

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES

News & Information from Around the Community

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Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

Remember When: Silly Putty

During World War II, a rubber shortage prompted a search for a synthetic substitute. Two chemists—one at General Electric and the other with Dow Corning—combined boric acid and silicone oil. Though they were working independently, they got the same result: a bouncy, stretchy material. It wasn't a good rubber replacement, but it was entertaining to play with. A toy marketer packaged 1-ounce balls of the putty in plastic eggs and sold them for a dollar apiece, and Silly Putty became one of the most popular toys of the 20th century.

Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.

March 2025



A Cheery Sight

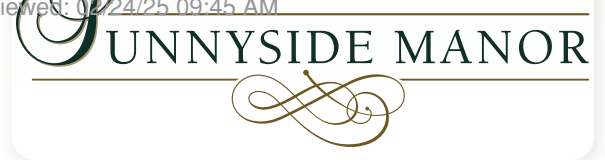
Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

Famous Firsts: Academy Awards

Unlike today's spectacle, the first Academy Awards celebration in 1929 was a small affair with just 270 people. A private dinner at a Hollywood hotel honored the film industry's best in 12 categories, and the winners had been announced months earlier.

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.



March 2025

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Celebrate Your Name Week 2
 10:00 LR Catholic Mass with Father Brennan
 10:00 GS Chronicles, Puzzles and More
 11:30 LR Guess the Rhyme, Dr. Seuss Edition
 1:30 PO Music on the Front Porch
 2:00 ST Sunny Money Bingo
 3:30 ST Whiteboard Word Games

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 10:30 LO Around Town with Terry
 11:00 LR Seated Stretches
 11:30 LR Three-3 Trivia
 1:30 PO Music on the Front Porch
 2:00 LR St. Denis Communion Services
 3:30 LR Happy Hour with Entertainment by Jerry Costaldo
 6:30 TR Monday Night Jeopardy with Sandi

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR March Forth! Whole Body Flex & Flow
 11:30 LR Humorous Grammar Rules, Puns & Jokes
 1:30 PO Music on the Front Porch
 2:00 ST Let's Create! Arts & Crafts Social
 3:30 ST Mardi Gras Celebration
 6:30 ST Night Owl Bingo

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Yoga with Cheryl
 11:30 LO Lunch Outing Club Choice
 1:30 PO Music on the Front Porch
 2:00 LR Ash Wednesday Mass with Father Brennan
 3:00 ST Book of The Month Discussion
 3:30 ST Women's History Sip & Nibble Party
 6:30 ST Happy Birthday Monopoly Board Games Club

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Classic Chair Cardio
 11:00 TR The Red Hats Reading Circle in Recollections
 11:30 LR Joggin' Your Noggin
 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 ST Sunnyside Spa Moments & Manicures
 3:30 LR Happy Hour with Musical Entertainment by Mike & Chip

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Mind & Body Wellness Program
 11:30 LR iPad Group Games
 1:30 PO Music on the Front Porch
 2:00 ST Weekend Bingo Extravaganza
 3:30 LR Video Store New Release

Daylight Saving Time Begins 9
 10:00 LR Catholic Mass with Father Brennan
 10:00 GS Chronicles, Puzzles and More
 11:30 LR Morning Fun
 1:30 PO Music on the Front Porch
 2:00 ST Sunny Money Bingo
 3:30 ST Whiteboard Word Games

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 10:30 LO Around Town with Terry
 11:00 LR Seated Stretches
 11:30 LR Quick Cranium Crunches
 1:30 PO Music on the Front Porch
 2:00 LR St. Denis Communion Services
 3:30 CR Colorful Card Sharks: UNO
 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 Lawrence Welk's Music on the Front Porch
 2:00 ST Brush Stroke Re-Mastery: Yayoi Kusama
 3:00 LR Happy Hour with Entertainment by Ken Johnstone
 6:30 ST Night Owl Bingo

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Mindful Breathing & Movements
 12:00 LO Lifelong Learning at The Algonquin
 1:30 PO James Taylor's Music on the Front Porch
 2:00 SO Classic Movie Matinee: The Paradine Case (1947)
 3:00 ST A Tribute to Bermuda
 3:30 ST Sip & Nibble with Bermudian Taste Buds
 6:30 ST Board Games Club

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Classic Chair Cardio
 11:30 LR Joggin' Your Noggin
 12:00 ST The Red Hat Society Luncheon
 1:30 PO Neil Sedaka's 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

