

The Funside

Independent Living Life Enrichment Opportunities

April 2024

<u>DATE</u>	<u>EVENTS</u>	<u>TIME & PLACE</u>
Wed., Apr 3	Spring 2024 Pool Tournament Organizational Meeting	1 pm, Allegheny Room, HL (see page 2)
Wed., Apr 3	Intro to Drawing Class: Part 2 *	2 pm, Blue Ridge Room, HL, \$18
Fri. Apr 5 & 12	Grieving Together: Tea & Tasty Treats, Too	9:30 am, Shenandoah Room, HL
Fridays in April	Chair Massages by Mark Evans, LMT	9:30 am-12 noon, Skyline Room, HL, \$1/minute
Fri., Apr 5	"Patch Adams Clown Delegation in China" Program	2 pm, Bethesda Theater
Mon., Apr 8	Tech Talk: Sunnyside IT Update	1 pm, Allegheny Room, HL
Thurs., Apr 11	Travel Adventures	1 pm, Allegheny Room, HL
Thurs., Apr 11	Bistro Game Night: Name the TV Show Theme Song	5:30 pm, 1912 Bistro
Sat., Apr 13	"Adopt a Highway" Spring Clean Up	10 am, Upper Sunnyside Gate Entrance (see page 2)
Wed., Apr 17	PVFCU: Meet Melinda and Debbi: Your Partners in Financial Success	1:30 pm, Allegheny Room, HL
Mon., Apr 22- Fri., Apr 26	Volunteer Appreciation Week	See page 6 For details
Mon., Apr 22	Green Committee: Reduce, Reuse, Recycle Showcase	11 am, Allegheny Room, HL
Mon., Apr 22	"Sunnyside 101: Let's Recycle Right" Rebroadcast	1 pm, TV
Thurs. Apr 25	News with Nancy	2 pm, Bethesda Theater & TV
Mon., Apr 29	Shenandoah Valley Ukulele Players	10:30 am, Bethesda Theater
Mon., Apr 29	Pollinator & Urban Forestry Program	3:30 pm, Blue Ridge Room, HL
Sat., May 4	Kentucky Derby Party *	5:30 pm, Allegheny Room, HL, \$15

<u>DATE</u>	<u>TRIPS</u>	<u>Depart & COST</u>
Sun., Apr 14	Shenandoah Valley Choral Society: <i>Songs of Comfort! Songs of Joy!</i> *	2:10 pm, \$12/ticket
Sun., Apr 21	JMU Symphony Honors Concert *	1:10 pm, \$20/ticket
Wed., Apr 24	Harrisonburg VA Home & Garden Week Tour *	9:40 am, \$35/ticket + lunch
Sun., Apr 28	Waynesboro Symphony Orchestra: <i>European Tour</i> *	1:35 pm, free-will donation
Fri., May 3	VMFA: Samurai Armor Exhibit *	8 am, \$10/ticket + lunch

See page 2 for the list of reoccurring monthly programs & Resident-Led Clubs & Groups meeting dates and times.

<u>DATE</u>	<u>Upcoming New Fitness Opportunities</u>	<u>TIME & PLACE</u>
Mondays in April	Walk and Chat with the Chaplain	11:15 am, BVC
Tuesdays & Thursdays	Stretch & Relax Class	10:15 am, BVC Pool
Fridays in April	Aqua Yoga	1:45 pm, BVC Pool
Thurs., Apr 18	Line Dancing	1:15 pm, BVC Fitness Studio

See back of Funside Calendar for a complete list of this month's in-person land, pool, & televised exercise classes.

