

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES

News & Information from Around the Community

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A Shimmering Seed

January's birthstone, garnet, gets its name from the Latin word for "seed," since the deep red gem resembles the edible seed of a pomegranate.

Day of Service

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

Memorable Melody: 'Feels So Good'

This title track from Chuck Mangione's 1977 album is the definition of smooth jazz. The composer and flugelhorn player edited the album version from nearly 10 minutes to a more radio-friendly 3 1/2 minutes, and his efforts paid off: The song hit No. 1 on Billboard's Easy Listening chart and peaked at No. 4 on the Hot 100, welcoming new listeners to the jazz genre with its upbeat, catchy melody. Having appeared in multiple commercials, TV shows and movies, "Feels So Good" radiates familiar, comforting vibes even today.

What's That Noise?

Many of us still remember the sounds of the past—the "cha-ching!" of a cash register, the click-clack of a typewriter, or the dialing of a rotary phone—despite their modern-day replacements. For a fun, nostalgic activity, imitate some outmoded noises and have your friends and grandkids try to guess what you're describing.

January 2025



Curl Up in Comfort





"What a splendid piece of furniture an armchair is. ... During those long winter evenings, it is often sweet and always advisable to stretch out luxuriously in one, far from the din of the crowds." —Xavier de Maistre

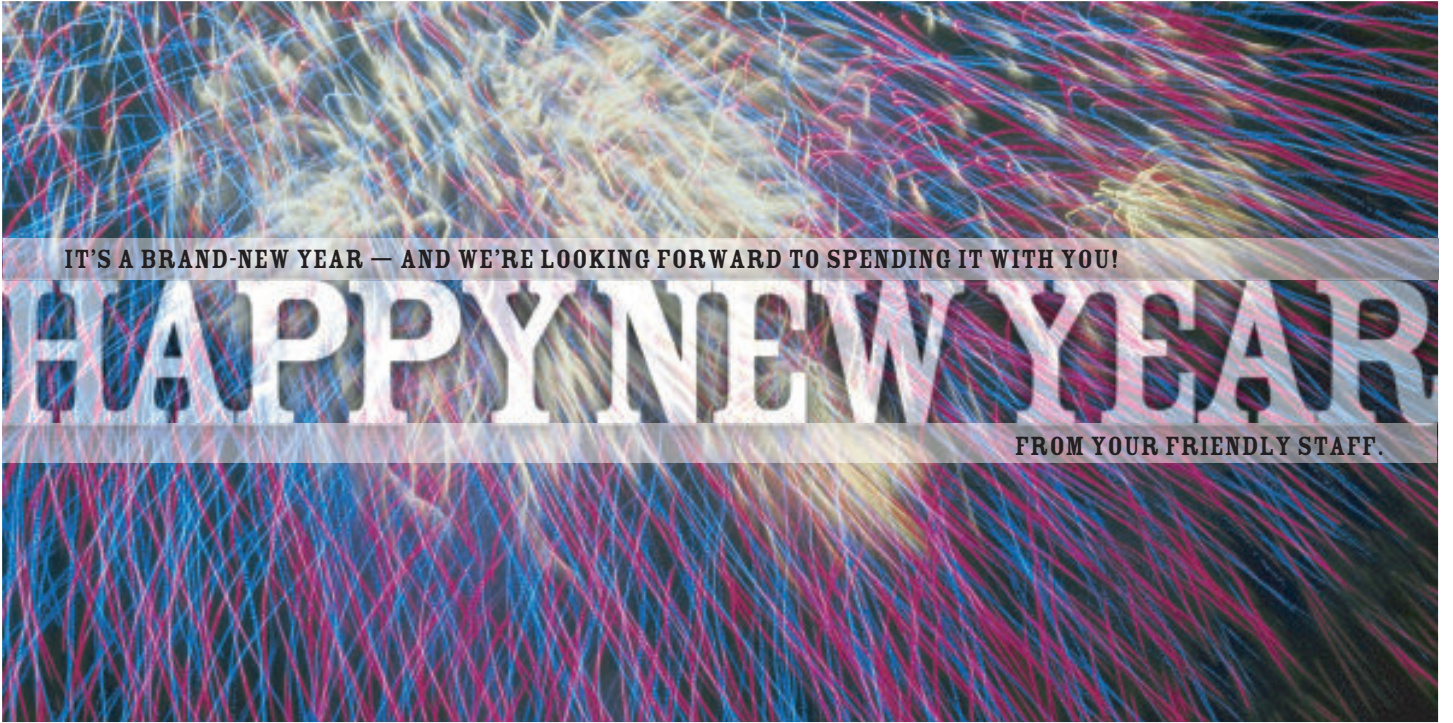
Polka Dot Party

Both sophisticated and playful, polka dots are a classic pattern used in fashion and design. When they originated in the Middle Ages, they had a less cheerful connotation, since the spots were associated with disease. A couple centuries later, modern sewing machines made the pattern more uniform and easier to produce. Their leap in popularity happened at the same time as another trend—polka music from the Czech Republic—and the term "polka dots" was born.

