November 2026

Skilled Nursing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:30am:** Daily Deliveries **10am:** Coffee & Chat **11am:** Streaming Catholic Mass **1:30pm:** Afternoon Stretches **2pm:** Snack, Chat & Trivia **3pm:** Bingo Bonanza **4pm:** Weekend Wind Down Daylight Saving Time Ends	**2** **9:30am:** Daily Deliveries **10am:** Weekly Welcome & Coffee Chat **10:30am:** Sensory, Sorting, Matching & Folding **11am:** Stretch & Smile **1:30pm:** Armchair Travel **2pm: Communion Services** **2:30pm:** Friendly Competitions **3:30pm:** Cards & Coloring	**3** **9:30am:** Daily Deliveries **10am:** Morning Welcome & Coffee Chat **10:30am:** Sensory Music & Memories **10:45am: Yoga with Karin** **1:30pm:** Riddles & Brain Teasers **2pm:** Creative Corner **3:30pm:** Whiteboard Fun **6pm:** Crossword Puzzles	**4** **9:30am:** Daily Deliveries **10am:** Rise & Shine Coffee Hour **10:30am:** Sensory for the Senses **11am:** Functional Fitness **11:30am: Lunch Outing** **1:30pm:** Never too late to learn **2:30pm: Mindfulness with Cheryl** **3:30pm:** Group Games **6pm:** Night Owl Bingo	**5** **9:30am:** Daily Deliveries **10am:** Coffee, Donuts & BINGO **10:30am:** Sensory Reminiscing **11am:** Rhythmic Exercises **1:30pm:** TV Quiz Game **2pm:** Bingo **3:30pm: Dance with Magi** **6pm:** Tabletop Games	**6** **9:30am:** Daily Deliveries **10am:** Coffee & Laughs **10:30am:** Sensory Picture Pages **11am:** Dance Party Exercises **1:30pm:** Let's Make a List **2pm: Music by Anne Louise on the Keys** **3pm:** Jeopardy Fun	**7** **9:30am:** Daily Deliveries **10am: Classic Cars & Coffee** **10:30am:** Classic Sitcoms **11am:** Happy Feet Fitness **1:30pm:** Saturday Movie Matinee & Manicures **2:30pm:** Concession Cart **4pm:** Finish the Line
8 **9:30am:** Daily Deliveries **10am:** Coffee & Chat **11am:** Streaming Catholic Mass **1:30pm:** Afternoon Stretches **2pm:** Snack, Chat & Trivia **3pm:** Bingo Bonanza **4pm:** Weekend Wind Down Diwali (Hindi)	**9** **9:30am:** Daily Deliveries **10am:** Weekly Welcome & Coffee Chat **10:30am:** Sensory, Sorting, Matching & Folding **11am:** Stretch & Smile **1:30pm:** Armchair Travel **2pm: Catholic Mass** **2:30pm:** Friendly Competitions **3:30pm:** Cards & Coloring	**10** **9:30am:** Daily Deliveries **10am:** Morning Welcome & Coffee Chat **10:30am:** Sensory Music & Memories **10:45am: Yoga with Karin** **11:30am: Veteran's Flags for Heroes Bus Trip** **1:30pm:** Riddles & Brain Teasers **2pm: Creative Corner with S'mores** **3:30pm:** Whiteboard Fun **6pm:** Crossword Puzzles	**11** **9:30am:** Daily Deliveries **10am:** Rise & Shine Coffee **10:30am:** Sensory for the Senses **11am:** Functional Fitness **11:30am: Veterans Day Lunch** **1:30pm:** Never too late to learn **2:30pm: Mindfulness with Cheryl** **3:30pm:** Group Games **6pm: Night Owl Bingo & Floats** Veterans Day Remembrance Day (Canada)	**12** **9:30am:** Daily Deliveries **10am:** Coffee, Donuts & BINGO **10:30am:** Sensory Reminiscing **11am:** Rhythmic Exercises **1:30pm:** TV Quiz Game **2pm:** Bingo **2pm: Men's Club Social** **3:30pm: Dance with Magi** **6pm:** Tabletop Games	**13** **9:30am:** Daily Deliveries **10am:** Coffee & Laughs **10:30am:** Sensory Picture Pages **11am:** Dance Party Exercises **1:30pm:** Let's Make a List **2pm: Music by Lou B.** **3pm: Scavenger Hunt**	**14** **9:30am:** Daily Deliveries **10am:** Weekend Welcome & Coffee Chat **10:30am:** Classic Sitcoms **11am:** Happy Feet Fitness **1:30pm:** Saturday Movie Matinee & Manicures **2:30pm:** Concession Cart **4pm:** Finish the Line