* Sign up required. Call 8200/8201 or 8241 to sign up. Registration for April Events & Trips will open at 10 am on Tuesday, March 26



DAY OF WEEK	ONGOING PROGRAMS & OPPORTUNITIES	TIME & PLACE
Tues., Apr 23	VPAS Confident Caregiver Group	3 pm, Sunnyside Room
Thursdays	Chapel Worship	10:30 am, Meredith Chapel & TV Channel 971
Fridays	A Time for Prayer: <i>Offering prayer for all the workers, residents and staff during construction</i>	8:30 am
	Greeting the Morning Meditation	8 am, Tartan Grill

Resident Led Monthly Meetings & Clubs

Mon., Apr 1	BINGO Meets the 1st Monday of every month. Cost is \$1/person. All are welcome!	6:30 pm– 8 pm, Allegheny, HL
Mon., Apr 1, 8, 15, 22 & 29	Mahjong	1 pm (Mon.) Skyline Room, HL
Tues, Apr 2, 9, 16, 23 & 30	Scrabble	2 pm, Skyline Room, HL
Tues, Apr 2, 9, 16, 23 & 30	Bible Study Studying the Gospel of Luke. Facilitated by Barbara Boothe	2:30 pm– 4 pm Blue Ridge Room, HL
Fri., Apr 5 & 19	Art Group Open Studio Meets the first and third Friday of each month. Bring your own art supplies and a plastic tablecloth for easy clean up. Questions? Call Anita Brechtel (8742).	10 am-12 pm, Sunnyside Room
Mon., Apr 8 & 22	Technology Club <i>Mon., Apr 8: Tech Talk- See page 3 for details • Mon., Apr 22: Tech Club Assistance Day</i>	1 pm, Allegheny Room, HL
Tues., Apr 9	Veterans Lunch Group	12 noon, Marketplace, HL
Thurs., Apr 11	Writer's Group	10 am, Skyline Room, HL
Thurs., Apr 11	Travel Adventures See page 3 for details on this month's program.	1 pm, Allegheny Room, HL
Sat., Apr 13 & 27	Stitch & Chat Group	2 pm, Blue Ridge Room, HL
Wed., Apr 24	Buzzards (Aviation Group)	12 noon, Marketplace, HL
Sun., Apr 28	Sing Along	7 pm, Allegheny Room, HL

"Adopt a Highway" Fall Clean Up

Saturday, April 13, 10 am-12 pm
Meet at the Sunnyside Upper Gate Entrance
It's time for the Spring clean up of Massanetta Springs Road. Volunteers who can walk for about one mile on uneven ground and bend and handle a trash pick-up tool, are welcome. Safety vests, gloves and VDOT safety instructions will be provided. Questions? Please contact Andy Sale at ext. 8433 or email andysale25@gmail.com



If you are a Sunnyside Resident-Led Club that meets regularly and would like your meetings to be listed in the Funside and on the Funside Calendar, please contact Layna H-H, IL Life Enrichment & Volunteer Coor., at ext. 8241 or Lhouser@sunnyside.cc For a complete list of Resident-Led meetings and clubs, please visit the Resident-Led Clubs icon on Community Apps.

2024 POOL TOURNAMENT

All Sunnyside residents (guys and gals!) are invited to participate in the Pool Tournament.

Organizational Meeting

Wed., April 3, 1 pm
Allegheny room, HL

The tournament is open to individual entrants or two-person teams. No experience necessary!

For questions and to sign up, please contact

Bob Campbell: ext 8913;

robertcampb@comcast.net

or **Bill Ingham:** ext.8843;

inghamwh@gmail.com

Sign-up deadline is Tuesday, April 2.

Tournament play begins on Tuesday, April 16.

Walk and Chat with the Chaplain

Mondays in April, 11:15 am
Broaddus Vitality Center (BVC)
Meet Chaplain Long at the BVC for a 20-30 minute walk on our beautiful campus. Enjoy conversation with Chaplain Long and others while improving your health and fitness. During unfavorable weather the BVC track will be used for this group walk.

Stretch & Relax Class

Tuesdays & Thursdays beginning April 2
10:15 am-10:45 am
Broaddus Vitality Center Pool
This 30-minute pool stretching class uses slow, broad movements progressing from one muscle group to the next to increase flexibility and encourages relaxation through deep breathing.

