

SUNNYSIDE MANOR SENIOR LIVING

SUNNYSIDE TIMES

News & Information from Around the Community

2500 Ridgewood Road • Wall NJ 07719 • 1-888-316-6967

Positive Thought

"Aging is not lost youth, but a new stage of opportunity and strength." —Betty Friedan

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.

September by the Numbers

3. Minimum servings of whole grains recommended daily. September is Whole Grains Month.

70 million. Approximate number of grandparents in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.

39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

Around the World: Nations' Nicknames

Uncle Sam isn't the only national nickname. Check out these lands' alternative monikers.

The Emerald Isle. Ireland's rich green landscape also inspired the ancient nickname *Ivernia*, Greek for "fertile country."

The Boot. Italy's shoe-shaped borders earned its famous moniker, or *Lo Stivale* in Italian.

Land of the Rising Sun. The native name of Japan, *Nihon*, translates to "sun's origin," and the Pacific archipelago is one of the most eastern Asian countries.

Gift of the Nile. Egypt got its longtime nickname from ancient Greek historian Herodotus, because ancient Egypt relied on the Nile's yearly flooding for fertile soil, as well as doubling as the world's largest moat, protecting the kingdom from foreign conquest.

September 2026



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

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 11:30 LO Lunch Outing with The Culinary Cruiser 1:30 PO Music on the Front Porch 2:00 TR Wandering Wagon Room Visits 3:30 LR Happy Hour Bowling Social 6:30 ST Night Owl Bingo	2 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 Match Game Happy Hour 6:30 LR Concerts & Cordials	3 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 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 ST Spa Night	4 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 4:00 LR Happy Hour with Musical Entertainment by Ferlie	5 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
6 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 Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	7 Labor 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 12:00 PA BBQ LUNCH 1:30 PO Music on the Front Porch 3:30 ST High Roller Club: Texas Hold'em 6:30 LR After Dinner Jeopardy and Cordials with Sandi	8 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 TR Wandering Wagon Room Visits 3:30 LR Happy Hour with Entertainment by Mark M 6:30 ST Night Owl Bingo	9 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 Spelling Bee 6:30 LR Concerts & Cordials	10 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 11:30 LR Brain Games 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 CY Lemonade and Games on the Patio	11 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 Arnie Abrams	12 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Guess the Slogan 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 Farther Brennan
13 Grandparents Day 10:00 GS Chronicles, Puzzles and More 10:00 LR Grandparents Coffee Hour 11:30 LR Brain Games 1:30 PO Music on the Front Porch 1:30 LR Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	14 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 High Roller Club: 5-Card Poker 6:30 LR After Dinner Jeopardy and Cordials with Sandi	15 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 TR Wandering Wagon Room Visits 3:30 LR Happy Hour with Musical Entertainment by John H 6:30 ST Night Owl Bingo	16 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 Right on Time/Haven't Left Happy Hour 6:30 LR Concerts & Cordials	17 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 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 Bingo with Friends 6:30 CY Lemonade and Games on the Patio	18 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 10:30 LO Around Town with Terry 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 with Stu Hooten Entertainment	19 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR 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 Oktoberfest Happy Hour
20 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 Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	21 World Alzheimer's 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 Catholic Mass with Father Bill 3:30 LR Zoom Balloons with Earl Hicks 6:30 LR After Dinner Jeopardy and Cordials with Sandi	22 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 TR Wandering Wagon Room Visits 3:30 LR Balloon Volleyball Happy Hour 6:30 ST Night Owl Bingo	23 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 Charades Happy Hour 6:30 LR Concerts & Cordials	24 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 11:30 LR Brain Games 1:30 PO Music on the Front Porch 2:00 LR Memorial Service with Father Brennan 2:30 ST Tech Talk 3:30 LR Happy Hour with Entertainment by Angela 6:30 ST Evening Bingo	25 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Pinnacle Fitness Class 1:30 PO Music on the Front Porch 2:00 TV Afternoon Matinee 2:00 LR Historian Greg Caggiano 3:30 LR Happy Hour with Musical Guest Kathleen Elle	26 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Morning Motion 11:30 LR Hangman 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
27 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 Nail Polish Painting Party 3:00 ST Sunday Afternoon Bingo 3:30 TV Afternoon Movie Matinee 4:00 LR Sunday Sip & Social Hour	28 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 High Roller Club: Poker 6:30 LR After Dinner Jeopardy and Cordials with Sandi	29 10:00 GS Chronicles, Puzzles and More 10:00 CR Coffee & Conversation 11:00 LR Exercise Video Workout 11:30 LO Lunch In with The Culinary Cruiser 1:30 PO Music on the Front Porch 2:00 TR Wandering Wagon Room Visits 2:30 ST Prize Bazaar 3:30 LR Minute to Win It Happy Hour 6:30 ST Night Owl Bingo	30 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 Silly Hat Happy Hour 6:30 LR Concerts & Cordials			

FLOWER OF THE MONTH | SEPTEMBER

Aster

Love and patience



Sunnyside Manor
2500 Ridgewood Road
Wall, NJ 07719