

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES



News & Information from Around the Community

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

February 2025

The Great Backyard Bird Count

Every February, bird-watchers around the world lend a helping wing to scientists by participating in the Great Backyard Bird Count, a four-day project organized by the Cornell Lab of Ornithology and the National Audubon Society. Learn more at GBBC.BirdCount.org.

Remember When: Car Tail Fins

Many car lovers have an affinity for models made during post-war America's fascination with the jet and space age. For about a decade, tail fins became a signature feature of auto design, giving even the simplest sedan some futuristic flair. Automakers Ford, General Motors and Chrysler steered into the fad that reached its zenith with those created for the 1959 Cadillac, which were high, long and accented with chrome and red taillights. But by the mid-1960s, the finned look had driven off into the sunset.

February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.

Enjoy Flowers Longer

If you receive a bouquet of fresh flowers, help them last longer with this recipe: Dissolve 2 tablespoons each of sugar and white vinegar in a quart of warm water. Experts say another alternative is to mix one part lemon-lime soda with three parts water. Change the water mixture every few days.



Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine's Day. The observance dates back to the 5th century.

Weekly News

The first issue of Newsweek magazine came out on Feb. 17, 1933. The publication, founded by Thomas J.C. Martyn, a former foreign editor at Time magazine, cost 10 cents a copy and had a circulation of 50,000. At its height in the early 2000s, Newsweek had a worldwide circulation of more than 4 million.



February 2025

- LO Lobby
- CR Club Room
- LR Living Room
- SO Solarium
- ST Studio
- PO Porch
- TR Traveling
- DR Dining Room
- GS Gift Shop

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Groundhog Day 2

10:00 LR Catholic Mass with Father Brennan

10:00 GS Chronicles, Puzzles and More

11:30 LR Morning Fun with Phil's Big Reveal

1:30 PO Music on The Front Porch

2:00 ST Sunny Money Bingo

3:30 ST Spelling Bee Challenge

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Seated Stretches

11:30 LR Quick Cranium Crunches

11:30 LO Resident Outings

1:30 PO Music on The Front Porch

2:00 LR Catholic Mass with Father Bill

3:00 SO Norman Rockwell Documentary

3:30 CR Card Sharks: Texas Hold 'Em

6:30 TR Monday Night Jeopardy with Sandi

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Whole Body Flex & Flow with Sandi

