

Syracuse Daybreak
700 E. Brighton Ave.
Syracuse, New York

May 2019
Recreation Calendar



May Birthdays

4th Blossom G. 5th Blake P. 6th Laura C.
8th MaryAnn D. 8th Bob M. 11th Matt P.
15th Ysidro S.

Community Outings:

3rd Loretto's Bowling Event at Flamingo Lanes
13th Loretto's Trivia Challenge at the Cunningham
22nd Loretto's Show of Love at the Cunningham

Birthstone: Emerald
Flower: Lily of the Valley
Colors: Yellow & Red

DAYBREAK: 315-413-3707

**NOTE: A * represents programs requested specifically by clients at their
monthly Program Planning Meeting.**



Wednesday, May 1st

~Celebrating Older Americans Month~

- 9:30-10:00** *Kickoff to Older Americans Month & “Words of Wisdom” from Our Older Americans & Youthful Memories*
- 10:00-11:00** **May Day Maypole Dance**
- 11:00-11:30** **May Day Trivia**
- 12:00** *Toast to Our Older Americans*
- 1:30-2:30** **Day Room Decorating**
- 2:30-3:00** **Walking Program**
- 3:00-4:00** ***Individual Activities/Small Groups**

Thursday, May 2nd

~Yom Hashoah – Holocaust Remembrance Day~

- 9:30-10:00** **Yom Hashoah Facts and A Moment of Silence**
- 10:00-11:00** **Program Planning & Calendar Review**
- 11:00-11:30** **Garden Meditation Day**
- 1:30-2:30** **Table Top Games**
- 2:30-3:00** **Walking Program**
- 3:00-4:00** ***Individual Activities/Small Groups**

Friday, May 3rd

~Two Different Colored Shoes Day~

- 9:30-1:00** **Bowling at Flamingo Lanes (lunch included)**
- 9:30-10:00** **Name that Shoe and Shoe Show-Off**
- 10:00-11:00** **Day of the Holy Cross Craft**
- 11:00-11:30** **Free Choice Friday**
- 1:30-2:30** **Wii Games**
- 2:30-3:00** **Walking Program**
- 3:00-4:00** ***Individual Activities/Small Groups**



Sunday, May 5th

~Wear Green, White & Red for Cinco De Mayo~

- 9:30-10:00 Facts about Cinco de Mayo**
- 10:00-11:00 Cinco de Mayo Craft**
- 11:00-11:30 Chips and Salsa Social**
- 1:30-2:30 Horse Racing for the Kentucky Derby (May 4th)**
- 2:30-3:00 Walking Program**
- 3:00-4:00 *Individual Activities/Small Groups**

Monday, May 6th

- 9:30-10:00 Melanoma Monday**
- 10:00-11:00 Group Word Jumble**
- 11:00-11:30 Monday Movement**
- 1:30-2:30 Gratitude and Survival Kits Craft**
- 2:30-3:00 Walking Program**
- 3:00-4:00 *Individual Activities/Small Groups**

Tuesday, May 7th

- 9:30-10:00 National Teacher Day – Look, Listen, and Feel**
- 10:00-11:00 Entertainment by Tim Herron**
- 11:00-11:30 *Karaoke**
- 1:30-2:30 *Pet Visits with Harvey**
- 2:30-3:00 Walking Program**
- 3:00-4:00 *Individual Activities/Small Groups**



Wednesday, May 8th

- 9:30-10:00** **Guess the Year**
- 10:00-10:30** **Wednesday Workout**
- 10:30-11:30** **Daybreak Races**
- 1:30-2:30** **Logo Game**
- 2:30-3:00** **Walking Program**
- 3:00-4:00** ***Individual Activities/Small Groups**

Thursday, May 9th

- 9:30-10:00** **Who am I?**
- 10:00-11:00** **Sensory Garden Craft with Maureen**
- 11:00-11:30** **Higher or Lower**
- 1:30-2:30** **5 to 1 – Dice Game**
- 2:30-3:00** **Walking Program**
- 3:00-4:00** ***Individual Activities/Small Groups**

Friday, May 10th

- 9:30-10:00** **Mindful Meditation**
- 10:00-11:00** **Paper Airplane Contest**
- 11:00-11:30** **Higher or Lower**
- 1:30-2:30** **Name that Tune - Songs about mom**
- 2:30-3:00** **Walking Program**
- 3:00-4:00** ***Individual Activities/Small Groups**



Sunday, May 12th

~Happy Mothers' Day~

- 9:00-9:30 Morning Tea and Plain Donut**
9:30-10:00 Memories of Mom – Bring your photos to share
10:00-11:00 Craft – Picture Frame
1:30-2:30 Family Feud - Wii
2:30-3:00 Walking Program
3:00-4:00 *Individual Projects

Monday, May 13th

- 9:30-10:00 Trivia Warm-Up**
10:00-12:00 Team-Up Trivia Challenge – Cunningham Upstairs – In celebration of Older American's Month
10:00-11:00 Health Talk with Kathy – How High is too High?
11:00-11:30 Trivia Cool-Down
1:30-2:30 Group Games
2:30-3:00 Walking Program
3:00-4:00 *Individual Activities/Small Groups

Tuesday, May 14th

- 9:30-10:00 News and Views**
10:00-11:00 *Bingo for Prizes
11:00-11:30 Chicken Dance for National Dance Like a Chicken Day
1:30-2:30 *Pet Visits with Willow and Bentley
2:30-3:00 Walking Program
3:00-4:00 *Individual Activities/Small Groups

A decorative border of red ladybugs with black spots and legs, arranged in a rectangular frame around the text.

