicle Social</i> 6PM Pet Visit (Coco)	23 11AM Fun and Fitness 2PM Men's Club 3PM Budgie Visit 4PM Comedy Corner 7PM 1:1 Visits	24 10:30 Physio Moves 11AM Sing Along With Ray 1:15 Flower Arranging 2PM <i>Resident Council Meeting</i>	25 10AM Fun & Fitness 12PM <i>BBQ</i> 2PM Bird Visits (Lighthouse Neighbourhood) 	26 11AM Dominoes 3PM Outdoor Strolls 4PM White Fang (Netflix)
27 10AM Church Service (Ch.990) 3PM Card Games 7PM Church Service (Ch.990)	28 10AM Balloon Toss 11AM Fun & Fitness 2PM <i>Ice Cream Social</i> 4PM Movie Hour 6PM Dominoes	29 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM I Love Lucy	30 11AM Fun & Fitness 3PM 1:1 Visits 4PM Price Is Right	31 10:30 Physio Moves 11AM Sing Along with Ray 1:15 Flower Arranging 2PM Bingo	All group activities subject to modification into 1:1 visits according to public Health directives.	
						 Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10:00 Ch.990 Spiritual Care Visits Mon, Tue & Thurs

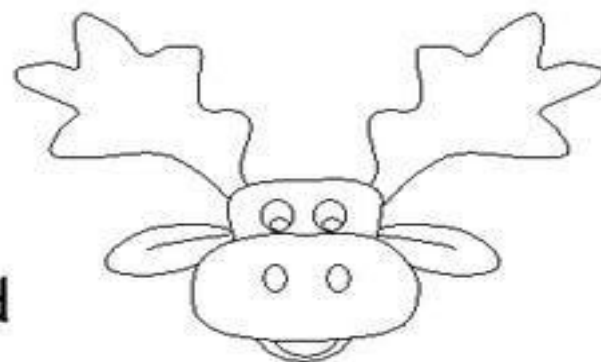
Sunshine Spring Life Enrichment Programs

U	L	H	S	F	E	E	W	S	D	G	A	K	P	Q
I	S	A	M	Y	S	C	N	G	R	K	W	L	W	D
I	L	A	C	O	R	I	I	I	A	T	A	E	Z	W
L	E	G	O	R	A	U	Z	N	O	S	T	P	L	R
B	D	M	N	T	O	Z	P	B	B	N	T	E	C	N
J	Q	E	N	I	L	S	H	Z	W	O	O	M	D	U
J	E	U	R	Y	I	C	S	Z	O	W	P	G	D	B
J	O	S	E	T	A	K	S	E	N	M	R	E	E	D
M	W	I	L	D	R	O	S	E	S	A	L	O	D	N
G	O	O	S	E	B	W	Z	W	R	N	B	G	Q	X

deer
elk
goose
grizzly
ice
lacrosse
moose
mountains

RCMP
skates
skiing
sled
snowboard
snowman
syrup
Wild rose

Ottawa



Ten Principles

1. Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.
2. A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.
3. We thrive when we have easy access to the companionship we desire. This is the antidote to loneliness.
4. We thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.
5. We thrive when we have variety, spontaneity, and unexpected happenings in our lives. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. Meaning is unique to each of us and is essential to health and well-being.
7. We are more than our medical diagnoses. Medical treatment should support and empower us to experience a life worth living.
8. Decision-making must involve those most impacted by the decision. Empowerment activates choice, autonomy, and influence.
9. Building a collaborative and resilient culture is a never-ending process. We need to keep learning, developing and adapting.
10. Wise leadership is the key to meaningful and lasting change. For it, there can be no substitute.