



Happy BIRTHDAY



Capko, Janina	Jan. 4
Schroeder, Anne	Jan. 17
Payne, Angie	Jan. 18



January Birth Stone: Garnet



January Birth Flower: Carnation



Snowdrop



"Auld Lang Syne"
 Should auld acquaintance be forgot,
 And never brought to mind?
 Should auld acquaintance be forgot,
 And days o' lang syne!
 For auld lang syne, my Dear,
 For auld lang syne, We'll take a cup o' kindness yet,
 For auld lang syne.

*We two have run about the hills,
 And pulled the daisies fine;
 But we've wander'd many a weary foot,
 Since auld lang syne.*

*We two have paddled in the brook,
 From mornin' sun till dinnertime;
 But seas between us broad have roar'd,
 Since auld lang syne.*

*And there's a hand, my trusty friend,
 And give us a hand o' thine;
 And we'll take a right goodwill draft,
 For auld lang syne.*

*And surely ye'll buy your pint-cup,
 And surely I'll buy mine;
 And we'll take a cup o' kindness yet,
 For auld lang syne.*

JANUARY 2025 THE MONTHLY BUZZ

FUN TIMES AT SUNNYSIDE MANOR



Happy New Year!
 As we step into this new year, let's embrace the opportunities ahead with joy and optimism. It's a time to reflect, appreciate what we've shared, and look forward to new moments of happiness and connection.

Join us as we celebrate Robbie Burns Day with lively Highland Dancers and a heartfelt Toast to Haggis by Franzl. Challenge yourself with Jeopardy. Scotland's Finest Moments and enjoy a virtual Travelogue that will take you on an exciting journey through Scotland's stunning beauty and history.

We also have some wonderful Bus Trips planned, including a Visit to the Museum of Anthropology, Lunch at a Chinese Seafood Restaurant, and a Scenic Drive with Warm Apple Cider to brighten your day.

May this year bring you renewed energy, joy, and good health. Here's to a Happy New Year, full of new adventures, lasting memories, and plenty of reasons to smile!

-Olga, Activity Coordinator



January 2025

Sunnyside Manor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Wafaa's Hair Salon Open on Wednesdays 9:00AM-2:00PM 		HAPPY <i>New Year's</i>	10:00 Communion Service (LIB) 2 10:30 Core Fitness with Anne Burnell DVD (EL) 1:00 Shopping Trip to Walmart (Lo) 3:30 Scrabble with Gigi (EL)	3:00 Uno Fun with Shae (NL) 3 	5:30 Saturday Night Chat (WL) 4
	5 10:30 Morning Exercises (NL) 6 1:00 Words Creations with Olga (WL) 3:00 Wii Games: Bowling (EL)	1:00 Bingo (WL) 7 3:00 Chair Yoga DVD (EL) 	10:30 Morning Exercises (NL) 8 1:00 Walk 'n' Talk with Olga (Lo) 3:00 Happy Hour with Duo Del Mar (WL) 	10:30 Core Fitness with Anne Burnell DVD (EL) 9 11:15 Lunch Outing to Ming Yan Seafood Restaurant (BUS) 3:30 Scrabble with Gigi (EL)	10:30 Stronger Seniors - Chair Aerobics DVD (EL) 10 1:00 Trivia with Michelle: New Year, New Beginnings (WL) 3:00 Cards Games (NL)	8:00 Foot Care (EK) 11
12:30 Piano Music with Daniel (WL) 12 1:00 Christian Service with Pastor Les (LIB) 	10:30 Morning Exercises (NL) 13 1:00 Alphabet Scattergories (WL) 3:00 Decorate for Robbie Burns (WL)	Library Books & Tapes Due 14 1:00 Bingo with Prizes (WL) 3:00 Chair Yoga DVD (EL) 3:30 Outwit Card Game with Nadia (NL)	10:30 Morning Exercises (NL) 15 1:00 One-To-One Visits (Lo) 3:00 Happy Hour with Brian Zalo (ST) 	10:00 Communion Service (LIB) 16 10:30 Core Fitness with Anne Burnell DVD (EL) 12:30 Bus Outing to Museum of Anthropology (BUS) 3:30 Scrabble with Gigi (EL)	10:30 Stronger Seniors - Chair Aerobics DVD (EL) 17 2:00 Card Talk Cafe with Michelle (WL) 3:00 Uno Fun with Shae (NL)	10:40 Zumba Gold with Marifer (NL) 18 5:30 Saturday Night Chat (WL)
3:00 Student Musicians' Harmonious Hour (WL) 19 	10:30 Morning Exercises (NL) 20 1:00 Jeopardy: Scotland's Finest Moments (WL) 3:00 Walking & Balance Exercise Class (EL)	10:30 Knit & Chat (EL) 21 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL) 	10:30 Morning Exercises (NL) 22 1:00 Walk 'n' Talk with Olga (Lo) 3:00 Robert Burns Day Celebration with Franzl and Highland Dancers (WL)	10:30 Core Fitness with Anne Burnell DVD (EL) 23 1:00 Cruisin' & Sippin' - Scenic Drive with Hot Apple Cider (BUS) 3:30 Scrabble with Gigi (EL)	10:30 Stronger Seniors - Chair Aerobics DVD (EL) 24 1:00 Giant Crossword with Michelle (NL) 3:00 Cards Games (NL)	10:40 Zumba Gold with Marifer (NL) 25
12:30 Piano Music with Daniel (WL) 26 	10:30 Morning Exercises (NL) 27 11:00 Clark's Shoes with Harpreet (WL) 1:00 Brain Teasers & More! (WL) 3:00 One-To-One Visits (Lo)	1:00 Bingo with Prizes (WL) 28 3:00 Chair Yoga DVD (EL) 3:30 Outwit Card Game with Nadia (NL)	Happy Chinese New Year! 29 10:30 Morning Exercises (NL) 2:00 Town Hall Meeting (DR) 3:00 Happy Hour with Barry Wilson (WL)	10:30 Core Fitness with Anne Burnell DVD (EL) 30 1:00 Party Prep (DR) 1:30 Birthday Party & Welcome Tea (DR) 3:30 Scrabble with Gigi (EL)	10:30 Stronger Seniors - Chair Aerobics DVD (EL) 31 1:00 Horse Races with Michelle (WL) 3:00 Cards Games (NL)	Locations Legend: East Lounge (EL) West Lounge (WL) North Lounge (NL) Lobby (Lo) Library (LIB) Dining Room (DR) East Kitchenette (EK) Bus Trips (BUS)