

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>AM Activities Musical Moments Move & Groove Exercise Daily Discussion Group PM Highlights Floor Game Challenge 2:30pm: Yoga with Karin Who, What, Where, When? Meditative Moments Canada Day</p>	<p>AM Activities 1 Musical Moments Move & Groove Exercise Daily Discussion Group PM Highlights Floor Game Challenge 2:30pm: Yoga with Karin Who, What, Where, When? Meditative Moments Canada Day</p>	<p>AM Activities 2 Tranquil Sounds Mind & Body Wellness Daily Discussion PM Highlights Afternoon Exercise Group Arts & Crafts Travel Program Evening Wind Down</p>	<p>AM Activities 3 Happy Morning Hoopla Strength & Fitness Daily Discussion PM Highlights 1:30pm: Yoga with Cheryl Whiteboard Fun Table Top Games Gentle Moments</p>	<p>AM Activities 4 Good Mood Boosting Beats Chair Cardio Exercises Daily Discussion PM Highlights Marching Moves 2:30 Music by Dan Herrmann Bingo Tranquil Moments Independence Day (US)</p>	<p>AM Activities 5 Early Bird Cheer Daily Kick Start Exercises Daily Discussion PM Highlights 2pm: Pinnacle Fitness Class Junk Drawer Detective Homemade Treats Calming Serenity</p>	<p>AM Activities 6 Weekend Wake-Up with Show Tunes Exercise Daily Discussion PM Highlights Saturday Matinee Movie Movie Concessions Sunnyside Spa Moments</p>
<p>AM Activities 7 Spiritual Moments Morning Stretches Daily Discussion PM Highlights Seated Dance Moves Classic Concert Series Puzzle Pages Soothing Moments</p>	<p>AM Activities 8 Musical Moments Move & Groove Exercise Daily Discussion Group PM Highlights 1:30pm: Communion with Father Bill 2pm: Create with Karin Pondering Prompts Meditative Moments</p>	<p>AM Activities 9 Tranquil Sounds Mind & Body Wellness Daily Discussion PM Highlights Afternoon Exercise Group Arts & Crafts Travel Program Evening Wind Down</p>	<p>AM Activities 10 Happy Morning Hoopla Strength & Fitness Daily Discussion PM Highlights Whiteboard Fun 2pm: Yoga with Cheryl Table Top Games Gentle Moments</p>	<p>AM Activities 11 Good Mood Boosting Beats Chair Cardio Exercises Daily Discussion PM Highlights Classic Trivia 2:30pm: Dance with Magi Bingo Tranquil Moments</p>	<p>AM Activities 12 Early Bird Cheer Daily Kick Start Exercises 10:30am: Music by Keith Franklin ***Lunch Trip*** PM Highlights 2pm: Pinnacle Fitness Class Picture This Homemade Treats Calming Serenity</p>	<p>AM Activities 13 Weekend Wake-Up with Show Tunes Exercise Daily Discussion PM Highlights Saturday Matinee Movie Movie Concessions Sunnyside Spa Moments</p>
<p>AM Activities 14 Spiritual Moments Morning Stretches Daily Discussion PM Highlights Seated Dance Moves Classic Concert Series Puzzle Pages Soothing Moments</p>	<p>AM Activities 15 Musical Moments Move & Groove Exercise Daily Discussion Group PM Highlights Floor Game Challenge 2:30pm: Yoga with Karin Who, What, Where, When? Meditative Moments</p>	<p>AM Activities 16 Tranquil Sounds Mind & Body Wellness Daily Discussion PM Highlights Afternoon Exercise Group 2pm: Music by Mark Travel Program Evening Wind Down</p>	<p>AM Activities 17 Happy Morning Hoopla Strength & Fitness Daily Discussion PM Highlights 1:30pm: Yoga with Cheryl Whiteboard Fun Table Top Games Gentle Moments</p>	<p>AM Activities 18 Good Mood Boosting Beats Chair Cardio Exercises Daily Discussion PM Highlights Classic Trivia 2pm: Dance with Magi Bingo Tranquil Moments</p>	<p>AM Activities 19 Early Bird Cheer Daily Kick Start Exercises Daily Discussion PM Highlights 2pm: Pinnacle Fitness Class Junk Drawer Detective Homemade Treats Calming Serenity</p>	<p>AM Activities 20 Weekend Wake-Up with Show Tunes Exercise Daily Discussion PM Highlights Saturday Matinee Movie Movie Concessions Sunnyside Spa Moments</p>
<p>AM Activities 21 Spiritual Moments Morning Stretches Daily Discussion PM Highlights Seated Dance Moves Classic Concert Series Puzzle Pages Soothing Moments</p>	<p>AM Activities 22 Musical Moments Move & Groove Exercise Daily Discussion Group PM Highlights Floor Game Challenge 2:30pm: Yoga with Karin Pondering Prompts Meditative Moments</p>	<p>AM Activities 23 Tranquil Sounds Mind & Body Wellness Daily Discussion PM Highlights 1:30pm: Dance Along to Music by Jerry Costaldo Arts & Crafts Travel Program Evening Wind Down</p>	<p>AM Activities 24 Happy Morning Hoopla Strength & Fitness Daily Discussion PM Highlights 1:30pm: Yoga with Cheryl 2:30pm: Music by Anne Louise Table Top Games Gentle Moments</p>	<p>AM Activities 25 Good Mood Boosting Beats Chair Cardio Exercises Daily Discussion PM Highlights 1:30pm: Dance with Magi Classic Trivia Bingo Tranquil Moments</p>	<p>AM Activities 26 Early Bird Cheer Daily Kick Start Exercises 11am: Music by John Heiserman PM Highlights 2pm: Pinnacle Fitness Class Picture This Homemade Treats Calming Serenity</p>	<p>AM Activities 27 Weekend Wake-Up with Show Tunes Exercise Daily Discussion PM Highlights Saturday Matinee Movie Movie Concessions Sunnyside Spa Moments</p>
<p>AM Activities 28 Spiritual Moments Morning Stretches Daily Discussion PM Highlights Seated Dance Moves Classic Concert Series Puzzle Pages Soothing Moments</p>	<p>AM Activities 29 Musical Moments 10:30am: Move & Groove with Angela Daily Discussion Group PM Highlights Floor Game Challenge 2:30pm: Yoga with Karin Who, What, Where, When? Meditative Moments</p>	<p>AM Activities 30 Tranquil Sounds Mind & Body Wellness Daily Discussion PM Highlights Afternoon Exercise Group Arts & Crafts Travel Program Evening Wind Down</p>	<p>AM Activities 31 Happy Morning Hoopla Strength & Fitness Daily Discussion PM Highlights 1:30pm: Yoga with Cheryl Whiteboard Fun Table Top Games Gentle Moments</p>	<p>Sunnyside Manor July 2024 Recollections Neighborhood</p>		