

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

The Heritage

750 East Brighton Ave. Syracuse NY.13205



New Year's Day

			<p>1</p>  <p>New Year's Day</p>	<p>2</p> <p>(C)(M)</p> <p>10:30 Magic Milk Science Experiment</p> <p>11:00 Singers Note</p> <p>1:30 Chapel Service</p> <p>2:30 Engelbert Live</p> <p>3:30 Craft Corner: Zen Coloring</p>	<p>3</p> <p>(M)</p> <p>Happy B'day Katie A!</p> <p>10:30 Sit and be Fit</p> <p>11:00 Random Trivia</p> <p>1:30 One-On-One Short Story</p> <p>2:30 Acrylic Painting</p> <p>3:30 Rummy Club</p>	<p>4</p> <p>(C)</p> <p>10:30 BINGO</p> <p>11:00 Musician Nicknames</p> <p>1:30 Movie Matinee</p> <p>3:00 Ice Cream and Cookie</p> <p>3:30 Puzzle Club</p> 
<p>(C)</p> <p>5</p> <p>Happy B'day Ed D!</p> <p>10:30 Sunday Mass</p> <p>11:00 Fun Facts</p> <p>1:30 Animal Assisted Activity Hour</p> <p>2:30 Hot Coco Social with Music</p>	<p>(M)(K)</p> <p>6</p> <p>10:30 Rock and Stroll</p> <p>11:00 Can You Name 10 Trivia</p> <p>1:30 iN2L Family Feud</p> <p>2:30 Cute and Cuddly Crochet Toys - Small Group Discussion</p>	<p>(A)</p> <p>7</p> <p>10:30 BINGO</p> <p>2:00 Entertainer – Deb & John Puma</p> <p>3:00 Cookbook Day: Create a Cookbook</p> <p>3:30 Walking & Talking</p>	<p>(A)</p> <p>8</p> <p>10:30 Fit & Trim Yoga</p> <p>11:00 Brain Drain</p> <p>1:30 Nail Spa Day</p> <p>2:30 Movie & Popcorn</p> <p>4:00 One-On-One Visits</p> 	<p>(A)</p> <p>9</p> <p>10:30 Static Electricity Experiment</p> <p>11:00 Sing-along</p> <p>1:30 Chapel Service</p> <p>2:30 Book Nook Walk</p> <p>3:00 Short Story</p>	<p>(C)(M)</p> <p>10</p> <p>10:30 Easy Yoga Stretches</p> <p>11:00 Weird Foods Day – Weird Food Combinations</p> <p>2:00 Entertainer – Terry Mulhauser</p> <p>3:30 Ice Cream for All</p>	<p>(K)</p> <p>11</p> <p>10:30-11:30 BINGO</p> <p>1:30 Craft Corner: 3D Candy Teacups</p> <p>3:00 Tea and Mini Sandwich Social</p> 
<p>(K)</p> <p>12</p> <p>10:30 Sunday Mass</p> <p>11:00 5-4-3-2-1 Grounding Technique</p> <p>1:30 Craft Corner – Snowbird Painting</p> <p>3:30 Bird Nest Rice Crispy Treats Social</p>	<p>(M)(C)</p> <p>13</p> <p>10:30 Moving to the Oldies</p> <p>11:00 January Trivia</p> <p>1:30 What Am I? – Coca-Cola</p> <p>2:30 Test Your Taste Palette Sensory Activity</p> 	<p>(A)</p> <p>14</p> <p>10:30 BINGO</p> <p>2:00 Entertainer – Howie Bartolo</p> <p>3:00 Sweet Treat</p> <p>3:30 Oldies Hall Crawl</p> 	<p>(A)</p> <p>15</p> <p>10:30 Armchair Fitness</p> <p>11:00 Finishing Line</p> <p>2:00 Entertainer – John Vona</p> <p>3:00 Sweet Tea & Cookie</p> <p>3:30 iN2L Trivia</p>	<p>(A)</p> <p>16</p> <p>10:30-11:30 Bake with Us- Cornflake Cookies</p> <p>1:30 Chapel Service</p> <p>2:30 Cornflake Cookies Social with Music</p> <p>3:30 Rummy Club</p>	<p>(C)(K)</p> <p>17</p> <p>10:30 Yoga Chair Dancing</p> <p>11:00 Fact or Fake?</p> <p>1:30 Benjamin Franklin Day: Contributions to Society Invention List</p> <p>2:00 Arcade Game Hour</p> <p>3:00 Fruit and Yogurt Parfait</p>	<p>(M)</p> <p>18</p> <p>10:30 BINGO</p> <p>1:30 Let's Celebrate National Tulip Day in Holland -Tulip facts</p> <p>2:30 Friendship Café</p> <p>3:30 Art Corner - Everything's Coming Up Tulips</p>
