

**HAPPY BIRTHDAY!**

Bill Clinton	Aug. 15
Untermann, Karl	Aug. 17
Ron Johnson	Aug. 26
Hadden, Irving	Aug. 20
Jim Elliott	Aug. 27
Cecilia LeBlanc	Aug. 31

**August Birthstone: Peridot**

**August Birthflower: Gladiolus**

**AUGUST 2024  
THE MONTHLY BUZZ**

**BC DAY, AUGUST 7TH, 2024**

British Columbia became the sixth province to join the Canadian Confederation on July 20, 1871, known for its breathtaking natural landscapes and diverse wildlife.

**FUN TIMES AT SUNNYSIDE MANOR**

*Howdy, folks of Sunnyside Manor!*  
*August is here, and it's time to enjoy the sunshine and exciting events at Sunnyside Manor!*  
*Join us for a Picnic at Iona Beach, an Ice Cream at White Rock Promenade, or a fun Wine Tasting Trip. Prefer to stay in? Enjoy the seasonal blooms in our British-style garden.*  
*Don't forget to keep your calendar handy—there's plenty to do, including daily fitness exercises, brain teasers, and more!*  
*This month, get ready for Wild West Week! We've got the Courtyard Cornhusk & Chuckle event, a lively Corn Festival Party with Mike Kinal, and a Western Flavors BBQ Brunch with Shoe Shakers. Plus, join our Treasure Hunt from August 26th to 29th: find small farm animal figures around the building, bring them to the front desk, and earn raffle tickets. The Raffle will be on Friday, August 30th at 3 pm.*  
*We're also thrilled to start a Book Club led by Karen from Semiahmoo Library! Everyone is welcome every last Monday of the month at 3 pm (Library or East lounge) for great reads and lively discussions.*  
*Let's create wonderful memories together in August and embrace the spirit of the Wild West!*

