

A TYPICAL DAY AT CAMP SUNSHINE

2021



9:30 A.M.

Start your day off the right way by logging onto Virtual Camp Sunshine. Be greeted warmly with cheerful smiles as we wake up the mind and body with brain games and gentle stretches.

10:00 A.M.

Grab your favourite morning beverage and join us for a party line-style chit chat with the Camp Sunshine crew and friends!

11:00 A.M.

Lunch time! Everyone will sign off Zoom for the opportunity to take a break, stretch, and grab something to eat.

12:30 P.M.

From the comfort of your home, enjoy an interactive nature activity or a golf cart tour of the Toronto Islands.

1:00 P.M.

Tune in to find out what engaging themed activity we have planned for the day! Look forward to an assortment of interesting and entertaining segments. See pages 1 & 2 for the list of weekly themes.

2:00 P.M.

It's time to wrap up the day and say our goodbyes until we meet again!

For more information, please call 416-924-3979 or e-mail info@sunshinecentres.com.

