

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES

News & Information from Around the Community

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Tomorrow, Together

"Let us put our minds together and see what life we can make for our children."

—Sitting Bull

Health Literacy How-To

October is Health Literacy Month, and it means more than just being able to read the prescription. Health literacy means you're able to find reliable sources, understand medical instructions and confidently ask your doctor questions. Here are a few tips to improve health literacy online and in the doctor's office:

Online. Prioritize websites that end in .edu or .gov, especially prominent universities and government organizations. Be sure to verify information generated online by websites or artificial intelligence with a trusted health care provider.

In office. Write your questions down ahead of time, take notes and repeat back what you heard the medical provider say. This reduces the risk of assumptions or misunderstandings during the appointment.

Card Game Corner: Onze

Onze (pronounced "oh-nz") is a trending rummy-style card game where the goal of the game is to get rid of cards as quickly as possible without earning penalties. Three to seven players can play onze — which is French for 11 — in about a half hour with just two decks and pen and paper for keeping score. Simply search online for a quick tutorial, and *amuse-toi* ... have fun!

October 2026



How 'Bout Them Apples?

Fresh apples covered in caramel and served on a stick are one of the signs that fall has arrived. Thank Dan Walker for the confection. In the 1950s, the Kraft Foods salesman came up with a way to use the company's excess supply of caramel candies. Today, the sticky treats are often made with additional toppings, such as nuts, chocolate, sprinkles and candy bits.

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together



October 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 Exercise Video Workout 11:00 AT Meditation Yoga with Magi 1:30 PO Music on the Front Porch 2:00 LR Resident Council Meeting 3:30 ST Bingo with Friends 6:30 LR Evening Game Social	2 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Movie Outing 11:00 LR Pinnacle Fitness Class 1:30 PO Music on the Front Porch 2:00 TV Afternoon Matinee 3:30 LR Happy Hour with Entertainment by Lisa and Joey	3 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Giant Crossword 1:30 PO Music on the Front Porch 1:30 TV Weekend Movie Premiere 2:30 ST Bingo Extravaganza 4:00 LR Catholic Mass with Father Brennan
4 9:00 CY Classic Cars and Coffee 10:00 GS Chronicles, Puzzles and More 1:30 PO Music on the Front Porch 1:30 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	5 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 ST Magazine Scavenger Hunt 6:30 LR After Dinner Jeopardy and Cordials with Sandi	6 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 2:30 ST Afternoon Bingo 3:30 LR Parachute Party & Happy Hour	7 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 2:00 ST Let's Create! Arts & Crafts Social 3:30 LR Happy Hour and Games 6:30 LR Spa Night	8 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout 11:00 AT Meditation Yoga with Magi 1:30 ST Baking Club 1:30 PO Music on the Front Porch 2:30 CR Men's Club Social 3:30 ST Bingo with Friends 6:30 LR Evening Game Social	9 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 TV Afternoon Matinee 2:00 LR Greg Caggiano, Historian 3:00 LR Jingleheimer German Band 3:30 LR Happy Hour Entertainment with Jerry C	10 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Whiteboard, Word In a Word 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
11 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 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	12 Columbus Day 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 CR Happy Hour with Guy & Grace 6:30 LR After Dinner Jeopardy with Sandi	13 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 2:30 ST Afternoon Bingo 3:30 LR Hot Potato Happy Hour	14 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 2:00 ST Pumpkin Painting Social 3:30 LR Happy Hour and Games 6:30 LR Concerts & Games	15 9:00 LO Shop with Dreams of a Feather with Heather 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout 11:00 AT Meditation Yoga with Magi 1:30 CR Book Club Book Exchange 1:30 PO Music on the Front Porch 2:00 ST Paint with Karin 3:30 ST Bingo with Friends 6:30 LR Casino Night	16 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Resident Choice Trip 11:00 LR Pinnacle Fitness Class 11:30 ST Men's Luncheon 1:30 PO Music on the Front Porch 2:00 TV Afternoon Matinee 3:30 LR Happy Hour Entertainment with Zack Alexander	17 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Mixed-Up Words 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
18 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 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	19 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 High Roller Club 6:30 LR After Dinner Jeopardy and Cordials with Sandi	20 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 2:30 ST Afternoon Bingo 3:30 LR Happy Hour with Musical Guest John H	21 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 2:00 ST Let's Create! Arts & Crafts Social 3:30 LR Scarecrow Stuffing Party 6:30 LR Concerts & Games	22 10:00 GS Chronicles, Puzzles and More 10:00 ST Coffee & Conversation 11:00 AT Meditation Yoga with Magi 12:00 LR San Gennaro Luncheon 3:30 ST Bingo with Friends 6:30 LR Evening Game Social	23 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 TV Afternoon Matinee 3:30 LR Happy Hour Entertainment with Chuck B	24 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Who, What, Where Am I 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
25 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 ST Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	26 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 Balloon Volleyball Challenge 6:30 LR After Dinner Jeopardy and Cordials with Sandi	27 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 2:30 ST Afternoon Bingo 3:30 CR Minute to Win It Happy Hour	28 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 2:00 ST Prize Bazaar 3:30 LR Happy Hour and Games 6:30 LR Concerts & Games	29 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout 11:00 AT Meditation Yoga with Magi 1:30 PO Music on the Front Porch 2:00 LR Memorial Service with Father Brennan 3:00 LR Happy Hour with Musical Entertainment by Ken J 6:30 LR Evening Game Social	30 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 TV Afternoon Matinee 2:00 ST Tech Talk 3:30 LR Happy Hour Entertainment with Arnie Abrams 4:00 TR Halloween Parade with the Girl Scouts	31 Happy Halloween 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Finish the Phrase 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

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10:00

GS

Chronicles, Puzzles and More

10:00

CR

Coffee & Conversation

10:30

LO

Movie Outing

11:00

LR

Pinnacle Fitness Class

1:30

PO

Music on the Front Porch

2:00

TV

Afternoon Matinee

3:30

LR

Happy Hour with Entertainment by Lisa and Joey

3

10:00

GS

Chronicles, Puzzles and More

10:00

CR

Coffee & Conversation

11:00

LR

Morning Motion

11:30

LR

Giant Crossword

1:30

PO

Music on the Front Porch

1:30

TV

Weekend Movie Premiere

2:30

ST

Bingo Extravaganza

4:00

LR

Catholic Mass with Father Brennan



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