

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>M=Margaret K=Kim S=Sarah A= All Therapists Tel. 315-413-3044</p>	<p>(K)(S) 1 10:00 Gentle Stretch 11:00 May Day 1:30 Cruising the Courtyard 2:30 Rhyme and Reasons Word Game 3:00 Social Hour <small>May Day</small></p>	<p>(A) 2 10:00 Oldies but Goodies 10:30 BINGO 1:30 Gazebo in the Garden: Relaxation Time 2:30 Sweet Treat 3:30 Small Visits </p>	<p>(A) 3 10:00 Noodle Balloon 11:00 Cheers to Older Americans Month 2:00 Entertainer - Bob Lyna 3:00 Solve the May Zodiac 3:30 Walk to the Music</p>	<p>(A) 4 10:00 Pick a Prop: Photo Booth Day 11:00 Strike a Pose 1:30 Catholic Chapel Service 2:30 Happy Birthday Audrey Hepburn: Roman Holiday</p>	<p>(K)(M) 5 Happy B'day Suzanne S! 10:00 Yoga with Kim 10:30 Full Moons Slide Show 11:00 Moon River Song 2:00 Entertainer - Lori Ann Wilber/ Cinco De Mayo Celebration <small>Cinco de Mayo</small></p>	<p>(S) 6 10:00 Armchair Fitness 10:30 Horse Racing 11:00 "Run for the Roses" Day 1:00 Walking & Talking 2:00 Movie - "Seabiscuit" 4:30 Music Relaxation</p>
<p>(S) 7 Happy B'day Mary M! 10:00 Colorado Wildflower Tour 11:00 Sunday Mass 1:30 Garden Walk 2:30 Sunday Social 3:30 Art Club - Flower Bouquet</p>	<p>(K) 8 9:30 Good Morning All 10:00 Move with Me 11:00 Sing Along with Georgina Rae 1:30 Herb Trivia 2:00 What Herb Am I? 3:00 Ice Tea and Cookies</p>	<p>(K)(S) 9 10:00 Music for All 10:30 BINGO 2:00 Entertainer - Deb & John Puma 3:0 Europe Day: Virtual Tour 3:30 European Specialties</p>	<p>(A) 10 10:00 Balloon Volleyball 11:00 Ocean Day: Ocean Relaxation Proector 2:00 Maxman Reptile Rescue: Baby Goat Hour 3:30 Safety & Me: Stop Germs in their Tracks</p>	<p>(A) 11 Happy B'day Rubie S! 10:00 An Artistic Day: Springtime Colors 11:00 Who Am I? Lily of the Valley 1:30 Catholic Chapel Service 3:00 Good to The Last Drop Day: Coffee Social</p>	<p>(M)(S) 12 10:00 Chair Dancing 10:30 Military Spouse Appreciation Day - Poem 11:00 Patriotic Songs 1:30 Garden Musical Trivia 3:00 Ice Cream for All 3:30 One-On-One Visits</p>	<p>(K) 13 10:00 Gentle Movements 11:00 Make today "Pun" 1:30 Bingo 2:30 Mozart's First Opera Day: Listen and Relax 3:00 One-on-One Social Hour</p>
<p>(M) 14 10:00 Meditation with Music 11:00 Sunday Mass 2:00 Mother's Day Social 3:00 One-on-One: Music and Conversation </p>	<p>(S)(K) 15 10:00 Fit & Trim 11:00 Name That Tool - Hammer Away Day 1:00 Jack Lemon Show 2:00 Entertainer - Howie Bartolo 3:00 Sweet Treat for All 3:30 Rummy Club</p>	<p>(A) 16 Happy B'day Richard G! 9:30 Morning Visits 10:00 Frank Sinatra Songs 10:30 BINGO 1:30 Nail Spa Day 2:00 Doo Wop Concert 3:00 Ice Cream Social</p>	<p>(A) 17 Happy B'day Phyllis C! 10:00 Morning Stretch 11:00 Berries: Facts and Fiction 1:30 Rock Painting 2:30 Berry Smoothies </p>	<p>(A) 18 10:00 Perry Como Day: Music Across the Ages 11:00 Perry Como Karaoke 1:30 Catholic Chapel Service 2:30 Monthly Birthday Party with Music</p>	<p>(K)(S) 19 Happy B'day Peter D. & Edith S! 10:00 Mindful Movement 10:30 Circus Day - "The Greatest Show on Earth" 11:00 Balloon Animals 2:00 Entertainer - Terry Mulhauser 3:00 Lemonade Time</p>	<p>(M) 20 10:00 Dance with Me 11:00 How Well Do You Know the Military Branches? 1:00 Garden Relaxation 3:00 Armed Forces Day Social 4:00 One-On-One Visits <small>Armed Forces</small></p>
<p>(K) 21 Happy B'day Rose U! 10:00 Double Trouble Day 11:00 Sunday Mass 1:30 TWINS Categories Game 2:30 Art Club-Gemini Coloring Page 3:00 Two for Two Twix Social</p>	<p>(S)(M) 22 Happy B'day Jill Z! 10:00 Noodle Balloon 11:00 Sing With Me 1:30 Backyard Games in the Courtyard 3:00 Rest and Refreshments <small>Victoria Day (Canada)</small></p>	<p>(A) 23 10:00 Best of 70's 10:30 BINGO 1:30 Tip-toe through the Tulips: Garden Stroll 2:30 Saltwater Taffy Day 3:00 One-on-One: What's Your Favorite</p>	<p>(A) 24 10:00 Just Stretch & Relax 11:00 What Am I? Herbal Tea 1:00 Walk with Music 2:00 Entertainer - Blair Frodelius 3:30 Tea House Social</p>	<p>(A) 25 10:00 Cheery Cherries Day 11:00 Making Our Own Music 1:30 Catholic Chapel Service 2:30 Cheery Pie Social 3:30 Puzzle Mania <small>Shavuot Begins</small></p>	<p>(K)(M) 26 10:00 Moving to the Oldies 11:00 Group Hangman 1:30 Towel Day: The Art of Folding Towel Animals 2:30 Art Club -Cotton Swab Lilac Paintings 3:00 iN2L</p>	<p>(S) 27 9:30 Morning Visit 10:00 - 11:30 Small Group Patio Relaxation 1:00 Music for All 2:00 Movie Matinee 4:30 Chilling Time </p>
<p>(S) 28 Happy B'day Kathryn! 10:00 Easy Stretch 11:00 Sunday Mass 1:00 Sunny Stroll 2:30 All About Gelatin 3:00 JELLO Jamboree Party</p>	<p>(K) 29 Happy B'day Marlene M! 10:00 Balloon Volley Ball 11:00 Patriotic Music 1:30 Memorial Day Celebration 2:30 You're a Grand Old Flag 3:30 Flag Walk <small>Memorial Day</small></p>	<p>(A) 30 Happy B'day Judith P! 10:00 Rock & Roll 10:30 BINGO 1:00 Spa Day 2:00 Frankie Valli Concert 3:00 Man's Club with Brian & James</p>	<p>(A) 31 10:00 Noodle Balloon 11:00 Resident Council Minutes 1:00 One-on-One 2:00 Entertainer - Lori Ann Wilber 3:00 Categories Brain Teasers</p>	<p>May 2023 The Heritage 750 East Brighton Ave. Syracuse, NY. 13205</p>		

Activities Are Subject to Change