



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Sunnyside Manor January 2025 Skilled Nursing Monthly Activity Calendar</p>			<p>9:30am: Morning Visits 1 10am: Perk Up Pals 11am: Strength & Stretch Training 12pm: Meaningful Moments 2pm: Card Sharks: Crazy 8's 3pm: Sunnyside Spa Moments 4pm: A Picture is worth 1,000 Words 5:30pm: Whiteboard Games</p> <p style="text-align: center;">New Year's Day</p>	<p>9:30am: Morning Visits 2 10am: Quick Coffee Fix 10:30am: Dance Yoga with Magi 12pm: Meaningful Moments 2pm: Arts & Crafts Social 3pm: Bingo Extravaganza 4pm: EZ Does It Trivia 5:30pm: Old Time Radio Archive</p>	<p>9:30am: Morning Visits 3 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Group Crossword Puzzle 3pm: Travelogue & Windshield Tours 4pm: Wiggle & Shake Dance Party</p>	<p>9:30am: Morning Visits 4 10am: Coffee Comforts 11am: Head to Toe Fitness 12pm: Meaningful Moments 2pm: Movie Matinee & Concessions 3pm: Meaningful Moments 4pm: Stretch & Breathe Afternoon Wakeup</p>
<p>9:30am: Morning Visits 5 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Sing-A-Long Songs 3:30pm: Cranium Crunches Trivia</p>	<p>9:30am: Morning Visits 6 10am: Java Jamboree 11am: High Energy Exercise 12pm: Meaningful Moments 2pm: Communion Services 2:30pm: You Be the Judge 3pm: Noodle Ball 4pm: Finish the Phrase 5:30pm: Feel Good Moments with Sandi</p>	<p>9:30am: Morning Visits 7 10am: Quick Coffee Fix 10:30am: Yoga with Karin 12pm: Meaningful Moments 2pm: Candy Bingo 3pm: Who, What, Where, When? Reminiscing Social 4pm: Problem Solvers 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 8 10am: Perk Up Pals 11am: Strength & Stretch Training 12pm: Meaningful Moments 2pm: Card Sharks: War 3pm: Sunnyside Spa Moments 4pm: A Picture is worth 1,000 Words 5:30pm: Whiteboard Games</p>	<p>9:30am: Morning Visits 9 10am: The Percolators Club 11am: Cardio Dance Party 12pm: Meaningful Moments 2pm: Arts & Crafts Social 3pm: Bingo Extravaganza 4pm: EZ Does It Trivia 5:30pm: Old Time Radio Archive</p>	<p>9:30am: Morning Visits 10 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Group Crossword Puzzle 3pm: Travelogue & Windshield Tours 4pm: Wiggle & Shake Dance Party</p>	<p>9:30am: Morning Visits 11 10am: Coffee Comforts 11am: Head to Toe Fitness 12pm: Meaningful Moments 2pm: Movie Matinee & Concessions 3pm: Meaningful Moments 4pm: Stretch & Breathe Afternoon Wakeup</p>
<p>9:30am: Morning Visits 12 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Sing-A-Long Songs 3:30pm: Cranium Crunches Trivia</p>	<p>9:30am: Morning Visits 13 10am: Perk Up Pals 11am: High Energy Exercise 12pm: Meaningful Moments 2pm: Catholic Mass with Father Bill 2:30pm: You Be the Judge 3pm: Hula Hoop Toss 4pm: Finish the Lyrics 5:30pm: Feel Good Moments with Sandi</p>	<p>9:30am: Morning Visits 14 10am: The Brew Crew 11am: Mindful Movements 12pm: Meaningful Moments 2pm: Candy Bingo 3pm: Who, What, Where, When? Reminiscing Social 4pm: Problem Solvers 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 15 10am: Quick Coffee Fix 10:30am: Yoga with Cheryl 12pm: Meaningful Moments 2pm: Paint with Karin 3:30pm: Sunnyside Spa Moments 5:30pm: Whiteboard Games</p>	<p>9:30am: Morning Visits 16 10am: Quick Coffee Fix 10:30am: Dance Yoga with Magi 12pm: Meaningful Moments 2pm: Arts & Crafts Social 3pm: Bingo Extravaganza 4pm: EZ Does It Trivia 5:30pm: Old Time Radio Archive</p>	<p>9:30am: Morning Visits 17 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Group Crossword Puzzle 3pm: Travelogue & Windshield Tours 4pm: Wiggle & Shake Dance Party</p>	<p>9:30am: Morning Visits 18 10am: Coffee Comforts 11am: Head to Toe Fitness 12pm: Meaningful Moments 2pm: Movie Matinee & Concessions 3pm: Meaningful Moments 4pm: Stretch & Breathe Afternoon Wakeup</p>
