

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

Skilled Nursing Neighborhood Activity Calendar

9:30am: Morning Visits
 10am: Sunnyside Café
 11am: Flex & Flow Workouts
 12pm: Meaningful Moments
 2pm: Bingo Extravaganza
 3pm: Classic Movie Matinee: *The Errand Boy*
 3:30pm: Traveling Room Visits
 4:30pm: Weekend Wind Down

<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Fr. Richard 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Guess the Rhyme, Dr. Seuss Celebration 3:30pm: Cranium Crunching Trivia</p>	<p>9:30am: Morning Visits 10am: Java Jamboree 11am: High Energy Exercise 12pm: Meaningful Moments 2pm: Communion Services 2:15pm: Happy March Party with Music by Jerry Costaldo 3pm: Junk Drawer Detective 4pm: Finish the Phrase 5:30pm: Short Story Hour</p>	<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Yoga with Karin 12pm: Meaningful Moments 2pm: Collaborative Shamrock Art Project 3pm: Sweet Treat Bingo 4pm: Problem Solvers 4:30pm: Calming Interludes 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 10am: Perk Up Pals 11am: Seated Dance Cardio 12pm: Meaningful Moments 2pm: A Tribute to Women's History Month 3pm: Sunnyside Spa Moments 4pm: Pondering Prompts 4:30pm: Peaceful Pauses 5:30pm: Whiteboard Word Games</p>	<p>9:30am: Morning Visits 10am: The Percolators Club 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Card Sharks: Old Maid 3pm: Dance Yoga with Magi 4pm: Balloon Bop 4:30pm: Soothing Serenity 5:30pm: The Little Rascals</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Strengthen & Stretch 12pm: Meaningful Moments 2pm: Musical Entertainment by Mike & Chip 3pm: EZ Does It Trivia 4pm: Shannon Says! 4:30pm: Feel Good Reflections 5:30pm: Evening Bingo</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Bingo Extravaganza 3pm: Classic Movie Matinee: <i>It Happened One Night</i> 3:30pm: Traveling Room Visits 4:30pm: Weekend Wind Down</p>	
<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Fr. Richard 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Let There Be Light! Celebration 3:30pm: Cranium Crunching Trivia Daylight Saving Time Begins</p>	<p>9:30am: Morning Visits 10am: Java Jamboree 11am: High Energy Exercise 12pm: Meaningful Moments 2pm: Catholic Mass with Fr. Bill 2:30pm: Conversation Starters 3pm: Picture It! 4pm: Name the Color Quiz 4:30pm: Meditative Moments 5:30pm: Whiteboard Word Games</p>	<p>9:30am: Morning Visits 10am: The Brew Crew 11am: Mindful Movements 12pm: Meaningful Moments 2pm: Learn & Paint: Yayoi Kusama 3pm: Sweet Treat Bingo 4pm: You Be the Judge 4:30pm: Calming Interludes 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Yoga with Cheryl 12pm: Meaningful Moments 2pm: A Tribute to Bermuda 3pm: Sunnyside Spa Moments 4pm: Pondering Prompts 4:30pm: Peaceful Pauses 5:30pm: Short Story Hour</p>	<p>9:30am: Morning Visits 10am: The Percolators Club 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Card Sharks: Go Fish! 3pm: Dance Yoga with Magi 4pm: Noodle Swing 4:30pm: Soothing Serenity 5:30pm: The Honeymooners Purim Begins</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Strengthen & Stretch 12pm: Meaningful Moments 2pm: Musical Entertainment by Zack Alexander 3pm: EZ Does It Trivia 4pm: Shannon Says! 4:30pm: Feel Good Reflections 5:30pm: Evening Bingo</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Bingo Extravaganza 3pm: Classic Movie Matinee: <i>The Long, Long Trailer</i> 3:30pm: Traveling Room Visits 4:30pm: Weekend Wind Down</p>	
