

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

K= Kim

M= Margaret

A= All Therapists

January 2026

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

(A) **Happy B'day Diane R!** 1



New Year's Day

(M)(K: 9am-12pm) 2

10:30 Yoga Dancing
11:00 Monthly Gazette
1:30 Walk with Me
2:30 Hot Chocolate Social with Music
3:30 Crochet / Puzzle Club



(K) **Happy Bday Kathryn A!** 3

10:30 Chapel Service
11:00 Finish the Lyrics
1:30-2:30 BINGO



Unit Activity

4 (A) **Happy Bday Ed D!**
10:30 Sit & Be Fit
11:00 Karaoke
1:30 Movie Matinee with Popcorn
2:00 Small Group: Audio Book Club
3:00 Chips & Dip Social

5 (A) **10:30-11:30 Bingo**
1:00 Small Visits
2:00 Entertainer: Deb & John Puma
3:00 Relas and Refresh
3:30-5:00 Unit Activities
***Christmas Tree Removal During This Time**

6 (A) 10:30 Noodle Balloon
11:00 Random Trivia
1:30 Walking Club
2:30 Sugar Free Vanilla Milkshakes
3:00 Art Corner: My Pet Rock

7 (A) 10:30 Easy Tiramisu Cake
11:00 Singers Note
1:30 Chapel Service
2:30 Where Am I?
Graceland
3:00 Elvis Showtime: Blue Hawaii

8 (K) 10:30 Easy Chair Yoga
11:00 Brain Drain
2:00 Entertainer: Howie Bartolo
3:00 Sweet Treat
3:30 Small Group – Tell Me a Story

9 (M) **10:30 Chapel Service**
11:00 Let's Talk: Houseplant Appreciation Day
1:30 – 2:30 BINGO
3:00 Friendship Café
3:30 Small Group Talk

Unit Activity

11 (A) **Happy Bday Deb C!**
10:30 Free Flow Dancing
11:00 Trivia Fun
1:30 21 Facts About the Number 12.
2:00 Movie Matinee: Grumpy Old Men
3:30 Rummy Club

12 (A) **Happy Bday Carol S!**
10:30-11:30 Bingo
1:30 Small Group Rock and Stroll
2:30 Dart Club
3:00-4:00 Crochet Club: Cozy Cup Wrap

13 (A) 10:30 Beach Ball Bop
11:00 Body Expressions
2:00 Entertainer: Jerry Cali
3:00 Coffee & Italian Cookies
3:30 Craft Corner: DIY Gemstone Jewelry

14 (A) 10:30 Weird Science: Milk Experiment
1:30 Chapel Service
2:30 Book Nook Walk
3:00 Ice Cream Sundae Social
3:30 Short Story Reading and Discussion

15 (M) 10:30 Brain Boosting Exercises
11:00 Jam Band
2:00 Entertainer: John Vona
3:00 Craft Corner: Snowflake Painting
3:30 Crochet Club

16 (K) **Happy B'day Mary Jo A!**
10:30 Chapel Service
11:00 iN2L: Family Feud
1:30-2:30 BINGO
3:00 Social Hour
3:30-4:30 Craft Corner: DIY Keychains

Unit Activity

18 (A) 10:30 Pompom Dance Party
11:00 Martin Luther King Jr. Day Famous Speech
2:00 Entertainer: Terry Mulhauser
3:00 Fruit and Yogurt Parfait
Martin Luther King Jr. Day

19 (A) **10:30-11:30 Bingo**
1:30 Walking Club
2:30 Penguin Day: Fun Facts
3:00 Coffee and Penguins: Short Story
3:30 Craft Corner: Inspirational Keychains

20 (A) 10:30 Easy Chair Yoga
11:00 iN2L Family Feud
2:00 Showtime & Snacks
2:30-4:30 Spa Day



21 (A) 10:30 – 11:00 Steeped in Calm: Sensory Sachets
1:30 Chapel Service
2:00 Monthly Birthday Party with Music
3:00 Puzzle / Dot to Dot Coloring

22 (K) 10:30 Yoga Gal: Classic Moves
11:00 Fact or Fake?
2:00 Entertainer: Bob Lyna
3:00-4:00 Arcade Game Hour

23 (M) **10:30 Chapel Service**
11:00 Compliment Day: "10 Golden Compliments"
1:30 -2:30 BINGO
3:00 Ice Cream for All
3:30 Craft Corner – DIY Paper Quilts

Unit Activity

25 (A) **Happy B'day Richard L!**
10:30 Tone & Trim
11:00 Resident Council Meeting
2:00 Entertainer: Gary LaVancher
3:30 Stock and Shop Boutique
Australia Day (Observed)

26 (A) **10:30-11:30 Bingo**
1:30 Floor by Floor Book Nook Stroll with Music
2:00 iN2L: Family Feud Tournament
3:00 Craft Corner: DIY Rings

27 (A) 10:30 Water Bottle Resistance Training
11:00 Random Trivia
2:00 Heritage Winter Fashion Show



28 (A) 10:30 What's Cooking? Crackpot Cinnamon Apples
1:30 Chapel Service
2:30 Ice Cream Social with Cinnamon Apple
3:30 Art Corner: Dot Doodles

29 (M)(K: 9am-12pm) 10:30 Easy & Free Movements
11:00 Finish the Lines
2:00 Entertainer: Lori Ann Wilber
3:00 PBJ Sandwich Social
3:30 Peanut Butter Fun Facts

30 (K) **10:30 Chapel Service**
11:00 Short Story Reading
1:30-2:30 BINGO



Activity Are Subject to Change* All Beverages Are Non-Alcoholic