















August 2025 Sunshine Spring



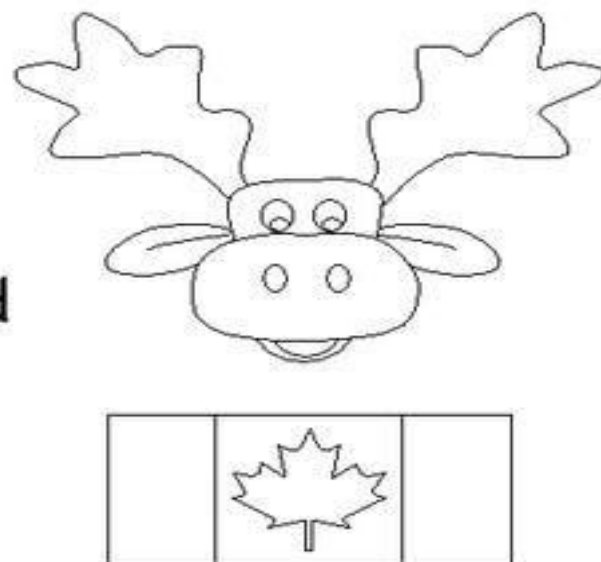
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All group activities subject to modification into 1:1 visits according to public Health directives.	 Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10:00 Ch.990 Spiritual Care Visits Mon, Tue & Thurs	St. Johns Pet Visits weekly 	4th Annual Family Fun Day Event with Elvis, Vendors, kids corner, Ice- Cream Truck & Critter visits. 1:30PM- 3:30PM FM courtyard. 	 	1 10AM Fun and Fitness 2PM Table Games 4PM Movie Hour 7PM Friendly Visits	2 10AM Fun & Fitness 2PM Ice cream Sandwich Day 3PM 1:1 Visits 4PM Planet Earth
3 10AM Church Service (Ch.990) 11AM Gaither Gospel 2PM Comedy Hour 3PM Outdoor Strolls	4 CIVIC HOLIDAY 10AM Andre Rieu 11AM Fun & Fitness 2PM Discussion (Civic Holiday) 4PM Mr. Bean Show	5 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM Puzzle 7PM Music on the Patio 	6 10AM Devotion 11AM Fun & Fitness 2PM Foot Golf 3PM Bird Visit 7PM Susie Q Sing Along	7 10 AM Physio Moves 11AM Sing Along With Ray 1:15PM Flower Arranging 2PM Bingo 3PM Balcony Visits 	8 10AM Fun & Fitness 2PM Baking Club 3PM Bean Bag Toss 	9 11AM Outdoor Strolls 3PM Balloon Tennis 4PM Queen Bees (Netflix)
10 10AM Church Service (Ch.990) 11AM Outdoor Strolls 3PM Ring Toss	11 10AM Fun & Fitness 11AM Word Game 2PM Explore The World 4PM Family Feud 7PM Room Visits	12 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM Price Is Right 	13 11AM Fun & Fitness 3PM 1:1 Visits 4PM Midweek Movie	14YIPI Program 10:30 Physio Moves 11AM Sing Along with Ray 1:15 Flower Arranging 2PM Faith Fun Fair	15 10AM Fun & Fitness 2PM Peach Social 4PM Sing along 7PM Board Game	16 10AM Fun & Fitness 2PM Family Feud 3PM Pet Visit (Coco)
17 10AM Church Service (Ch.990) 2PM Dice Games 3PM Outdoor Strolls 7PM Church Service (Ch.990)	18 10AM Outdoor Strolls 11AM Fun & Fitness 3PM Table Games 4PM The Lucy Show	19 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM Popsicle Social 7PM Music on the Patio 	20 10AM Fun and Fitness 11PM Ball Toss 2PM Plant Care with Fareed 4PM Comedy Corner 7PM 1:1 Visits	21 10:30 Physio Moves 11AM Sing Along With Ray 1:15 Flower Arranging 2PM Bingo 	22 10AM Fun & Fitness 2PM Men's Club 3pm Family Feud	23 11AM Dominoes 3PM Outdoor Strolls 4PM Last Laugh (Netflix)
24 10AM Church Service (Ch.990) 1pm Balcony Visits 2PM Connect 4	25 10AM Balloon Toss 11AM Fun & Fitness 2PM Ice Cream Social 4PM Movie Hour 6PM Dominoes	26 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM I Love Lucy 	27 11AM Fun & Fitness 3PM 1:1 Visits 4PM Price Is Right	28 10:30 Physio Moves 11AM Sing Along with Ray 1:30PM- 3:30PM 4th Annual Family Fun Day Event	29 BBQ Lunch 10AM Fun & Fitness 2PM Resident Council Meeting 4PM Sing along 7PM Dominoes	30 10AM Fun & Fitness 2PM Tranquil Tides (Fish Therapy) 3PM Nature Documentary

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
Ottawa

RCMP
skates
skiing
sled
snowboard
snowman
syrup
Wild rose



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.