



September 2025 Sunshine Shores



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|---|--|
| All group activities subject to modification into 1:1 visits according to public Health directives. | 1 Labor Day 11AM Fun & Fitness 3PM Learning About Labour Day 4PM Nature Show | 2 10AM Outdoor Strolls 11AM Physio Moves 2PM Bingo 3PM Price Is Right 7pm Balcony Visit  | 3 11AM Fun & Fitness 2PM Basket Ball 3PM Bird Visit 6.30PM Classic Car Show | 4 10:30 Physio Moves 11AM Sing Along with Ray 1:15 Flower Arranging 2PM Bingo  | 5 10AM Bible Study 11AM Fun and Fitness 2PM Table Games 4PM Movie Hour | 6 10AM Fun & Fitness 2PM Connect 4 4PM Planet Earth |
| 7 Grandparents Day  10AM Church Service (Ch.990) 11AM Gaither Gospel 2PM "Grand" word Game 3PM Outdoor Strolls | 8 10AM Andre Rieu 11AM Fun & Fitness 2PM Google Earth 4PM Mr. Bean Show 7pm Pet Visit | 9 10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Puzzle  | 10 10 Am Devotion 11AM Fun & Fitness 3PM Bird Visit 7PM Susie Q Sing Along | 11 10 AM Physio Moves 11AM Zamar Music 1:15PM Flower Arranging 2PM Bingo 3PM Balcony Visits  | 12 10AM Bible Study 2PM Baking Club 3PM Relaxing Hymns 7pm Ludo  | 13 11AM Outdoor Strolls 2PM Balloon Tennis 4PM Movie Hour |
| 14 Lord's Supper  10AM Church Service (Ch.990) 11AM Outdoor Strolls 3PM Ring Toss 7PM Church Service | 15 Resident Council Week(15 Sept-19 sept) 10AM Fun & Fitness 11AM Word Game 2PM Puzzle 4PM Family Feud | 16 10AM Word Game 11AM Physio Moves 2PM Bingo 3PM Price Is Right 7:30PM Heartland Singer (CH. 990)  | 17 10AM Devotion 11AM Fun & Fitness 2PM Explore The World 4PM Midweek Movie | 18 10AM Multi Faith Service 10:30 Physio Moves 11AM Entertainment With Tristan 1:15 Flower Arranging 2PM Bingo  | 19 10AM Bible Study 2PM Trivia Time 4PM Sing along 7PM Board Game | 20 10AM Fun & Fitness 2PM Family Feud 3PM Pet Visit (Coco) |
| 21  10AM Church Service (Ch.990) 2PM Dice Games 3PM Outdoor Strolls 7PM Church Service (Ch.990) | 22 Fall Begins 10AM Outdoor Strolls 11AM Fun & Fitness 2PM Colours of Fall 4PM The Lucy Show 7PM Andre Rieu | 23 10AM Balloon Toss 11AM Physio Moves 2PM Bingo 3PM Dominoes  | 24 10AM Fun & Fitness 11PM Ball Toss 2PM Memory Lane 4PM Comedy Corner 7PM 1:1 Visits | 25 10:30 Physio Moves 11AM Sing Along With Ray 1:15 Flower Arranging 2PM Bingo  | 26 10AM Bible Study 2PM Resident Council 3pm Family Feud | 27 11AM Dominoes 3PM Outdoor Strolls 4PM Movie Hour |
| 28  10AM Church Service (Ch.990) 1pm Balcony Visits 2PM Connect 4 7PM Church Service (Ch.990) | 29 10AM Fun & Fitness 3PM Balloon Toss 4PM Movie Hour | 30 10AM Word Game 11AM Physio Moves 2PM Bingo 3PM I Love Lucy  |  Touched by an Angel Wednesday Sept 3, 10, 17 11am Ch.990 |  THE eden ALTERNATIVE HUDDLE |  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  |

Sunshine Spring Life Enrichment Programs

Trees Word Search

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

Alder
Apple
Ash
Aspen
Birch
Buckthorn
Cedar
Cherry
Chestnut
Chinkapin

Cottonwood
Cypress
Dogwood
Elm
Hawthorn
Hazel
Larch
Maple
Oak

Pine
Poplar
Redwood
Sequoia
Spruce
Sweetgum
Sycamore
Walnut
Willow
Yew



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.