


SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES



News & Information from Around the Community

2500 Ridgewood Road • Wall NJ 07719 • 1-888-316-6967

December 2024

Days of December

December brings the arrival of winter, the holiday season, and the eve of the new year. Enjoy this exciting time!

Flickering Festivity

On Dec. 24, 1966, a New York City TV station first aired "The Yule Log," a continuous video of a crackling fireplace scene accompanied by a festive soundtrack. People tuned in each year for the three-hour holiday scene, but the rising costs of the commercial-free program doused the fake flames in the '90s. Thanks to viewer demand, "The Yule Log" was rekindled in 2001, and now the cozy broadcast—as well as numerous copycats—can be seen on stations and streaming services nationwide.

Remember When: Wooden Sleds

For generations of children, the combination of a winter snowfall and a nearby hill made for a day of sledding fun. One of the most popular means of riding the snowy slopes was aboard a Flexible Flyer. The iconic wooden sled with its eagle logo, red metal runners and hardwood seat slats was famous for a revolutionary feature—a flexible front-end steering bar that allowed the rider to control their course. Created in 1899 by a New Jersey manufacturer, millions of the sleds were sold up until the 1980s.

Staying Active With Arthritis

Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.



Handcrafted Happiness

Knitting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.

Hazelnuts for Health

Whether you know them as hazelnuts, filberts or cobnuts, these sweet-tasting little nuts are packed with fiber, antioxidants and healthy fats. Like other tree nuts, raw or roasted hazelnuts can be a heart-healthy snack option.

Frosty and Festive



"Winter is not a season, it's a celebration."
—Anamika Mishra



December 2024

- LO** Lobby
- CR** Club Room
- LR** Living Room
- AT** Atrium
- SO** Solarium
- ST** Studio
- PO** Porch
- TR** Traveling
- DR** Dining Room

