

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 The Heritage 750 E. Brighton Ave. NY. 13205		(A) 10:30 – 11:30 BINGO 2:00 Resident Sweet Shop: Coffee & Cookies 3:00 Show Time: Pretty Woman 3:30 Craft Corner: Suncatcher Painting (2nd Floor) Canada Day	(A) 10:30 Music & Movement 11:00 Sing That Tune Chorus 2:00 Men's Club: Beer* & Brat Sliders 2:30 Pottery Club: Decorative Bowls (2nd Floor Rec)	(A) 10:30-11:30 Tease Your Tastebuds: Funny Fruits Prep and Tasting 1:30 Chapel Service 2:30-3:30 Small Group Activity: 1-on-1 Nail Spa 3:30 Iced Tea Social	 Independence Day (US)	(M) 10:30 Chapel Service 11:00 Laughter Is the Best Medicine: Funny Animal Videos 2:00-3:00 BINGO 3:15 Cheese & Crackers 3:30 Crochet & Knitting Club (On 2nd Floor)
Happy B'day Rose C! Unit Activity	6 (A) 10:30 Easy Flow Stretches & Monthly Gazette 1:30 1-on-1 Activities 2:00-4:00 Community Outing 	7 (A) 10:30 -11:30 BINGO 1:30 Small Group Sensory Garden Experience 2:00 Small Group Unit Activities 3:30 Pottery Club: Paint & Glaze (2nd Floor Rec)	8 (A) 10:30-11:30 Summer Salad Preparation 10:30-11:30 Men's Club: Dart League 2:00 Entertainer: Jasiu Klocek 3:30 Summer Salad Soirée 4:00 Small Group Dog Walk	9 (A) 10:30-11:30 Create Your Own Strawberry Gnome Bites 1:30 Chapel Service 2:30 Small Group Patio Nature Painting 4:30 A-Buzz with Life: Watering the Garden	10 (K)(M) 10:30 Patio Pilates 11:00 Cool Down Refresh with Music 2:00 Entertainer: Bob Lyna & Friend 3:30-4:30 Family Feud Battle Edition	11 (C) 10:30 Chapel Service 11:00 Reflection & Refreshments 2:00-3:00 BINGO 3:30 Calm Coloring & Doggie Day Care 
Unit Activity	13 (A) 10:30 Moving to the Oldies 11:00 Mindful Breathing 1:30 1-on-1 Unit Activities 2:00-4:00 Community Outing 	14 (A) Happy B'day Jennie R! 10:30 -11:30 BINGO 2:00 Entertainer: Deb & John Puma 3:30 Yogurt Smoothies Cooldown 3:30 Jewelry Making 3:30 Crochet Club on 3rd Floor	15 (A) 10:30 -11:30 Small Group Patio Bowling (Outdoor) 1:30 Small Group Courtyard Painting 2:00 Men's Club: Barroom Billiards 3:30 Audio Book Club: Relax and Listen	16 (A) 10:30-11:30 DIY Fruit Salad Kabobs 1:30 Chapel Service 2:30 Patio Party & Fruit Kabobs 3:00 Outdoor Bocce Ball 4:00 Small Group Dog Walk (Courtyard)	17 (M)(C) 10:30 Patio Exercise 11:00 Music Relaxation 2:00 Entertainer: Terry Mulhauser 3:30 Small Group 1-on-1 Activities 4:30 Garden Club: Stretch Your Legs in the Garden	18 (K) Happy B'day Elaine F! 10:30 Chapel Service 11:00 I Hear Memories Conversation Starters 2:00-3:00 BINGO 3:00 Pinwheel Sandwiches 4:00 Small Group Bracelet Making
Unit Activity	20 (A) 10:30 Musical Stretches 11:00 Interesting Facts About Junk Food 2:00 Entertainer: John Vona 3:30 Audio Book Club: Relax and Listen 3:30 Crochet Club on 3rd Floor	21 (A) 10:30 -11:30 BINGO 1:30 1-on-1 Patio Relaxation & Trivia Fun 2:00-4:00 Community Outing 	22 (A) 10:30 Patio Sit & Be Fit 11:00 Name That Tune 2:00 Entertainer: Jerry Cali 3:30 When Life Gives you Lemons: Lemonade Social Mixer 4:00 Garden Club	23 (A) 10:30-11:30 Patio Beach Ball 10:30 Men's Club Brunch 1:30 Chapel Service 2:30 Monthly Birthday Party 3:30 Craft Corner: Stained Glass Window Activity	24 (K)(C) 10:30 Free Flow Dancing 11:00 Name 5 Game 1:30-2:30 Craft Corner: Stained Glass Window Activity 3:30 Resident Summer Sampler 4:00 Small Group Dog Walk	25 (M) 10:30 Chapel Service 11:00 Bridging Memories 2:00-3:00 BINGO 3:15 Resident Iced Tea & Cookie Social 3:30 Art Club – Acrylic Paintings
Unit Activity	27 (A) 10:30 Dance with Me 11:00 Resident Council Minutes 2:00 Entertainer: Howie Bartolo 3:00 Mixing It Up: Peach Tea Mixer 3:30 Crochet Club on 3rd Floor	28 (A) 10:30-11:30 BINGO 1:30 1-on-1 Garden Walk & Music Relaxation 2:00-4:00 Community Outing 	29 (A) 10:30 Patio Stretches 11:00 Music & Memory 2:00 Entertainer: Lori Ann Wilber 3:00 Resident Sundae Shop 3:30 Riddle Me This 4:00 Small Group Dog Walk (Courtyard)	30 (A) 10:30 Happy Birthday Shredded Wheat: 7 Layer Fruit Salad 1:30 Chapel Service 2:30 Picnic in The Patio 3:30 Men's Club: Chip & Dip Checkers 3:30 Chips & Dip	31 M=Margaret K=Kim C=Charlie A=All Therapists Recreation Department Phone 315-413-3044	

Activity Are Subject to Change *All Beverages Are NON-ALCOHOLIC