

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday



September 2021
The Heritage
750 East Brighton Ave. Syracuse NY 13205

<p>(M) 5 9:30 Good Morning All 10:00 Story and Discussion 10:30 Trivia Ball 11:00 Singers Note 2:00 Movie Matinee all Floors</p> 	<p>(J) 6 10:00 Balloon Volleyball 11:00 10 Facts about Labor Day 1:00 Just Relax 2:00 Entertainment: Lori Ann Wilber 3:00 Ice Cream for All 4:00 Friendly Talk <small>Labor Day Rosh Hashanah Begins</small></p>	<p>(A) 7 10:00 Oldies but Goodies 10:30 BINGO 1:30 Garden Walk 2:30 Buddy Holly - Hit Songs 3:00 Movie Matinee – “The Buddy Holly Story” 4:30 Leisure Time</p>	<p>(A) 8 10:00 Dance with Me 10:30 History of St. Augustine 11:00 Florida Facts 2:00 Entertainment: Steve Banyas 3:30 Name 10 4:00 Small Visits</p>	<p>(M) 9 Happy B'day Jessie J! 10:00 100 Years of Fashion 11:00 Play Me My Song 1:30 Catholic Chapel Service 2:30 History of the Chrysanthemum 3:30 Coffee Hour</p>	<p>(J) 10 10:00 Gentle Stretches 11:00 Musical Hangman 1:00 Small Visits 1:30 Patio Relaxation 2:30 Color by Number 3:30 Friday Social w/Music 4:00 Walking and Talking</p>	<p>(M) 11 10:00 Seniorcize 10:30 History of Newspapers 11:00 Our Favorite Songs 1:30 Walk with Me 3:00 Sweet Treat 3:30 Crochet Club w/Margaret</p>
<p>(M) 12 1:00 History of Grandparent's Day 2:00 Toys: Then and Now 3:00 Grandparent's Social with Music 4:00 Walking and Talking</p>  <p><small>Grandparents Day</small></p>	<p>(J)(M) 13 Happy B'day Beverly F! 10:00 Chair Yoga 11:00 EZ Does It Trivia 2:00 Milton Hershey History 2:30 Town Built on Chocolate 3:00 Hershey Social with Music</p>	<p>(A) 14 10:00 Best of Dean Martin 10:30 BINGO 1:00 Walking Club 2:30 Reminiscence - School Lunch Box Day 3:00 Lunch Boxes you Wish you Still Had 3:30 Friendship Cafe</p>	<p>(A) 15 10:00 Noodle Balloon 10:30 Just Peachy 11:00 Peachy Keen Quiz 1:00 Small Talk 2:00 Entertainment: Greg Jenkins 3:00 Baby Face 4:00 Resting Time <small>Yom Kippur Begins</small></p>	<p>(A) 16 Happy B'day Joyce N! 10:00 33 Great Cities of Europe 11:00 Singers Note 1:30 Catholic Chapel Service 2:30 Jeopardy Trivia 3:00 Lawrence Welk Show</p>	<p>(M) 17 10:00 Noodle Balloon 10:30 Spelling Bee 11:00 Colorful Songs 1:00 Garden Walk 2:30 Constitution Day – What it Means to Be a Good Citizen 3:00 Constitution Trivia 4:00 Relax with Music</p>	<p>(J) 18 10:00 Good Morning All 10:30 Sit and Be Fit 11:00 Trash Trivia Game 1:00 Small Talk 2:00 Entertainment: Hepcats Duo 3:00 Ice Cream Social 4:00 Relaxation Time <small>Oktoberfest Begins</small></p>
<p>(J) 19 10:00 It's True—You Really Should Talk to Your Plants 11:00 Five Benefits of Houseplant 1:00 Walking and Talking 2:00 Puzzle Club 3:00 Sunday Social with Music</p>	<p>(M)(J) 20 10:00 Moving to the Oldies 10:30 German Jeopardy Trivia 11:00 Let's Sing Together 1:00 Helping Hands 2:00 Harvest Moon 3:00 Moon Pies Social 4:30 Relax with Music <small>Sukkot Begins</small></p>	<p>(A) 21 Happy B'day Luella L! 10:00 Famous Singers 10:30 BINGO 1:00 Sunshine Club 2:00 Elephant Appreciation Day 2:30 Elephant Jokes 3:00 Coffee Hour 3:30 Puzzle Mania</p>	<p>(A) 22 10:00 Armchair Fitness 10:30 Autumn Season Begins 2:00 Entertainment: Bob Lyna 3:00 All About Me 3:30 TV Show of Our Time <small>Autumn Begins</small></p>	<p>(A) 23 10:00 33 Great Cities of Europe 11:00 Name That Tune 1:30 Catholic Chapel Service 2:30 Monthly Birthday Party with Music 3:00 Table Game 4:00 Small Visits</p>	<p>(M) 24 10:00 History of Yoga. 11:00 Easy Yoga 1:00 Afternoon Relaxation 2:00 Entertainment: Terry Mulhauser 3:00 Trivia Fun 3:30 Heritage Singers 4:30 Friendly Talk</p>	<p>(M) 25 9:30 Morning Visits 10:00 Learn more about Johnny Appleseed 11:00 Our Good Old Music 1:00 One-On-One Visits 2:00 Math Storytelling Day 3:00 Saturday Social w/Music 3:30 Table Game</p>
<p>(J) 26 10:00 Today News 10:30 Pacific Ocean Discovered 11:00 Pacific Facts 1:00 Garden Walk 2:00 Hangman w/Jonisha 3:00 Sweet Treat</p> 	<p>(A) 27 10:00 Balloon Volleyball 10:30 This and That 11:00 Let's Make Our Own Music 1:00 Walking and Talking 2:00 History of Chocolate Milk 3:00 Men's Club with Brian and Josh</p>	<p>(A) 28 10:00 Music for All 10:30 BINGO 1:00 Relax with Music 2:00 Entertainment: Blair Frodelius 3:00 Plants & Animals- “The Ageless American Alligator” <small>Simchat Torah Begins</small></p>	<p>(A) 29 Happy B'day Margaret N 10:00 Sit and Be Fit 10:30 Guess “What Am I?” 11:00 Sing-A-Long 1:00 Walk with Me 2:00 First Daily Newspaper 3:00 Art Club w/Margaret 3:30 The Best of Dean and His Friends</p>	<p>(A) 30 10:00 History of the Frisbee 11:00 Residents Council Minutes 1:30 Catholic Chapel Service 2:00 Movie Matinee 3:00 Pretty Nails 4:30 Music for All</p>	<p>M = Margaret J = Jonisha A= All Therapists</p> <p>Recreation Department Tel. 315-413-3044</p> 	

Activities Are Subject to Change