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p style="text-align: right; margin: 0;">1</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>2:00 ST Bingo</p> <p>3:30 LR Welcome to December Trivia</p> <p>4:45 DR Mealttime Wine Pairing</p>	<p style="text-align: right; margin: 0;">2</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Tai Chi Class</p> <p>2:00 LR Catholic Mass with Father Bill</p> <p>3:00 AT Tree Trimming & Cocoa Bar</p> <p>6:30 LO Magic of Lights at PNC Arts Center</p>	<p style="text-align: right; margin: 0;">3</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Yoga with Karin</p> <p>2:00 LR Holiday Classic Movie: Scrooged</p> <p>2:00 PO Trim the Tree with Music of Christmas Past</p> <p>3:00 TR Activity Elves Holiday Helpers Room Visits</p> <p>4:00 LR Musical Entertainment with Zack Alexander</p> <p>6:30 ST Rummikub Learn & Play</p>	<p style="text-align: right; margin: 0;">4</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Yoga with Cheryl</p> <p>11:30 LO Lunch Trip: River Rock</p> <p>2:30 LR Resident Council Meeting</p> <p>3:30 CR Welcome Wagon Club Mixer</p> <p>6:30 ST Board Games Club</p>	<p style="text-align: right; margin: 0;">5</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Dance Medicine with Magi</p> <p>2:00 ST Drawing with Karin</p> <p>3:30 SO Trim the Tree & Cocoa Bar</p> <p>6:30 ST Bingo</p>	<p style="text-align: right; margin: 0;">6</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>1:30 ST Christmas Decor Arts & Crafts Social</p> <p>3:00 LR Musical Entertainment by CODA</p>	<p style="text-align: right; margin: 0;">7</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Mind & Body Wellness Program</p> <p>2:00 ST Bingo</p> <p>3:00 LR Holiday Movie Matinee & Concessions</p> <p>4:45 DR Mealttime Wine Pairing</p>	
<p style="text-align: right; margin: 0;">8</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>2:00 ST Bingo</p> <p>3:30 LR Whiteboard Word Game Fun</p> <p>4:45 DR Mealttime Wine Pairing</p>	<p style="text-align: right; margin: 0;">9</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Tai Chi Class</p> <p>2:00 LR St. Denis Communion Services</p> <p>3:00 AT 9 Pin Knock Down</p> <p>4:00 LR Musical Entertainment with Chuck Broadbent</p> <p>6:30 LO Magic of Lights at PNC Arts Center</p>	<p style="text-align: right; margin: 0;">10</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Yoga with Nancy</p> <p>1:30 PO Music of the '30s on the Porch</p> <p>2:00 ST Christmas Cookie Bake with Neighbors</p> <p>3:30 ST History of Santa Claus</p> <p>6:30 ST Rummikub Learn & Play</p>	<p style="text-align: right; margin: 0;">11</p> <p>10:00 CR Coffee & Conversation with The Execs</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Yoga with Cheryl</p> <p>11:30 LO Lunch Trip: Harpoon Willy's</p> <p>2:00 ST Collaborative Art Project with Jane</p> <p>3:30 ST Ladies' Club: Red Hat Society</p> <p>6:30 ST Board Games Club</p>	<p style="text-align: right; margin: 0;">12</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Dance Medicine with Magi</p> <p>2:00 ST Manicures & Music</p> <p>3:00 ST Christmas Card Craft & Reminiscing Social</p> <p>6:30 ST Bingo</p>	<p style="text-align: right; margin: 0;">13</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>1:30 ST Gingerbread Arts & Crafts Social</p> <p>3:30 LR Musical Entertainment with Ken Johnstone</p>	<p style="text-align: right; margin: 0;">14</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Mind & Body Wellness Program</p> <p>2:00 ST Bingo</p> <p>3:00 LR Holiday Movie Matinee & Concessions</p> <p>4:45 DR Mealttime Wine Pairing</p>	
<p style="text-align: right; margin: 0;">15</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>2:00 ST Bingo</p> <p>3:30 LR Group Crossword Game</p> <p>4:45 DR Mealttime Wine Pairing</p>	<p style="text-align: right; margin: 0;">16</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Tai Chi Class</p> <p>1:30 LR Fit & Fun with Physical Therapy</p> <p>2:00 LR St. Denis Communion Services</p> <p>3:00 LR Singing Christmas Carols with Frank on the Piano</p> <p>6:30 ST Bingo</p>	<p style="text-align: right; margin: 0;">17</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Yoga with Karin</p> <p>1:30 PO Music on the Porch</p> <p>2:00 SO Holiday Classic Movie: White Christmas</p> <p>3:00 TR Activity Elves Holiday Helpers Room Visits</p> <p>4:00 LR Musical Entertainment with Dan Herrmann</p> <p>6:30 ST Rummikub Learn & Play</p>	<p style="text-align: right; margin: 0;">18</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:30 LR Resident Christmas Brunch</p> <p>2:00 CR Book of The Month Discussion</p> <p>3:00 LR Hallmark Holiday Movie</p> <p>3:00 CR Men's Club with Mike: Learn about Drones</p> <p>6:30 ST Board Games Club</p>	<p style="text-align: right; margin: 0;">19</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Dance Medicine with Magi</p> <p>2:00 ST Paint with Karin</p> <p>3:30 ST Gen's with Jen Reminiscing Social</p> <p>6:30 LR Casino Night</p>	<p style="text-align: right; margin: 0;">20</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>11:30 LO Men's Lunch Outing</p> <p>1:30 TR Red Hat Christmas Carols with Neighbors</p> <p>2:30 ST Homemade Christmas Gifts Arts & Crafts Social</p> <p>3:30 LR Musical Entertainment with Keith Franklin</p>	<p style="text-align: right; margin: 0;">21</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Mind & Body Wellness Program</p> <p>2:00 ST Bingo</p> <p>3:00 LR Holiday Movie Matinee & Concessions</p> <p>4:45 DR Mealttime Wine Pairing</p>	
<p style="text-align: right; margin: 0;">22</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>2:00 ST Bingo</p> <p>3:30 LR Finish the Christmas Carol</p> <p>4:45 DR Mealttime Wine Pairing</p>	<p style="text-align: right; margin: 0;">23</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Tai Chi Class</p> <p>2:00 LR St. Denis Communion Services</p> <p>3:00 CR Left Right Center Game</p> <p>4:00 LR Musical Entertainment with Emile</p> <p>6:30 ST Bingo</p>	<p style="text-align: right; margin: 0;">24</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Yoga with Nancy</p> <p>1:30 PO Music on the Porch</p> <p>2:00 ST Celebrating Christmas Traditions from Around the World</p> <p>3:30 LR Christmas Eve Spectacular with Angela</p> <p>6:30 ST Christmas Eve Holiday Mixer</p>	<p style="text-align: right; margin: 0;">25</p> <p style="text-align: center;">Christmas</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>2:00 LR Pass The Christmas Pud Game</p> <p>2:30 TR Christmas Scavenger Hunt Team Challenge</p> <p>3:30 LR Ugly Christmas Sweater Party</p> <p>6:30 ST Christmas Bingo</p>	<p style="text-align: right; margin: 0;">26</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Dance Medicine with Magi</p> <p>2:00 LR Memorial Service with Father Brennan</p> <p>3:30 ST Readers Digest Short Stories Review</p> <p>6:30 ST Bingo</p>	<p style="text-align: right; margin: 0;">27</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>1:30 ST Winter Arts & Crafts Social</p> <p>3:30 LR Musical Entertainment with John Heiserman</p>	<p style="text-align: right; margin: 0;">28</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Mind & Body Wellness Program</p> <p>2:00 ST Bingo</p> <p>3:00 LR Holiday Movie Matinee & Concessions</p> <p>4:45 DR Mealttime Wine Pairing</p>	
<p style="text-align: right; margin: 0;">29</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>2:00 ST Bingo</p> <p>3:30 LR New Year's Quotes Topic Discussion</p> <p>4:45 DR Mealttime Wine Pairing</p>	<p style="text-align: right; margin: 0;">30</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Tai Chi Class</p> <p>2:00 LR St. Denis Communion Services</p> <p>3:00 CR New Year's Eve Hat Craft</p> <p>4:00 LR Musical Entertainment with Jerry Costaldo</p> <p>6:30 ST Bingo</p>	<p style="text-align: right; margin: 0;">31</p> <p style="text-align: center;">New Year's Eve</p> <p>10:00 CR Coffee & Conversation</p> <p>10:00 LO Daily Chronicle & Puzzle Pages</p> <p>11:00 LR Yoga with Karin</p> <p>1:30 PO Music on the Porch</p> <p>2:00 ST New Year's Traditions Around The World</p> <p>3:00 LR Armchair Travel to Brussels, New Year's Eve Celebration</p> <p>6:30 ST "All That Glitters" Champagne Toast & Resolutions</p>					



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