

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES

News & Information from Around the Community

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Flag Facts

Our American flag has been flying for more than 240 years and has quite the story to tell. Here are just a few snippets from Old Glory's rich history.

Kid wonder. Our current version of the flag was created by a high school student for a history project. In 1958, Robert G. Heft designed the 50-star flag—a year before Alaska or Hawaii officially became states, though rumor was that they would both join the United States before long. Heft's teacher, however, gave him poor marks for counting and said Heft could save his grade if he could convince the government to accept his design. Two years later, Heft got a call from President Eisenhower: his flag was in. (And yes, his teacher did increase his grade, though by this time Heft had graduated!)

Lunar legacy. Six American flags have been placed on the moon. An American astronaut has planted the flag for each of the six lunar missions, bringing the Stars and Stripes to space.

From battlefield to baseball field. Francis Scott Key wrote "The Star-Spangled Banner" in 1814 after witnessing the flag flying over Fort McHenry in Baltimore, Md., after surviving a British attack. The song gained popularity through the years and was named the National Anthem in 1931.

The tried and true Red, White and Blue. Our pennant's colors are as symbolic as the numbers of stars and stripes. Red was chosen for valor and bravery, white for purity and innocence, and blue for vigilance, perseverance and justice.

July 2026



Korean War Armistice

After a three-year conflict, the Korean War ended with an armistice signed on July 27, 1953. Data from the U.S. Department of Veterans Affairs shows there are over 1 million Korean War vets. On the anniversary of the armistice, we honor them and all 6.8 million Americans who served during this war period.

Firecrackin' Art

Black cats, dragons, cowboys and rocket ships—these are just some of the subjects that have appeared on fireworks packaging since the early 1900s. That's when lithography printing machines arrived in China, allowing firecracker manufacturers to design colorful labels to set their products apart from competitors. Some artwork introduced Americans to Chinese mythology and landmarks, while others reflected current pop culture. Nowadays, vintage fireworks art has many collectors and has even been featured at the Smithsonian Institution.