Wednesday, May 15th

- 9:30-10:00** Cell Phone Etiquette
10:00-11:00 Safety Talk with Syracuse Police Department
11:15-11:30 Mindful Meditation
1:30-2:30 *Water Pong
2:30-3:00 Walking Program
3:00-4:00 *Individual Activities/Small Groups

Thursday, May 16th

- 9:30-10:00** Prohibition Was Hard to Swallow
10:00-11:00 Go Outside for Love a Tree Day
10:00-11:00 *Reading Group with Barb
11:00-11:30 Morning Exercise
1:30-2:30 *Team Scattegories
2:30-3:00 Walking Program
3:00-4:00 *Individual Activities/Small Groups

Friday, May 17th

- 9:30-10:00** Mad Libs
10:00-11:00 Participant Council Meeting with Chris
11:00-11:30 Alphabet – Pickled Foods
1:30-2:30 *Dart Gun Challenge
2:30-3:00 Walking Program
3:00-4:00 *Individual Activities/Small Groups



Sunday, May 19th

- 9:30-10:00** Butterfly Hunt
- 10:00-11:00** Getting Crafty with Cindy
- 11:00-11:30** Pick It Up and Put It Down
- 1:30-2:30** Table Games
- 2:30-3:00** Walking Program
- 3:00-4:00** *Individual Activities/Small Groups

Monday, May 20th

- 9:30-10:00** All About Puppets
- 10:00-11:30** Creative Arts ~ Puppets and Stories
- 11:00-11:30** Puppet Puzzle
- 1:30-2:30** Back Yard Game - Baggo
- 2:30-3:00** Walking Program
- 3:00-4:00** *Individual Activities/Small Groups

Tuesday, May 21st

- 9:30-10:00** History of the Red Cross
- 10:00-11:00** Bingo
- 10:00-11:00** Men's Discussion Group with Blake
- 11:00-11:30** Movement & Dance
- 1:30-2:30** Back Yard Game - *Ladder Ball
- 2:30-3:00** Walking Program
- 3:00-4:00** *Individual Activities/Small Groups

Wednesday, May 22nd

- 9:30-10:00 The Science of Massage and Meditation
10:00-11:00 Massage Therapy with Jamie
11:00-11:30 Mindful Meditation
12:00 Vanilla Pudding for National Vanilla Pudding
Day and Birthday Social
1:30-2:30 Back Yard Game – Horseshoes
1:30-3:00 Show of Love in Celebration of Older
Americans Month
2:30-3:00 Walking Program
2:00-3:00 *Individual Activities/Small Groups

Thursday, May 23rd

~Lag B'Omer~

- 9:30-10:00 The Story of Lag B'Omer
10:00-11:00 Deal or No Deal
11:00-11:30 Morning Walk & Talk
12:00 In-House Luncheon ~ Make your own subs
1:30-2:30 Back Yard Game – Bottle Bash
2:30-3:00 Walking Program
3:00-4:00 *Individual Activities/Small Groups

Friday, May 24th

- 9:30-10:00 Stretch and Breath
10:00-11:00 Dance Dance Revolution
11:00-11:30 Name that Dance
1:30-2:30 Back Yard Game – Tallyoop
2:30-3:00 Walking Program
3:00-4:00 *Individual Activities/Small Groups



Sunday, May 26th

- 9:30-10:00** Sunday Stretches
- 10:00-11:00** Memorial Day BINGO
- 11:00-11:30** John Wayne's Birthday Info
- 1:30-3:00** Sunday Matinee and Ice Cream Social
- 2:30-3:00** Walking Program
- 3:00-4:00** *Individual Activities/Small Groups

Monday, May 27th

*~Happy Memorial Day~
~Wear Red, White & Blue~*

- 9:30-10:00** Memorial Day Trivia
- 10:00-11:00** Memorial Day Craft
- 11:00-11:30** Morning Walk & Talk
- 1:30-2:30** Card Club
- 2:30-3:00** Walking Program
- 3:00-4:00** *Individual Activities/Small Groups

Tuesday, May 28th

- 9:30-10:00** Words with "HO"
- 10:00-11:00** A story about the Wright Family
- 11:00-11:30** Tuesday Turn and Talk
- 1:30-2:30** Left, Right, Center
- 2:30-3:00** Walking Program
- 2:00-4:00** *Individual Activities/Small Groups



Wednesday, May 29th

- 9:30-10:00** **Just Joking**
10:00-11:00 **Hollywood Squares**
11:00-11:30 **Mindful Meditation**
1:30-2:30 **Pictionary**
2:30-2:45 **Walking Program**
2:00-4:00 ***Individual Activities/Small Groups**

Thursday, May 30th

- 9:30-10:00** **What's Different?**
10:00-11:00 **Architect**
11:00-11:30 **Wacky Workout**
1:30-2:30 **Let's Make Music**
2:30-3:00 **Walking Program**
3:00-4:00 ***Individual Activities/Small Groups**

Friday, May 31st

- 9:30-10:00** **Bulletin Board Trivia**
10:00-11:30 **Parachute Games**
11:30 **Morning Walk & Talk**
1:30-2:30 **Karaoke**
2:30-3:00 **Walking Program**
3:00-4:00 ***Individual Activities/Small Groups**