Intro to Drawing Class: Part 2 *

Wednesday, April 3, 2 pm- 4 pm
Blue Ridge Room, Highlands
Cost: \$18/person
This is a review and continuation of the introduction to drawing class offered on Wed. February 28. Participants will hone their shading skills and learn about perspective. Class will end with artful doodles. All supplies provided. If you missed the February class, you can still participate in this class- Ann will review techniques taught in part 1. *Those on the February wait list were offered first opportunity for spots in this class. Limited spaces available.* Ann Terrell Baker is a Harrisonburg native. After graduating Greensboro College and UNC-G, she taught High School Art in Greensboro. After retiring, she returned home and has a studio in her home. She has a degree of Botanical Illustration from Lewis Ginter Garden in Richmond.

Grieving Together: Tea & Tasty Treats, Too

Fridays, April 5 & 12, 9:30 am-11 am
Shenandoah Room, Highlands
Join Chaplain Cynthia Long along with other Sunnyside residents as we share some of our experiences of loss (death of loved ones/ significant others/ dear friends). Loss is part of life; there is no need to grieve alone! Please considering joining us for a time of support, consolation, conversation & treats! For shuttle service, call Transportation at 8213.

Aqua Yoga

Fridays in April, 1:45 pm-2:15 pm
Broaddus Vitality Center Pool
Join Maddie in the BVC pool for a 30 minute standing Yoga class. Enjoy being guided through traditional yoga poses while having the joints supported by the many benefits of water.

Chair Massages by Mark Evans, LMT

Fridays in April, 9:30 am - Noon
Skyline Room, Highlands
Cost: \$1/minute
Chair massages will be offered by Sunnyside Licensed Massage Therapist, Mark Evans, on first-come, first-served basis, no appointment necessary. Mark will perform massage techniques individually to relax and soothe the back, shoulders, neck, arms, and head.

"Patch Adams Clown Delegation in China" Program

Friday, April 5, 2 pm
Bethesda Theater
Nat Kirkland will present his experience as a member of a Patch Adams clown delegation to China sponsored by People to People Ambassadors in 2000. The purpose of the delegation was to spread joy, love and peace to the people of China in schools, hospitals, and nursing homes. This presentation promises to offer an unusual inside look of China and insights into the world of therapeutic clowning. *Nat presented this program for the Resident-Led Travel Adventures club in February 2024.*

Tech Talk: Sunnyside IT Update

Monday, April 8, 1 pm
Allegheny Room, Highlands
Join Chris Showalter, Sunnyside Director of Information Technology, as he gives an update on Sunnyside's current technology and any plans for the future.

Travel Adventures

Thursday, April 11, 1 pm
Allegheny Room, Highlands
This month we will be following Bernie and Mary Smith on a four week road trip to the northwest states of the Dakotas, Wyoming and Idaho. The trip focuses on back roads and many of our country's national monuments. Explore some of our Native American history and sections of the Lewis and Clark trail. From dinosaurs to buffalo, from mountain passes to the Salmon River, the diversity of American beauty and history will be depicted in photographs and tales.

Bistro Game Night: Name that TV Show Theme Song

Thursday, April 11, 5:30 pm
1912 Bistro
Join us for fun in the 1912 Bistro. Residents will listen to clips of a variety of TV show theme (intro) songs from throughout the decades and try to name TV show. Participants can play individually or with those at their table. Work as a team with fellow residents at your table to answer questions or play as an individual. *The 1912 Bistro will be serving a limited menu to better serve the number in attendance for this event.*

**Trip: Shenandoah Valley Choral Society:
Songs of Comfort! Songs of Joy! ***

Sunday, April 14, 3 pm
Bridgewater Church of the Brethren
Bridgewater, VA
Depart: HL 2:10 pm
Cost: \$12/ticket (billed to your Sunnyside Account)
Join us for the SVCS's 2024 spring concert featuring *Requiem for the Living* by Dan Forrest and works by John Rutter, Howard Helvey, Morten Lauridsen and Peter Anglea. You won't want to miss this beautiful concert of inspiring music. Approx. return: 5:45 pm
Sign up deadline: 12 noon on Monday, April 8

**Meet Melinda and Debbi: Your
Partners in Financial Success**

Wednesday, April 17, 1:30 pm
Allegheny Room, Highlands
Presented by Park View Federal Credit Union
Join Park View's Financial Advisors for an empowering seminar designed to optimize your financial well-being. Discover key strategies tailored to your life stage, whether you're safeguarding your wealth, or preparing for the unexpected. Open to all Sunnyside residents and employees.