15 **9:30am:** Daily Deliveries **10am:** Coffee & Chat **11am:** Streaming Catholic Mass **1:30pm:** Afternoon Stretches **2pm:** Snack, Chat & Trivia **3pm:** Bingo Bonanza **4pm:** Weekend Wind Down	**16** **9:30am:** Daily Deliveries **10am:** Weekly Welcome & Coffee Chat **10:30am:** Sensory, Sorting, Matching & Folding **11am:** Stretch & Smile **1:30pm:** Armchair Travel **2pm: Communion Services** **2:30pm:** Friendly Competitions **3:30pm:** Cards & Coloring	**17** **9:30am:** Daily Deliveries **10am:** Morning Welcome & Coffee Chat **10:30am:** Sensory Music & Memories **10:45am: Yoga with Karin** **1:30pm:** Riddles & Brain Teasers **2pm:** Creative Corner **3:30pm:** Whiteboard Fun **6pm:** Crossword Puzzles	**18** **9:30am:** Daily Deliveries **10am:** Rise & Shine Coffee Hour **10:30am:** Sensory for the Senses **11am:** Functional Fitness **11:30am: Lunch Outing** **1:30pm:** Never too late to learn **2pm: Group Games** **2:30pm: Mindfulness with Cheryl** **3:30pm: Flower Arranging with Heidi** **6pm:** Night Owl Bingo	**19** **9:30am:** Daily Deliveries **10am:** Coffee, Donuts & BINGO **10:30am:** Sensory Reminiscing **11am:** Rhythmic Exercises **111:30pm: Friendsgiving Luncheon** **1:30pm:** TV Quiz Game **2pm:** Bingo **3:30pm: Dance with Magi** **6pm:** Tabletop Games	**20** **9:30am:** Daily Deliveries **10am:** Coffee & Laughs **10:30am:** Sensory Picture Pages **12pm: Men's Luncheon** **11am:** Dance Party Exercises **1:30pm:** Let's Make a List **2pm: Music by Mike Folk** **3pm: Local Artist Exhibit with T. Van**	**21** **9:30am:** Daily Deliveries **10am:** Weekend Welcome & Coffee Chat **10:30am:** Classic Sitcoms **11am:** Happy Feet Fitness **1:30pm:** Saturday Movie Matinee & Manicures **2:30pm:** Concession Cart **4pm:** Finish the Line
22 **9:30am:** Daily Deliveries **10am:** Coffee & Chat **11am:** Streaming Catholic Mass **1:30pm:** Afternoon Stretches **2pm:** Snack, Chat & Trivia **3pm:** Bingo Bonanza **4pm:** Weekend Wind Down	**23** **9:30am:** Daily Deliveries **10am:** Weekly Welcome & Coffee Chat **10:30am:** Sensory, Sorting, Matching & Folding **11am:** Stretch & Smile **1:30pm:** Armchair Travel **2pm: Communion Services** **2:30-4pm: Bingo Prize Fair** **2:30pm:** Friendly Competitions **3:30pm:** Cards & Coloring	**24** **9:30am:** Daily Deliveries **10am:** Morning Welcome & Coffee Chat **10:30am:** Sensory Music & Memories **10:45am: Yoga with Karin** **1:30pm:** Riddles & Brain Teasers **2pm:** Creative Culinary Arts **2:30pm: Dance with Magi** **3:30pm:** Whiteboard Fun **6pm:** Crossword Puzzles	**25** **9:30am:** Daily Deliveries **10am:** Rise & Shine Coffee Hour **10:30am:** Sensory for the Senses **11am:** Functional Fitness **1:30pm:** Never too late to learn **2:30pm: Mindfulness with Cheryl** **3:30pm:** Group Games **6pm:** Night Owl Bingo	**26** **8:30am: 100th Annual Macy's Thanksgiving Day Parade** **9:30am:** Daily Deliveries **10am:** Coffee & Gratitude Social **10:30am:** Sensory Reminiscing **11am:** Belly Busting Exercises **12pm: National Dog Show** **1:30pm:** Thanksgiving Trivia **2:30pm:** Turkey Bingo **3:30pm: Holiday Classic Movie: March of The Wooden Soldiers** Thanksgiving Day (U.S.)	**27** **9:30am:** Daily Deliveries **10am:** Coffee & Laughs **10:30am:** Sensory Picture Pages **11am:** Dance Party Exercises **1:30pm:** Let's Make a List **2pm: Music by Frankie M.** **3pm:** Jeopardy Fun	**28** **9:30am:** Daily Deliveries **10am:** Weekend Welcome & Coffee Chat **10:30am:** Classic Sitcoms **11am:** Happy Feet Fitness **1:30pm:** Saturday Movie Matinee & Manicures **2:30pm:** Concession Cart **4pm:** Finish the Line
29 **9:30am:** Daily Deliveries **10am:** Coffee & Chat **11am:** Streaming Catholic Mass **1:30pm:** Afternoon Stretches **2pm:** Snack, Chat & Trivia **3pm:** Bingo Bonanza **4pm:** Weekend Wind Down	**30** **9:30am:** Daily Deliveries **10am:** Weekly Welcome & Coffee Chat **10:30am:** Sensory, Sorting, Matching & Folding **11am:** Stretch & Smile **1:30pm:** Armchair Travel **2pm: Communion Services** **2:30pm: Resident Council Meeting** **3:30pm:** Cards & Coloring					

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