SUNNYSIDE MANOR SENIOR LIVING
SUNNYSIDE TIMES
News & Information from Around the Community
2500 Ridgewood Road • Wall NJ 07719 • 1-888-316-6967

On Nov. 11 ...

Be sure to thank a veteran.

Virtual Visits: National WWI Museum and Memorial

On Nov. 11, 1926, President Calvin Coolidge dedicated the Liberty Memorial in Kansas City, Mo., a 217-foot tower honoring World War I veterans. In the year after World War I ended, more than $2.5 million was raised in 10 days to create the monument — more than $40 million by today's standards. Today, the National WWI Museum and Memorial still offers the most comprehensive collection of World War I artifacts and educational exhibits in the world.

Dates to Save This Season

Here are just a few of the season's days to gather, show gratitude and give back:

- **Thanksgiving**, Nov. 26
- **Small Business Saturday**, Nov. 28
- **Giving Tuesday**, Dec. 1

Native American Heritage Month

Native American Heritage Month, a federal observance marked every November, honors the historical contributions and the current priorities of Native Americans, including the 575 federally recognized tribes in the United States.

Unwinding With a Weighted Blanket

Weighted blankets use deep pressure stimulation to encourage the whole body to relax. Experts recommend blankets that weigh about 10% of the user's body weight and checking with individual health care providers first.

November 2026

Attitude of Gratitude

"Be present in all things and thankful for all things." —Maya Angelou

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

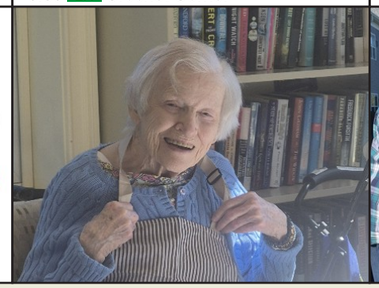
Wishing on a Bone

Wishbones have been lucky symbols for nearly 3,000 years. The Etruscans, an ancient Italian civilization, believed chickens could see the future, and they would touch dried wishbones (left whole) while making a wish. In today's common tradition, the wishbone of the meal's bird is broken in half by two people, and the largest half is the luckiest.