<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Fr. Richard 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Irish Folktales & Fables Celebration 3:30pm: Cranium Crunching Trivia</p>	<p>9:30am: Morning Visits 10am: Java Jamboree 11am: High Energy Exercise 12pm: Meaningful Moments 2pm: Communion Services 2:30pm: St. Patrick's Day Celebration & Pub Song Sing Along 3:30pm: Spot The Difference 4:30pm: Meditative Moments 5:30pm: Whiteboard Word Games St. Patrick's Day</p>	<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Yoga with Karin 12pm: Meaningful Moments 2pm: 2 Part Art Create with Monet 3pm: Sweet Treat Bingo 4pm: Problem Solvers 4:30pm: Calming Interludes 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 10am: Perk Up Pals 11am: Seated Dance Cardio 12pm: Meaningful Moments 2pm: A Tribute to MLB Opening Day 3pm: Sunnyside Spa Moments 4pm: Pondering Prompts 4:30pm: Peaceful Pauses 5:30pm: Whiteboard Word Games</p>	<p>9:30am: Morning Visits 10am: The Percolators Club 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Spring Has Sprung Celebration 3pm: Dance Yoga with Magi 4pm: Target Toss 4:30pm: Soothing Serenity 5:30pm: The Three Stooges Spring Begins</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Strengthen & Stretch 12pm: Meaningful Moments 2pm: Musical Entertainment by Amy Harigel 3pm: EZ Does It Trivia 4pm: Shannon Says! 4:30pm: Feel Good Reflections 5:30pm: Evening Bingo</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Bingo Extravaganza 3pm: Classic Movie Matinee: <i>The Trouble with Angels</i> 3:30pm: Traveling Room Visits 4:30pm: Weekend Wind Down</p>	
<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Fr. Richard 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Color Therapy Celebration 3:30pm: Cranium Crunching Trivia</p>	<p>9:30am: Morning Visits 10am: Java Jamboree 11am: High Energy Exercise 11:30am: ***Lunch Trip*** 12pm: Meaningful Moments 2pm: Communion Services 2:30pm: Conversation Starters 3pm: Group Upl 4pm: Finish the Retro TV Theme Song 5:30pm: Whiteboard Word Games</p>	<p>9:30am: Morning Visits 10am: The Brew Crew 11am: Mindful Movements 12pm: Meaningful Moments 2pm: 2 Part Art Create with Monet 3pm: Sweet Treat Bingo 4pm: You Be the Judge 4:30pm: Calming Interludes 5:30pm: Group iPad Games</p>	<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Yoga with Cheryl 12pm: Meaningful Moments 2pm: A Tribute to Coca-Cola 3pm: Sunnyside Spa Moments 4pm: Pondering Prompts 4:30pm: Peaceful Pauses 5:30pm: Whiteboard Word Games</p>	<p>9:30am: Morning Visits 10am: The Percolators Club 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Happy Birthday Everyone Party with John Heiserman 3pm: Dance Yoga with Magi 4pm: Hot Potato 4:30pm: Soothing Serenity 5:30pm: Abbot & Costello</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Strengthen & Stretch 12pm: Meaningful Moments 2pm: Spring Time Sing Along with Susie Q 3pm: EZ Does It Trivia 4pm: Shannon Says! 4:30pm: Feel Good Reflections 5:30pm: Evening Bingo</p>	<p>9:30am: Morning Visits 10am: Sunnyside Café 11am: Flex & Flow Workouts 12pm: Meaningful Moments 2pm: Bingo Extravaganza 3pm: Classic Movie Matinee: <i>Gigi</i> 3:30pm: Traveling Room Visits 4:30pm: Weekend Wind Down</p>	
<p>9:30am: Morning Visits 10am: Quick Coffee Fix 10:30am: Catholic Mass with Fr. Richard 12pm: Meaningful Moments 2pm: Prize Bingo 3pm: Jeopardy Celebration 3:30pm: Cranium Crunching Trivia</p>	<p>9:30am: Morning Visits 10am: Java Jamboree 11am: High Energy Exercise 12pm: Meaningful Moments 2pm: Communion Services 2:30pm: Resident Council Meeting 3pm: Sequencing Challenge 4pm: Guess the Instrument 4:30pm: Meditative Moments 5:30pm: Whiteboard Word Games</p>	<p style="text-align: center;"> "Spring is nature's way of saying, 'Let's party!'" ~Robin Williams </p>					

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