

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunnyside Manor

November 2024

Recollections

						<p>AM Activities 1</p> <p>Healing Frequencies Mind & Body Wellness Daily Chronicle Today in History Turkey Day Countdown</p> <p>PM Highlights</p> <p>Diwali Dance & Learn 2pm: Pinnacle Fitness Class Painting Sugar Skulls The History of All Saints' Day Loving Gratitude Diwali (Hindu)</p>	<p>AM Activities 2</p> <p>Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Name that Actor</p> <p>PM Highlights</p> <p>Pool Noodle Exercises Famous Radio Programs Sunnyside Spa & Manicure Classic Movie & Concessions Blissful Mantras</p>
<p>AM Activities 3</p> <p>Spiritual Interludes Mind & Body Wellness Daily Chronicle This Day in History Soothing Poems</p> <p>PM Highlights</p> <p>Gentle Stretches Bingo & Treats Fall Flowers Soothing Stillness Daylight Saving Time Ends</p>	<p>AM Activities 4</p> <p>Smooth Instrumentals Mind & Body Wellness Daily Chronicle This Day in History Parachute Ping Pong</p> <p>PM Highlights</p> <p>1:30pm: Mass with Father Bill Safe Driver or Speed Demon? 2:30pm: Yoga with Karin Baking Reminiscing Meditative Moments</p>	<p>AM Activities 5</p> <p>Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Was She Really a Redhead?</p> <p>PM Highlights</p> <p>Move & Groove Exercise Ring Toss Autumn Leaves Can you guess the Movie? Evening Wind Down</p>	<p>AM Activities 6</p> <p>Ambient Beats Mind & Body Wellness Daily Chronicle This Day in History Thanksgiving A-Z Game</p> <p>PM Highlights</p> <p>1:30pm: Yoga with Cheryl Playing an Instrument American March Music Getting to Know You Peaceful Mantras</p>	<p>AM Activities 7</p> <p>Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History Story of The Spruce Goose</p> <p>PM Highlights</p> <p>1:30pm: Dance with Magi Autumn Napkins Suzie's Crockpot Treats North, South, East & West Moments of Serenity</p>	<p>AM Activities 8</p> <p>Healing Frequencies Mind & Body Wellness Daily Chronicle Today in History Silly Puns</p> <p>PM Highlights</p> <p>The Tennessee Waltz 2pm: Pinnacle Fitness Class 3pm: Music by Jerry Costalado Creating with Clay Loving Gratitude</p>	<p>AM Activities 9</p> <p>Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History State Delicacies</p> <p>PM Highlights</p> <p>Balloon Exercises Patriotic Garland Sunnyside Spa & Manicure Classic Movie & Concessions Blissful Mantras</p>	
<p>AM Activities 10</p> <p>Spiritual Interludes Mind & Body Wellness Daily Chronicle This Day in History Acorn Toss</p> <p>PM Highlights</p> <p>Gentle Stretches Bingo & Treats Bread Beads Soothing Stillness</p>	<p>AM Activities 11</p> <p>Smooth Instrumentals Mind & Body Wellness Daily Chronicle This Day in History Veteran's Luncheon</p> <p>PM Highlights</p> <p>Veteran's Story Circle Poppy Flowers 2:30pm: Yoga with Karin Meditative Moments Veterans Day Remembrance Day (Canada)</p>	<p>AM Activities 12</p> <p>Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Inspiring Stories</p> <p>PM Highlights</p> <p>Move & Groove Exercise Aromatherapy Break Sculpting Ornaments Pizza Toppings & Personalities Evening Wind Down</p>	<p>AM Activities 13</p> <p>Ambient Beats Mind & Body Wellness Daily Chronicle This Day in History News Stories of the 20th Century</p> <p>PM Highlights</p> <p>1:30pm: Yoga with Cheryl Name that Landmark NYC Reminiscing Peaceful Mantras</p>	<p>AM Activities 14</p> <p>Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History</p> <p>10:30am: Music by Ken J.</p> <p>PM Highlights</p> <p>1:30pm: Dance with Magi Hot Potato Game Suzie's No-Bake Treats Paper Mache Dishes Moments of Serenity</p>	<p>AM Activities 15</p> <p>Healing Frequencies Mind & Body Wellness Daily Chronicle Today in History</p> <p>10:30am: Music by Keith Franklin</p> <p>PM Highlights</p> <p>Milk Jug Catch 2pm: Pinnacle Fitness Class Test your Sequencing Thanksgiving Place Settings Loving Gratitude</p>	<p>AM Activities 16</p> <p>Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Thanksgiving Finish the Phrase</p> <p>PM Highlights</p> <p>Noise Maker Exercises Tree Ornaments Sunnyside Spa & Manicure Classic Movie & Concessions Blissful Mantras</p>	
