

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunnyside Manor March 2025 Recollections Neighborhood Activity Calendar

Morning Activities
Celestial Flow
Mind & Body Wellness
Interactive Short Stories
Inhale Exhale
Afternoon Activities
Bingo Extravaganza
Movie Matinee: *Hidden Figures*
Manicures & Massages
Mindful Moments

Morning Activities 2
Spiritual Interludes
10:30am: Catholic Mass in AL
Dr. Suess Celebration
Mantra Meditation
Afternoon Activities
Gentle Stretches
Oh, The Places You'll Go
Group Board Games
Soothing Stillness

Morning Activities 3
Smooth Instruments
Mind & Body Wellness
Music Circle
Loving Awareness
Afternoon Activities
1:30pm: Mass with Fr. Bill
2pm: Yoga with Karin
Monday Word Mix Up
3:30pm: Music by Jerry C. in AL
Meditative Moments

Morning Activities 4
Tranquil Soul
Mind & Body Wellness
Culinary Creations: Pralines
Fill in the Blank
Mindful Breathing
Afternoon Activities
Mardi Gras Celebration
Bingo Fun
Coloring Pages
Mardi Gras

Morning Activities 5
Ambient Beats
Mind & Body Wellness
Noodles & Balloons
Matching Challenge
Aromatherapy Scent-sations
Afternoon Activities
2pm: Ash Wednesday Mass
Women's History Sip & Nibble
Mardi Gras Bead Art
Calming Thoughts

Morning Activities 6
Positive Vibrations
Mind & Body Wellness
A Picture is Worth 1000 Words
iPad Fun
Body Scan Meditation
Afternoon Activities
Reminiscing Social
2pm: Dance Yoga with Magi
Sweet Treat Bingo
Moments of Serenity

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
Heartfelt Gratitude

Morning Activities 8
Celestial Flow
Mind & Body Wellness
Interactive Short Stories
Inhale Exhale
Afternoon Activities
Bingo Extravaganza
Movie Matinee: *Jackie*
Manicures & Massages
Mindful Moments

Morning Activities 9
Spiritual Interludes
10:30am: Catholic Mass in AL
Barbie Through the Years
Mantra Meditation
Afternoon Activities
Gentle Stretches
Popcorn Party
Group Board Games
Soothing Stillness
Daylight Saving Time Begins

Morning Activities 10
Smooth Instruments
Mind & Body Wellness
Drum Circle
*****Lunch Trip*****
Afternoon Activities
Laughter Club
2pm: Create with Karin
Monday Word Mix Up
Flowers in Bloom
Meditative Moments

Morning Activities 11
Tranquil Soul
Mind & Body Wellness
10:30am: Music by Ken J
Mindful Breathing
Afternoon Activities
Culinary: Fruit Kabobs
Puzzling Construction
Bingo Fun
Coloring Pages
Evening Wind Down

Morning Activities 12
Ambient Beats
Mind & Body Wellness
Scarf Dancing
Sequence Challenge
Aromatherapy Scent-sations
Afternoon Activities
Spot the Difference
Watercolor Tile Art
Pondering Prompts
Calming Thoughts

Morning Activities 13
Positive Vibrations
Mind & Body Wellness
A Picture is Worth 1000 Words
iPad Fun
Body Scan Meditation
Afternoon Activities
Reminiscing Social
2pm: Dance Yoga with Magi
Sweet Treat Bingo
Purim Begins

Morning Activities 14
Healing Frequencies
Mind & Body Wellness
Chair Cha-Cha
Movement Meditation
Afternoon Activities
Card Sharks Club
Let's Learn
3:30pm: Music by Zack A. in AL
Heartfelt Gratitude

Morning Activities 15
Celestial Flow
Mind & Body Wellness
Interactive Short Stories
Inhale Exhale
Afternoon Activities
Bingo Extravaganza
Movie Matinee: *The Grand Budapest Hotel*
3pm: D'Arcy Irish Dancers
Mindful Moments

Morning Activities 16
Spiritual Interludes
10:30am: Catholic Mass in AL
Playful Pandas
Mantra Meditation
Afternoon Activities
Gentle Stretches
Somewhere Over the Rainbow
Group Board Games
Soothing Stillness

Morning Activities 17
Smooth Instruments
Mind & Body Wellness
St. Patrick's Day Celebration
Loving Awareness
Afternoon Activities
Laughter Club
2pm: Yoga with Karin
Shamrock Word Mix Up
Meditative Moments
St. Patrick's Day

