

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>Unit Activity</b></p> <p><b>Happy B'day Barbara F!</b></p>	<p><b>1 (A)</b> <b>Happy B'day Joyce U!</b> 10:30 Moving to the Oldies 11:00 Five Clues: Tools 1:30 Craft Corner: Keychains 2:30 Make Your Own Cookie Ice Cream Sandwiches  Purim Begins</p>	<p><b>2 (A)</b> <b>10:30-11:30 BINGO</b> 1:00 Library Stroll <b>2:00 Entertainer:</b> <b>Jerry Cali</b> 3:00 Crochet Club 3:30 Resin Art: Make Your Own Pendants</p>	<p><b>3 (A)</b> 10:30 Easy Movement Plate Exercise 11:00 March Trivia <b>2:00 Entertainer:</b> <b>Bob Lyna</b> 3:30 Craft Corner: Tulip Ledge Decor</p>	<p><b>4 (A)</b> <b>Happy B'day Tom S!</b> 10:30-11:30 Rainbow Science Experiment <b>1:30 Chapel Service</b> 2:30 Friendship Café 3:00 Crochet Club 3:30 Mix-n-Match Arts &amp; Crafts</p>	<p><b>5 (K)</b> 10:30-11:00 Bowling <b>2:00 Entertainer:</b> <b>Terry Mulhauser</b> 3:00 Sweet Treats 3:30 Craft Corner: Misc Arts &amp; Crafts  </p>	<p><b>6 (M)</b> <b>10:30 Chapel Service</b> 11:00 "Breakfast with The Beatles" <b>2:00-3:00 BINGO</b> 3:00 No-Bake Dark Chocolate Almond Butter Cheerio Bars</p>
<p><b>Unit Activity</b></p> <p>Daylight Saving Time Begins</p>	<p><b>8 (A)</b> 10:30 Noodle Balloon 11:00 The Monthly Gazette 1:30 Heritage Bakery: Cherry Almond Blossom Squares 3:00 Fresh Baked Goods Social with Music 3:30 Puzzles &amp; Games</p>	<p><b>9 (A)</b> <b>10:30-11:30 BINGO</b> 1:00 Shake Rattle &amp; Stroll <b>2:00 Entertainer:</b> <b>Deb &amp; John Puma</b> 3:00 Crackers, Cheese, and Pepperoni 3:30 Craft Corner: DIY Jewelry Making</p>	<p><b>10 (A)</b> <b>Happy B'day Rosalie S!</b> 10:30 Yoga Vista 11:00 IN2L Games 1:30 Mix-n-Match Arts &amp; Crafts <b>2:00-4:30 Spa &amp; Nail Art</b>  </p>	<p><b>11 (A)</b> <b>Happy B'day Bonnie H!</b> 10:30 My Fair Lady Trivia Slideshow 11:00 Music Relaxation <b>1:30 Chapel Service</b> 2:30 Craft Corner: Beaded Rainbow Suncatcher</p>	<p><b>12 (M)</b> 10:30 Chair Dancing 11:00 Rhyme Time Day <b>2:00 Entertainer:</b> <b>Gary LaVancher</b> 3:00 Oreo Cookie Appreciation: Sample the Many Flavors 3:30 One-on-One Visits</p>	<p><b>13 (K)</b> <b>Happy B'day Diane J!</b> <b>10:30 Chapel Service</b> 11:00 IN2L: Family Feud <b>2:00-3:00 BINGO</b> 3:30 Cookies &amp; Coffee   4:00 Crochet/Puzzle Club</p>
<p><b>Unit Activity</b></p>	<p><b>15 (A)</b> 10:30 Musical Stretches 11:00 March Pondering Prompts 1:30 Movie Matinee: Amelia <b>2:30 Men's Club: Free Group Activities</b> 3:30 Nimble Fingers Activity/Crochet Blankets</p>	<p><b>16 (A)</b> <b>Happy B'day Kathleen D!</b> <b>10:30-11:30 BINGO</b> 1:00 Walk with Me 2:00 Craft Corner: Lucky Charm Pom-Pom Clovers 2:30 St. Paddy's Day Shamrock Shakes  St. Patrick's Day</p>	<p><b>17 (A)</b> 10:30 Sit &amp; Be Fit 11:00 Jam Band <b>2:00 Entertainer:</b> <b>John Vona</b> 3:00 Craft Corner: Resin Art Keychains 3:30 Snack &amp; Relax Social Hour</p>	<p><b>18 (A)</b> 10:30-11:30 What's Cooking? Chili Three Ways <b>1:30 Chapel Service</b> 3:00 Chili Cookoff  </p>	<p><b>19 (K)</b> 10:30 Yoga Vista 11:00 First Day of Spring History &amp; Traditions <b>2:00 Entertainer:</b> <b>Bob Lyna</b> 3:30 Spring Fling Ice Cream Social  Spring Begins</p>	<p><b>20 (M)</b> <b>10:30 Chapel Service</b> 11:00 Reminisce: Favorite Spring Activities? <b>2:00-3:00 BINGO</b> 3:30 Friendship Café 4:00 Small Group Music Conversations</p>
<p><b>Unit Activity</b></p>	<p><b>22 (A)</b> <b>Happy B'day Barbara C!</b> 10:30 Easy Stretches 11:00 Trivia Fun 1:30 Helping Hands – Spring Cleaning 3:00 Chip &amp; Dip Day 3:30 Art Corner - TP Tulip Ledge Decor</p>	<p><b>23 (A)</b> <b>10:30-11:30 BINGO</b> 1:00 Boutique Stop &amp; Shop <b>2:00 Entertainer:</b> <b>Howie Bartolo</b> 3:00 Refreshments &amp; Relaxation <b>3:30 Nail Art</b></p>	<p><b>24 (A)</b> 10:30 Easy &amp; Free Movements 11:00 Name 10 2:00 Paper Deco Easter Eggs 3:30 Relax &amp; Refresh  </p>	<p><b>25 (A)</b> 10:30-11:30 Heritage Bakery: Peanut Butter Swirl Soft Cookies <b>1:30 Chapel Service</b> <b>2:30 Monthly Birthday Party with Music</b> 3:30 Crochet Club</p>	<p><b>26 (M)(K: 9am-12pm)</b> 10:30 Yogi Yoga 11:00 Telephone Hangman <b>2:00 Entertainer:</b> <b>Terry Mulhauser</b> 3:00 DIY Art Décor 3:30 Small Group Coffee Conversations</p>	<p><b>27 (K:10am-3pm)</b> <b>Happy B'day Donna L!</b> <b>10:30 Chapel Service</b> 11:00 Coffee &amp; Conversation <b>1:00-2:30 BINGO</b>  </p>
<p><b>Unit Activity</b></p> <p>Palm Sunday</p>	<p><b>29 (A)</b> 10:30 Tone &amp; Trim <b>11:00 Resident Council Meeting</b> <b>2:00 Entertainer:</b> <b>Lori Ann Wilber</b> 3:00 Fruit &amp; Yogurt Parfaits</p>	<p><b>30 (A)</b> <b>Happy B'day Hankie D!</b> <b>10:30-11:30 BINGO</b> 1:30 Walking and Talking 2:30 Hodge-Podge Arts &amp; Activities Hour 3:00 Chips &amp; Dip 3:30 Mindful Music and Aroma Therapy</p>	<p style="text-align: center;"><b>K = Kim    M = Margaret    A = All Therapists</b></p> <h1 style="text-align: center;">March 2026</h1> <p style="text-align: center;"><b>The Heritage</b> 750 East Brighton Ave, Syracuse NY.13205 Tel. 315-413-3044</p>			

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