

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

M=Margaret K=Kim S=Sarah A= All Therapists Tel. 315-413-3044	(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 May Day	(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 	(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	(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	(K)(M) 5 Happy B'day Suzanne S! 10:00Yoga with Kim 10:30 Full Moons Slide Show 11:00 Moon River Song 2:00 Entertainer - Lori Ann Wilber/ Cinco De Mayo Celebration Cinco de Mayo	(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
(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	(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	(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	(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	(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	(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	(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
(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 	(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	(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	(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 	(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	(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	(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 Armed Forces
(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	(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 Victoria Day (Canada)	(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	(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	(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 Shavuot Begins	(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	(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 
(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	(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 Memorial Day	(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	(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	<div><h1>May 2023</h1><h2>The Heritage</h2><p>750 East Brighton Ave. Syracuse, NY. 13205</p></div>		

Activities Are Subject to Change