Morning Activities 18
Tranquil Soul
Mind & Body Wellness
Culinary: Irish Soda Bread
Fill in the Blank
Mindful Breathing
Afternoon Activities
Puzzling Construction
Bingo Fun
Coloring Pages
Evening Wind Down

Morning Activities 19
Ambient Beats
Mind & Body Wellness
YMCA Dancing
Patterns Challenge
Aromatherapy Scent-sations
Afternoon Activities
Maze Craze
Pot o' Gold Art
Pondering Prompts
Calming Thoughts

Morning Activities 20
Positive Vibrations
Mind & Body Wellness
A Picture is Worth 1000 Words
iPad Fun
Body Scan Meditation
Afternoon Activities
Reminiscing Social
2pm: Dance Yoga with Magi
Sweet Treat Bingo
Spring Begins

Morning Activities 21
Healing Frequencies
Mind & Body Wellness
Dance Fad Fitness
Movement Meditation
Afternoon Activities
Card Sharks Club
Let's Learn
3:30pm: Music by Amy H. in AL
Heartfelt Gratitude

Morning Activities 22
Celestial Flow
Mind & Body Wellness
Interactive Short Stories
Inhale Exhale
Afternoon Activities
Bingo Extravaganza
Movie Matinee: *Finian's Rainbow*
Manicures & Massages
Mindful Moments

Morning Activities 23
Spiritual Interludes
10:30am: Catholic Mass in AL
Purim Celebration
Mantra Meditation
Afternoon Activities
Gentle Stretches
Great Moments in Baseball
Group Board Games
Soothing Stillness

Morning Activities 24
Smooth Instruments
Mind & Body Wellness
Baseball Toss
Loving Awareness
Afternoon Activities
Laughter Club
2pm: Create with Karin
Monday Word Mix Up
Meditative Moments

Morning Activities 25
Tranquil Soul
Mind & Body Wellness
Culinary: Baseball Goodies
Fill in the Blank
Mindful Breathing
Afternoon Activities
Puzzling Construction
Bingo Fun
Coloring Pages
Evening Wind Down

Morning Activities 26
Ambient Beats
Mind & Body Wellness
Baseball Tic Tac Toe
Color Match Challenge
Aromatherapy Scent-sations
Afternoon Activities
Connect the Dots
Baseball Lace Up Art
Pondering Prompts
Calming Thoughts

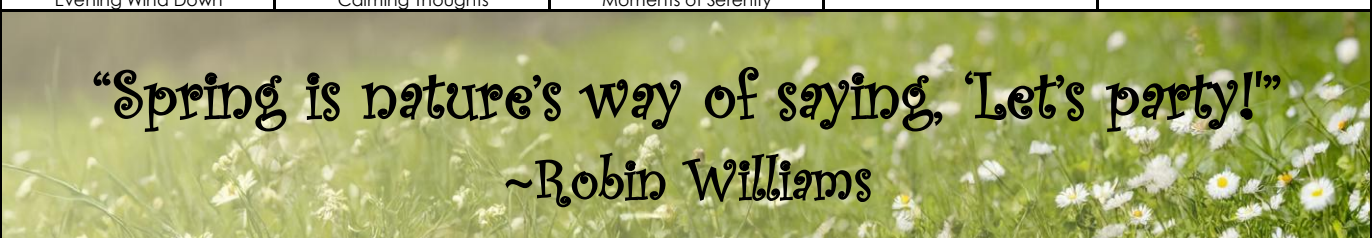
Morning Activities 27
Positive Vibrations
Mind & Body Wellness
A Picture is Worth 1000 Words
iPad Fun
Body Scan Meditation
Afternoon Activities
Reminiscing Social
2pm: Dance Yoga with Magi
Sweet Treat Bingo
Moments of Serenity

Morning Activities 28
Healing Frequencies
Mind & Body Wellness
Seated Bollywood Dance
Movement Meditation
Afternoon Activities
Card Sharks Club
2pm: Music by Sean M. in AL
Let's Learn
Loving Gratitude

Morning Activities 29
Celestial Flow
Mind & Body Wellness
Interactive Short Stories
Inhale Exhale
Afternoon Activities
Bingo Extravaganza
Movie Matinee: *Field of Dreams*
Manicures & Massages
Mindful Moments

Morning Activities 30
Spiritual Interludes
10:30am: Catholic Mass in AL
Spring Celebration
Mantra Meditation
Afternoon Activities
Gentle Stretches
Spring Art
Group Board Games
Soothing Stillness

Morning Activities 31
Smooth Instruments
Mind & Body Wellness
Colors of the Wind
Loving Awareness
Afternoon Activities
Laughter Club
2pm: Yoga with Karin
Monday Word Mix Up
Meditative Moments



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