<p>AM Activities 17</p> <p>Spiritual Interludes Mind & Body Wellness Daily Chronicle This Day in History Monster Ball Game</p> <p>PM Highlights</p> <p>Gentle Stretches Old Hollywood Romances Bingo & Treats Soothing Stillness</p>	<p>AM Activities 18</p> <p>Smooth Instrumentals Mind & Body Wellness Daily Chronicle This Day in History Cardboard Napkin Rings</p> <p>PM Highlights</p> <p>Picture to Story Tonging for Apples 2pm: Creating with Karin Tell Me a Story Meditative Moments</p>	<p>AM Activities 19</p> <p>Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Who's Having a Good Day?</p> <p>PM Highlights</p> <p>Move & Groove Exercise Beach Ball Kick 2pm: Music by Mark Miklos Remember These Games? Evening Wind Down</p>	<p>AM Activities 20</p> <p>Ambient Beats Mind & Body Wellness Daily Chronicle This Day in History Math Riddles</p> <p>PM Highlights</p> <p>Roll a Turkey Game 2:30pm: Yoga with Cheryl Fowl Fact or Fiction Game Safari Trip Peaceful Mantras</p>	<p>AM Activities 21</p> <p>Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History Remember these TV sets?</p> <p>PM Highlights</p> <p>1:30pm: Dance with Magi Holiday Recipes Suzie's Homemade Bread Spice Scent Challenge Turkey Shoot Moments of Serenity</p>	<p>AM Activities 22</p> <p>Healing Frequencies Mind & Body Wellness Daily Chronicle Today in History</p> <p>10:30am: Music by John Heiserman</p> <p>PM Highlights</p> <p>Parachute Fun 2pm: Pinnacle Fitness Class Bison Celebration Sock Turkeys Loving Gratitude</p>	<p>AM Activities 23</p> <p>Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Quiz Shows of the 50's</p> <p>PM Highlights</p> <p>Streamer Exercises Turkey Trot Race Sunnyside Spa & Manicure Classic Movie & Concessions Blissful Mantras</p>	
<p>AM Activities 24</p> <p>Spiritual Interludes Mind & Body Wellness Daily Chronicle This Day in History Ragtime Dance Circle</p> <p>PM Highlights</p> <p>Gentle Stretches Bingo & Treats Do You Remember These Characters? Soothing Stillness</p>	<p>AM Activities 25</p> <p>Smooth Instrumentals Mind & Body Wellness Daily Chronicle This Day in History</p> <p>Lunch Trip</p> <p>PM Highlights</p> <p>Target Toss This or That Questions 2:30pm: Yoga with Karin Shopping for Holidays Meditative Moments</p>	<p>AM Activities 26</p> <p>Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Gratitude Game</p> <p>PM Highlights</p> <p>Move & Groove Exercise B-Ball Bounce Milk Art Pickle Taste Test Evening Wind Down</p>	<p>AM Activities 27</p> <p>Ambient Beats Mind & Body Wellness Daily Chronicle This Day in History Dancing to The Jukebox</p> <p>PM Highlights</p> <p>Kickboxing Lesson Bake Mini Pumpkin Pies Making Faces Thanksgiving Eve Memories Peaceful Mantras</p>	<p>AM Activities 28</p> <p>Macy's Thanksgiving Day Parade</p> <p>Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History Gratitude A-Z</p> <p>PM Highlights</p> <p>Holiday Traditions Thanksgiving Day Celebration Moments of Serenity Thanksgiving Day (US)</p>	<p>AM Activities 29</p> <p>Healing Frequencies Mind & Body Wellness Daily Chronicle Today in History Black Friday Price Guess</p> <p>PM Highlights</p> <p>Seated Square Dance Pom-Pom Trees 3pm: Pinnacle Fitness Class Guess the Left-Over Loving Gratitude</p>	<p>AM Activities 30</p> <p>Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Christmas Count Down</p> <p>PM Highlights</p> <p>Floating Scarf Exercises Christmas Tree Decorating Sunnyside Spa & Manicure Classic Movie & Concessions Blissful Mantras</p>	

*Please note all activities are subject to change. •Sunnyside Manor•2500 Ridgewood Rd, Wall, NJ 07719• *Sensory Programs & Room Visits are provided daily.