Sunshiny Day

"A little bit of summer is what the whole year's all about." —John Mayer



July 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 10:00 CR Coffee & Conversation 11:00 LR Yoga with Cheryl 1:30 PO Music on the Front Porch 1:30 CR Nail Polish Painting Party 2:00 TV Golden Age Comedy Hour 3:30 LR Happy Hour & Party Games 6:30 CY Lemonade and Games on the Patio	2 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 AT Meditation Yoga with Magi 11:30 LR Brain Games 1:30 PO Music on the Front Porch 2:00 LR Resident Council Meeting 3:30 ST Sweet Treat Bingo 6:30 LR Concerts & Cordials	3 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Functional Fitness 1:30 PO Music on the Front Porch 2:00 TR Room Visits with The Wandering Wagon 2:00 TV Weekly Documentary Series 3:30 LR Balloon Volleyball Happy Hour	Independence Day 4 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Red, White, & Blue Trivia 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza
5 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 2:00 TV Exercise Video 2:00 ST Walking Club with the Sunshine Strollers 3:00 ST Sunday Bingo Marathon 3:30 TV Sunday Movie Matinee	6 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 11:00 ST The Crochet Club 1:30 PO Music on the Front Porch 2:00 LR St. Denis Communion Services 3:30 LR Summer Cocktails & Hors d'oeuvres with Kristin 6:30 LR Monday Night Jeopardy with Sandi	7 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video 11:30 LO Lunch Outing with The Culinary Cruiser 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 LR The Great Happy Hour Spelling Bee 6:30 ST Night Owl Prize Bingo	8 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 1:30 CR Nail Polish Painting Party 2:00 TV Golden Age Comedy Hour 3:30 LR Happy Hour & Party Games 6:30 CY Lemonade and Games on the Patio	9 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 AT Meditation Yoga with Magi 11:30 LR Brain Games 12:00 ST The Red Hat Society Luncheon 1:30 PO Music on the Front Porch 2:30 CR Men's Club Social 3:30 ST Sweet Treat Bingo 6:30 LR Concerts & Cordials	10 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Functional Fitness 1:30 PO Music on the Front Porch 2:00 LR Greg Caggiano, Historian 2:00 TR Room Visits with The Wandering Wagon 2:00 TV Weekly Documentary Series 3:30 LR Minute to Win It Happy Hour Games	11 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Word in a Word Group Game 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza
12 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 2:00 TV Exercise Video 2:00 ST Walking Club with the Sunshine Strollers 3:00 ST Sunday Bingo Marathon 3:30 TV Sunday Movie Matinee	13 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 11:00 ST The Crochet Club 1:30 PO Music on the Front Porch 2:00 LR St. Denis Communion Services 3:30 ST Uno Happy Hour 6:30 LR Monday Night Jeopardy with Sandi	14 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video 11:30 LO Lunch Outing with The Culinary Cruiser 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 LR Happy Hour with John Heiserman 6:30 ST Night Owl Prize Bingo	15 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 1:30 CR Nail Polish Painting Party 2:00 TV Golden Age Comedy Hour 3:30 LR Happy Hour & Party Games 6:30 CY Lemonade and Games on the Patio	16 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 AT Meditation Yoga with Magi 11:30 LR Brain Games 1:30 CR Book Club Book Exchange 1:30 PO Music on the Front Porch 2:00 ST Paint with Karin 3:30 ST Sweet Treat Bingo 6:30 LR Concerts & Cordials	17 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Resident Choice Trip 11:00 LR Functional Fitness 11:30 ST Men's Luncheon 1:30 PO Music on the Front Porch 2:00 TR Room Visits with The Wandering Wagon 2:00 TV Weekly Documentary Series 3:30 LR Happy Hour with Musical Guest Anne on the Keys	18 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Word in a Word Group Game 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza
19 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 2:00 TV Exercise Video 2:00 ST Walking Club with the Sunshine Strollers 3:00 ST Sunday Bingo Marathon 3:30 TV Sunday Movie Matinee	20 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 11:00 ST The Crochet Club 1:30 PO Music on the Front Porch 2:00 LR St. Denis Communion Services 3:30 ST LCR Happy Hour 6:30 LR Monday Night Jeopardy with Sandi	21 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video 11:30 LO Lunch Outing with The Culinary Cruiser 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 LR Happy Hour Music Challenge 6:30 ST Night Owl Prize Bingo	22 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 1:30 CR Nail Polish Painting Party 2:00 TV Golden Age Comedy Hour 3:00 ST Happy Hour with Entertainment by Mark M John Heiserman 6:30 CY Lemonade and Games on the Patio	23 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 12:00 LR Luau Luncheon 3:30 ST Sweet Treat Bingo 6:30 LR Concerts & Cordials	24 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Resident Choice Trip 11:00 LR Functional Fitness 12:30 LO Trip to The NJ Boat Museum 1:30 PO Music on the Front Porch 2:00 TR Room Visits with The Wandering Wagon 2:00 TV Weekly Documentary Series 4:00 LR Name That Tune with Musical Guest Arnie Abrams	25 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Word in a Word Group Game 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza
26 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 2:00 TV Exercise Video 2:00 ST Walking Club with the Sunshine Strollers 3:00 ST Sunday Bingo Marathon 3:30 TV Sunday Movie Matinee	27 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 11:00 ST The Crochet Club 1:30 PO Music on the Front Porch 2:00 LR St. Denis Communion Services 3:30 ST Pokeno Happy Hour 6:30 LR Monday Night Jeopardy with Sandi	28 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video 11:30 LO Lunch Outing with The Culinary Cruiser 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 LR Happy Hour Team Fact or Faux Challenge 6:30 ST Night Owl Prize Bingo	29 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 1:30 CR Nail Polish Painting Party 2:00 TV Golden Age Comedy Hour 3:30 LR Happy Hour & Party Games 6:30 CY Lemonade and Games on the Patio	30 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 CY Sunnyside Strollers Walking Club 11:30 LR Brain Games 1:30 PO Music on the Front Porch 2:00 LR Memorial Service with Father Brennan 3:30 LR Happy Hour with Musical Guest Angela 6:30 LR Concerts & Cordials	31 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Movie Matinee Outing 11:00 LR Functional Fitness 1:30 PO Music on the Front Porch 2:00 TR Room Visits with The Wandering Wagon 2:00 TV Weekly Documentary Series	



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