

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

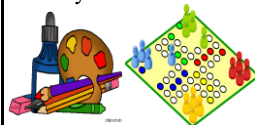
Saturday

M =Margaret

October 2026

THE HERITAGE

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

M =Margaret October 2026 THE HERITAGE 750 East Brighton Ave. Syracuse NY. 13205 tel.315-413-3044					1 (M) 10:30 – 11:30 Floor to Floor Activity 1:00 – 3:30 Floor to Floor Activity 	2 (M) Unit Activity “Unless noted-all activities will take place in 2nd floor Activity Room”	3 (M) 10:30 – 11:30 Floor to Floor Activity 1:30 -3:00 Floor to Floor BINGO 3:00 Cookie & Coffee – Floor to Floor Simchat Torah Begins
4 (M) Unit Activity 10:30 Sit & Be Fit 11:00 October Trivia 2:00 Entertainer: Blair Frodelius 3:00 Buffalo Chicken Dip And Crackers 3:30 Small Group Book Club – Short Story	5 (M) 10:30 BINGO 1:00 Doris Day Songs 2:00 Entertainer: Jerry Cali 3:00 Apple Cider & Donuts Social 3:30 Musical Hangman	6 (M) 10:30 Noodle Balloon 11:00 Name That Tune 1:30 Garden Walk 2:30 Autum Trivia 3:00 Color Me Fancy: Nail Art 	7 (M) 10:30- 11:30 Polish American Day – “Wycinanki” Art Décor 1:30 Chapel Service 2:00 Polish Day at Heritage 2:30 Babka Bread Party with Coffee	8 (M) 10:30 Sugar, Sugar Yoga 11:00 Name 5 2:00 Entertainer: Jasiu Klocek 3:30 Craft Corner – Jewelry Making 	9 (M) Unit Activity “Unless noted-all activities will take place in 2nd floor Activity Room”		
11 (M) Unit Activity 10:30 Senior Chair Yoga 11:00 Brain Crunches 1:00 Relax with Music 2:00 Entertainer: John Vona on Piano 3:00 Columbus Day Trivia & Facts Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	12 (M) 10:30 BINGO 2:00 Entertainer: Deb & John Puma 3:00 Pepperoni, Cheese and Crackers 3:30 Knitting & Crochet Club	13 (M) 10:30 Gentle Stretches 11:00 Mind Jogger 1:30 Lucille Ball Anniversary- Who Am I? 2:30 “I Love Lucy” Show 3:30 Puzzle Mania	14 (M) 10:30 DIY Pumpkin Chocolate Chip Cookie 1:30 Chapel Service 2:00 Cookie Social and Dean Martin Show 3:30 Puzzle and Small Group Craft	15 (M) Unit Activity “Unless noted-all activities will take place in 2nd floor Activity Room”	16 (M) 10:30 Chapel Service 11:00 Monthly Gazette 2:00 BINGO 3:30 Friendship Café with Music 		
18 (M) Unit Activity Happy B'day Dorothy P! 10:30 Balloon Volleyball 11:00 “Shine on Harvest Moon” – Sing Along 1:30 Nail Spa Day 2:30 That’s Entertainment 3:30 Art Club: Fall Leaves Painting	19 (M) 10:30 BINGO 1:30 Craft Corner – Yarn Bird 3:00 Men’s Club – Sub Sandwich and Games with Brian 	20 (M) 10:30 Polka Chair Yoga Dance 11:00 Finishing Line 2:00 Entertainer: Gary La Vancher 3:00 Italian Cookie Social 3:30 Match the Clues “Italian Dinner”	21 (M) Happy B'day Nancy M! & Patricia A! 10:30 -11:00 Pumpkin Decorating 1:30 Chapel Service 2:30 Monthly Birthday Party with Music 3:30 Art Club - Yarn Angel	22 (M) 10:30 Moving & Grooving 11:00 Joggin’ Your Noggin 2:00 Entertainer: Bob Lyna 3:00 Cookie and Milk 3:30 Small Group Table Game	23 (M) Unit Activity “Unless noted-all activities will take place in 2nd floor Activity Room”		
25 (M) Unit Activity 10:00 Armchair Fitness 11:00 Resident Council Minute 2:00 Entertainer: Lori Ann Wilber 3:00 Sweet Treat 3:30 Try Your Skill: Tongue Twister	26 (M) 10:30 BINGO 11:00 German Jeopardy Trivia 2:00 Happy 100 Birthday BETTY! 3:00 Halloween Movie – “Casper” 3:30 One-on-One	27 (M) 10:30 Chair Dancing 11:00 German Jeopardy Trivia 2:00 Entertainer: Terry Mulhauser 3:30 Halloween Hangman 	28 (M) 10:30 -11:30 Apple Appreciation Day-Easy Apple Pie 1:30 Chapel Service 2:30 Apple Pie Social 3:30 Halloween Rhyme Time	29 (M) Happy B'day Betty C! Unit Activity “Unless noted-all activities will take place in 2nd floor Activity Room”	30 (M) 10:30 Chapel Service 11:00 Reminiscence – Halloween Tradition 2:00 BINGO 3:00 Halloween Party  Halloween	31 (M) Unit Activity “Unless noted-all activities will take place in 2nd floor Activity Room”	

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