

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## Older Americans Month

						<p><b>(K)</b> 10:30 Easy Flow Yoga 11:00 Indoor Gardening <b>2:00 Entertainer:</b> <b>Larry Serafini &amp; Son</b> 3:30 May Day Traditions: Maypole and Headdress Garlands May Day</p>			<p><b>(M)</b> 1 <b>10:30 Chapel Service</b> 11:00 "Run for the Roses" Day <b>2:00-3:00 BINGO</b> 3:30 Kentucky Derby Social 4:00 One-on-One Visits</p>											
<p><b>Unit Activity</b> <b>3 (A)</b> 10:30 Energizing Movement 11:00 Tough Turtle Quote 2:00-3:00 May The 4<sup>th</sup> Be with You: DIY Light Saber Pretzel Rods. 3:30 Music Relaxation</p>			<p><b>4 (A)</b> <b>10:30-11:30 BINGO</b> <b>2:00 Entertainer:</b> <b>Deb &amp; John Puma</b> 3:00 Cinco de Mayo Social - Guacamole &amp; Chips 3:30 Art Corner – Painting Cinco de Mayo</p>			<p><b>5 (A)</b> 10:30 Moving &amp; Grooving 11:00 National Nurses Week Jokes 1:30 Mediterranean White Bean Dip 3:00 Chips &amp; Dip 3:30 Nail Art</p>			<p><b>6 (A)</b> <b>Happy B'day Mary M! &amp; James N!</b> 10:30 Weird Science: "Grow a Crystal Tree" <b>1:30 Chapel Service</b> 2:30 Sweet Treat 3:00 Shuffleboard</p>			<p><b>7 (M)</b> 10:30 10 Brain Gym Exercises 11:00 May Trivia <b>2:00 Entertainer:</b> <b>Gary LaVancher</b> 3:00 Iced Tea &amp; Cookie 3:30 Cochet Club</p>			<p><b>8 (K)</b> 9 <b>10:30 Chapel Service</b> 11:00 Finish the Bible Verses <b>2:00-3:00 BINGO</b> <b>3:30 Mother's Day Social</b> </p>					
<p> <b>Unit Activity</b> Mother's Day National Skilled Nursing Care Week</p>			<p><b>10 (A)</b> <b>Happy B'day Daon M!</b> 10:30 Chair Dancing 11:00 "Tiptoe Through the Tulips" <b>Entertainer:</b> <b>Jerry Cali</b> 3:30 Crochet Club</p>			<p><b>11 (A)</b> <b>10:30-11:00 BINGO</b> 1:00 Library Walk &amp; Short Story 2:30 Craft Corner - Pretty Paper Picture Frame 3:30 Mindful Music &amp; Aroma Therapy</p>			<p><b>12 (A)</b> 10:30 Beach Ball Boop 11:00 Random Trivia 1:00 Craft Corner; Pastry Bag Bouquet <b>2:30 -4:30 Nail Spa</b> 3:00 Doo Wop Music</p>			<p><b>13 (A)</b> 10:00-11:00 Unit iN2L Games <b>1:30 Chapel Service</b> 2:30 Social Hour with Music 3:30 Art Club - Butterfly Painting</p>			<p><b>14 (K)</b> 15 10:30 Indoor Rock &amp; Bowl 11:00 Deep Breathing <b>2:00 Entertainer:</b> <b>Bob Lyna</b> 3:30 Cookies &amp; Coffee</p>			<p><b>15 (M)</b> 16 <b>10:30 Chapel Service</b> 11:00 Armed Forces Day- Celebration <b>2:00-3:00 BINGO</b> 3:30 Grilled Apple a La Mode Armed Forces Day</p>		
<p><b>Unit Activity</b></p>			<p><b>17 (A)</b> 10:30 We Made It Yoga <b>11:00 Resident Council Meeting</b> 2:00-3:00 DIY: Chocolate Dipped Banana's 3:30 Mix &amp; Match Crafts Victoria Day (Canada)</p>			<p><b>18 (A)</b> <b>10:30-11:00 BINGO</b> 1:30 Courtyard Walk 2:30 Tending Our Garden Beds 3:00-4:00 Craft Corner: Rainbow Sun Catchers</p>			<p><b>19 (A)</b> 10:30 Sit &amp; Be Fit 11:00 Presidents and First Ladies <b>2:00 Entertainer:</b> <b>John Vona</b> 3:30 Small Group Garden Walk</p>			<p><b>20 (A)</b> 21 10:30-11:30 Bake Shop: Soft Pudding Cookies <b>1:30 Chapel Service</b> 2:30 Cookie Social 3:30 Art Corner- Tote Bag Decorate Shavuot Begins</p>			<p><b>21 (M)</b> 22 <b>Happy B'day Jill Z!</b> 10:30 Sit &amp; Be Fit 11:00 Rhyming Words <b>2:00 Entertainer:</b> <b>Lori Ann Wilber</b> 3:30 Fruit Parfait</p>			<p><b>(K) (10am-3:00pm)</b> 23 <b>10:30 Chapel Service</b> 11:00 "I Am Thankful" Prayer Group <b>1:15-2:30 BINGO</b> </p>		
<p><b>Unit Activity</b></p>			<p><b>Happy B'day Madeline!</b> <b>24 (A)</b>  Memorial Day</p>			<p><b>25 (A)</b> <b>10:30-11:00 BINGO</b> 1:00 Small Visits <b>2:00 Entertainer: Howie Bartolo</b> 3:00 Chips &amp; Dip 3:30 Crochet Club</p>			<p><b>26 (A)</b> 27 10:30 Yoga Dance/Patio 11:00 May Random Trivia 1:30 Outdoor Gardening Clubs/ Patio 3:00 Friendship Café 3:30 Table Game/ Puzzle</p>			<p><b>28 (A)</b> 28 10:30-11:30 Bake Shop: Fruit Pizza <b>1:30 Chapel Service</b> <b>2:30 Monthly Birthday Party</b> 3:30 Party on the Patio with Music</p>			<p><b>(K)</b> 29 10:30 Courtyard/Patio Garden Club 11:00 Tea &amp; Lemonade with Music <b>2:00 Entertainer:</b> <b>Terry Mulhauser</b> 3:00 Donut Hole Snack</p>			<p><b>(M)</b> 30 <b>Happy B'day Mickey N!</b> <b>10:30 Chapel Service</b> 11:00 Ice Cream Day- Trivia <b>2:00-3:00 BINGO</b> 3:30 Ice Cream Social with Music</p>		
<p><b>Unit Activity</b></p>			<p><b>K = Kim    M = Margaret    A = All Therapists</b></p> <p><b>The Heritage</b> <b>750 East Brighton Ave. Syracuse, NY. 13205 Tel. 315-413-3044</b></p>																	

**\*Outdoor Activities Are Weather Permitting\*Activities Are Subject to Change\*All Beverages Are Non-Alcoholic\***