

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES

News & Information from Around the Community

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Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

A Rose Garland by Any Other Name

Twenty racehorses run for the roses each year at the annual Kentucky Derby. Take a trot down memory lane with these Derby champs' memorable monikers:

Spend A Buck followed the money after winning the Derby in 1985, earning \$2 million in another race.

Forward Pass raced faster than a speeding football in the 1968 race.

Twenty Grand more than doubled his name with the 1931 purse of nearly \$50,000.

A troublemaker turned history-maker, Behave Yourself won the rose garland in 1921.

Gamblers in 1915 could count on Regret, the first filly to win the Kentucky Derby.

Ease Aches With Avocado

Feel free to indulge in guacamole during your Cinco de Mayo celebrations, especially if you suffer from stiff or achy joints. The avocado in the dip contains anti-inflammatory omega-3 fatty acids and vitamin E, which can help repair damaged cartilage.

A Queso the Giggles

Q. What do you call a tortilla chip that lifts weights?

A. A macho nacho.

May 2026



A Splendid Gift

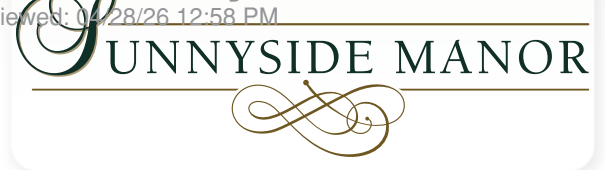
"Live life when you have it. Life is a splendid gift—there is nothing small about it." —Florence Nightingale

Celebrating Moms

Greeting cards, flowers and special outings are the top three most popular purchases for Mother's Day gifts. According to the National Retail Federation, U.S. consumers spend more than \$34 billion celebrating the moms in their lives.


Walk It Off

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Better Hearing Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.