Line Dancing

Thursday, April 18, 1:15 pm-1:45 pm
Broaddus Vitality Center Fitness Studio
Fun and lively 30-minute class will include step-by-step instructions to simple country line dances. All welcome.

**Trip: JMU Symphony Honors
Concert ***

Sunday, April 21, 2 pm
Forbes Center for Performing Arts, H'burg, VA
Depart: HL 1:10 pm
Cost: \$20/ticket (billed to your Sunnyside Account)
JMU's Symphony Orchestra joins the esteemed 2023 School of Music Concerto Competition winners Tyrique Payne, alto saxophone, and Seohyun (Sonia) Park, piano, to bring you a captivating concert. Majors from each of the five areas of the School (woodwinds, brass and percussion, strings, piano, and voice) competed, and two finalists were selected to compete in the finals for a coveted spot in this concert.

**Green Committee: Reduce, Reuse,
Recycle Showcase**

Monday, April 22, 11 am– 12 Noon
Allegheny Room, Highlands
Stop by and see all the ways that YOU can help! Sunnyside's Green Committee presents the Reduce, Reuse, Recycle Showcase where you can view displays, take pictures of handouts and watch presentations that are all meant to encourage you towards finding your own personal way to help preserve the earth and its resources.

**"Sunnyside 101: Let's Recycle Right"
Rebroadcast**

Monday, April 22, 1 pm
TV Channel 971
Sunnyside 101: Let's Recycle Right was held on Tues, Feb 20, at 1 pm. Due to the scheduled power outage on campus that day, the program was unable to be broadcast live. Tune into 971 to see a recording of this program. Rockingham County Recycle Manager and members of the Sunnyside Green Committee discussed options for recycling. The video and handouts are available on the "Go Green" section of Community Apps.

**Confident Caregiver Circle Support
Group**

Tuesday, April 23, 3 pm-4:30 pm
Sunnyside Room
Presented by Valley Program for Aging Services
Meet fellow caregivers on the same journey as you. Share ideas, concerns, questions and learn about new opportunities that will help you take better care of yourself and your loved one. This group meets monthly on the 4th Tuesday All welcome!

**Trip: Harrisonburg Virginia Garden
Week Tour ***

Wednesday, April 24, 10 am –4 pm
Harrisonburg & New Market, VA
Depart: HL 9:40 am
Cost: \$35/person + \$ for lunch
This tour follows the Great Wagon Road (now US Route 11) through Northern Rockingham County, an area filled with history, majestic views and verdant farmland. Ticket cost includes 3 properties: The Lodge at Melrose Caverns (Constructed in 1929, the Rustic architectural style is a quintessential example of the National Park Service lodges of the 1920s and 1930s.), Court Manor (originally called Mooreland Hall, is considered one of the finest estates in the Shenandoah Valley), and The James Morgan (Perched atop a hill and situated on 13 acres, The James Morgan enjoys sweeping views of the Shenandoah Valley, the Blue Ridge Mountains and the Allegheny Mountains. The property was once part of a large ranch, home to almost 200 buffalo imported from South Dakota). A Food truck will be available for lunch purchase at one of the stops. **Sign up deadline: 12 noon on Mon., April 15.**

News with Nancy

Thursday, April 25, 2 pm

Bethesda Theater & TV Channel 971

Residents are invited to attend in person in the Bethesda Theater or tune in to TV Channel 971 for this month's campus update. Light refreshments will be served. *The recording of this month's News with Nancy will be broadcast on Saturday, April 27 at 9 am and 7 pm.* For shuttle service, call Transportation at 8213.

