

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Morning Programs 1 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Andy Williams Concert Soothing Stillness	Morning Programs 2 Smooth Instruments Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities 1:30pm: Mass w/Father Bill 2:30pm: Yoga w/Karin Pom-Pom Trees Different Names for Santa Meditative Moments	Morning Programs 3 Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Move & Groove Exercise Hot Cocoa Social Candy Cane Ornaments Favorite Christmas Candy 4pm: Zack Alexander in AL 6pm: Magic of Lights at PNC	Morning Programs 4 Ambient Beats Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities 1:30pm: Yoga w/Cheryl Charlie Brown Christmas Rockin' Around the Christmas Tree, Decorating Party Tree Lighting at Rockefeller Center	Morning Programs 5 Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities 1:30pm: Dance w/Magi 2:30pm: Music by Dan Hermann Culinary Creations Christmas Jewelry Class Moments of Serenity	Morning Programs 6 Healing Frequencies Mind & Body Wellness 10:30am: Music by Ken This Day in History Afternoon Activities Missing Christmas Lyric 2pm: Pinnacle Fitness Sugar Cone Trees Loving Gratitude	Morning Programs 7 Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Pool Noodle Exercise Holiday Classic Movie: <i>A Christmas Story</i> Blissful Mantras		
Morning Programs 8 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Jingle Bell Ornaments Andre Bocelli: My Christmas Soothing Stillness	Morning Programs 9 Smooth Instruments Mind & Body Wellness 10:30am: Music by Chuck Broadbent Afternoon Activities <i>Paper Bag Snowflakes with Sandi & Jen</i> 2:30pm: Yoga w/Karin Nutcracker Ballet Meditative Moments	Morning Programs 10 Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Move & Groove Exercise 2pm: Cookie Bake with The Red Hats in AL Christmas Napkin Rings Favorite Christmas Carols Evening Wind Down	Morning Programs 11 Ambient Beats Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities 1:30pm: Yoga w/Cheryl Whiteboard Christmas Movie Trivia 3pm: Music by Ann Louise Peaceful Mantras	Morning Programs 12 Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History Snowiest Winters Afternoon Activities Christmas Frames 2:30pm: Dance w/Magi Culinary Creations Moments of Serenity	Morning Programs 13 Healing Frequencies Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Christmas Word Scramble 2pm: Pinnacle Fitness Holiday Wall Art Loving Gratitude	Morning Programs 14 Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Balloon Exercise Holiday Classic Movie: <i>Miracle on 34th Street</i> Blissful Mantras		
Morning Programs 15 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Snowball Fight Trans-Siberian Orchestra Soothing Stillness	Morning Programs 16 Smooth Instruments Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Christmas Toys of Yesteryear 2pm: Create with Karin Warming Christmas Stories Meditative Moments	Morning Programs 17 Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Move & Groove Exercise Holiday Food Reminiscing 2pm: Music by Mark Miklos Christmas Garland Evening Wind Down	Morning Programs 18 Ambient Beats Mind & Body Wellness Daily Chronicle Resident Christmas Brunch Afternoon Activities Radio City Christmas Spectacular 3pm: AL Men's Club with Mike Winter Coloring Masterpieces Peaceful Mantras	Morning Programs 19 Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Air Dry Clay Ornaments 2:30pm: Dance w/Magi Culinary Creations Moments of Serenity	Morning Programs 20 Healing Frequencies Mind & Body Wellness 10:30am: Music by Keith Franklin Afternoon Activities Best Christmas Décor 2pm: Caroling with The Red Hats Piping Cookie Trees Loving Gratitude	Morning Programs 21 Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Streamer Exercise Holiday Classic Movie: <i>A Christmas Carol</i> Blissful Mantras Winter Begins		
Morning Programs 22 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats Marshmallow Snowman Royal Albert Hall Concert Soothing Stillness	Morning Programs 23 Smooth Instruments Mind & Body Wellness Daily Chronicle 10:30am: Music by Emile ***Lunch Outing*** Afternoon Activities Reindeer Food 2:30pm: Yoga w/Karin Reindeer Toss Meditative Moments	Morning Programs 24 Tranquil Soul Mind & Body Wellness 10:30am: Christmas Eve Spectacular with Angela This Day in History Afternoon Activities Move & Groove Exercise Pine Cone Toss 12 Days of Christmas Story Holiday Wind Down	Morning Programs 25 Ambient Beats Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities What's in Santas Hat Naughty or Nice Tours of Snowy Wonder Christmas with Andre Rieu Christmas Hanukkah Begins	Morning Programs 26 Positive Vibrations Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Kwanzaa Lesson 2:30pm: Dance w/Magi Worst Gifts Moments of Serenity Boxing Day (Canada) Kwanzaa Begins	Morning Programs 27 Healing Frequencies Mind & Body Wellness 10:30am: Music by John Heiserman Afternoon Activities Menorah Ring Toss 2pm: Pinnacle Fitness Hanukkah Traditions Dreidel Game Loving Gratitude	Morning Programs 28 Celestial Flow Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Floating Scarf Exercise Holiday Classic Movie: <i>It's A Wonderful Life</i> Blissful Mantras		
Morning Programs 29 Spiritual Interludes Mind & Body Wellness Daily Chronicle 10:30am: Catholic Mass in AL Afternoon Activities Gentle Stretches Bingo & Treats New Years Hats Soothing Stillness	Morning Programs 30 Smooth Instruments Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities 1:30pm: Music by Jerry C. 2:30pm: Yoga w/Karin A Year in Review Confetti Collage Meditative Moments	Morning Programs 31 Tranquil Soul Mind & Body Wellness Daily Chronicle This Day in History Afternoon Activities Move & Groove Exercise New Years Traditions 3pm: Armchair Travel to Brussels, New Years Eve Celebration New Year's Eve					<p>SUNNYSIDE MANOR</p> <h1>December 2024</h1> <h2>RECOLLECTIONS</h2>	

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