May 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
- PA Patio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Morning Motion</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 CR Nail Polish Painting Party</p> <p>2:00 TV Weekly Documentary Series</p> <p>3:30 LR Happy Hour with Musial Entertainment by Frankie M</p>	<p>2</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Walking Club with the Sunshine Strollers</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TV Weekend Movie Premiere</p> <p>2:00 LR Come Place Your Bet Mint Julep Social</p> <p>2:30 ST Bingo Extravaganza</p>
<p>3</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 ST Walking Club with the Sunshine Strollers</p> <p>3:00 ST Sunday Bingo Marathon</p> <p>3:30 TV Sunday Movie Matinee</p>	<p>4</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>11:00 ST The Crochet Club</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 LR Catholic Mass with Father Bill</p> <p>3:30 ST Happy Hour LCR</p> <p>6:30 LR Monday Night Jeopardy with Sandi</p>	<p>5</p> <p>Cinco de Mayo</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Functional Fitness</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 ST Let's Create! Arts & Crafts Social</p> <p>3:30 LR Cinco de Mayo Celebration</p> <p>6:30 ST Night Owl Prize Bingo</p>	<p>6</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Yoga with Cheryl</p> <p>11:30 LO Lunch Outing with The Culinary Cruiser</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 LR Resident Council Meeting</p> <p>2:00 TV Travelogue- Wonders of Hawaii</p> <p>3:00 ST Happy Hour & Party Games</p> <p>6:30 LR Concerts & Cordials</p>	<p>7</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 AT Meditation Yoga with Magi</p> <p>11:30 PO Brain Games</p> <p>12:00 LR Ladies' Luncheon</p> <p>1:30 PO Music on the Front Porch</p> <p>3:30 ST Sweet Treat Bingo</p> <p>6:30 CY Lemonade and Games on the Patio</p>	<p>8</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Morning Motion</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 CR Nail Polish Painting Party</p> <p>2:00 LR Greg Caggiano, Historian</p> <p>2:00 TV Weekly Documentary Series</p> <p>3:30 LR Blowing Bubbles Happy Hour</p>	<p>9</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Walking Club with the Sunshine Strollers</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TV Weekend Movie Premiere</p> <p>2:30 ST Bingo Extravaganza</p> <p>4:00 LR Catholic Mass with Farher Brennan</p>
<p>10</p> <p>Mother's Day</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 LR Mother's Day Tea</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 ST Walking Club with the Sunshine Strollers</p> <p>3:00 ST Sunday Bingo Marathon</p> <p>3:30 TV Sunday Movie Matinee</p>	<p>11</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>11:00 ST The Crochet Club</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 LR St. Denis Communion Services</p> <p>3:30 CR Card Sharks- Kings in the Corner</p> <p>6:30 LR Monday Night Jeopardy with Sandi</p>	<p>12</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Functional Fitness</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 ST Let's Create! Arts & Crafts Social</p> <p>3:30 LR Happy Hour with Entertainment by John Heiserman</p> <p>6:30 ST Night Owl Prize Bingo</p>	<p>13</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Yoga with Cheryl</p> <p>11:30 LO Lunch Outing with The Culinary Cruiser</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TR Room Visits with The Wandering Wagon</p> <p>2:00 TV Travelogue-Rick Steves Iceland</p> <p>3:00 ST Happy Hour & Party Games</p> <p>6:30 LR Concerts & Cordials</p>	<p>14</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 AT Meditation Yoga with Magi</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TR The Red Hat Society visits Skilled Nursing</p> <p>2:30 CR Men's Club Social</p> <p>3:30 ST Sweet Treat Bingo</p> <p>6:30 CY Lemonade and Games on the Patio</p>	<p>15</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Morning Motion</p> <p>11:30 ST Men's Luncheon</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 CR Nail Polish Painting Party</p> <p>2:00 TR Scenic Ride</p> <p>2:00 TV Weekly Documentary Series</p> <p>3:30 LR Bowling for Sunny Money Happy Hour</p>	<p>16</p> <p>Armed Forces Day</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Walking Club with the Sunshine Strollers</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TV Weekend Movie Premiere</p> <p>2:30 ST Bingo Extravaganza</p>
<p>17</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>11:30 LR Somewhere Over the Rainbow Trivia</p> <p>1:30 PO Music on the Front Porch: Judy Garland</p> <p>2:00 ST Walking Club with the Sunshine Strollers</p> <p>3:00 ST Sunday Bingo Marathon</p> <p>3:30 TV Sunday Matinee: The Wizard of Oz</p>	<p>18</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>11:00 ST The Crochet Club</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 LR St. Denis Communion Services</p> <p>3:30 CR Card Sharks</p> <p>6:30 LR Monday Night Jeopardy with Sandi</p>	<p>19</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Functional Fitness</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 ST Let's Create! Arts & Crafts Social</p> <p>3:30 CY Cornhole & Cocktails</p> <p>6:30 ST Night Owl Prize Bingo</p>	<p>20</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Yoga with Cheryl</p> <p>11:30 LO Lunch Outing with The Culinary Cruiser</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TR Room Visits with The Wandering Wagon</p> <p>2:00 TV Travelogue-Train Ride Through Scotland</p> <p>3:00 ST Happy Hour & Party Games</p> <p>6:30 ST Spa Night</p>	<p>21</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 AT Meditation Yoga with Magi</p> <p>11:30 LR Brain Games</p> <p>1:30 CR Book Club Book Exchange</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 CR Paint with Karin</p> <p>3:30 ST Terrarium Workshop with Earl Hicks</p> <p>6:30 ST Sweet Treat Bingo</p>	<p>22</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Morning Motion</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 CR Nail Polish Painting Party</p> <p>2:00 TV Weekly Documentary Series</p> <p>3:30 LR Happy Hour with Entertainment by Zack A</p>	<p>23</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Walking Club with the Sunshine Strollers</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TV Weekend Movie Premiere</p> <p>2:30 ST Bingo Extravaganza</p>
<p>24</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:30 LR Catholic Mass with Father Brennan</p> <p>11:30 LR Brain Games</p> <p>2:00 ST Walking Club with the Sunshine Strollers</p> <p>3:00 ST Sunday Bingo Marathon</p>	<p>25</p> <p>Memorial Day</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Pinnacle Fitness Class</p> <p>11:00 ST The Crochet Club</p> <p>12:00 PA BBQ Lunch</p> <p>1:30 PO Music on the Front Porch</p> <p>3:30 LR Memorial Day Celebration Social</p> <p>6:30 LR Monday Night Jeopardy with Sandi</p>	<p>26</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Functional Fitness</p> <p>11:30 LR Brain Games</p> <p>1:00 LR "Harmony in Bloom" with Manasquan HS Choir</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 ST Let's Create! Arts & Crafts Social</p> <p>3:30 LR Happy Hour Hole-In-One</p> <p>6:30 ST Night Owl Prize Bingo</p>	<p>27</p> <p>9:30 LO Veterans' Blue Claws Baseball Game Outing</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Yoga with Cheryl</p> <p>11:30 LO Lunch Outing with The Culinary Cruiser</p> <p>1:30 PO Music on the Front Porch: Julie Andrews</p> <p>1:30 TR Room Visits with The Wandering Wagon</p> <p>2:00 TV Afternoon Matinee: The Sound of Music</p> <p>3:30 LR The Hills Are Alive Happy Hour</p> <p>6:30 LR Concerts & Cordials</p>	<p>28</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 AT Meditation Yoga with Magi</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>2:00 LR Memorial Service with Father Brennan</p> <p>3:30 ST Sweet Treat Bingo</p> <p>6:30 CY Lemonade and Games on the Patio</p>	<p>29</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>10:30 LO Resident Choice Trip</p> <p>11:00 LR Morning Motion</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 CR Nail Polish Painting Party</p> <p>2:00 TV Weekly Documentary Series</p> <p>3:30 LR Happy Hour with Musical Guest Keith</p>	<p>30</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:00 CR Coffee & Conversation</p> <p>11:00 LR Walking Club with the Sunshine Strollers</p> <p>11:30 LR Brain Games</p> <p>1:30 PO Music on the Front Porch</p> <p>1:30 TV Weekend Movie Premiere</p> <p>2:30 ST Bingo Extravaganza</p>
<p>31</p> <p>10:00 GS Chronicles, Puzzles and More</p> <p>10:30 LR</</p>						

FLOWER OF THE MONTH | MAY

Lily of the Valley

*Sweetness
and humility*



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