


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunnyside Manor <h1>January 2025</h1> <h2>Recollections</h2> Monthly Activity Calendar			Morning Programs 1 Ambient Beats Mind & Body Wellness Daily Chronicle Party Flu Remedies Afternoon Activities Mindful Yoga Movements Paper Rose Pins Category Z Peaceful Mantras New Year's Day	Morning Programs 2 Positive Vibrations Mind & Body Wellness Daily Chronicle Fact or Fiction Afternoon Activities 1:30pm: Dance Yoga with Magi Poppin Pecans Break Out of Your Shell Moments of Serenity	Morning Programs 3 Healing Frequencies Mind & Body Wellness Daily Chronicle Does History Repeat Itself? Afternoon Activities Flex & Flow Fitness Snowflake Wall Art Snowball Toss Loving Gratitude	Morning Programs 4 Celestial Flow Mind & Body Wellness Daily Chronicle Fairytale Quiz Afternoon Activities Pool Noodle Exercises Saturday Movie Matinee: An American in Paris Sunnyside Spa Moments Blissful Mantras
Morning Programs 5 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Golden Globes of Yesteryear Soothing Stillness	Morning Programs 6 Smooth Instrumentals Mind & Body Wellness Daily Chronicle Secret Laugh Club Afternoon Activities 1:30pm: Mass with Father Bill 2:30pm: Yoga with Karin Bean Frames Meditative Moments	Morning Programs 7 Tranquil Soul Mind & Body Wellness Daily Chronicle Learn About Edgar Allen Poe Afternoon Activities Move & Groove Exercises 1:30pm: Musical Entertainment by Ken J. Splash of Color for Winter Evening Wind Down	Morning Programs 8 Ambient Beats Mind & Body Wellness Daily Chronicle Smile Party Afternoon Activities Mindful Yoga Movements Elvis Bingo Elvis Sing Along Peaceful Mantras	Morning Programs 9 Positive Vibrations Mind & Body Wellness Daily Chronicle Folklore Fun Afternoon Activities 1:30pm: Dance Yoga with Magi Henna Tattoos TV Hosts of Yesteryear Moments of Serenity	Morning Programs 10 Healing Frequencies Mind & Body Wellness Daily Chronicle Endangered Species Afternoon Activities Flex & Flow Fitness Snowman Candy Bars Glow in The Dark Bowling Loving Gratitude	Morning Programs 11 Celestial Flow Mind & Body Wellness Daily Chronicle Things We Once Thought Were Safe Afternoon Activities Balloon Exercises Saturday Movie Matinee: Royal Wedding Sunnyside Spa Moments
Morning Programs 12 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Paper Airplane Target Toss Soothing Stillness	Morning Programs 13 Smooth Instrumentals Mind & Body Wellness Daily Chronicle ***LUNCH TRIP*** Afternoon Activities Make a Wish DIY Moon Pies 2:30pm: Yoga with Karin Who Am I? Meditative Moments	Morning Programs 14 Tranquil Soul Mind & Body Wellness Daily Chronicle Outdated Advice Afternoon Activities Move & Groove Exercises Beach Cupcakes Our Gang Memories Evening Wind Down	Morning Programs 15 Ambient Beats Mind & Body Wellness Daily Chronicle Sorority Sisterhood Afternoon Activities Mindful Yoga Movements Hat Fashion Show Snowball Bounce Peaceful Mantras	Morning Programs 16 Positive Vibrations Mind & Body Wellness Daily Chronicle Bad Customer Service Afternoon Activities 1:30pm: Dance Yoga with Magi Winter Yarn Trees Name That Tune! Moments of Serenity	Morning Programs 17 Healing Frequencies Mind & Body Wellness Daily Chronicle Weird Modes of Transportation Afternoon Activities Flex & Flow Fitness Magnet Making Whiteboard Games Loving Gratitude	Morning Programs 18 Celestial Flow Mind & Body Wellness Daily Chronicle British Actors Afternoon Activities Streamer Exercises Saturday Movie Matinee: Guys & Dolls Sunnyside Spa Moments Blissful Mantras
Morning Programs 19 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Magazine Collage Art Soothing Stillness Activity Professionals Week	Morning Programs 20 Smooth Instrumentals Mind & Body Wellness Daily Chronicle Circus Tricks Afternoon Activities Remembering George & Gracie 2pm: Create with Karin Learn about Martin Luther King Jr. Meditative Moments Martin Luther King Jr. Day	Morning Programs 21 Tranquil Soul Mind & Body Wellness Daily Chronicle Afternoon Activities Move & Groove Exercises International Hug Day Celebration Whiteboard Games Horseshoes Competition Evening Wind Down	Morning Programs 22 Ambient Beats Mind & Body Wellness Daily Chronicle Kitchen Trends Afternoon Activities Mindful Yoga Movements Polka Dot Game Polka Dot Art Peaceful Mantras	Morning Programs 23 Positive Vibrations Mind & Body Wellness Daily Chronicle Dream Jobs Afternoon Activities 1:30pm: Dance Yoga with Magi Watercolor Postcards Life After Presidency Moments of Serenity	Morning Programs 24 Healing Frequencies Mind & Body Wellness Daily Chronicle Funny Family Stories Afternoon Activities Flex & Flow Fitness Complement Jar The History of The Gold Rush Loving Gratitude	Morning Programs 25 Celestial Flow Mind & Body Wellness Daily Chronicle Memorable Press Conferences Afternoon Activities Floating Scarf Exercises Saturday Movie Matinee: On The Town Sunnyside Spa Moments Blissful Mantras
Morning Programs 26 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Soothing Stillness Australia Day (Observed)	Morning Programs 27 Smooth Instrumentals Mind & Body Wellness Daily Chronicle Bubble Play Afternoon Activities Balloon Targets 2:30pm: Yoga with Karin Conduct an Orchestra Meditative Moments	Morning Programs 28 Tranquil Soul Mind & Body Wellness Daily Chronicle Traditional Breakfasts from Around the World Afternoon Activities Move & Groove Exercises Balloon Snowmen KAZOO-A-THON Evening Wind Down	Morning Programs 29 Ambient Beats Mind & Body Wellness Daily Chronicle Chinese Food Match Game Afternoon Activities Mindful Yoga Movements Chopstick Challenge Lunar New Year Celebration Peaceful Mantras Chinese New Year (Year of the Snake)	Morning Programs 30 Positive Vibrations Mind & Body Wellness Daily Chronicle Fact or Fiction Afternoon Activities 1:30pm: Dance Yoga with Magi What's Crunchier Than a Tortilla Chip? Moments of Serenity	Morning Programs 31 Healing Frequencies Mind & Body Wellness Daily Chronicle Remembering Jackie O. Afternoon Activities Flex & Flow Fitness Pinecone Painting Winter across the United States Loving Gratitude	

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