11:30 LR iPad Group Games

1:30 PO Music on The Front Porch

2:00 ST Washer Jewelry Arts & Crafts Social

3:30 ST Group Party Games: Pass the Quarter

6:30 ST Bingo Hour

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Yoga with Cheryl

11:30 LO Lunch Trip: Olive Garden

1:30 PO Music on The Front Porch

2:00 SO Classic Movie Matinee: Gone with The Wind

2:30 CR Book of The Month Discussion

3:00 ST Sip & Nibble with Trending Taste Buds

3:30 ST A Tribute to Civil Rights Leaders

6:30 ST Board Games Club

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Classic Chair Cardio

1:30 PO Music on The Front Porch

2:00 LR Resident Council Meeting

3:30 ST Candy Bingo

6:30 ST Rummikub Club

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

10:30 LO Resident Choice Trip

11:00 LR Pinnacle Fitness Class

1:30 PO Music on The Front Porch

2:00 LR Friday Movie Matinee

3:30 LR Happy Hour with Mike & Chip

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Seated Dance Exercises

11:30 LR Whiteboard Word Games

1:30 PO Music on The Front Porch

2:00 ST Sunnyside Spa Moments & Manicures

3:00 ST Weekend Bingo Extravaganza

Full Snow Moon 9

10:00 LR Catholic Mass with Father Brennan

10:00 GS Chronicles, Puzzles and More

11:30 LR Bird Watching Morning Fun

1:30 PO Music on The Front Porch

2:00 ST Sunny Money Bingo

3:30 ST Game Day Trivia Challenge

5:00 DR Team Tailgate Dinner

6:30 LR Super Bowl LIX Celebration

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Seated Stretches

11:30 LR Catchy Slogan Cranium Crunches

11:30 LO Resident Outings

1:30 PO Music on The Front Porch

2:00 LR St. Denis Communion Services

3:00 SO Death of a Salesman on Broadway

3:30 CR Card Sharks: Blackjack

6:30 TR Monday Night Jeopardy with Sandi

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Yoga with Karin

11:30 LR iPad Group Games

1:30 PO Music on The Front Porch

2:00 ST Valentine's Day Arts & Crafts Social

3:30 ST Group Party Games: Liar's Dice

6:30 ST Bingo Hour

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Mindful Movements

11:30 LO Lunch Trip: Marigold Market & Cafe

1:30 PO The Music of Tex Beneke on The Front Porch

2:00 SO Classic Movie Matinee: The End

3:00 ST Sip & Nibble with Trending Taste Buds

3:30 ST A Tribute to Burt Reynolds

5:00 LR Palentine's Day Dinner Dance

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Classic Chair Cardio

12:00 ST The Red Hat Society Luncheon

1:30 PO Music on The Front Porch

2:00 ST Draw with Karin

2:30 CR Men's Club Social

3:30 ST Candy Bingo

6:30 ST Rummikub Club

Valentine's Day 14

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

10:30 LO Resident Choice Trip

11:00 LR Pinnacle Fitness Class

11:30 LO Cupid's Lunch Outing for Couples

1:30 PO Music on The Front Porch

2:00 LR Friday Movie Matinee

3:30 LR Valentine's Day Happy Hour & Love Song Karaoke

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Seated Dance Exercises

11:30 LR Whiteboard Word Games

1:30 PO Music on The Front Porch

2:00 ST Sunnyside Spa Moments & Manicures

3:00 ST Weekend Bingo Extravaganza

Presidents Day 16

10:00 LR Catholic Mass with Father Brennan

10:00 GS Chronicles, Puzzles and More

11:30 LR Morning Fun with Edgar Bergen

1:30 PO Music on The Front Porch

2:00 ST Sunny Money Bingo

2:30 LR Daytona 500

3:30 ST Tongue Twisters & Enunciations Trivia Challenge

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Seated Stretches

11:30 LR Presidential Quick Cranium Crunches

11:30 LO Resident Outings

1:30 PO Music on The Front Porch

2:00 LR St. Denis Communion Services

3:00 SO Madame Butterfly Opera

3:30 CR Card Sharks: Poker

6:30 TR Monday Night Jeopardy with Sandi

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Whole Body Flex & Flow with Sandi

11:30 LR iPad Group Games

1:30 PO Music on The Front Porch

2:00 ST No Sew Owl Door Stopper Arts & Crafts Social

3:30 ST Group Party Games: Team Tic Tac Toe Challenge

6:30 ST Bingo Hour

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Yoga with Cheryl

12:00 LO Algonquin's Life Long Learning

1:30 PO Music on The Front Porch

2:00 SO Classic Movie Matinee: Uncle Buck

3:00 ST Sip & Nibble with Trending Taste Buds

3:30 ST A Tribute to Charles Lewis Tiffany

6:30 ST Board Games Club

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Classic Chair Cardio

1:30 CR Book Club Book Exchange

1:30 PO Music on The Front Porch

2:00 ST Paint with Karin

3:30 ST Candy Bingo

6:30 ST Casino Night

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

10:30 LO Resident Choice Trip

11:00 LR Pinnacle Fitness Class

11:30 LO Men's Lunch Outing

1:30 PO Music on The Front Porch

2:00 LR Friday Movie Matinee

3:30 LR Happy Hour with Angela

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Seated Dance Exercises

11:30 LR Whiteboard Word Games

1:30 PO Music on The Front Porch

2:00 ST Sunnyside Spa Moments & Manicures

3:00 ST Weekend Bingo Extravaganza

10:00 LR Catholic Mass with Father Brennan

10:00 GS Chronicles, Puzzles and More

11:30 LR Morning Fun with Acting Out

1:30 PO Music on The Front Porch

2:00 ST Sunny Money Bingo

3:30 ST Banagram Trivia Challenge

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Seated Stretches

11:30 LR Know the Lingo Quick Cranium Crunches

11:30 LO Resident Outings

1:30 PO Music on The Front Porch

2:00 LR St. Denis Communion Services

3:00 SO Steve Jobs Documentary

3:30 CR Card Sharks: Kings Corner

6:30 TR Monday Night Jeopardy with Sandi

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Yoga with Karin

11:30 LR iPad Group Games

1:30 PO Music on The Front Porch

2:00 ST Clay Air Freshener Arts & Crafts Social

3:30 ST Group Party Games: Mexican Train Dominoes

6:30 ST A Tribute to Pierre-Auguste Renoir Paint & Sip with Bella

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Mindful Movements

11:30 LO Lunch Trip: Urban Coal House

1:30 PO Music on The Front Porch

2:00 SO Classic Movie Matinee: National Velvet

3:00 ST Sip & Nibble with Trending Taste Buds

3:30 ST A Tribute to Mars

6:30 ST Board Games Club

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

11:00 LR Classic Chair Cardio

1:30 PO Music on The Front Porch

2:00 LR Memorial Service with Father Brennan

3:30 ST Candy Bingo

6:30 ST Rummikub Club

10:00 GS Chronicles, Puzzles and More

10:00 CR Coffee & Conversation

10:30 LO Resident Choice Trip

11:00 LR Pinnacle Fitness Class

1:30 PO Music on The Front Porch

2:00 LR Friday Movie Matinee

3:30 LR Karaoke Happy Hour





Sunnyside Manor
2500 Ridgewood Road
Wall, NJ 07719