

Sunday

Monday




Tuesday


Wednesday

Thursday




Friday


Saturday

<p>1 (M)  10:00 Moving to the Oldies 10:30 Happy New Year Around the World 11:00 Sing with Me 2:00 What's New in the New Year 3:00 Let's Color Together 4:30 Relax with Music</p> <p>New Year's Day</p>	<p>2 (M) 10:00 Best of 70's 10:30 BINGO 1:00 Helping Hands 2:00 Keep Watch Day 3:00 Sweet Treat w/Music 3:30 Rummy Club</p> 	<p>3 (M) 10:00 Chair Dancing 11:00 January IQ 1:00 Walking & Talking 2:00 Entertainer – Blair Frodelius 3:00 Ice Cream for You 3:30 Too Cute</p>	<p>4 (M) 10:00 Celebrate the 1960s 11:00 Sports of the '60s 1:30 Catholic Chapel Service 2:30 Doris Day Show 3:30 iN2L 4:30 Relaxation Time</p>	<p>5 (M) 10:00 Easy Yoga 10:30 The Monthly Gazette 11:00 Our Good Old Songs 1:30 Tea Talk 2:00 Tea Teasers 2:30 Tea Social w/Music 3:30 Table Games</p> 	<p>6 (NS) 2:00 Relax with Music - All Floors</p>
--	--	--	---	--	---

<p>8 (NS) 2:00 Movie Time - All Floors</p> 	<p>9 (M) 10:00 Sit and be Fit 11:00 Modern Trivia 1:30 Walking Club 2:30 National Championship - Football Fever Mining 3:00 Bowl Me Over Party 4:00 Small Visits</p>	<p>10 (M) 10:00 Oldies but Goodies 10:30 BINGO 1:30 21 Facts About the Number 12. 2:30 Oatmeal Cookies 3:30 Doo Wop 4:00 Walk of Fame</p>	<p>11 (M) 10:00 Balloon Volleyball 11:00 Top 10 Founding Fathers 1:00 Just Relax 2:00 Maxman Reptile Rescue 3:00 Jeopardy Trivia 4:30 Music for All</p>	<p>12 (M) 10:00 Touring the World 11:00 Name That Tune 1:30 Catholic Chapel Service 2:30 Friendship Café 3:30 iN2L games 4:30 Friendly Talk</p>	<p>13 (M) 10:00 Easy Stretches 11:00 Name 10 1:00 Afternoon Stroll 2:00 Entertainer – Terry Mulhauser 3:00 Why Friday the 13th is Unlucky 4:00 Sweet Retreat</p>	<p>14 (M) 10:00 Good Morning All 10:30 Wintertime Memories Day 11:00 Let's Make Our Own Music 1:00 Friendly Talk 2:00 Saturday Social Hour w/Music 3:00 iN2L</p>
---	--	--	---	--	--	--

<p>15 (NS) 2:00 Ice Cream for All</p> 	<p>16 (M)(S) 10:00 Simon Says Stretch 11:00 Martin Luther King Day Trivia 1:30 Walking Club 2:30 Social Hour w/Music 3:00 Puzzle Club 4:00 Time for Music</p> <p>Martin Luther King Jr. Day</p>	<p>17 (M)(S) 10:00 Frank Sinatra Songs 10:30 BINGO 2:00 Entertainer – Deb & John Puma 3:00 Best of Lucy 4:00 Golden Oldies</p> 	<p>18 (M)(S) Happy B'day Mary Jane! 10:00 Armchair Fitness 11:00 Fashion Trends of the 1960s 2:00 Entertainer – Dan on Piano 3:00 Name 5 4:00 Easy Listening Hour</p>	<p>19 (M)(S) 10:00 Happy Birthday, Dolly 11:00 Dolly Parton Songs 1:30 Catholic Chapel Service 2:30 Movie Matinee 3:30 Pretty Nails</p>	<p>20 (M)(S) 9:30 Good Morning All 10:30 Story Time with Ted 1:00 Relax with Music 2:00 Are You a Rabbit? 3:00 Chinese New Year Social 4:30 Meditation Time</p>	<p>21 (NS) 2:00 Sweet Treat – All Floors</p> 
--	---	--	--	---	--	---

<p>22 (NS) 2:00 Movie Matinee - All Floors</p>  <p>Chinese New Year (Year of the Rabbit)</p>	<p>23 (M)(S) 10:00 Easy Exercise 10:30 Singers Note 11:00 Resident Council Minute 2:00 Entertainer – Howie Bartolo 3:00 This and That Trivia 4:00 Walking & Talking</p> <p>Activity Professionals Day</p>	<p>24 (M)(S) 10:00 Our Old Songs 10:30 BINGO 1:30 Relaxing Hand Spa 2:30 That's Entertainment 4:00 One-On-One Visits 4:30 Meditation Time</p> 	<p>25 (NS) 2:00 Movie Time - All Floors</p> 	<p>26 (M)(S) 10:00 What Am I? 11:00 A Bit of Trivia 1:30 Catholic Chapel Service 2:30 Monthly Birthday Party 3:30 iN2L 4:30 Just Relax</p> <p>Australia Day (observed)</p>	<p>27 (M)(S) 10:00 Moving and Grooving 11:00 Name that State 1:00 Jack Lemmon Show 2:00 Entertainer – Bob Lyna 3:00 All About Me 4:00 Friendly Visits</p>	<p>28 (M)(S) 10:00 Fun at Work Day 11:00 New Years Photo Time 1:30 Horse Racing Game 2:30 Rock, Rhythm & Doo Wop 3:30 Rummy Club 4:30 Music Appreciation Time</p>
--	--	--	---	---	---	---

<p>29 (NS) Happy B'day Martha M! 2:00 Relax with Music All Floors</p> 	<p>30 (M)(S) 10:00 Move with Me 10:30 Beatles Trivia 11:00 Beatles Songs 1:00 Walk with Me 2:00 All for the Love of Dance – Geno Aureli 3:30 Men's Club with Brian, Josh & James</p>	<p>31 (M)(S) 10:00 Elvis Hit 10:30 BINGO 1:00 Walking and Talking 2:00 Entertainer – Lori Ann Wilber 3:00 1960s Trivia Fun 3:30 Too Cute Show 4:30 Magical Retreat</p>	<p>M = Margaret S = Sarah NS = Nursing Staff</p> <h1>January 2023</h1> <p>The Heritage 750 East Brighton Ave. Syracuse, NY.13205 Tel 315-413-3044</p>		
--	---	--	--	--	--

Activities Are Subject to Change