

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunnyside Manor

November 2024

Skilled Nursing

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| <p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Sunnyside Moments 2pm: Prize Bingo 3:30pm: E-Z Does It Trivia</p> <p>Daylight Saving Time Ends</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Communion with St. Dennis 3pm: Candy Bingo 4pm: Junk Drawer Detective</p> | <p>Election Day 9:30am: Morning Visits 10am: Coffee Hour 11am: Yoga & Mindfulness 12pm: Sunnyside Moments 2pm: Arts & Crafts Social 3:30pm: Monster Ball Game 4pm: Cranium Crunching Puzzles 5:30pm: Group iPad Games</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2:30pm: Yoga with Cheryl 3:30pm: Seated Square Dancing 4pm: Who What Where? 5:30pm: Traveling Room Visits</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Ragtime Exercises 2:30pm: Dance with Magi 3:30pm: Name that NYC Landmark Trivia & Reminiscing Social 5:30pm: Evening Rewind</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Music by Keith Franklin 3pm: Pinnacle Fitness 4pm: Trivia Challenge</p> <p>Diwali (Hindu)</p> | <p>9:30am: Morning Visits 10am: Morning Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Bingo Challenge 3pm: Saturday Matinee 3:30pm: Traveling Concessions & Room Visits</p> |
| <p>Marine Corps Anniversary 9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Sunnyside Moments 2pm: Prize Bingo 3:30pm: Finish the Cliché</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Catholic Mass with Father Bill 3pm: Veteran's Day Celebration with Emile Veterans Day Remembrance Day (Canada)</p> | <p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Yoga with Karin 12pm: Sunnyside Moments 2pm: Arts & Crafts Social 3:30pm: Parachute Ping Pong Game 4pm: Cranium Crunching Puzzles 5:30pm: Group iPad Games</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2:30pm: Yoga with Cheryl 3:30pm: Turkey Shoot Competition 4pm: Who What Where? 5:30pm: Traveling Room Visits</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Music by Ken Johnstone 3pm: Dance with Magi 4pm: News Stories of the Twentieth Century Reminiscing Social 5:30pm: Evening Rewind</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Music by Keith Franklin 3pm: Pinnacle Fitness 4pm: Trivia Challenge</p> | <p>9:30am: Morning Visits 10am: Morning Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Bingo Challenge 3pm: Saturday Matinee 3:30pm: Traveling Concessions & Room Visits</p> |
| <p>World Peace Day 9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Sunnyside Moments 2pm: Prize Bingo 3:30pm: E-Z Does It Trivia</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 11:30am: Lunch Trip 2pm: Communion with St. Dennis 3pm: Candy Bingo 4pm: Spot the Difference Challenge</p> | <p>International Men's Day 9:30am: Morning Visits 10am: Coffee Hour 11am: Yoga & Mindfulness 12pm: Sunnyside Moments 2pm: Arts & Crafts Social 3:30pm: Music by Mark Miklos 5:30pm: Group iPad Games</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Paint with Karin 3:30pm: Yoga with Cheryl 5:30pm: Traveling Room Visits</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Can you Guess the Movie? 2:30pm: Dance with Magi 3:30pm: Holiday Recipes & Spice Scent Challenge-Reminiscing Social 5:30pm: Evening Rewind</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Music by John Heiserman 3pm: Pinnacle Fitness 4pm: Trivia Challenge</p> | <p>9:30am: Morning Visits 10am: Morning Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Bingo Challenge 3pm: Saturday Matinee 3:30pm: Traveling Concessions & Room Visits</p> |
| <p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Sunnyside Moments 2pm: Prize Bingo 3:30pm: E-Z Does It Trivia</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Communion with St. Dennis 3pm: Resident Council Meeting 3pm: Candy Bingo 4pm: Old Hollywood Romances</p> | <p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Yoga with Karin 12pm: Sunnyside Moments 2pm: Arts & Crafts Social 3pm: Music by Zack Alexander 4pm: Cranium Crunching Puzzles 5:30pm: Group iPad Games</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Thanksgiving Eve Memories 3:30pm: Music by Angela 5:30pm: Traveling Room Visits</p> | <p>8:30am: Macy's Thanksgiving Day Parade 9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 2pm: Gratitude A-Z 2:30pm: Holiday Traditions 3:30pm: Thanksgiving Day Celebration 5:30pm: Evening Rewind Thanksgiving Day (US)</p> | <p>9:30am: Morning Visits 10am: Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Pinnacle Fitness 3pm: Music by Bobby Knee 4pm: Trivia Challenge</p> | <p>9:30am: Morning Visits 10am: Morning Coffee Hour 11am: Group Exercise 12pm: Sunnyside Moments 2pm: Bingo Challenge 3pm: Saturday Matinee 3:30pm: Traveling Concessions & Room Visits</p> |

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