

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>M=Margaret NS= Nursing Staff Recreation Department Tel. 315-413-3044</p> 	<p>(M) Happy B'day Marion G! 10:00 Easy Exercise 11:00 Monthly Gazette 1:00 Walking Club 2:30 Friendship Café 3:30 Paint by Number 4:00 Small Talk</p> 	<p>(M) 10:00 The Best of D. Day 10:30 Big Prize Bingo 1:00 Afternoon Stroll 2:00 Discuss & Recall "The Election Process" 3:00 Election Day Trivia 4:00 Sing-A-Long 4:30 Relaxation Time</p>	<p>(M) 10:00 Chair Dancing 11:00 First Scheduled Radio News Broadcast 2:00 Entertainment: "Patsy Cline Tribute Show" 3:00 Finish the Line 4:00 Friendly Talk</p>	<p>(M) 10:00 Guess Who Am I? 11:00 Singers Note 1:30 Catholic Chapel Service 2:30 The Lawrence Welk Show Time 3:30 Pretty Nails</p> 	<p>(M) 10:00 Balloon Bop 10:30 Name the City 11:00 Our Favorite Songs 1:00 Walk with Me 2:00 Crochet Club 3:00 Puzzle Mania 4:00 Relax with Music</p>	<p>(NS) 2:00 Ice Cream Social</p> 
<p>(NS) Happy B'day Bernice M! 2:00 Movie Matinee</p>  <p>Daylight Saving Time Ends</p>	<p>(M) 10:00 Moving to the Oldies 11:00 Breaking Down the Wall Day 1:00 Helping Hands 2:00 What Am I? 3:00 Coffee Hour w/Music 3:30 Table Games</p>	<p>(M) 10:00 Oldies but Goodies 10:30 Big Prize Bingo 1:00 One-On-One Visits 2:00 Entertainment: Steve Banyas 3:00 Sweet Retreat 3:30 10 Unusual Uses for Peanut Butter</p>	<p>(M) 10:00 Balloon Volleyball 11:00 Fun Facts about American Bison 1:00 Oldies but Goodies 2:00 Entertainment: Dan Cleveland 3:00 Joggin' Your Noggin 4:00 Relax with Music</p>	<p>(M) 10:00 A Veteran's Day Discussion 11:00 Patriotic Songs 1:30 Catholic Chapel Service 2:30 Veterans Day Party 3:30 Fast Facts Trivia</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>(M) 10:00 Easy Exercise 11:00 History of the Telephone. 1:00 Small Talk 2:00 Men's Club with Brian & Josh 4:00 Relaxation Time</p>	<p>(M) 10:00 Good Morning All 10:30 Giving and Kindness Trivia 11:00 Sing Along 2:00 Saturday Movie</p>  <p>4:00 Let's Talk</p>
<p>(NS) 2:00 Ice Cream for All</p> 	<p>(M) 10:00 Chair Exercise 11:00 Jeopardy Trivia 1:00 Walking Club 2:00 Apple Cider - The Hard Facts 3:00 Apple Cider Social 3:30 Rummy Club</p>	<p>(M) Happy B'day Mary Frances C! 10:00 Friendly Talk 10:30 Big Prize Bingo 2:00 Entertainment: Greg Hoover 3:00 Sandwich Secret Quote 4:00 Music for All</p>	<p>(M) 10:00 Armchair Fitness 11:00 Random Trivia 1:00 Sunshine Club 2:30 History of Canning 3:30 That's Entertainment 4:40 Rest in Your Nest</p> 	<p>(M) Happy B'Day Maria C! 10:00 History of Glue 11:00 Our Favorite Songs 1:30 Catholic Chapel Service 2:30 Monthly Birthday Party 3:30 Puzzle Club</p>	<p>(M) Happy B'day Nancy C! 10:00 Chair Dancing 11:00 Full Moon & Moon expressions. 2:00 Entertainment: Bob Lyna 3:00 Trivia Fun 4:00 Small Visits</p>	<p>(NS) 2:00 Music for All</p> 
<p>(NS) Happy B'day Betty H! 2:00 Floor to Floor Games</p> 	<p>(M) 10:00 Sit & Be Fit 11:00 History of Cash Register 1:00 Small Talk 2:00 Entertainment: Greg Jenkins 3:00 Turkey Fun Facts 3:30 Sweet Treat 4:00 Relax with Music</p>	<p>(M) 10:00 The Best of 60's 10:30 Big Prize Bingo 2:00 Entertainment: Blair Frodelius 3:00 Quiz Me from A-Z 3:30 Songs from the Heart 4:00 Name 5</p> 	<p>(M) 10:00 Move with Me 11:00 Let's Talk Thanksgiving Tradition 1:30 Catholic Chapel Service 2:30 Thanksgiving Trivia 3:00 Social w/Music 3:30 Colorful Nails</p>	<p>Happy B'day Ruth L!</p>  <p>Thanksgiving Day</p>	<p>(M) 10:00 Sit & Be Fit 10:30 What's Next 11:00 The Best of Doris Day 1:00 Walking & Talking 2:00 Entertainment: Terry Mulhauser 4:00 Music Appreciation</p>	<p>(M) 10:00 Hello All 10:30 The Evolution of Camera 11:00 Elvis Songs 1:30 Smile Please – Photo Day 2:30 Movie "Grumpy Old Man"</p>
<p>(NS) Happy B'day Julieanne B! 2:00 Our Favorite Music</p>  <p>Hanukkah Begins</p>	<p>(M) 10:00 Noodle Balloon 11:00 Resident Council Minute 2:00 Pumpkin Facts 3:00 Pumpkin Pie Social 3:30 Table Talk</p> 	<p>(M) 10:00 News Flash 10:30 Big Prize Bingo 1:30 Entertainment: Lori Ann Wilber 2:30 November E-Z Does It Trivia 3:30 Hot Chocolate for You 4:00 One-On-One Visits</p>	 <p>November 2021 The Heritage 750 East Brighton Ave, Syracuse, NY 13204</p> 			

Activities Are Subject to Change