

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

The Heritage

750 East Brighton Ave. Syracuse NY. 13205

(A) 1
10:30 Easy Stretches
11:00 July Monthly Gazette
2:00 Entertainer:
Greg Hoover
3:00 Puzzle Mania /Shuffleboard
3:30 One-On-One Visits

Canada Day

(A) 2
Happy B'day Patty H!
10:30 Bake Shop: Star Spangled Sugar Cookies
1:30 Chapel Service
2:30 250 Years of Red White & Blue Extravaganza!!
3:00 American Flag Paintings


Unit Activity

(M) 3

Independence Day (U.S.) **4**

Happy B'day Shirley M! **5**
Unit Activity

(A)
10:30 Noodle Balloon
11:00 EZ Patriotic Color Game
1:30 Garden Relaxation
3:00 Ice Cream Sundae
3:30 Calm Colors & Rummy Club

(A) 6
Happy B'day Philip H!
10:30 -11:30 BINGO
1:30 - 3:00 Unit Activities
3:30 - 4:30 Small Group Activities with Refreshments


(A) 7
10:30-11:30 Patio Games and Music
2:00 Entertainer:
Jerry Cali
3:00 Fruit Parfaits
3:30 Crochet/ Craft Corner


(A) 8
10:30-11:30 Weird Science: Flour Experiment
1:30 Chapel Service
2:30 Social Hour with Music
3:00-4:00 Art Corner: Lady Bug Rock Painting

(K) 9
Happy B'day Donna F!
10:30-11:30 Indoor Bowling League
2:00 Entertainer:
Bob Lyna
3:00 Cookie Social
3:30 Musical Hot Potato

(M) 10
10:30 Chapel Service
11:00 Who Am I?
1:30 Patio Relaxation with Iced Tea
2:30-3:30 BINGO
3:30 Wind Down Puzzle & Crochet Club **11**


Unit Activity **12**

(A)
10:30 Yoga Flow
11:00 Name 10
1:30 Garden Club: Tend our Garden
3:00 Show Time: Dean Martin
3:30 Knitting & Crochet Club


(A) 13
10:30-11:30 BINGO
2:00 Entertainer:
Deb & John Puma
3:00 Cup Cake Social
3:30 IN2L: Family Feud

Bastille Day

(A) 14
10:30 Sit & Be Fit
11:00 Joke of the Day!
1:30 World Orca Day: Folklore/Legends/Facts
2:00 Blue Lagoon Mocktails
2:30 Movie Matinee: Free Willy **15**


(A) 16
10:30 - 11:30 Bake Shop: Banana Bread Muffins
1:30 Chapel Service
2:00-3:30 Unit Activities
3:30 Short Story


(M) 17
10:30 Patio Exercise
11:00 Sing-Along
2:00 Entertainer:
John Vona
3:00 Iced Tea & Sweet Treat
3:30 Hangman

(K) (10am - 3pm) 18
10:30 Chapel Service
11:00 Spiritual Songs & Hymns
1:30-2:30 BINGO


Happy B'day Elaine F! **19**
Unit Activity

(A)
10:30 Easy Movements
11:00 Doing Laundry-Trivia
2:00 Entertainer:
Howie Bartolo
3:00 Ice Cream
3:30 Craft Corner - Water Lilies Painting

(A) 20
10:30-11:30 BINGO
1:30-3:00 Unit Activities
3:30 - 4:30 Small Group Activities and Sweet Treat


(A) 21
10:30 Yoga Vista
11:00 iN2L Game
2:00 Entertainer:
Lori Ann Wilber
3:00 Peperoni, Cheses & Crackers
3:30 Color Me Pretty: Nail Salon **22**

(A) 23
10:30-11:30 Bake Shop Trail Mix Chocolate Bites
1:30 Chapel Service
2:30 Patio Relaxation with Music
3:00 Trial Mix Social
3:30 I Love Lucy Show

(K) 24
10:30-11:30 Human Whack-a-Mole
1:30-2:30 Art Corner: Chalk Pastel Fireworks
3:00 IN2L Family Feud



(M) 25
10:30 Chapel Service
11:00 Joyful Jump Rope Rhymes for Kids
1:30 Music on the Patio & Lemonade
2:30 -3:30 BINGO

Happy B'day Jerry T! **26**
Unit Activity

(A)
10:30 Energizing Movement
11:00 Resident Council Meeting
1:30 Garden Walk
2:30 Hand Spa/ Movie Matinee
3:30 Summer Refresh w/ Lemonade

(A) 27
10:30-11:30 BINGO
1:30 Hip-Hip-Hooray!
Wacky Headdress Party
3:00 Rainbow Sherbert Social w/ Music
3:30 Tabletop & Arcade Game Hour **28**

(A) 29
10:30 Balloon Volleyball
11:00 July IQ
2:00 Entertainer:
Gary LaVancher
3:00 Chocolate Milk Day: How do You do Chocolate Milk?
3:30 Sculpture Day: Ceramics Club **30**

(A) 30
Happy B'day Betty O!
10:30-11:30 Music on the Patio
1:30 Chapel Service
2:30 Monthly Birthday Party with Music
3:30 Art & Craft Corner


(M) 31
10:30 Chair Dancing
11:00 Finish the Lyrics
2:00 Entertainer:
Terry Mulhauser
3:00-4:00 Jump for Jellybeans Day: Edible Jelly Bean Bouquets

M= Margaret
K=Kim
A= All Therapists

Recreation Department Tel. 315-413-3044

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