

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Unit Activity

1

Unit Activity

2

(A)

10:30 Seated Yoga Flow
11:00 August IQ
1:30 Craft Corner- Flowers
"Rock" Painting.
3:00 Puzzles & Rummy
Club

3

(A)

10:30-11:30 BINGO
2:00-3:00 Entertainer:
Deb & John Puma
3:00 Chips & Dip
3:30 Short Story Club

4

(A)

10:30 Plate Training
Exercise
11:00 iN2L Family Feud
1:30 Movie Matine: Gone
with The Wind
2:00-4:30 Nail Spa &
Color Nail Art

5

(A)

**9:30-11:30 Volunteer
Activity Day**
1:30-2:00 Chapel Service
2:30-4:00 Lazy Day of
Summer/Patio Relaxation
with Music

6

(K)

10:30 Indoor Bowling
11:00 iN2L: Family Feud
2:00-3:00 Entertainer:
Andy Rudy
3:00 Cheese, Pepperoni, &
Crackers
3:30 Music Relaxation

7

(M)

10:30 Chapel Service
11:00 Elvis Trivia
1:30-2:30 BINGO
3:00 Saturday Social

8



Unit Activity

9

(M)

10:30 Moving to the Oldies
11:00 Patio Relaxation
1:30 Best Friends Forever
Month
2:00 Picture Me: Best
Friend
3:00 Friendship Café

10

(M)

10:30-11:30 BINGO
1:30- 2:30 How is our
Garden Growing?
3:00 Antique Day: Do You
Love Antiques
Reminiscence
3:30 Social with Music

11

(M)

10:30 Easy Stretches and
Music/Patio
11:00 Monthly Gazette
2:00-3:00 Entertainer:
John Vona
3:00 Peach Pie Social

12

(M)

10:30 Science Experiment
11:00 Name That Tune
1:30-2:00 Chapel Service
2:30 Snack Time
3:00 Show Time – Doris
Day
3:30 Table Talk

13

(M)

Happy B'day Frank S!
10:30 Move & Groove
11:00 Brain Crunches
2:00-3:00 Entertainer:
Bob Lyna
3:00 Cookies & Milk
3:30 Rummy Club

14

(M)

Unit Activity

15

Unit Activity

16

(M)

10:30 Patio Beach Ball
11:00 Name 5
**2:00 Hawaiian Social –
with Music**
3:30 Small Group
Games & Social Hour

17

(M)

10:30-11:30 BINGO
1:30 Garden Walk /Patio
Sunshine & Relax
3:00 Create Your Own Ice
Cream
3:30 Nail Art

18

(M)

10:30 Yogi Yoga
11:00 Who Am I? – Lucille
Ball
2:00-3:00 Entertainer:
Jasiu Kloczek
3:00 Iced Tea & Sweets
3:30 Arts & Crafts

19

(M)

10:30 -11:30 Sunny Citrus
Friends Fun with Food
1:30-2:00 Chapel Service
2:30 Family (and Friends)
Feud
3:30 Crochet/Knitting Club

20

(M)

Happy B'day Thalia L!
2:00-3:00 Entertainer:
Terry Mulhauser

21

(M)

Happy B'day Margaret B!
10:30 Chapel Service
11:00 Mind Stretchers
1:30-2:30 BINGO
3:00 Sweet Treat
3:30 Art Club-Acrylic
Painting

22

Unit Activity

23

(M)

10:30 Chair Dancing
**11:00 Resident Council
Meeting**
2:00-3:00 Entertainer:
Blaire Frodelius
3:00 Red Velvet Cookies
3:30 iN2L Trivia

24

(M)

10:30-11:30 BINGO
1:30 Love Hurts... A Little
Bit - Short Story
**3:00 Men's Club – Pizza
Party & Guy Talk**
3:30 Puzzle/Art Club

25

(M)

10:30 Chair Exercise
Improve Range of Motion
11:00 Mid-Century Hits
2:00-3:00 Entertainer:
Lori Ann Wilber
3:00 Chip & Dip Social

26

(M)

10:30 Craft Corner: Picture
Frame Decoration
11:00 Friendship Quote
1:30-2:00 Chapel Service
**2:30 Monthly Birthday
Party with Music**
3:30 Crochet Club

27

(M)

Happy B'day Barbara H!
10:30 Exercises to Improve
Memory
11:00 Resident Jam Band
1:30 -4:00 Unit Activities

28

(M)

Unit Activity

29

Unit Activity

30

(M)

10:30 Chair Yoga
11:00 Wisdom About Life
from Old Farmers
1:30 Patio Relaxation
2:30 Happy Birthday,
Mary Poppins Trivia &
Movie

31



K=Kim M=Margaret A=Therapists

The Heritage

750 East Brighton Ave. Syracuse NY. 13205
Recreation Department Tel.315-413-3044

Outdoor Activity Are Weather Permitting Activities Are Subject to Change* All Beverages Are NON-ALCOHOLIC