

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Sunnyside Manor

Recollections Neighborhood Activity



						<p>Morning Activities 1 Celestial Flow Mind & Body Wellness Interactive Short Stories Inhale, Exhale Afternoon Activities Bingo Extravaganza <i>Movie Matinee:</i> <i>To Catch a Thief</i> Manicures & Massages Mindful Moments</p>
<p>Morning Activities 2 Spiritual Interludes 10:30am: Catholic Mass in AL <i>Groundhog Day Celebration</i> Mantra Meditation Afternoon Activities Gentle Stretches Hello Dolly! Sing Along Best of Broadway Trivia Group Board Games Soothing Stillness Groundhog Day</p>	<p>Morning Activities 3 Smooth Instrumentals Mind & Body Wellness Balloon Volley Loving Awareness Afternoon Activities 1:30pm: Mass with Father Bill 2pm: Yoga with Karin Monday Word Mix-up Silly Baby Videos Meditative Moments</p>	<p>Morning Activities 4 Tranquil Soul Mind & Body Wellness <i>Crockpot Creations:</i> <i>Tailgate Chili</i> Fill in The Blank Mindful Breathing Afternoon Activities Puzzling Constructions Bingo Fun Coloring Pages Evening Wind Down</p>	<p>Morning Activities 5 Ambient Beats Mind & Body Wellness Touchdown Toss Group Game Matching Challenge Aromatherapy Scent-sations Afternoon Activities Junk Drawer Detective Arts & Crafts Social Pondering Prompts Evening Wind Down</p>	<p>Morning Activities 6 Positive Vibrations Mind & Body Wellness A Picture is Worth 1,000 Words iPad Fun Loving Kindness Meditation Afternoon Activities Reminiscing Social 2pm: Dance Yoga with Magi Sweet Treat Bingo Moments of Serenity</p>	<p>Morning Activities 7 Healing Frequencies Mind & Body Wellness 10:30am: Music by Mike & Chip Sit, Shimmy & Twist Movement Meditation Afternoon Activities Dance-A-THON Card Sharks Club Let's Learn! Loving Gratitude</p>	<p>Morning Activities 8 Celestial Flow Mind & Body Wellness Interactive Short Stories Inhale, Exhale Afternoon Activities Bingo Extravaganza <i>Movie Matinee:</i> <i>The Way We Were</i> Manicures & Massages Mindful Moments</p>
<p>Morning Activities 9 Spiritual Interludes 10:30am: Catholic Mass in AL <i>Super Bowl Celebration</i> Mantra Meditation Afternoon Activities Gentle Stretches The King & I Sing Along Stars of Broadway Trivia Group Board Games Soothing Stillness</p>	<p>Morning Activities 10 Smooth Instrumentals Mind & Body Wellness Scarf Dancing Circle Fun Loving Awareness **Lunch Trip** Afternoon Activities Laughter Club 2pm: Create with Karin Monday Word Mix-up Funny Animal Videos Meditative Moments</p>	<p>Morning Activities 11 Tranquil Soul Mind & Body Wellness <i>Culinary Creations:</i> <i>Chocolate Covered Strawberries</i> Fill in The Blank Mindful Breathing Afternoon Activities Puzzling Constructions Bingo Fun Coloring Pages Evening Wind Down</p>	<p>Morning Activities 12 Ambient Beats Mind & Body Wellness Cupid's Target Group Game Sequence Challenge Aromatherapy Scent-sations Afternoon Activities Spot the Difference Arts & Crafts Social Pondering Prompts Evening Wind Down Tu B'Shevat Begins</p>	<p>Morning Activities 13 Positive Vibrations Mind & Body Wellness A Picture is Worth 1,000 Words iPad Fun Loving Kindness Meditation Afternoon Activities Reminiscing Social 2pm: Dance Yoga with Magi Sweet Treat Bingo Moments of Serenity</p>	<p>Morning Activities 14 Healing Frequencies Mind & Body Wellness <i>Valentine's Day Celebration</i> Chair Cha Cha Movement Meditation Afternoon Activities 1:30pm: Music by Ken J. Card Sharks Club Let's Learn! Loving Gratitude Valentine's Day</p>	<p>Morning Activities 15 Celestial Flow Mind & Body Wellness Interactive Short Stories Inhale, Exhale Afternoon Activities 1:30pm: Sing Along with Evan <i>Movie Matinee:</i> <i>The Princess Bride</i> Manicures & Massages Bingo Extravaganza Mindful Moments</p>