Full Worm Moon 14
 10:00 GS Chronicles, Puzzles and More
 10:00 CR Curious Question Coffee & Conversation
 10:30 LO Resident Choice Trip
 11:00 LR Pinnacle Fitness Class
 1:30 PO Music on the Front Porch
 2:00 ST Do You Dare? Crazy Color Manicures
 3:30 LR Chips & Dip Happy Hour with Entertainment by Zack Alexander

10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Mind & Body Wellness Program
 11:30 LR iPad Group Games
 1:30 PO Music on the Front Porch
 2:00 LR The Godfather Movie Bingo & Cannoli Treat

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 10:00 LR Catholic Mass with Father Brennan
 10:00 GS Chronicles, Puzzles and More
 11:30 LR Tall Tales Word Match Fun
 1:30 PO Music on the Front Porch
 2:00 ST Sunny Money Bingo
 3:30 ST Whiteboard Word Games

St. Patrick's Day 17
 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 10:30 LO Around Town with Terry
 11:00 LR Seated Stretches
 11:30 LR Test your Irish IQ Trivia Challenge
 1:30 LR Fit & Fun with Physical Therapy
 1:30 PO Music on the Front Porch
 2:00 LR St. Denis Communion Services
 3:30 LR Sham-ROCKIN' Shindig
 6:30 TR Monday Night Jeopardy with Sandi

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 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Whole Body Flex & Flow
 11:30 LR iPad Group Games
 1:30 PO Music on the Front Porch
 2:00 ST Fragrant Crafts Social
 3:30 ST You Name the Party Game
 6:30 ST Night Owl Bingo

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 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Yoga with Cheryl
 11:30 LO Lunch Outing Club Choice
 1:30 PO Music on the Front Porch
 2:00 SO Classic Movie Matinee:
 3:30 ST A Tribute to Opening Day in JAPAN!
 3:30 ST Cheers to the MLB 2025!
 5:00 LR Spring Fling Dinner Dance with Entertainment by Dan Furnal

Spring Begins 20
 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Classic Chair Cardio
 11:30 LR Joggin' Your Noggin
 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 Rummikub Club

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 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 Johann Sebastian Bach's Music on the Front Porch
 2:00 ST Sunnyside Spa Moments & Manicures
 3:30 LR Happy Hour with Entertainment by Amy Hariegel

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 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Mind & Body Wellness Program
 11:30 LR iPad Group Games
 1:30 PO Music on the Front Porch
 2:00 ST Weekend Bingo Extravaganza
 3:30 LR Video Store New Release

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 10:00 LR Catholic Mass with Father Brennan
 10:00 GS Chronicles, Puzzles and More
 2:00 ST Sunny Money Bingo
 3:30 ST Whiteboard Word Games

24
 10:00 CR Coffee & Conversation
 11:00 LR Seated Stretches
 2:00 LR St. Denis Communion Services
 3:30 CR You Choose Card Games
 6:30 TR Monday Night Jeopardy with Sandi

25
 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 Let's Create! Arts & Crafts Social
 3:30 ST You Name the Party Game
 6:30 ST Night Owl Bingo

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 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Mindful Breathing & Movements
 11:30 LO Lunch Outing Club Choice
 1:30 PO Music on the Front Porch
 2:00 SO Classic Movie Matinee: Hobson's Choice
 3:00 ST A Tribute to
 3:30 ST Sip & Nibble with Trending Taste Buds
 6:30 ST Board Games Club

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 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Classic Chair Cardio
 11:30 LR Joggin' Your Noggin
 1:30 PO Music on the Front Porch
 2:00 LR Memorial Service with Father Brennan
 3:30 LR Happy Birthday Everyone! Happy Hour with Entertainment by John Heiserman
 6:30 ST Rummikub Club

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 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 SO Icon Movie Matinee: The Cincinnati Kid
 1:30 PO Music on the Front Porch
 2:00 ST Bye Bye Birdie Beauty Day
 3:30 LR Happy Hour with Entertainment by Sean McGinity

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 10:00 GS Chronicles, Puzzles and More
 10:00 CR Coffee & Conversation
 11:00 LR Mind & Body Wellness Program
 11:30 LR iPad Group Games
 1:30 PO Music on the Front Porch
 2:00 ST Weekend Bingo Extravaganza
 3:30 LR Video Store New Release

30
 10:00 LR Catholic Mass with Father Brennan
 10:00 GS Chronicles, Puzzles and More
 2:00 ST Sunny Money Bingo
 3:30 ST Whiteboard Word Games

31
 10:00 CR Coffee & Conversation
 11:00 LR Seated Stretches
 2:00 LR St. Denis Communion Services
 3:30 CR You Choose Card Games
 6:30 TR Monday Night Jeopardy with Sandi



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