# November 2026

M = Margaret  J = Jenn  A = All Therapists

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>Happy B"day Marion G!<br>**Unit Activity**<br>Daylight Saving Time Ends | **2** (A)<br>10:30 Somewhere Over the Rainbow – Yoga<br>11:00 November IQ<br>1:30 Paper Airplane Race<br>3:00 Chip & Dip Social<br> | **3** (A)<br>10:00 Music Relaxation<br>**10:30 BINGO**<br>1:30 Election Day Trivia<br>2:30 Coloring / Crochet Club<br> | **4** (A)<br>10:30 Balloon Volleyball<br>11:00 Name That Tune<br>**2:00 Entertainer: Jasiu Klocek**<br>3:00 Sweet Treat<br>3:30 Craft Corner: Felt Mums | **5** (A)<br>10:30 – 11:30 Helping Hand – Fall Cleaning<br>**1:30 Chapel Service**<br>**2:00 Parfait Party**<br>3:00 Small Group Story Time | **6** (M)<br>10:30 Sit and Be Fit<br>11:00 Musical Hangman<br>**2:00 Entertainer: Larry Serafini & Son**<br>3:00 Nail Art<br> | **7**<br>Happy B'day Ed M!<br>**Unit Activity**<br>"Unless Noted-all activities will take place in 2nd floor Activity Room" |
| **8**<br>**Unit Activity**<br>Diwali (Hindi) | **9** (A)<br>10:30 Yogi Yoga<br>11:00 Fun Facts About Chrysanthemums<br>1:30 Art Club: Chrysanthemum design<br>3:00 Healthy Snack – Fruit Smoothies<br>3:30 Puzzle Club | **10** (A)<br>10:00 Best of Elvis<br>**10:30 BINGO**<br>**2:00 Entertainer: Deb & John Puma**<br>3:00 Salami Sandwich Tasting<br>3:30 It's All Cliché | **11** (A)<br>10:30 Stretch & Release<br>11:00 Veteran's Day – Discussion<br>1:30 Veterans Recognition Ceremony<br>**2:00 Red, White and Blue Party w/ Patriotic Songs**<br>Veterans Day<br>Remembrance Day (Canada) | **12** (A)<br>10:30 -11:30 DIY Pumpkin Chocolate Chip Cookie<br>**1:30 Chapel Service**<br>**2:00 Movie Matinee - Cookie & Milk**<br>3:30 Walk to Boutique | **13** (J)<br>10:30 Chair Dancing<br>11:00 Fall Trivia<br>**2:00 Entertainer: John Vona**<br>3:00 Popcorn & Dean Martin Show<br> | **14** (M)<br>**10:30 Chapel Service**<br>11:00 Funniest Short Jokes<br>**2:00 BINGO**<br>3:00 Friendship Café with Music<br>3:30 Crochet Club<br> |
| **15**<br>**Unit Activity** | **16** (A)<br>10:30 Yoga Stretch<br>11:00 Candy Phrases Finish the Line<br>1:30 Walk with Me<br>2:30 Football Trivia<br>3:00 Chip & Dip Social<br> | **17** (A)<br>10:00 Friendly Talk<br>**10:30 BINGO**<br>**2:00 Entertainer: Howie Bartolo**<br>3:30 Craft Club - Make your own Bracelet | **18** (A)<br>10:30 Seated Stretches<br>11:00 Monthly Gazette<br>1:30 DIY - Beaver Cupcakes<br>2:30 Coffee Social w/Music<br>3:30 Rummy Club | **19** (A)<br>10:30 -11:30 Acrylic Painting - Pumpkin<br>**1:30 Chapel Service**<br>**2:30 Monthly Birthday Party with Music**<br>3:30 Hangman<br> | **20** (M)<br>10:30 Armchair Fitness<br>11:00 Rhyme Time Day<br>**2:00 Entertainer; Bob Lyna**<br>3:00 Friendship Café<br>3:30 Crochet & Knitting Club | **21** (J)<br>**10:30 Chapel Service**<br>11:00 Thanksgiving Memory<br>**2:00 BINGO**<br>3:00 Cider & Doughnut<br>3:30 Thanksgiving Coloring |
| **22**<br>**Unit Activity** | **23** (A)<br>10:30 Moving to the Oldies<br>**11:00 Resident Council Minute**<br>1:30 Turkey Toss – Game<br>**3:00 Pie Day Party – Pie Ala mode**<br>4:00 Small Visit | **24** (A)<br>10:00 Oldies but Goodies<br>**10:30 BINGO**<br>**1:30 Hand Spa Day**<br>2:00 That's Entertainment<br>3:00 Fresh Bake Cookies & Coffee<br>3:30 Small Talk | **25** (A)<br>Happy B'day Mary B!<br>10:30 Stretch and Release<br>11:00 Thankful for Thanksgiving Humor<br>**2:00 Entertainer: Jerry Cali**<br>3:00 Indigenous Peoples True or False | **26**<br><br>Thanksgiving Day (U.S.) | **27** (J)<br>10:30 Noodle Balloon<br>11:00 Name 10<br>**2:00 Entertainer: Terry Mulhauser**<br>3:00 Sweet Treat<br>3:30 Small Group Conversation | **28** (M)<br>**10:30 Chapel Service**<br>11:00 60 Uses for Baking Soda<br>**2:00 BINGO**<br>**3:00 Ice Cream Social**<br>3:30 Puzzle Mania |
| **29**<br>Happy B'day Mary Lou N!<br>**Unit Activity** | **30** (A)<br>10:30 Move with Me<br>11:00 Make Our Own Music<br>**2:00 Entertainer: Lori Ann Wilber**<br>3:00 Refreshment & Relaxation<br>3:30 Coloring by Number | | | | | |



**The Heritage**

**750 East Brighton Ave. Syracuse. NY 13205 Tel. 315-413-3044**

*** Activities Are Subject to Change* All Beverages Are NON-ALCOHOLIC***