

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Heritage

May 2024

750 E. Brighton Ave. Syracuse NY 13205

			<p>(A) 1 10:30 Gentle Stretches 11:00 May Day Around the World 2:00 Entertainer: Greg Jenkins 3:00 Cheers to Older Americans Month</p> <p style="text-align: center;">May Day</p>	<p>(A) 2 10:30 Share a Favorite Story 11:00 Monthly Gazette 1:30 Chapel Service 2:30 Friendship Café with Music 3:30 Small Group - Lucynt</p>	<p>(D) 3 10:30 Yogi Yoga 11:00 Frankie Valli Day- 22 Fun Facts 2:00 Entertainer: Bob Lyna 3:00 What Would You Do? 3:30 Pitch/Rummy Club</p> 	<p>(K) 4 10:30 BINGO 1:30 Favorite Photo Day: Worlds Cutest Photos 2:00 Capture Memories 3:00 Tea Time Social Hour</p>
<p>(K) 5 Happy B'day Suzanne S! 10:30 Sunday Mass 2:00 National Wildflower Week: Paint Wildflowers 2:30 National Laughter Day: Classic Comedy Hour 3:00 Classic Ice Cream Cones</p> <p style="text-align: center;">Cinco de Mayo</p>	<p>(D) 6 Happy B'day Lucy A! 10:30 Easy Exercise 11:00 May IQ 2:00 Entertainer: Dan on Piano 3:00 Boppin' to the Boutique: Walk with Music</p>	<p>(A) 7 Happy B'day Mary M! 10:30 BINGO 2:00-4:00 Webster Pond Outing 3:00-4:00 Small Group One-On-One Activities</p>	<p>(A) 8 10:30 Fit & Trim 11:00 iN2L: Family Feud 2:00 Entertainer: Steve Banyas 3:30 Small Group Patio Relaxation (weather permitting)</p>	<p>(A) 9 10:30 Bake with Us 1:30 Chapel Service 2:30 Early Mother's Celebration 3:30 Birds of Paradise</p> 	<p>(K) 10 10:30 Chair Yoga 11:00 Mindful Meditation Cool Down 2:00 Craft Corner: Colorful Paper Raindrops 3:00 Music Social Hour 3:30 Card/Puzzle/Art Hour</p>	<p>(M) 11 10:30 BINGO 1:30 Garden Walk 2:30 Irving Berlin IQ 3:00 Crochet Club</p> 
<p>(M) 12 10:30 Mother's Day – 15 Things Moms Say... 11:00 Sunday Mass 2:00 Mother's Day Social with Music</p>  <p style="text-align: center;">Mother's Day National Skilled Nursing Care Week</p>	<p>(K)(D) 13 10:30 Moving & Grooving 11:00 Crock-Pot Apples and Cinnamon 1:30 History of Apple Pie 2:00 Letters and Phrases 3:00 Sweet as Apple Pie Ice Cream Social with Music</p>	<p>(M)(K) 14 10:30 BINGO 1:30 Patio & Courtyard Fun (weather permitting) 3:00 Ice Tea Social 3:30 Small Group -Lucynt & Checkers</p> 	<p>(A) 15 10:30 Stretching to Music 11:00 May Trivia Fun 2:00 Entertainer: John Vona 3:00 Chocolate Chip Day: Chocolate Chip Cookie & Milk Social</p>	<p>(A) 16 10:30 Horse Racing Game 11:00 Sing with me 1:30 Chapel Service 2:30 What am I? - Horseshoes 3:00 Small Group - What Tree Did You Fall From?</p>	<p>(M)(K) 17 10:30 Playful Chair Yoga 11:00 Flower Superstitions Day 2:00 Entertainer: Terry Mulhauser 3:00 French Fried Fun 3:30 Rummy Club</p>	<p>(D) 18 10:30 BINGO 1:30 Perry Como Day: Finish-The-Line Game & Fun Facts 2:00 A Cheesy Day Social: Cheese & Crackers 3:00 Board Game Fun</p> <p style="text-align: center;">Armed Forces Day</p>
<p>(D) 19 10:30 Sunday Mass 11:00 iN2L: Family Feud 2:00 Movie Manatee 3:00 Snack Bar: Coffee & Donuts 3:30 Small Group Patio Relaxation (weather permitting)</p>	<p>(K)(M) 20 10:30 We Made It! – Yoga 11:00 Making our Music 2:00-4:00 Gannon's Ice Cream Outing 3:00-4:00 Small Group One-On-One Activities</p>  <p style="text-align: center;">Victoria Day (Canada)</p>	<p>(A) 21 Happy B'day Rose U! 10:30 BINGO 2:00 Entertainer: Deb & John Puma 3:00 Strawberry Parfait Social 3:30 "Tiptoe Through the Tulips": History of Tulips</p> 	<p>(A) 22 Happy B'day Jill Z! 10:30 Sit and Stretch 1:30 Spa Day 2:30 Acts of Kindness 3:30 Puzzle Mania</p>	<p>(A) 23 10:30 Hangman 11:00 Jokes with Friends 1:30 Chapel Service 2:30 World Turtle Day: Fun Facts about Turtles 3:00 Animal Planet 3:30 Color by numbers: Turtle designs</p>	<p>(D)(M) 24 10:30 Chair Dance Yoga 11:00 First Baseball Night Game Played Anniversary 2:00 Entertainer: Lori Ann Wilber 3:00 Sweet Treats 3:30 Small Visits</p>	<p>(K) 25 10:30 BINGO 2:00 Wear the Lilac Day: Breif History. 2:30 Crafts in the Courtyard: Lilac and Ribbon Painting 3:30 Tea and Coffee in the Courtyard</p>
<p>(K) 26 10:30 Sunday Mass 11:00 Set an Intention 1:30 Cheery Cherries Day/Cherry Dessert Day 2:00 Health Benefits of Cherries 2:30 Cherry Brownie Social Hour</p>	<p>(D) 27 10:30 Love to Our Love Time -Yoga 11:00 Chit-Chat & Coffee 1:30 Origin of Memorial Day 2:00 Patriotic Music 2:30 American Flag Coloring pages</p> <p style="text-align: center;">Memorial Day</p>	<p>(A) 28 10:30 BINGO 1:00 Garden Club 2:00 Entertainer: Howie Bartolo 3:00 Rest & Refreshments 3:30 Finish the Sentence</p> 	<p>(A) 29 10:30 Health and Fitness Day: Balloon Volleyball 11:00 Resident Council Minutes 1:30 – 3:00 Cruising the Outdoors: Patio/Courtyard 3:30 Ice Tea for All</p>	<p>(A) 30 10:30-11:30 Sunshine on My Face: Patio/Courtyard 1:30 Chapel Service 2:30 Monthly Birthday Party with Music 3:30 Small Group – Painted Bubbles</p>	<p>(K)(D) 31 10:30 Sugar, Sugar Yoga 11:00 iN2L: Family Feud 2:00 Maxmen – Goats 3:00 Cookies and Coffee</p> 	<p>M=Margaret K=Kim D= Dzeneta A=All Therapists</p> <p>Recreation Office 315-413-3044</p>

Activities are Subject to Change