



# January 2026 Sunshine Springs



| SUNDAY                                                                                                                                                                                                                                                     | MONDAY                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                      | WEDNESDAY                                                                                                                                      | THURSDAY                                                                                                                                                                                                    | FRIDAY                                                                                                                                                              | SATURDAY                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Catholic Service</b><br>Every Mon at 10:00<br>(Harmony Hall)<br><b>Devotions</b><br>Tues/Thurs at 10:00<br>Ch.990<br><b>Spiritual Care Visits</b><br>Mon, Wed & Friday |  <br><b>St. Johns Pet Visits weekly</b> | <b>All group activities subject to modification into 1:1 visits according to public Health directives.</b>                                                                                   |                                                             | <b>1 Happy New Year!</b><br>10:30 Physio Moves<br>11AM <b>Sing With Ray</b><br>2PM <b>New Year's Social</b><br>7PM <b>New Year's Eve Service CH 990</b>                                                     | <b>2</b><br>10AM Bible Study<br>1:45PM <b>Resident Council (Dec. Meeting)</b><br>4PM Country Gospels<br>7PM Singalong-Rainbow                                       | <b>3</b><br>10AM Fun & Fitness<br>2PM Connect 4<br>4PM Planet Earth<br>          |
| <b>4 Lord's Supper</b><br>10AM Church Service (Ch.990)<br>11AM Gaither Gospel<br>2PM Nature Show<br>7PM Church Service (Ch.990)<br>                                       | <b>5</b><br>11AM Fun & Fitness<br>3PM Bean Bag Toss<br>4PM Mr. Bean Show                                                                                                                                  | <b>6</b><br>10AM Devotion<br>11AM Physio Moves<br>2PM Bingo<br>3PM Puzzle<br>7PM Movie Night<br>          | <b>7</b><br>10AM Fun & Fitness<br>2PM <b>January Jeopardy Trivia</b><br>4PM Deal or No Deal<br>7PM 1:1 visits                                  | <b>8</b><br>10 AM Physio Moves<br>11AM <b>Sing along with Ray</b><br>1:15PM Flower Arranging<br>2PM Bingo<br>            | <b>9</b><br>10AM Bible Study<br>2PM Explore the World<br>3PM Relaxing Hymns<br>  | <b>10</b><br>11AM Balloon Toss<br>3PM Men's Group<br>4PM Movie Hour                                                                                                 |
| <b>11</b><br>10AM Church Service (Ch.990)<br>11AM Music and Memories<br>3PM Dominoes<br>7PM Church Service (Ch.990)<br>                                                 | <b>12</b><br>10AM Singalong<br>11AM Fun & Fitness<br>2PM Name Memory Game<br>4PM Family Feud<br>7PM Card Games                                                                                            | <b>13</b><br>10AM Word Game<br>11AM Physio Move<br>2PM Bingo<br>3PM Price Is Right<br>                  | <b>14</b><br>11AM Fun & Fitness<br>3PM Comedy Hour<br>4PM Andre Rieu                                                                           | <b>15</b><br>10:30 Physio Moves<br>11AM <b>Sing Along With Ray</b><br>1:15 Flower Arranging<br>2PM Bingo<br>           | <b>16</b><br>10AM Bible Study<br>11AM Country Names<br>2PM <b>Riddles</b><br>4PM Indoor Strolls<br>7PM Singalong-Rainbow                                            | <b>17</b><br>10AM Fun & Fitness<br>2PM Family Feud<br>3PM Pet Visit (Coco)<br> |
| <b>18</b><br>10AM Church Service (Ch.990)<br>11PM Plant care<br>11PM Dice Games<br>7PM Church Service (Ch.990)<br>                                                      | <b>19</b><br>11AM Fun & Fitness<br>3PM Strolls<br>4PM The Lucy Show                                                                                                                                       | <b>20</b><br>10AM Balloon Toss<br>11AM Physio Moves<br>2PM Bingo<br>3PM Dominoes<br>7PM Movie Night<br> | <b>21</b><br>11AM Fun & Fitness<br>2PM Hot Chocolate Social<br>4PM Comedy Corner<br>7PM <b>Maple Leaf Hockey Game and Blanket Raffle Draw!</b> | <b>22</b><br>10AM Fun & Fitness<br>10:30AM <b>Mobility Class with Sheila</b><br>1:15 Flower Arranging<br>2PM Bingo<br> | <b>23</b><br>10AM Bible Study<br>2PM <b>Baking Club</b><br>3pm Family Feud<br> | <b>24</b><br>11AM Balloon Toss<br>2PM Women's Club<br>4PM Movie Hour                                                                                                |
| <b>25</b><br>10AM Church Service (Ch.990)<br>2PM Google Earth<br>3PM Dominoes<br>7PM Church Service (Ch.990)<br>                                                        | <b>26</b><br>10AM Word Game<br>11AM Fun & Fitness<br>3PM <b>Birthday Party</b><br>4PM Movie Hour<br>7PM Card Game                                                                                         | <b>27</b><br>10AM Word Game<br>11AM Physio Moves<br>2PM Bingo<br>3PM I Love Lucy                                                                                                             | <b>28</b><br>11AM Fun & Fitness<br>3PM Ring Toss<br>4PM Midweek Movie                                                                          | <b>29</b><br>10:30 Physio Moves<br>11AM <b>Sing Along With Ray</b><br>1:15 Flower Arranging<br>2:00PM <b>Resident Council- January</b>                                                                      | <b>30</b><br>10AM Bible Study<br>11AM Fun & Fitness<br>2PM <b>Calendar Huddle</b><br>7PM Sing Along                                                                 | <b>31</b><br>10AM Fun & Fitness<br>2PM Men's Group<br>4PM America's Got Talent Show                                                                                 |

# Sunshine Springs

## Life Enrichment Programs

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### January Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| M | I | W | T | V | L | Q | E | R | N | Z | J | L | W | O | S | Z | I | Y | Y | A | T | S | I |
| M | P | Z | S | S | A | M | V | Z | A | Z | V | U | O | T | N | H | M | C | V | L | J | L | A |
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|               |               |             |            |            |            |
|---------------|---------------|-------------|------------|------------|------------|
| Hot Chocolate | Freezing Rain | Bitter Cold | Wood Stove | Wintertime | Jack Frost |
| Ice Skates    | Below Zero    | Snowstorm   | Snowflake  | Snowboard  | Frostbite  |
| Fireplace     | Comforter     | Black Ice   | Thermal    | Slippery   | Freezing   |
| earmuffs      | Blizzard      | Mittens     | Blanket    | Scarf      | Polar      |
| Jacket        | Heater        | Frosty      | Arctic     | Windy      | Storm      |
| Frost         | Chill         | Wool        | Wind       | Snow       | Sled       |
| Melt          | Heat          | Fire        | cold       | coat       | Ski        |
| Icy           | Ice           |             |            |            |            |



### 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.