<p>(M)</p> <p>19</p> <p>10:30 Sunday Mass</p> <p>11:00 Happy Birthday Dolly Parton</p> <p>1:30 Movie Matinee – “9 to 5”</p> <p>3:30 Crochet and Rummy Club</p> <p>Activity Professionals Week</p>	<p>(K)(C)</p> <p>20</p> <p>10:30 Energizing Stretch</p> <p>11:00 Food and Drinks Trivia</p> <p>1:30 Martin Luther King Jr. Day: Famous Speech</p> <p>2:00 Cheese Lovers Day: Charcuterie Board Social</p> <p>Martin Luther King Jr. Day</p>	<p>(A)</p> <p>21</p> <p>10:30 BINGO</p> <p>2:00 Entertainer – Jerry Cali</p> <p>3:00 One-On-One iN2L Fun</p> <p>3:30 Walking with Music</p>	<p>(A)</p> <p>22</p> <p>10:30 Relaxing Yoga</p> <p>11:00 Body Expressions</p> <p>1:30 Most Beautiful Small Towns</p> <p>2:00-3:00 Craft Corner: Confetti Catch-all</p> 	<p>(A)</p> <p>23</p> <p>10:30-11:30 Weird Science: Super Bouncy Snowballs</p> <p>1:30 Chapel Service</p> <p>2:30 Monthly Birthday Party with Music</p> <p>3:30 Heritage Puzzle Mania</p>	<p>(K)(M)</p> <p>24</p> <p>10:30 Sugar, Sugar Chair Yoga</p> <p>11:00 Everyday Life Trivia</p> <p>2:00 Entertainer – Lori Ann Wilber</p> <p>3:00 PB & Jelly Sandwich Social</p> <p>3:30 It's Peanut Butter Day! – Fun Facts</p>	<p>(C)</p> <p>25</p> <p>10:30 BINGO</p> <p>1:30 Happy Birthday Etta James: Song Game</p> <p>2:30 Social Hour with Music</p> <p>3:30 Tabletop Games: Tic Tac Toe/Connect 4</p>
<p>(C)</p> <p>26</p> <p>Happy B'day Richard L!</p> <p>10:30 Sunday Mass</p> <p>11:00 Sunday Coffee and Conversation</p> <p>1:30 Doggie Day Care</p> <p>2:30 Color by Number</p> <p>Australia Day (Observed)</p>	<p>(M)(K)</p> <p>27</p> <p>10:30 Plate training Exercise</p> <p>11:00 Musical Knock-Knock Jokes</p> <p>2:00 Entertainer – Blair Frodelius</p> <p>3:00 iN2L Family Feud</p>	<p>(A)</p> <p>28</p> <p>10:30 BINGO</p> <p>2:00 Entertainer – Greg Hoover</p> <p>3:00 Tea and Trivia Tuesday</p> <p>3:30 Crochet Club</p>	<p>(A)</p> <p>29</p> <p>10:30 Sit and be Fit</p> <p>11:00 Tea Trivia</p> <p>2:00 Heritage Carnival Fashion Show</p> <p>3:30 Relax with Music</p>  <p>Chinese New Year (Year of the Snake)</p>	<p>(A)</p> <p>30</p> <p>10:30-11:30 Bake with Us: Fruit Pizza</p> <p>1:30 Chapel Service</p> <p>2:30 Fruit Pizza Social with Music</p> <p>3:30 Table Games: Domino/Checkers</p>	<p>(M)(C)</p> <p>31</p> <p>10:30 Yoga and Meditation</p> <p>11:00 Trivia, Trivia and More Trivia</p> <p>2:00 Show Time</p> <p>3:00 Hot Chocolate Social</p> <p>3:30 Paint Me Colorful</p> 	<p>M=Margaret K=Kim C=Charlie (A)= All Therapists</p> <p>Tel.315-413-3044</p>

Activity Are Subject to Chang