Trip: Waynesboro Symphony Orchestra: *European Tour* *

Sunday, April 28, 3 pm-5 pm

First Presbyterian Church, Waynesboro, VA

Depart: HL 1:35 pm

Cost: Free-will donation

For this season's final Waynesboro concert, the Waynesboro Symphony Orchestra will perform works by Wagner (Germany), Vaughan Williams (England), Debussy (France), Rodrigo (Spain) and Respighi's masterwork, *The Pines of Rome*. Approx. return: 6 pm

Shenandoah Valley Ukulele Players

Monday, April 29, 10:30 am

Bethesda Theater

Here we are . . . a group of crazy uke players who all came together in the Shenandoah Valley of Virginia. We welcome newcomers of all ages, and practice weekly in Bridgewater, Virginia. In the meantime, enjoy and keep on strummin! The Shenandoah Valley Ukulele Players are a diverse group of ukulele strummers with differing backgrounds. Some play many instruments, some had never played an instrument until they picked up a uke. *This entertaining group played for us at the Lyons Pavilion during the July 2023 Sip and Social.*

Pollinator & Urban Forestry Program

Monday, April 29, 3:30 pm

Blue Ridge Room, Highlands

Presented by Jeremy Harold, Harrisonburg City Greenspace Manager

Join Jeremy to learn more about the city of Harrisonburg's Pollinator Program and Urban Forestry Program. The City's Pollinator Program includes creating pollinator spaces consisting of native plantings on public grounds that, collectively, create city-wide pollinator corridors. These spaces are important because pollinators are facing global declines due to habitat loss, poor nutrition, and pesticide exposure. Through Harrisonburg's Urban Forestry Program, City staff work to increase tree canopy in Harrisonburg, improving the air we breathe, reducing urban noise, filtering our water, helping control stormwater runoff, providing shade and habitat for a wide variety of living things, and enhancing the beauty of our urban landscapes.

Trip: Virginia Museum of Fine Arts (VMFA): *Samurai Armor Exhibit* *

Friday, May 3, 10:30 am-2:30 pm

Richmond, VA

Depart: HL 8 am

Cost: \$10/ticket + \$ for lunch

Travel back in time for an awe-inspiring look at Japan's exquisitely crafted samurai armor. Coming to the VMFA from the Ann and Gabriel Barbier-Mueller collection—one of the largest and finest collections in the world—the assembled works offer a glimpse of samurai history with a focus on ceremonial adornments created within the flourishing artistic culture of the Edo period.

Offering a rare personal encounter with these stunning works of art, the exhibition of more than 140 objects features full suits of armor and an array of weapons, helmets, masks, horse accessories, woodblock prints, and textiles. As a worldwide fascination with and reverence for samurai warriors persists today, VMFA's immersive exhibition delves into the storied world of this elite military class, tracing the evolution and artistic legacy of its famed armor. Our visit of this exhibit will be a self-guided tour scheduled for 11 am. Prior to and following our tour of this exhibit, participants will have the opportunity to explore the museum on their own.

Lunch will be on your own at the museum's Best Café or Amuse Restaurant. Approx. return: 5 pm **Spaces are limited. Please sign up by 12 noon on Thurs., April 18.** *If you are VMFA Member, please indicate when signing up.*

Kentucky Derby Party *

Saturday, May 4, 5:30 pm-7:30 pm

Allegheny & Blue Ridge Room, Highlands

Cost: \$15/person (billed to your Sunnyside Account)

Dress in your Derby best and enjoy a chance to socialize and watch the 150th Kentucky Derby on the TVs in the Blue Ridge room. Hors d'oeuvres and beverages will be served as you mingle and socialize with friends and neighbors. **Sign up is required.** *Spaces are limited.*

Sign up deadline: 12 noon on Friday, April 19.

VOLUNTEER APPRECIATION WEEK

Shining a light on the people and causes that inspire us to serve.

April 22- 26, 2024



Sunnyside Volunteers are a shining light on our campus, spreading kindness, positivity and joy to all. Sunnyside is **grateful for all of our volunteers** who make a difference on our campus every day and **we thank you!** We encourage ALL Sunnyside Volunteers to participate in as many of the appreciation week's activities as you can. Questions? Call the Volunteer office at ext. 8216 or IL Life Enrichment at ext. 8241.

