

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(K) 1 10:30 Sunday Mass 11:00 Coffee & Wellness Check-In 1:30-2:30 Bowling League 3:00 Pretzels & Cheese Party 3:30 Sensory Relaxation	(C)(M) 2 Happy B'day Sharon H! 10:30 Sit & Be Fit 11:00 November Trivia 1:30 Shop the Boutique 2:00 Book Club: Audio Book Session 	(A) 3 10:30-11:30 BINGO 1:30 Walking Club 2:30 Homemade Gift Day 3:00-4:30 Craft Corner: Snowflake Art 	(A) 4 10:30 Balloon Bop 11:00 December Trivia 2:00 Entertainer – Greg Jenkins 3:30-4:30 Santas Workshop 	(A) 5 10:30 Bake with Us: Ginger Pudding Cookies 1:30 Chapel Service 2:30 Ginger Pudding Cookies Party 3:30 Art Club - Community Tree	(K)(C) 6 10:30 Yoga Flow 2:00 Entertainer – Bob Lyna 3:30 - 4:30 Santas Workshop 	(M) 7 10:30-11:30 BINGO 1:30 Rock and Stroll 2:30 Our Favorite Show: "I Love Lucy" 3:30 Art & Craft: Santa Ornament 
(M) 8 Happy B'day Andy Z! 10:30 Sunday Mass 11:00 Monthly Gazette 1:30 Holiday Movie – "12 Days of Christmas Eve" 3:00 Craft & Art Club	(C)(K) 9 10:30 Chair Yoga Stretch 11:00 Brain Flex Trivia 1:30 – 3:30 Nobel Day: Holiday Themed Science Activities 3:30 Relax and Refreshments	(A) 10 10:30-11:30 BINGO 2:00 Entertainer – Blair Frodelius 3:30 - 4:30 Santas Workshop 	(A) 11 10:30 Fancy Footwork 11:00 Easy Breathing Cool-Down 1:30 Holiday Movie Showtime: Miracle on 34 th Street 2:00-4:30 Nail Spa Day	(A) 12 10:30 You Dip, I Dip, We Dip - Holiday Pretzels 1:30 Chapel Service 2:30 Floor to Floor Pretzels  6:00 – 8:00 Annual Holiday Party	(M)(K) 13 Happy B'day Helen E. & Walter R! 10:30 Chair Yoga Dancing 11:00 Brain Crunches 2:00 Entertainer – Larry Serafini 3:30 - 4:30 Santas Workshop	(C) 14 10:30-11:30 BINGO 1:30 Dog Sitting 2:30 Tabletop Games & Puzzles 3:00 Cookies & Milk 
(C) 15 10:30 Sunday Mass 11:00 Coffee & Conversation 1:30 Grinch Day: How the Grinch Stole Christmas 2:30 Mean Green Grinchy Rice Crispies Social	(K)(M) 16 10:30 Grooving to The Oldies 11:00 Holiday Name that Tune 1:30-3:00 Craft Corner: Holiday Tree Art Paintings 3:30 Rummy Club	(A) 17 10:30-11:30 BINGO 2:00 Entertainer – Deb & John Puma 3:30 - 4:30 Santas Workshop 	(A) 18 10:30 Christmas Yoga 11:00 Holiday Trivia 1:30 Christmas Carols 2:00-4:00 Gingerbread House Decorating Day 	(A) 19 10:30 Bake with Us: Christmas Cutout Cookies 1:30 Chapel Service 2:30 Cookie Decorating 	(M)(C) 20 10:30 Elf-ercise 11:00 Deck The Halls Sing-a-Long 2:00 Entertainer – John Vona 3:30 - 4:30 Santas Workshop	(K) 21 10:30-11:30 BINGO 1:30 Christmas Movie: A Christmas Carol 2:00 Popcorn Flurry Social 2:30-4:30 Santas Workshop: Gift Wrapping & Card Making Winter Begins
(K) 22 10:30 Sunday Mass 11:00 Coffee & "I Am Thankful For" 1:30-2:30 Bingo Bucks Bingo 2:30 Coffee and Cookies 3:00 5 Sense Grounding Activity	(C)(M) 23 10:30 Simple Brain-Boosting Exercises 11:00 Resident Council Minutes 2:00 Entertainer – Steve Banyas 3:00 Hot Chocolate for All 3:30 Holiday Sing Along	(K)(C) 24 10:30-11:30 BINGO 1:30 Christmas Eve Movie Matinee: White Christmas 2:00 Popcorn Social 3:00-4:30 Holiday Nails 	25 <i>Merry Christmas & Happy Holiday to You & Your Family</i>  Christmas Hanukkah Begins	(A) 26 Happy B'day Barbara O! 10:30 Holiday Destress 11:00 Kwanzaa Poetry 1:30 Chapel Service 2:30 Monthly Birthday Party with Music 3:30 Puzzle Mania/Cards Games Boxing Day (Canada) Kwanzaa Begins	(K)(C) 27 Happy B'day Carol C! 10:30 Balloon Volleyball 11:00 Relax & Cooldown 2:00 Entertainer – Lori Ann Wilber 3:00 Yogurt Smoothies 3:30 Rummy Club & Pool Hall Billiards Hour 	(M) 28 10:30-11:30 BINGO 1:30 Holidays Around the World 2:30 Italian Christmas Cookie Social 3:30 Friendly Talk
(M) 29 10:30 Sunday Mass 11:00 Let's Go Caroling Together 2:00 Friendship Café with Music 3:00 Crochet Club 	(C)(K) 30 10:30 Bowling League 2:00 Entertainer – Terry Mulhauser 3:30 Donuts & Coffee Talk 	(A) 31 10:30-11:30 BINGO 1:30 Hall Crawl 2:30 New Years Party 3:30 Crochet Club & Tabletop Games  New Year's Eve	M=Margaret K=Kim C=Charlie A= All Therapists			

December 2024

The Heritage

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

Activity Are Subject to Change