

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

M= Margaret N= Nel J= Jonisha

July 2021

The Heritage

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

<p>(N) 4 10:00 Happy 4th of July! 11:00 America the Beautiful Day 1:00 Beautiful Places in America 2:00 Iconic Photos in Re-Creation 3:00 Sparkle Power <small>Independence Day (US)</small></p>	<p>(M) 5 10:00 Chair Dancing 11:00 Patriotic Songs 1:00 Patio Relaxation 2:00 Reminiscence - Cleaning Laundry History 3:30 Sweet Lemonade 4:00 One-On-One Visits </p>	<p>(N)(J) 6 10:00 Deep Breathing and Yoga 11:00 Turn the Page Tuesday 1:00 Frida Kahlo the Artist and Museum Virtual Tour 2:00 Bill Haley and His Comets and Music 3:00 All Star Games</p>	<p>(J)(N) 7 10:00 BINGO – 1st floor 10:00 Ringo Star's BDay 11:00 A Treasury of Beatles Postcards 1:00 Lucky 7 Day 2:00 Hello All Things Hawaiian 3:00 Hawaiian Social Hour... Aloha!</p>	<p>(A) 1 10:00 Chapel Service 10:00 Beauty Hour 11:00 Favorite TV Show 1:00 Garden Relaxation 2:30 July IQ 3:00 Movie Matinee 3:30 Question Quest 4:30 A Short Respite <small>Canada Day</small></p>	<p>(M)(J) 2 10:00 Easy Exercise 11:00 Monthly Gazette 1:00 Walking Club 2:00 National Parks Adventure – Discussion 3:00 Ice Tea Social 3:30 Table Games 4:30 Enjoy Music</p>	<p>(N) 3 10:00 Yogi Berra Yoga 11:00 Dog Days of Summer 1:00 Hot Dog Trivia 2:00 History of the Bomb Pop Popsicle 3:00 Bomb Pop Social Hour</p>
<p>(J) 11 10:00 Horse Racing 2nd floor 11:00 Trivia Fun 1:30 Cutest Pet Pictures 2:30 What's Your Favorite Animal 3:30 Animal Crackers 4:30 Music for All</p>	<p>(M)(N) 12 10:00 Sit and Be Fit 11:00 Family Feud Day 1:00 The Best of Summertime Songs 2:00 Gazebo Trivia 3:00 Uncle Miltie and the Best Milton Berle Quotes 4:30 Sing for Your Supper</p>	<p>(A) 13 10:00 Chair Yoga 11:00 July Trivia Fun 1:00 Patio Relaxation 1:30 Let's Paint and Talk with Nel 2:00 Hand Spa -1st floor 3:00 Sweet Retreat </p>	<p>(A) 14 10:00 BINGO – 2nd floor 10:00 What Am I? 11:00 Sing-A-Long 1:00 Helping Hands 2:00 Short Story – "Pedal to the Parks" 3:00 Lemonade Social 4:30 Leisure Time</p>	<p>(A) 15 10:00 Chapel Service 10:00 Beauty Hour 11:00 33 Great Cities of Europe 1:30 Courtyard Relaxation 2:00 Brain Drain 3:00 Paint by Number 4:00 One-On-One Visits</p>	<p>(N)(J) 16 10:00 Zen Yoga 11:00 Freaky Frankfurter Friday Fun 1:00 Clog Along This Way 2:00 River Dance History 3:00 Enjoying Gazebo Time 4:00 Friendly Talk</p>	<p>(M) 17 Happy B'day Ellen B! 10:00 Balloon Volleyball 11:00 Name That tune 1:00 Reminiscence Time- Remembering Camping 2:30 Patio Trivia Time 3:30 Ice Cream for All 4:30 Friendly Talk</p>
<p>(M) 18 10:00 Good Morning All 11:00 History Time – Nelson Mandela 1:00 Zookeeper Day 2:00 Patio Story – "A Day At the Zoo" 3:00 Social Hour 4:00 Small Visits 4:30 Music Appreciation</p>	<p>(J)(N) 19 Happy B'day Helen H! 10:00 Chair Dancing Fun 11:00 Jeopardy Trivia Challenge 1:00 Walk Along Cassidy 2:00 Best of the Outdoors 3:00 Sweet Reminiscence 4:30 Meditation Moment</p>	<p>(A) 20 10:00 Zen Yoga 11:00 Man On The Moon 1:00 Let's Go Moon Walking Together 2:00 Blue Moon Songs and Moon Phrases 3:00 Half Moons </p>	<p>(A) 21 10:00 BINGO – 3rd floor 10:00 Psychology of Color 11:00 World Jump Day 1:00 Reminiscing in the Gazebo 2:00 All About Things in Black and White 3:00 Take Your Poet to Work Day</p>	<p>(A) 22 10:00 Chapel Service 10:00 Beauty Hour 11:00 Fashionable Day 1:00 Patio Time 2:00 Spoonerisms 3:00 I've Got a Question Day and Other Jeopardy! Fast Facts</p>	<p>(M)(J) 23 Happy B'day John M! 10:00 Armchair Fitness 11:00 Who Am I? 1:00 Courtyard Walk 2:30 Pretty Nails 3:00 Ice Cream Social 3:30 Puzzle Mania </p>	<p>(N) 24 10:00 Full Moon Yoga 11:00 Full Moon Day 1:00 How Many Moon Phases and Full Moon Names Can You Name? 2:00 Take Care of Yourself Day 3:00 Tell an Old Joke Day</p>
<p>(N) 25 10:00 The Sunday Stretch 11:00 Dharma Day 1:00 Parenting Jokes and Punning Around 2:00 Aunties Day 3:00 26 Facts About Fast Food and the History of the Drive Thru</p>	<p>(J)(M) 26 Happy B'day Catherine P 10:00 Beach Ball Blast 11:00 Resident Council Minutes 1:00 Walk with Me 2:00 Facts about George Bernard Shaw 3:30 Table Games</p>	<p>(A) 27 10:00 Mantra Yoga 11:00 Bugs Bunny's Birthday Today 1:00 Walkin' to the American Top 40 Hits 2:00 Happy Birthday Billboard Charts! 3:00 Gazebo Dance Hour</p>	<p>(A) 28 10:00 BINGO – 1st floor 11:00 History of the Jump Rope/Best Jump Roping 1:00 Yellowstone Word Mining 2:00 National Park Secret Quote Puzzle 3:00 Sculpture Day</p>	<p>(A) 29 10:00 Chapel Service 10:00 Beauty Hour 11:00 Global Tiger Day 1:00 Walking Club 2:00 Tiger Facts 3:00 Memory Game 4:00 Music Sensation </p>	<p>(M)(N) 30 10:00 Yogi Yoga 11:00 Making Our Own Music 1:00 Garden Walk 2:00 Amazing Places in Nature 3:00 Songs to Make You Smiles</p>	<p>(J) 31 10:00 Move with Me 11:00 Elvis Music we Love 1:30 Elvis has Entered the Building 2:30 Jelly Beans Day 3:15 Jelly Bean's for All 4:00 Small Visits </p>

Activities Are Subject to Change