

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES

News & Information from Around the Community

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August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

Arthritis Relief With Coconut Oil

Using coconut oil as a lotion can soothe dry skin, and it may also help relieve joint pain related to arthritis. Coconut oil contains anti-inflammatory properties, and some research shows that massaging the oil into the skin can increase circulation to the area.

Games Are Good for Your Gray Matter

Research shows that these classic games support specific cognitive functions.

One player. Playing cards, including one-player games like solitaire, is linked to better focus and memory, according to research. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.

Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory; they also can be played with three or four players.

August 2026



Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

A Spider's Lesson

Many attribute the old adage, "If at first you don't succeed, try, try and try again," to the first Scottish king, Robert the Bruce. After being defeated in battle fighting for Scotland's independence in the 14th century, Bruce hid in a cave, where he witnessed a spider trying, failing and trying again at making a web until it had just one silk thread to build from. The experience became a powerful analogy Bruce used to rally troops and secure a victory despite being outnumbered nearly two to one.

Written records of the famous proverb came more than 300 years later in British poet William Edward Hickson's "The Singing Master" and American educator T.H. Palmer's teacher's manual.



August 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
2 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 LR The Sunshine Strollers Walking Club 2:30 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	3 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 Trivia Wheel Challenge 6:30 LR After Dinner Jeopardy and Cordials	4 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 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 CR Apples to Apples Happy Hour 6:30 ST Night Owl Bingo	5 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 ST High Roller Club 3:30 LR Happy Hour and Board Games 6:30 ST Spa Night	6 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 Bingo with Friends 6:30 CY Lemonade and Games on the Patio	Purple Heart Day 7 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Scenic Ride 11:00 LR Pinnacle Fitness Class 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 Entertainment by Frankie M	8 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Would You Rather 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
9 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 LR The Sunshine Strollers Walking Club 2:30 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	10 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 Catholic Mass with Father Bill 3:30 LR Happy Hour with Guy & Grace 6:30 LR Monday Night Jeopardy with Sandi	11 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 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 CR LCR Happy Hour 6:30 ST Night Owl Bingo	12 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 ST High Roller Club 3:30 LR Balloon Volleyball Challenge 6:30 LR Concerts & Cordials	13 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 2:30 CR Men's Club Social 4:00 LR Happy Hour with Lou B 6:30 ST Evening Bingo	14 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Library Outing 11:00 LR Pinnacle Fitness Class 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 Happy Hour with Dan Herrmann	15 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Who Am I 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
16 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 LR The Sunshine Strollers Walking Club 2:30 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	17 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 3:00 LR Happy Hour with Entertainment by Ken J 6:30 LR Monday Night Jeopardy with Sandi	18 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 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 CR Kings in the Corner Happy Hour 6:30 ST Night Owl Bingo	19 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 ST High Roller Club 3:30 LR Ice Cream Social 6:30 LR Concerts & Cordials	20 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 3:00 LR Ice Cream Sundae Social 6:30 ST Evening Bingo	21 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 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 Jerry C	22 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Finish the Line 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
23 10:00 GS Chronicles, Puzzles and More 10:30 LR Catholic Mass with Father Brennan 2:30 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	24 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 11:00 ST The Crochet Club 2:00 LR St. Denis Communion Services 6:30 LR After Dinner Jeopardy and Cordials	25 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 1:30 PO Music on the Front Porch 2:00 ST Let's Create! Arts & Crafts Social 3:30 CR Uno Happy Hour 6:30 ST Night Owl Bingo	26 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Yoga with Cheryl 1:00 ST Prize Bazaar 1:30 PO Music on the Front Porch 1:30 CR Nail Polish Painting Party 2:00 ST High Roller Club 3:30 LR Minute to Win It Game Challenge 6:30 LR Concerts & Cordials	27 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 12:00 LR Boardwalk Pier Lunch-in 1:30 PO Music on the Front Porch 2:30 LR Memorial Service with Father Brennan 2:30 ST Tech Talk 3:30 ST Bingo with Friends 6:30 CY Lemonade and Games on the Patio	28 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 TR Room Visits with The Wandering Wagon 2:00 TV Weekly Documentary Series 3:30 LR Happy Hour with John Heisermann	29 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 4:00 LR Cheers to the Weekend Happy Hour
30 10:00 GS Chronicles, Puzzles and More 10:30 LR Catholic Mass with Father Brennan 2:30 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	31 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 11:00 ST The Crochet Club 2:00 LR St. Denis Communion Services 6:30 LR After Dinner Jeopardy and Cordials					



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