Inaugural Event

Franklin D. Roosevelt's second-term inauguration in 1937 marked the first time the ceremony was held in January. Previous U.S. presidents took the oath of office on March 4, before the 20th Amendment changed the date to Jan. 20.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>5</p> <p>10:00 GS Daily Chronicles & Puzzles 10:30 LR Catholic Mass with Father Brennan 1:30 PO Music on the Front Porch 2:00 ST Bingo 3:30 LR Whiteboard Word Games 4:45 DR Mealttime Wine Pairing</p>	 <p>6</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 10:30 LO Resident Choice Trip 11:00 LR Stretching with Sarit 1:30 PO Music on the Front Porch 2:00 LR Catholic Mass with Father Bill 3:00 CR Card Sharks: Texas Hold 'Em 6:30 ST Bingo</p>	 <p>7</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Whole Body Flex & Flow with Sandi 1:30 PO Music on the Front Porch 2:00 CR Group Party Games: Tombola 3:00 LR Musical Entertainment by Ken Johnstone 4:00 LR Quick Cranium Crunches 6:30 ST Rummikub Learn & Play</p>	<p>New Year's Day 1</p> <p>10:00 GS Daily Chronicles & Puzzles 10:00 CR Morning Mimosas and New Year's Cheers 11:00 LR Classic Chair Cardio 1:30 PO Music on the Front Porch 2:00 LR It Happened in January Quiz 3:00 LR New Year's Resolutions Social 4:00 LR Charades 6:30 ST Board Games Club</p>	<p>2</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Feel Good Fitness 1:30 PO Music on the Front Porch 2:00 LR Resident Council Meeting 3:30 LR Welcome Wagon Club Mixer 6:30 ST Bingo</p>	<p>3</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 10:30 LO Resident Choice Trip 11:00 LR Pinnacle Fitness Class 1:30 PO Music on the Front Porch 2:00 ST Arts & Crafts Social 3:30 LR Trivia Challenge Happy Hour</p>	<p>4</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Mind & Body Wellness Program 1:30 ST Manicures & Music 1:30 PO Music on the Front Porch 2:30 LR Movie Matinee & Concessions 2:30 SO Movie Matinee & Concessions 2:30 AT Movie Matinee & Concessions 4:45 DR Mealttime Wine Pairing</p>
<p>12</p> <p>10:00 GS Daily Chronicles & Puzzles 10:30 LR Catholic Mass with Father Brennan 1:30 PO Music on the Front Porch 2:00 ST Tea Party Bingo 3:30 LR Whiteboard Word Games 4:45 DR Mealttime Wine Pairing</p>	<p>Full Wolf Moon 13</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 10:30 LO Resident Choice Trip 11:00 LR Stretching with Sarit 1:30 PO Music on the Front Porch 2:00 LR St. Denis Communion Services 3:00 CR Card Sharks: Blackjack 6:30 ST Bingo</p>	<p>14</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Yoga with Karin 1:30 PO Music on the Front Porch 2:00 CR Group Party Games: Farkle 3:30 LR Hot Toddy Social 4:00 LR Spelling Bee 6:30 ST Rummikub Learn & Play</p>	<p>15</p> <p>10:00 GS Daily Chronicles & Puzzles 10:00 CR Hot Cocoa & Heartfelt News Stories 11:00 LR Classic Chair Cardio 11:30 LO Lunch Trip: Mossuto's Market & Cafe 1:30 PO Music on the Front Porch 2:30 CR Book of The Month Discussion 3:30 LR Hole in One Match Play 6:30 ST Board Games Club: Checkers</p>	<p>16</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Feel Good Fitness 1:30 PO Music on the Front Porch 2:00 CR Booby-Trap Game 3:30 ST Trending Taste Buds: Sip & Nibble 6:30 ST Bingo</p>	<p>17</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 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 ST Arts & Crafts Social 3:30 LR Trivia Challenge Happy Hour</p>	<p>18</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Mind & Body Wellness Program 1:30 ST Manicures & Music 1:30 PO Music on the Front Porch 2:30 LR Movie Matinee & Concessions 2:30 SO Movie Matinee & Concessions 2:30 AT Movie Matinee & Concessions 4:45 DR Mealttime Wine Pairing</p>
