


Sunridge Gardens Recreational Calendar October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. 10:00 Voting Registration 10:00 Seated Yoga w Nova 10:45 5 Second Rule 12:30 Outing : LRSS Beauty Shop Dolls 6:45 Rummoli	2. Health Talk 10:00 Ball Fit 10:45 Manicures 10:45 Sunridge Sing-Along 2:00 Health Talk: Flu Shot 3:00 Poker 3:15 "Thanks" Card Making	3. SWEETLEGS IN HOUSE 10:00 Weight Training 10:45 Purls & Chains 10:45 Men's Wii Bowling 1:45 Crosswords / Walmart 3:00 Penny Blackjack 7:00 Cribbage / CLA Hymn	4. 10:00 Gentle Fitness 10:45 Stories in the Village 10:45 Brain Games 1:45 Bingo 1:45 Men's Meet Up 3:00 Pictionary	5. 10:00 Dancercise 10:45 Sunridge Sing-Along 1:45 Bingo 3:00 Poker 6:45 Whist 7:00 Resident Wii Bowling
6. 2:00 Sunday Matinee 7:00 On the Big Screen	7. HEARING CLINIC 10:00 Simple Stretch 10:45 Manicures 1:45 Pictionary 3:00 Social Hour: True Blue 7:00 Cribbage 7:00 Bingo	8. 10:00 Theraband Exercise 10:45 Trivia 10:45 Password 1:45 Wii Bowling Beginner 1:45 Shut the Box 3:00 Penny Blackjack 6:45 Rummoli	9. 10:00 Ball Fit 10:45 Sunridge Sing-Along 1:45 Bingo 3:00 Poker 3:00 Social Hour: Ron Singh 7:00 "Thanks" Craft w Twist Girls Group	10. Sofie's Design 10:00 Weight Training 10:45 Purls & Chains 10:45 Men's Wii Bowling 1:30 Outing: SAS Shoes 1:45 Crosswords 3:00 Wii Bowling Beginner 7:00 Cribbage / Poker (tba)	11. 10:00 Gentle Fitness 10:45 Brain Games 10:45 Reminiscing 1:45 Bingo 1:45 Walk the Block 3:00 Social Hour: Music Variations	12. Compassionate Touch 10:00 Saturday Stretch 10:45 5 Second Rule 1:45 Country Drive 3:00 Harvest Baptist 3:30 Shut the Box 6:45 Whist Night 7:00 Res. Wii Bowling
13. 2:00 Sunday Matinee 7:00 On the Big Screen	 14. 10:45 Purls & Chains 2:00 On the Big Screen 3:15 Tai Chi w Wayne 7:00 Resident Wii Playing	15. Movie Night w Ashley 10:00 Seated Yoga w Nova 10:45 Brain Games 1:45 Hidden Words 3:00 Crosswords 3:00 Wii Bowling Beginner 6:45 Rummoli 7:00 Movie Night w Ashley	16. 8:00 Bacon & Eggers 10:00 Ball Fit 10:45 Sunridge Sing-Along 1:45 Bingo 3:00 Poker 3:00 New Game: Pass the Penny	17. 9:30 Flu Clinic 10:45 Purls & Chains 10:45 Men's Wii Bowling 1:45 Crosswords 3:00 Horse Races 7:00 Cribbage 7:00 CLA Hymn Sing	18. Birthday Lunch 10:00 Gentle Fitness 10:45 Brain Games 1:45 Bingo 3:00 Birthday Social: John Dean	19. 10:00 Dancercise 10:45 Sunridge Sing-Along 1:45 Wheel of Fortune 3:00 Poker 6:45 Whist Night 7:00 Res. Wii Bowling
20. 2:00 Sunday Matinee 7:00 On the Big Screen	21. 10:00 Simple Stretch 10:00 BC Voting Tea Lounge 10:45 Manicures 1:45 Bingo 3:00 Shut the Box 7:00 Social Hour: Classic Rewind	22. 10:00 Theraband Exercise 10:45 Brain Games 1:45 Crosswords 1:45 Bus: Walmart 3:00 Wii Bowling Beginner 6:45 Rummoli	23. 10:00 Ball Fit 10:45 Manicures 10:45 Sunridge Sing-Along 1:45 Bingo 1:45 Country Drive 3:00 Poker 3:00 Shut the Box Game	24. Casino/Penny Pinchers 10:00 Weight Training 10:45 Purls & Chains/Wii 1:45 Bus: Casino / Auld Phillips / Penny Pinchers 1:45 Crosswords 3:00 Horse Races 7:00 Cribbage / Poker (tba)	25. Sunridge Gardens 8th Anniversary Party 10:30 Annual General Meeting 2:00 Anniversary Party Cake & Champagne & Entertainment : Suede Dogs	26. Compassionate Touch 10:00 Saturday Stretch 10:45 Brain Games 1:45 Country Drive 3:00 Harvest Baptist 3:30 Penny Blackjack 6:45 Whist Night 7:00 Res. Wii Bowling
27. 2:00 Sunday Matinee 7:00 On the Big Screen	28. 10:00 Simple Stretch 10:45 Manicures 1:45 Shut the Box 3:15 Tai Chi w Wayne 7:00 Cribbage 7:00 Bingo	29. CARDA CREATIONS 10:00 Theraband Exercise 10:45 Trivia 1:45 Pumpkin Carving 3:30 Hidden Words 6:45 Rummoli	30. 10:00 Ball Fit 10:45 Manicures 10:45 Sunridge Sing-Along 1:45 Bingo 3:00 Poker 3:00 Shut the Box Game	31. HALLOWEEN 10:00 Weight Training 10:45 Purls & Chains 2:30 Halloween Festivities 3:00 Halloween Social Michelle Carlisle & Libor Michalak 7:00 Cribbage	 SUNRIDGE GARDENS	