

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Heritage June 2022

750 East Brighton Ave. Syracuse NY. 13205

(A)
Happy B'day Glenn C! 1
10:00 Dance with Me
10:30 The Monthly Gazette
11:00 Singers Note
1:30 Happy Birthday - Marilyn Monroe
2:30 Movie – "We're not Married"
4:30 Music Appreciation

(A) 2
10:00 Let's Talk Chicken
11:00 Fun Facts about Chicken
1:30 Catholic Chapel Service
2:30 Spumoni Ice Cream Social
3:30 Checking our Courtyard Chickens

(M) 3
10:00 Chair Yoga
11:00 June IQ
1:30 Tennessee Facts and Trivia
2:30 Heritage Puzzle Mania
3:30 iN2L Small Group
4:30 Friendly Talk

(D) 4
9:30 Good Morning All
10:00 Outdoor Relaxation
11:00 The Daily Chronicle
1:00 Small Group Activity - All Floor
3:00 Ice Cream for All
4:00 Small Talk



Shavuot Begins

(D) 5
10:00 Patio Trivia Fun
11:00 Our Good Old Songs
1:00 Read Me a Story – All Floors
3:00 Sunday Coffee Hour
4:00 One-On-One Visits
4:30 Music for All

(A) 6
10:00 Noodle Balloon
10:30 Spelling Bee
11:00 Elvis Music for All
2:00 Entertainment: Larry Serafini
3:00 Can You Picture This
4:00 Walking and Talking

(A) 7
10:00 Our Old Songs
10:30 Bingo Time
1:00 Courtyard Walk
2:30 Chocolate Ice Cream Day
3:30 iN2L – Small Group
4:30 Relaxation Through Music

(A) 8
10:00 Sittercize
10:30 15 Big, Bigger, Biggest Blooms
1:00 Walking & Talking
2:00 Entertainment: Blair Frodelius
3:00 Let's Talk - World Oceans Day
3:30 Planet Ocean

(A) 9
10:00 "Everything Is Coming Up Roses" Day
11:00 Sing-A-Long
1:30 Catholic Chapel Service
2:30 That's Entertainment
3:30 Pretty Nails



(D) 10
10:00 Chair Exercise
10:30 Judy Garland's Birthday
11:00 Somewhere Over the Rainbow
1:00 What's Next
3:00 Lemonade Social
4:00 One-On-One

(M) 11
10:00 Good Morning All
10:30 Horse Racing
11:00 Music for All
1:30 Garden Walk
2:30 Vince Lombardi
3:30 Football Fill-in-the-Blank
4:30 Meditation Time

(M) 12
10:00 Bake with Me
10:30 Baking Trivia
11:00 Sunday Mass
1:30 Courtyard Relaxation
3:00 Cookie and Coffee
3:30 Rummy Club
4:30 Music Appreciation



(D) 13
10:00 Easy Exercise
11:00 Our Favorite Songs
1:30 Garden Walk
3:00 Ice Tea Social with Music
3:30 Checkers Club
4:30 Small Talk

(A) 14
10:00 Best of Frank Sinatra
10:30 Bingo Time
1:00 Courtyard Chat
2:30 Flag Day Trivia
3:00 American Flag Mining
3:30 Friendship Café
4:00 One-On-One Visits



Flag Day (US)

(A) 15
10:00 Chair Dancing - Around the World
10:30 Random Trivia
11:00 Our Best Songs
2:00 Entertainment: Dan Cleveland
3:00 Too Cute
3:30 iN2L Small Group

(A) 16
10:00 History of Fudge
10:30 Let's make a No-Bake Fudge
11:00 Sing Along
1:30 Catholic Chapel Service
2:30 Fudge Social Hour w/Music
3:30 Paint by Number

(M) 17
10:00 Balloon Volleyball
10:30 Finish the Line
11:00 Doris Day Songs
1:00 Walk & Talk
2:00 Entertainment: Greg Jenkins
3:00 Sweet Treat
3:30 Baby Face

(NS) 18
2:00 Movie Time – All Floors



(M) 19
10:00 The Story of Father's Day
10:30 Jeopardy Trivia
11:00 Sunday Mass
1:00 Patio Relaxation
2:30 Father's Day Ice Cream Social
3:30 iN2L Small Group
4:30 Just Relax

Father's Day

(M) 20
Happy B'day Carol R!
10:00 Patio Easy Exercise
10:30 Easy Does It
Random Trivia
11:00 Dean Martin Songs
1:00 Fascinating Facts about Sunglasses
2:00 Entertainment: Bob Lyna
3:30 Puzzle Mania

(M) 21
10:00 Oldies but Goodies
10:30 Bingo Time
The Longest Day Afternoon with Backyard BBQ and Games



Summer Begins

(M) 22
Happy B'day Patricia S!
10:00 Armchair Fitness
11:00 Folk Music or Rock and Roll?
1:00 Walk & Talk
2:00 Entertainment: Steve Banyas
3:00 Nursery Rhyme Lines
4:30 Music Appreciation

(M) 23
10:00 Plants & Animals – Amazing Cows
10:30 Cow Trivia Quiz
11:00 Marion's Favorites Songs
1:30 Catholic Chapel Service
2:30 Afternoon Show
3:30 Rummy Club

(M) 24
10:00 Morning Warm-Up
11:00 Musical Hangman
1:00 Afternoon Stroll
2:00 Entertainment: Terry Mulhauser
3:30 One-On-One Visits
4:30 Friendly Talk

(M) 25
Happy B'day Helen W!
10:00 Good Morning All
10:30 Bridging Memories
11:00 Let's Sing
1:30 Courtyard Relaxation
2:30 Ice Cream Social
3:30 Glamour Manicure



(D) 26
10:00 Courtyard Relaxation
11:00 Name That Tune
1:00 Table Game – All Floors
3:00 Donuts Social with Music
4:00 Small Visits

(D) 27
10:00 Sit and be Fit
10:30 June Trivia Fun
11:00 Heritage Singers with Music
1:30 Gazebo Relaxation with Music
2:30 Golden Gate Quiz
3:30 iN2L Small Group
4:30 Music for All

(A) 28
10:00 The Best of 60's
10:30 Bingo Time
1:00 Just Relax
2:00 Entertainment: Lori Ann Wilber
3:00 Short Story: "A Day at the Deli"
4:30 Relaxation Time

(A) 29
10:00 Noodle Balloon
10:30 June Trivia Fun
11:00 Resident Council Minutes
1:00 Helping Hands
2:00 Hand Spa
3:00 Men's Club with Brian, Josh & James
4:30 Meditation Moment

(A) 30
10:00 Ariel America - California
11:00 Singers Note
1:30 Catholic Chapel Service
2:30 Monthly Birthday Party
3:30 Table Talk
4:30 Relax with Music

M=Margaret
D= Debra
A= All Therapists
NS=Nursing Staff

Recreation Department
Tel. 315-413-3044

Activities Are Subject to Change