*-Olga, Activity Coordinator*



# August 2024

## Sunnyside Manor



**SUNNYSIDE MANOR**  
SENIORS COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Locations Legend:</b> East Lounge (EL) West Lounge (WL) North Lounge (NL) South Terrace (ST) Lobby (Lo) Library (LIB) Dining Room (DR) East Kitchenette (EK) Bus Trips (BUS)</p>		<p>Wafaa's Hair Salon Open on Wednesdays 9:00AM-2:00PM</p>		<p>9:45 Communion Service (LIB) <b>1</b> 10:30 Core Fitness with Anne Burnell DVD (EL) 1:00 Shopping Trip to Walmart (Lo) 3:00 Scrabble with Gigi (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) <b>2</b> 1:00 Words Creations with Michella (WL) 3:00 Uno Fun with Shao (NL)</p>	<p>10:40 Zumba Gold with Marifer (NL) <b>3</b> 5:30 Saturday Night Chat (WL)</p>
<p><b>4</b></p>	<p><b>5</b></p> <p>Happy BC Day!</p>	<p><b>6</b></p> <p>1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL) 3:00 Backyard Games with Yova (Olga's Daughter) and Baaz (Haneet's Son) (ST)</p>	<p><b>7</b></p> <p>10:30 Morning Exercises (NL) 1:00 Scrabble with Gigi: Beginner Group (NL) 3:00 Happy Hour with Music Variations (WL)</p>	<p><b>8</b></p> <p>9:45 Communion Service (LIB) 10:30 Core Fitness with Anne Burnell DVD (EL) 11:00 Bus Outing to Iona Beach for Picnic (BUS) 3:00 Scrabble with Gigi (EL)</p>	<p><b>9</b></p> <p>International Day of the World's Indigenous Peoples 10:30 Stronger Seniors - Chair Aerobics DVD (EL) 1:00 Picture Etch: Amazing Mandalas (EL) 3:00 Cards Games (Resident Run) (NL)</p>	<p><b>10</b></p> <p>8:00 Foot Care (EK) 3:30 Piano Music with Finn (WL)</p>
<p><b>11</b></p> <p>1:00 Christian Service with Pastor Les (LIB)</p>	<p><b>12</b></p> <p>10:30 Morning Exercises (NL) 1:00 Olympic Mind &amp; Motion (EL) 3:00 Walking &amp; Balance (EL)</p>	<p><b>13</b></p> <p>1:00 Bingo with Prizes (WL) 2:30 Ice Cream Social (WL) 3:00 Chair Yoga DVD (EL)</p>	<p><b>14</b></p> <p>10:00 Morning Exercises (NL) 1:00 Scrabble with Gigi: Beginner Group (NL) 3:00 Happy Hour: Musical Memories (Music by Request) (WL)</p>	<p><b>15</b></p> <p>9:45 Communion Service (LIB) 10:30 Core Fitness with Anne Burnell DVD (EL) 1:00 Bus Outing for Ice Cream Stroll at White Rock Promenade (BUS) 3:00 Scrabble with Gigi (EL)</p>	<p><b>16</b></p> <p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 1:30 Chef Talk with Louise (EL) 3:00 Uno Fun with Shao (NL)</p>	<p><b>17</b></p> <p>5:30 Saturday Night Chat (WL)</p>
<p><b>18</b></p> <p>3:00 Student Musicians' Harmonious Hour (WL)</p>	<p><b>19</b></p> <p>10:30 Morning Exercises (NL) 1:00 Summer Trivia &amp; More! (WL) 3:00 Wii Bowling (EL)</p>	<p><b>20</b></p> <p>10:30 Knit &amp; Chat (EL) 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL)</p>	<p><b>21</b></p> <p>10:30 Morning Exercises (NL) 11:00 Fifth Avenue Collection Jewelry with Jude (WL) 1:00 Scrabble with Gigi: Beginner Group (NL) 2:00 Town Hall Meeting (DR) 3:00 Happy Hour with Patricia Colletta (WL)</p>	<p><b>22</b></p> <p>8:00 Foot Care (EK) 9:45 Communion Service (LIB) 10:30 Core Fitness with Anne Burnell DVD (EL) 1:00 Bus Outing to Wine Tasting at Backyard Vineyards (BUS) 3:00 Scrabble with Gigi (EL)</p>	<p><b>23</b></p> <p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 1:00 Giant Crosswords with Michella (NL) 3:00 Cards Games (WL)</p>	<p><b>24</b></p> <p>3:30 Piano Music with Finn (WL)</p>
<p><b>25</b></p>	<p><b>26</b></p> <p>10:30 Yeehaw Exercise Class (NL) 1:00 Gold Rush Jeopardy (EL) 3:00 Frontier Book Club Kickoff: An Opening Adventure (EL)</p>	<p><b>27</b></p> <p>Library Books &amp; Tapes Due 10:00 Puretone Hearing (EL) 1:00 Frontier Fortune Bingo (WL) 2:15 Coffee, Tea, and Pinata Glee (WL) 3:00 Chair Yoga DVD (EL)</p>	<p><b>28</b></p> <p>10:30 Yeehaw Exercise Class (NL) 1:00 Courtyard Cornhusk &amp; Chuckle (ST) 3:00 Country Corn Party with Mike Kinal (ST)</p>	<p><b>29</b></p> <p>9:45 Communion Service (LIB) 10:30 Core Fitness with Anne Burnell DVD (EL) 1:00 Party Prep (DR) 1:30 Rancher's Welcome and Birthday Rodeo (DR) 3:00 Scrabble with Gigi (EL)</p>	<p><b>30</b></p> <p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 11:30 Western Flavors BBQ Brunch with Shoe Shakers (DR) 3:00 Go Fish Card Game &amp; Treasure Hunt Rewards (NL)</p>	<p><b>31</b></p> <p>10:40 Zumba Gold with Marifer (NL)</p>