Volunteer Appreciation Week Events:

Monday, April 22:

"We're Poppin' with Appreciation"

11 am– 12 noon, Highlands

1:30 pm-2:30 pm, Volunteer Office

Stop by for a bag of popped popcorn.

Tuesday, April 23:

"Volunteers are the Apple of our Eye"
Cobbler Social *

12:30 pm – 2 pm, Allegheny Room, HL

Join us for Apple Cobbler a la mode! * **Sign up required.** Please RSVP by Noon on Mon., April 15. Call 8200/8201, 8241 or 8216 to RSVP.

Wednesday, April 24:

"Volunteers are an Important Piece of the Puzzle"

Stop by the Volunteer office to pick up a fun word search puzzle to complete for a chance to win a prize.

Thursday, April 25:

"Volunteers Make Sunnyside a Brighter Place"

Stop by the Volunteer Office between 9 am and 4:30 pm to pick up a scratch off card for a chance to win a \$20 gift card!

Friday, April 26:

"Our Volunteers are the Sweetest"

Stop by the Volunteer Office between 9 am and 4:30 pm for a sweet treat!

Sunnyside Charter Bus

Trip Opportunity

Did you miss the February 29th presentation on the October Charter Bus Trip Sunnyside is offering? See a summary of the trip below. For more information or a copy of the trip flyer, you can contact Layna Heilman-Houser, IL Life Enrichment & Volunteer Coor., or the Wishing Well at 540-908-2333

Motorcoach Bus Trip:

October 5-October 12, 2024

Mackinac Island

8 Days, 7 Nights

Double Occupancy: \$1300/per person
(Travel Insurance is available at an additional cost)

The trip price includes:

7 nights lodging

14 meals (7 B, 7 D)

Sault Sainte Marie, MI

Cruise through the Soo Locks

Horse and Carriage tour of Mackinac Island

Old Mackinac Point Lighthouse

"Michigan's Little Bavaria": Frankenmuth, MI

Henry Ford Museum of American Innovation

Trip flyers with additional information are available in the Broaddus Vitality Center.

Friends and family of Sunnyside Residents are welcome on this trip.

To sign up for this trip, please call the Wishing Well at (540) 908-2333.



Please contact the Wellness Team (8276) if you need help reaching your Wellness goals. *We are here for you!*

Wish to receive email updates about on-campus programs? Send an email to Lhouser@sunnyside.cc to be put on our email distribution list.

April TV Channel 971 Movies

Tues., Apr 2, 6:30 pm: *Patch Adams*
 Thurs., Apr 4, 6:30 pm: *A Perfect Planet: Volcanos*
 Sun., Apr 7, 1 pm: *Father of the Bride*
 Tues., Apr 9, 6:30 pm: *Queen Bees*
 Thurs., Apr 11, 6:30 pm: *A Perfect Planet: The Sun*
 Sat., Apr 13, 6:30 pm: *Dolly Parton's Coat of Many Colors*
 Sun., Apr 14, 1 pm: *Sabrina*
 Tues., Apr 16, 6:30 pm: *The Ghost and Mr. Chicken*
 Thurs., Apr 18, 6:30 pm: *A Perfect Planet: Weather*
 Sat., Apr 20, 6:30 pm: *The Best Exotic Marigold Hotel*
 Sun., Apr 21, 1 pm: *Hidalgo*
 Tues., Apr 23, 6:30 pm: *The Sound of Music*
 Thurs., Apr 25, 6:30 pm: *A Perfect Planet: Oceans*
 Sun, Apr 28, 4 pm: *Breakfast at Tiffany's*
 Tues., Apr 30, 6:30 pm: *Fried Green Tomatoes*

See the "April Movie List" on Resident Apps under the Funside Activity Newsletter icon for a full list of this month's TV Channel 971 movies and for movie synopses.

Green Committee

DROP OFF YOUR EMPTY TUBES!

Saturday, April 6



Pavilion 8 am - 1 pm
Highlands Lobby 10 am - 2 pm
Front porch of 4248 Grattan Price or 1071 Hickory Cove - anytime Apr 6
(Call x8501 if you need a special pick-up.)

