



# October 2025 Sunshine Springs



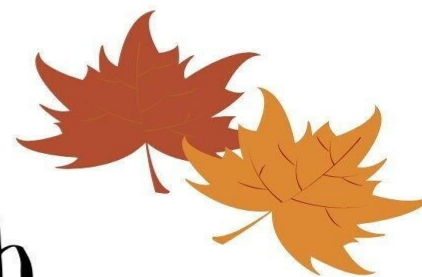
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All group activities subject to modification into 1:1 visits according to public Health directives.</p>	<p><b>Welcome Tea</b> <b>Wed October 22nd</b> <b>10:00am</b> <b>Tenant Dining Room</b></p> 	 <p><b>Catholic Service</b> Every Mon at 10:00 (Harmony Hall) <b>Devotions</b> Tues/Thurs at 10:00 Ch.990 <b>Spiritual Care Visits</b> Mon, Tue &amp; Thurs</p>	<p><b>1</b> 11AM Fun &amp; Fitness 2PM Basket Ball 3PM Bird Visit 6PM Board Game</p>	<p><b>2</b> 10:30 Fun &amp; Fitness 11AM <b>Sing Along with Ray</b> 1:15 Flower Arranging 2PM Bingo</p> 	<p><b>3</b> 10AM Bible Study 11AM Fun and Fitness 2PM Table Games 4PM Movie Hour</p>	<p><b>4</b> 11AM Fun &amp; Fitness 3PM Connect 4 4PM Planet Earth</p>
<p><b>5</b> </p> <p>10AM Church Service (Ch.990) 11AM Gaither Gospel 3PM Outdoor Strolls 7PM Church Service (Ch.990)</p>	<p><b>6</b></p> <p>10AM Andre Rieu 11AM Fun &amp; Fitness 2PM <b>Thanksgiving Trivia</b> 4PM Mr. Bean Show 6PM Table Games</p>	<p><b>7</b></p> <p>10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Puzzle</p> 	<p><b>8</b></p> <p>10AM Balcony Visits 11AM Fun &amp; Fitness 3PM Bird Visit</p> 	<p><b>9</b></p> <p>10 AM Physio Moves 10.30AM <b>Zamar Music</b> 1:15PM Flower Arranging 2PM <b>Mobility Class</b> 3PM Balcony Visits</p>	<p><b>10</b></p> <p>10AM Bible Study 2PM <b>Thanksgiving Pie Social</b> 3PM Relaxing Hymns 6PM Sing Along</p> 	<p><b>11</b></p> <p>10AM Balloon Toss 2PM <b>Men's Group</b> 4PM Movie Hour</p>
<p><b>12 Thanksgiving Sunday</b> </p> <p>10AM Church Service (Ch.990) 11AM Music and Memories 2PM <b>Thanksgiving Discussion</b> 3PM Nature Show</p>	<p><b>13 Thanksgiving</b></p> <p>10AM <b>Thanksgiving Service (ch.990)</b> 11AM Fun &amp; Fitness 3PM 1:1 Visits 4PM Family Feud</p>	<p><b>14</b></p> <p>10AM Word Game 11AM Physio Moves 2PM Bingo 3PM Price Is Right 6PM Movie Night 7PM <b>Leafs Game</b></p>	<p><b>15</b></p> <p>10AM Dominoes 11AM Fun &amp; Fitness 2PM Explore The World 4PM Andre Rieu 6PM Board Game</p>	<p><b>16</b></p> <p>10:30 Physio Moves 11AM <b>Sing Along With Ray</b> 1:15 Flower Arranging 2PM Bingo</p> 	<p><b>17</b></p> <p>10AM Bible Study 2PM Bean Bag Toss 4PM Sing along</p>	<p><b>18</b></p> <p>11AM Fun &amp; Fitness 2PM Family Feud 3PM Pet Visit (Coco)</p>
<p><b>19</b> </p> <p>10AM Church Service (Pastor Eric) (Ch.990) 11PM Dice Games 3PM Plant Care</p>	<p><b>20 Fall Bus Trip</b></p> <p>10AM Word Game 11AM Fun &amp; Fitness 2PM <b>Hot Chocolate Social</b> 4PM The Lucy Show 6PM Board Games</p>	<p><b>21</b></p> <p>10AM Balloon Toss 11AM Physio Moves 2PM Bingo 3PM Dominoes</p> 	<p><b>22</b></p> <p>10AM <b>Welcome Tea</b> 11AM Fun &amp; Fitness 2PM Memory Lane 4PM Comedy Corner</p>	<p><b>23 Multi Faith Service</b></p> <p>10:30 Physio Moves 11AM <b>Sing Along With Ray</b> 1:15 Flower Arranging 2PM Bingo</p> 	<p><b>24</b></p> <p>10AM Bible Study 2PM <b>Baking Club</b> 3pm Family Feud 6PM Sing Along</p> 	<p><b>25</b></p> <p>11AM Dominoes 2PM <b>Women's Club</b> 4PM Movie Hour</p>
<p><b>26</b> </p> <p>10AM Church Service (Ch.990) 2PM Google Earth 3PM Dominoes 7PM Church Service (Ch.990)</p>	<p><b>27</b></p> <p>10AM Fun &amp; Fitness 3PM Balloon Toss 4PM Movie Hour</p>	<p><b>28</b></p> <p>10AM Word Game 11AM Physio Moves 2PM Bingo 3PM I Love Lucy 6:15 <b>Leafs Game</b></p> 	<p><b>29</b></p> <p>10AM <b>Tim Hortons Social</b> 11AM Fun &amp; Fitness 2PM Photo Frame Making 4PM Midweek Movie 6PM Board Game</p>	<p><b>30</b></p> <p>10:30 Physio Moves/ <b>Virtual Reality</b> 11AM <b>Sing Along With Ray</b> 1:15 Flower Arranging 2PM <b>Resident Council Huddle</b></p>	<p><b>31</b></p> <p>10AM Bible Study 2PM History Trivia 4PM Sing along</p>	<p><b>Multifaith Service</b> <b>Thursday, October 23rd</b> <b>10AM- Harmony Hall</b></p> <p><b>St. Johns Pet Visits weekly</b> </p>

# Sunshine Springs

## Life Enrichment Programs



### Fall Word Search



FALL  
AUTUMN  
LEAVES  
HARVEST  
PUMPKIN  
HALLOWEEN  
THANKSGIVING  
FOOTBALL  
SWEATER  
APPLE CIDER  
SCHOOL  
ACORN  
ORANGE  
YELLOW  
BROWN

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

ONESTOPWORDSEARCH



### 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.