SUNNYSIDE MANOR

November 2026

LO Lobby · CR Club Room · CY Courtyard · LR Living Room · AT Atrium · ST Studio · PO Porch · TR Traveling · GS Gift Shop · TV Channel 6-3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 GS Chronicles, Puzzles and More **10:30 LR Catholic Mass with Father Brennan** 11:30 LR Brain Games 1:30 PO Music on the Front Porch 1:30 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	**2** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Pinnacle Fitness Class** 1:30 PO Music on the Front Porch **2:00 LR Catholic Mass with Father Bill** 3:30 CR Kings in the Corner Happy Hour 6:30 LR Evening Jeopardy	**Election Day** **3** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout **11:30 LO Lunch Outing with The Culinary Cruiser** 1:00 TR Wandering Wagon Room Visits 1:30 PO Music on the Front Porch 2:30 ST Afternoon Bingo 3:30 CR Right on Time or Haven't Left Yet Happy Hour	**4** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Yoga with Cheryl** 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 LR Magazine Scavenger Hunt 6:30 LR Concerts & Cordials 6:30 LR Crochet Corner	**5** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout **11:00 AT Meditation Yoga with Magi** 1:30 PO Music on the Front Porch **2:00 LR Resident Council Meeting** 3:30 ST Bingo with Friends **6:30 LR Spa Night**	**6** **10:00 LO Animal Connection at Atlantic Farms** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Pinnacle Fitness Class** 1:30 PO Music on the Front Porch 2:00 TV Afternoon Matinee **3:30 LR Happy Hour Entertainment with Annie on the Keyboards**	**7** **9:00 CY Coffee & Cars** 10:00 GS Chronicles, Puzzles and More 11:00 LR Morning Motion 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza **3:30 LR Happy Hour with Harpist Katherine**
8 10:00 GS Chronicles, Puzzles and More **10:30 LR Catholic Mass with Father Brennan** 11:30 LR Brain Games 1:30 PO Music on the Front Porch 1:30 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	**9** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Pinnacle Fitness Class** 1:30 PO Music on the Front Porch **2:00 LR St. Denis Communion Services** 3:30 CR High Rollers Club 6:30 LR After Dinner Cordials & Jeopardy with Sandi	**10** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout **11:30 LO Lunch Outing with The Culinary Cruiser** 1:00 TR Wandering Wagon Room Visits 1:30 PO Music on the Front Porch 2:30 ST Afternoon Bingo 3:30 LR Balloon Volleyball Happy Hour	**Veterans Day** **11** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Yoga with Cheryl** **12:00 ST Veteran's Luncheon** 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social **3:30 LR Happy Hour with Musical Guest Ken J.** 6:30 LR Concert Series 6:30 LR Crochet Corner	**12** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout **11:00 AT Meditation Yoga with Magi** **1:30 ST Baking Club** 1:30 PO Music on the Front Porch **2:30 CR Men's Club Social** 4:00 LR Spelling Bee Challenge 6:30 ST Night Owl Bingo	**13** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **10:30 LO Veteran's Ride "Flags of Heroes"** **11:00 LR Pinnacle Fitness Class** 1:30 PO Music on the Front Porch 2:00 TV Afternoon Matinee **2:00 LR Greg Caggiano, Historian** **4:00 LR Happy Hour Entertainment with Lou B**	**14** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Can you guess the Slogan? 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza 4:00 LR Cheers to the Weekend Happy Hour
15 10:00 GS Chronicles, Puzzles and More **10:30 LR Catholic Mass with Father Brennan** 11:30 LR Brain Games 1:30 PO Music on the Front Porch 1:30 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	**16** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Pinnacle Fitness Class** 1:30 PO Music on the Front Porch **2:00 LR St. Denis Communion Services** 3:30 CR High Rollers Club 6:30 LR After Dinner Jeopardy with Sandi	**17** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout **11:30 LO Lunch Outing with The Culinary Cruiser** 1:00 TR Wandering Wagon Room Visits 1:30 PO Music on the Front Porch 2:30 ST Afternoon Bingo 3:30 CR Match Game Happy Hour	**18** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Yoga with Cheryl** 1:30 PO Music on the Front Porch **2:00 ST Flower Arranging with Heidi** **3:30 LR Happy Hour with Entertainment by Mark M.** 6:30 LR Concert Series 6:30 LR Crochet Corner	**19** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout **11:00 AT Meditation Yoga with Magi** **1:30 CR Book Club Book Exchange** 1:30 PO Music on the Front Porch **2:00 ST Paint with Karin** **5:00 LR Friends-giving Dinner Party**	**20** 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 ST Men's Luncheon** 1:30 PO Music on the Front Porch 2:00 TV Afternoon Matinee **3:30 LR Local Artist Exhibit with T.Van**	**21** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Mixed-Up Words 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza 4:00 LR Cheers to the Weekend Happy Hour
22 10:00 GS Chronicles, Puzzles and More **10:30 LR Catholic Mass with Father Brennan** 11:30 LR Brain Games 1:30 PO Music on the Front Porch 1:30 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	**23** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Pinnacle Fitness Class** 1:30 PO Music on the Front Porch **2:00 LR St. Denis Communion Services** **2:30 ST Prize Bazaar** 3:30 CR High Rollers Club 6:30 LR After Dinner Jeopardy with Sandi	**24** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout **11:00 AT Meditation Yoga with Magi** **11:30 LO Lunch Outing with The Culinary Cruiser** 1:00 TR Wandering Wagon Room Visits 1:30 PO Music on the Front Porch 2:30 ST Afternoon Bingo 3:30 CR Apples to Apples Happy Hour	**25** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Yoga with Cheryl** 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 CR Uno Card Game 6:30 LR Concerts & Cordials 6:30 LR Crochet Corner	**Thanksgiving** **26** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Gobble 'Til You Wobble Workout 11:30 LR Brain Games 1:30 PO Music on the Front Porch 2:30 ST Afternoon Bingo **4:00 LR A Toast to Thanksgiving Happy Hour**	**27** 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 TV Afternoon Matinee **2:00 LR Memorial Service with Father Brennan** **3:30 LR Happy Hour Entertainment with Frankie M.**	**28** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Brain Games 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza 4:00 LR Cheers to the Weekend Happy Hour
29 10:00 GS Chronicles, Puzzles and More **10:30 LR Catholic Mass with Father Brennan** 11:30 LR Brain Games 1:30 PO Music on the Front Porch 1:30 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	**30** 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation **11:00 LR Pinnacle Fitness Class** 1:30 PO Music on the Front Porch **2:00 LR St. Denis Communion Services** 3:30 CR High Rollers Club 6:30 LR After Dinner Jeopardy with Sandi					

Calendar of Events

Sunnyside Manor
2500 Ridgewood Road
Wall, NJ 07719

Illustratus
www.illustratus.com
Copyright © 2026 by LMig LLC