Book Clubs

Whodunit Book Club

Co-chaired by Bill Marlowe and Mary McNally, the Whodunit Book Club meets monthly on the 1st Wednesday of the month in the Spotswood Room on the 4th floor of the Highlands. **Please note new meeting time: 3 pm- 4:30 pm.** The group reads mostly mysteries and thrillers.



Wednesday, Apr 3: "Dead Cert" by Dick Francis

Wednesday, May 1: "The Crow Tray" by Ann Cleeves (Book 1 of the Vera Stanhope Series)



Shenandoah Readers
 All meetings take place in the Shenandoah Room at 9:30 am on the fourth Tuesday each month unless otherwise noted

Tuesday, April 23

The Only Woman in the Room by Heather Terrell

Tuesday, May 28

A Right Worthy Woman by Ruth P. Watson

Sunny Readers Book Club

All meetings take place in the Shenandoah Room on the 2nd floor in the Highlands at 3:00 pm on the 2nd Wednesday each month unless otherwise noted.

Wednesday, April 10

3 pm, Shenandoah Room, HL

"Lady Tan's Circle of Women" by Lisa See
 Moderator, Carol Wait

Wednesday, May 8

3 pm, Shenandoah Room, HL

"Wish You Well" by David Baldacci, 432 pages
 Moderator, Cindy Westley

Wednesday, June 12

3 pm, Shenandoah Room, HL

"A Right Worthy Woman" by Ruth P. Watson
 Moderator, Libby Taylor



Come join us.

Contact Sharon Pafford, ext. 8529



Bistro Basement

Hours of Operation:

Tuesday, Wednesday, Thursday & Friday
1 pm – 3:30 pm

The Bistro Basement is located below the
1912 Bistro.

Contact: Elana Churchill (610) 247-6696
Ennis VanDuyn (540) 568-8470



Alice's Closet

Hours of Operation:

Tuesday, Wednesday, & Friday: 1 pm – 3:30 pm

Alice's Closet is located in the Woodside
Apartments (6-pack; recently named Cobbs
Corner)

Contact: Linda Combs (540) 746-3954



Sunny Treasures

Hours of Operation:

Tuesday, Wednesday, & Friday: 1 pm – 3:30 pm

Sunny Treasures Gift Shop is located on the
1st floor of the Corson Hall.

Contact: Ruth Poole (434) 227-6889

Doris Patterson (540) 437-8866

Phyllis Robinson ((540) 437-8812

Saturday, April 6

Bistro Basement

Alice's Closet

8 AM - 12 NOON

Money received from YOUR DONATIONS was given back to our Sunnyside Community following approval from Sunnyside Resident Council in 2024:

Eiland and Highlands Libraries: \$2500

Life Enrichment Healthcare/ Assisted Living: \$3000/3000

Life Enrichment Independent Living: \$2000

Tech Forum: \$500

Employee Christmas Fund: \$10,000

Fellowship Fund: \$10,000

New Neighbors Committee: \$250

Building and Grounds: \$2000

Total: \$33,250.00

Visit the following icons on Community Apps (residentapps.com) to find:



Funside Activity Newsletter

Funside Activity Newsletter:

- Funside newsletter & calendar
- Resident birthday lists for current month
- TV Channel 971 movie synopses



Fitness/Pool

Fitness/Pool:

- BVC Hours of Operation
- Exercise class schedule and descriptions
- Massage Therapy Services brochure
- Sunnyside exercise class videos & more!

2024 Life Enrichment Opportunities (LEO) Committee

Kay Stilwell ♦ Peggy Nagel ♦ Carroll Lisle
Eleanor Price ♦ Cindy Westley

Please contact any LEO Committee member or Layna Heilman-Houser, IL Life Enrichment & Volunteer Coor., with ideas for special events and trips.

The Funside is a monthly publication serving Independent Living Sunnyside Residents. Announcements for future Funside issues are due **the 3rd Friday of each month** and may be submitted to Lhouser@sunnyside.cc