<p>Morning Activities 16 Spiritual Interludes 10:30am: Catholic Mass in AL Presidential 20 Questions Mantra Meditation Afternoon Activities Gentle Stretches Annie Sing Along Broadway Theaters Trivia Group Board Games Soothing Stillness</p>	<p>Morning Activities 17 Smooth Instrumentals Mind & Body Wellness <i>Presidents' Day Celebration</i> Loving Awareness Afternoon Activities Laughter Club 2pm: Yoga with Karin Who said it? Presidential Word Mix-up Meditative Moments Presidents' Day (U.S.)</p>	<p>Morning Activities 18 Tranquil Soul Mind & Body Wellness <i>No-Bake Creations:</i> <i>George's Cherry Tarts</i> Fill in The Blank Mindful Breathing Afternoon Activities Puzzling Constructions Bingo Fun Coloring Pages Evening Wind Down</p>	<p>Morning Activities 19 Ambient Beats Mind & Body Wellness Toss Across Tic-Tac-Toe Group Game Patterns Challenge Aromatherapy Scent-sations Afternoon Activities Maze Craze Arts & Crafts Social Pondering Prompts Evening Wind Down</p>	<p>Morning Activities 20 Positive Vibrations Mind & Body Wellness A Picture is Worth 1,000 Words iPad Fun Loving Kindness Meditation Afternoon Activities Reminiscing Social 2pm: Dance Yoga with Magi Sweet Treat Bingo Moments of Serenity</p>	<p>Morning Activities 21 Healing Frequencies Mind & Body Wellness Dance Fads Fitness & Trivia Movement Meditation Afternoon Activities Card Sharks Club Let's Learn! Creative Writing Circle 3:30pm: Angela in AL Loving Gratitude</p>	<p>Morning Activities 22 Celestial Flow Mind & Body Wellness Interactive Short Stories Inhale, Exhale Afternoon Activities Bingo Extravaganza <i>Movie Matinee:</i> <i>Beauty & The Beast</i> Manicures & Massages Mindful Moments</p>
<p>Morning Activities 23 Spiritual Interludes 10:30am: Catholic Mass in AL Record Breaking Snow Storms Mantra Meditation Afternoon Activities Gentle Stretches Phantom of the Opera Sing Along New to Broadway Trivia Group Board Games Soothing Stillness</p>	<p>Morning Activities 24 Smooth Instrumentals Mind & Body Wellness Winter's Last Snowball Toss Loving Awareness Afternoon Activities Laughter Club 2pm: Create with Karin Monday Word Mix-up Goofy Mistakes Videos Meditative Moments</p>	<p>Morning Activities 25 Tranquil Soul Mind & Body Wellness <i>Crockpot Creations:</i> <i>Clam Chowder</i> Fill in The Blank Mindful Breathing Afternoon Activities Puzzling Constructions Bingo Fun Coloring Pages Evening Wind Down</p>	<p>Morning Activities 26 Ambient Beats Mind & Body Wellness Dice Throw Group Game Color Match Challenge Aromatherapy Scent-sations Afternoon Activities Connect the Dots Arts & Crafts Social Pondering Prompts Evening Wind Down</p>	<p>Morning Activities 27 Positive Vibrations Mind & Body Wellness A Picture is Worth 1,000 Words iPad Fun Loving Kindness Meditation Afternoon Activities Reminiscing Social 2pm: Dance Yoga with Magi Sweet Treat Bingo Moments of Serenity</p>	<p>Morning Activities 28 Healing Frequencies Mind & Body Wellness Seated Bollywood Dances Movement Meditation Afternoon Activities 1:30pm: Ann Louise on The Keys Card Sharks Club Let's Learn! Loving Gratitude Ramadan Begins</p>	

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