<p>National Activity Professionals Week Begins 19</p> <p>10:00 GS Daily Chronicles & Puzzles 10:30 LR Catholic Mass with Father Brennan 1:30 PO Music on the Front Porch 2:00 ST Bingo 3:30 LR Flower Celebration Word Games 4:45 DR Mealttime Wine Pairing</p>	<p>Martin Luther King Jr. Day 20</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 10:30 LO Resident Choice Trip 11:00 LR Stretching with Sarit 1:30 LR Fit & Fun with Physical Therapy 1:30 PO Music on the Front Porch 2:00 LR St. Denis Communion Services 3:00 CR Card Sharks: Pick a Partner Poker 6:30 ST Bingo</p>	<p>21</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Whole Body Flex & Flow with Sandi 1:30 PO Music on the Front Porch 2:00 CR Group Party Games: Herd Mentality 3:30 LR Taste Test Challenge 6:30 ST Rummikub Learn & Play</p>	<p>22</p> <p>10:00 GS Daily Chronicles & Puzzles 10:00 CR Rise & Shine with Reader's Digest Short Stories 11:00 LR Yoga with Cheryl 11:30 LO Lunch Trip: Princess Diner 1:30 PO Music on the Front Porch 2:30 LR Bowling Competition 3:30 CR What's The Verdict? Murder Mystery Game 6:30 ST Games Club: UNO</p>	<p>23</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Dance Yoga with Magi 1:30 PO Music on the Front Porch 2:00 ST Paint with Karin 3:30 ST Your Signature Recipes: Sip & Nibble 6:30 ST Bingo</p>	<p>24</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 10:30 LO Resident Trip: Antiques Shop 11:00 LR Pinnacle Fitness Class 1:30 PO Music on the Front Porch 2:00 ST Arts & Crafts Social 3:30 LR Karaoke Happy Hour</p>	<p>25</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Mind & Body Wellness Program 1:30 ST Manicures & Music 1:30 PO Music on the Front Porch 2:30 LR Movie Matinee & Concessions 2:30 SO Movie Matinee & Concessions 2:30 AT Movie Matinee & Concessions 4:45 DR Mealttime Wine Pairing</p>
<p>26</p> <p>10:00 GS Daily Chronicles & Puzzles 10:30 LR Catholic Mass with Father Brennan 1:30 PO Music on the Front Porch 2:00 ST Bingo 3:30 LR Whiteboard Word Games 4:45 DR Mealttime Wine Pairing</p>	<p>27</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 10:30 LO Resident Choice Trip 11:00 LR Stretching with Sarit 1:30 PO Music on the Front Porch 2:00 LR St. Denis Communion Services 3:00 CR Card Sharks: Kings Corner 6:30 ST Bingo</p>	<p>28</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Yoga with Karin 1:30 PO Music on the Front Porch 2:00 CR Group Party Games: Smug Owls 3:00 CR Lego Celebration 4:00 LR Quick Cranium Crunches 6:00 ST Paint & Sip with Bella</p>	<p>Lunar New Year 29</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Classic Chair Cardio 12:30 LO Algonquin's Lifelong Learning 1:30 PO Music on the Front Porch 2:00 LR Memorial Service with Father Brennan 3:00 LR Cornhole Tournament 4:00 LR Year of the Snake Celebration 5:00 DR Chinese Take-in Dinner 6:30 ST Dou Dizhu Learn & Play</p>	<p>30</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 11:00 LR Feel Good Fitness 1:30 PO Music on the Front Porch 2:30 ST Sound Bath Meditation with Magi 3:30 ST Trending Taste Buds: Sip & Nibble 6:30 ST Bingo</p>	<p>31</p> <p>10:00 CR Coffee & Conversation 10:00 GS Daily Chronicles & Puzzles 10:30 LO Resident Choice Trip 11:00 LR Pinnacle Fitness Class 1:30 PO Music on the Front Porch 2:00 ST Arts & Crafts Social 3:30 LR Polka Dot Party & January's Birthdays Celebration</p>	



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