<p>9:30am: Morning Visits 19 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Sing-A-Long Songs 3:30pm: Cranium Crunches Trivia</p> <p style="text-align: center;">Activity Professionals Week</p>	<p>9:30am: Morning Visits 20 10am: Perk Up Pals 11am: High Energy Exercise 11:30am: Lunch Trip 2pm: Communion Services 2:30pm: You Be the Judge 3pm: Balloon Volley 4pm: Finish the Famous Duo 5:30pm: Feel Good Moments with Sandi</p> <p style="text-align: center;">Martin Luther King Jr. Day</p>	<p>9:30am: Morning Visits 21 10am: Quick Coffee Fix 10:30am: Yoga with Karin 12pm: Meaningful Moments 2pm: Candy Bingo 3pm: Who, What, Where, When? Reminiscing Social 4pm: Problem Solvers 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 22 10am: Perk Up Pals 11am: Strength & Stretch Training 12pm: Meaningful Moments 2pm: Card Sharks: Go Fish 3pm: Sunnyside Spa Moments 4pm: A Picture is worth 1,000 Words 5:30pm: Whiteboard Games</p>	<p>9:30am: Morning Visits 23 10am: The Percolators Club 11am: Cardio Dance Party 12pm: Meaningful Moments 2pm: Arts & Crafts Social 3pm: Bingo Extravaganza 4pm: EZ Does It Trivia 5:30pm: Old Time Radio Archive</p>	<p>9:30am: Morning Visits 24 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Group Crossword Puzzle 3pm: Travelogue & Windshield Tours 4pm: Wiggle & Shake Dance Party</p>	<p>9:30am: Morning Visits 25 10am: Coffee Comforts 11am: Head to Toe Fitness 12pm: Meaningful Moments 2pm: Movie Matinee & Concessions 3pm: Meaningful Moments 4pm: Stretch & Breathe Afternoon Wakeup</p>
<p>9:30am: Morning Visits 26 10am: Quick Coffee Fix 10:30am: Catholic Mass with Father Richard 11am: Sunday Stretches 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Sing-A-Long Songs 3:30pm: Cranium Crunches Trivia</p> <p style="text-align: center;">Australia Day (Observed)</p>	<p>9:30am: Morning Visits 27 10am: Perk Up Pals 11am: High Energy Exercise 12pm: Meaningful Moments 2pm: Communion Services 2:30pm: Resident Council Meeting 3pm: Musical Ball 4pm: Finish the Ad Slogan 5:30pm: Feel Good Moments with Sandi</p>	<p>9:30am: Morning Visits 28 10am: The Brew Crew 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Candy Bingo 3pm: Who, What, Where, When? Reminiscing Social 4pm: Problem Solvers 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 29 10am: Quick Coffee Fix 10:30am: Yoga with Cheryl 12pm: Meaningful Moments 2pm: Card Sharks: Slap Jack 3pm: Chinese New Year Celebration 4pm: A Picture is worth 1,000 Words 5:30pm: Whiteboard Games</p> <p style="text-align: center;">Chinese New Year (Year of the Snake)</p>	<p>9:30am: Morning Visits 30 10am: Quick Coffee Fix 10:30am: Dance Yoga with Magi 12pm: Meaningful Moments 2pm: Arts & Crafts Social 3pm: Bingo Extravaganza 4pm: EZ Does It Trivia 5:30pm: Old Time Radio Archive</p>	<p>9:30am: Morning Visits 31 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Group Crossword Puzzle 3pm: Travelogue & Windshield Tours 4pm: Wiggle & Shake Dance Party</p>	

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