

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday

MARCH 2024

The Heritage

750 East Brighton Ave, Syracuse, NY 13205



<p>(K) 3 11:00 SUNDAY MASS 2:00 Behind the Name 2:30 Guess Their Middle Name Game 3:00 Creative Cake Mix Day: Oatmeal Cake Cookies</p>	<p>(D)(M) 4 10:30 Sit and Be Fit 11:00 Monthly Gazette 2:00 Entertainer: Greg Jenkins 3:30 Courageous Followers Day: Simon Says</p>	<p>(A) 5 Happy B'day Thomas S! 10:30 BINGO 1:30 Craft Corner: Rosary 2:30 My Fair Lady 3:00 Greek American Heritage Month: Baklava</p> 	<p>(A) 6 10:30 Noodle Balloon 11:00 Basketball Trivia 2:00 Entertainer: John Vona 3:00 Frozen Food Day: What's in your Freezer? 3:30 Ice Cream Social</p>	<p>(A) 7 10:30 History of the Oreo Cookie – Baking with Oreo 1:30 Chapel Service 2:30 Oreo Day Social 3:00 Name That Tune: Golden Oldies 3:30 Table Game</p>	<p>(M)(D) 8 10:30 Armchair Fitness 11:00 International Women's Day Discussion 2:00 Nail Art Hour 3:00 Linner: Cold Spaghetti Salad Social 3:30 Card/Puzzle Club</p>	<p>(K) 9 10:30 BINGO 1:30 Choose Your Words – Rhyming Words 2:00 Social Hour with Music 3:00 Art Club – Acrylic Painting</p>
<p>(M) 10 10:30 "I'm Looking Over a Four-Leaf Clover" 11:00 SUNDAY MASS 1:30 What Am I? - Pay Phone Day 2:00 Movie Matinee <small>Ramadan Begins Daylight Saving Time Begins</small></p>	<p>(D)(K) 11 Happy B'day Rosalie S! 10:30 Take a Nap Day: Relax, Stretch, & Breathe 2:00 Johnny Appleseed Day: Fact and Fiction 3:00 Apple Turnovers</p>	<p>(A) 12 Happy B'day Bonnie H! 10:30 BINGO 2:00 Entertainer: Steve Banyas 3:30 Plant A Flower Day 4:00 Secret Garden Quote</p> 	<p>(A) 13 10:30 Boutique Walk with Music 11:00 Chinese Culture Day: History of China 1:30 Bing Tanghulu: Candied Strawberries 2:30 Spa Day</p>	<p>(A) 14 10:30 What's Cooking? Spinach Tortilla Roll-ups 1:30 Chapel Service 2:30 Fun House Games 3:00 Crochet Club 3:30 Stroll-up For a Roll-up Social</p>	<p>(K)(M) 15 10:30 Chair Yoga Dancing 11:00 Relax and De-stress 2:00 Entertainer: Terry Mulhauser 3:00 Coffee Hour 3:30 Pitch/Rummy Club</p>	<p>(D) 16 10:30 BINGO 2:00 Shamrock Milk Shake Social 2:30 ShowTime: The Quiet Man 3:00 St. Patrick's Day Coloring Group</p>
<p>(D) 17 10:30 St. Patrick's Day History & Traditions 11:00 SUNDAY MASS 1:30 What's Your Leprechaun Name? 2:00 Lucky Charms Treats Social <small>St. Patrick's Day</small></p>	<p>(M)(K) 18 10:30 Easy Exercise 11:00 Keep the Beat with Musical Instruments 1:30 Amazing Aruba Day – Travel 2:30 Aruba Social Hour 3:30 Rummy Club</p>	<p>(A) 19 10:30 BINGO 2:00 Entertainer: Deb & John Puma 3:00 Lemonade for You 3:30 Springtime Secret Message <small>Spring Begins</small></p>	<p>(A) 20 10:30 Sugar, Sugar Yoga 11:00 Relaxation & Breathing 1:30 Craft Corner: Flying Spring Birds 3:00 Man's Club with Brian</p>	<p>(A) 21 10:30 Brain Crunches 11:00 Boutique Stroll 1:30 Chapel Service 2:30 Cookies and Coffee Social with Music 3:30 Paint by Number</p>	<p>(M)(D) 22 10:30 Volley Ball Bop 11:00 Good Luck/Bad Luck Superstitions 2:00 Maxmen - Goats 3:00 Sweet Treats 3:30 As Young as You Feel Day - advice</p>	<p>(K) 23 Happy B'day Barbara C! 10:30 BINGO 1:30 National Chip & Dip Day: Chip & Dip Etiquette 2:00 Chips & Dips Tasting Party 3:00 iN2L: Family Feud <small>Purim Begins</small></p>
<p>(K) 24 10:30 Celebrate Anything Day: Create a Holiday 11:00 SUNDAY MASS 2:00 Grooving on a Sunday Afternoon 3:00 Art League Day: Painting in the Clouds <small>Palm Sunday</small></p>	<p>(D)(M) 25 10:30 Armchair Fitness 11:00 Math Secret Quote 2:00 Entertainer: Lori Ann Wilber 3:00 Join us for a Jelly Donut</p> 	<p>(A) 26 10:30 BINGO 1:30 Spa Day 2:00 Huckleberry Finn 2:30 Showtime Social with Popcorn 3:00 Craft Corner: Beaded Message Bracelets</p>	<p>(A) 27 10:30 Chair Zumba 11:00 Resident Council Minutes 2:00 Entertainer: Howie Bartollo 3:00 Cherry Tree Day – Let's Visit Washington DC</p>	<p>(A) 28 Happy B'day Donna L! 10:30 How did Your Garden Grow 1:30 Chapel Service 2:30 Monthly Birthday Party 3:30 Crochet Club</p>	<p>(K)(D) 29 Happy B'day Kathleen K! 10:30 Dance with Me 11:00 Mercury Day: All about Mercury (planet) 1:30 Good Friday traditions around the world 2:00 Ice Cream Party</p>	<p>(M) 30 10:30 BINGO 2:00 Babka Bread Social with Music 3:00 Art Club - Easter Egg Critters 3:30 Card Club</p>

(M) 31
Happy B'day Henrietta D!
10:30 History of Easter
11:00 SUNDAY MASS
1:30 Easter Egg Hunt – Each Floor
3:00 Show Time
3:30 iN2L Games
Easter Sunday



M= Margaret
K= Kim
D= Dzeneta
A= All Therapists
Recreation Department Tel. 315-413-3044


Activities Are Subject to Change