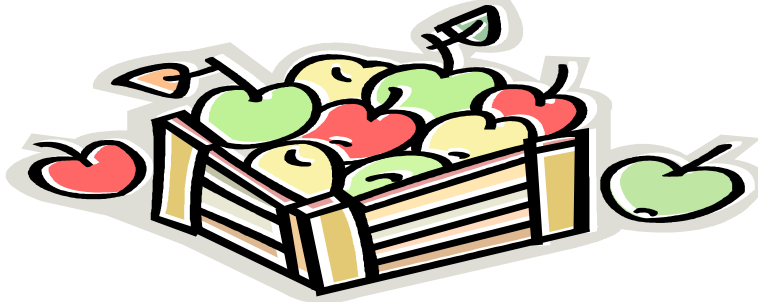


**Syracuse Daybreak**

700 E. Brighton Ave.  
Syracuse, New York



**September 2019**  
**Recreation Calendar**

**September Birthdays:**

6 <sup>th</sup> John D.	13 <sup>th</sup> Jeneal W.
20 <sup>th</sup> Kristin C.	28 <sup>th</sup> Margaret K.

**September Community Outings**

5<sup>th</sup> – In-House Luncheon: Make your Own Tacos  
11<sup>th</sup> – Beaver Lake  
17<sup>th</sup> – Thrifty Shopper  
25<sup>th</sup> – Lunch Outing

**BIRTHSTONE:** Sapphire  
**FLOWER:** Aster  
**COLOR:** Brown

**DAYBREAK: 498-4405**

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



**Sunday, September 1<sup>st</sup>**

- 9:30-10:00**    **Back to School Memories**  
**10:00-11:00**    **Crafts with Cindy**  
**11:00-11:30**    **Sunday Stretches**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **Wii Games**  
**2:30-4:00**        **\*Individual Activities/Small Groups**

**Monday, September 2<sup>nd</sup>**

*~Happy Labor Day~*

- 9:30-10:00**    **The History of Unions**  
**10:00-11:00**    **BINGO**  
**11:00-11:30**    **Light n' Lively**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **Dining Room Decorations**  
**2:30-4:00**        **\*Individual Activities/Small Groups**

**Tuesday, September 3<sup>rd</sup>**

- 9:30-10:00**    **Back to School Trivia**  
**10:00-11:00**    **Participant Planning and Calendar Review**  
**11:00-11:30**    **Tuesday Turn and Talk**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **Bottle Bash**  
**2:30-4:00**        **\*Individual Activities/Small Groups**



**Wednesday, September 4<sup>th</sup>**

- 9:30-10:00** Mensa Word Puzzles  
**10:00-11:00** Optical Illusions  
**11:00-11:30** Wednesday Workout  
**11:00-11:30** Walking Program  
**1:30-2:30** Rebus Puzzles  
**2:30-4:00** \*Individual Activities/Small Groups

**Thursday, September 5<sup>th</sup>**

- 9:30-10:00** Palindromes  
**10:00-11:00** **Participant Council Meeting with Chris**  
**11:00-11:30** Taco Trivia  
**11:00-11:30** Walking Program  
**11:00-1:00** **In-House Luncheon – Make Your Own Taco**  
**1:30-2:30** Deal or No Deal  
**2:30-4:00** \*Individual Activities/Small Groups

**Friday, September 6<sup>th</sup>**

- 9:30-10:00** The Benefits of Reading  
**10:00-11:00** Read a Book Day  
**11:00-11:30** Mindful Meditation  
**11:00-11:30** Walking Program  
**1:30-2:30** New York Times Bestsellers  
**2:30-4:00** \*Individual Activities/Small Groups



**Sunday, September 8<sup>th</sup>**

- 9:30-10:00**     **Truck Driver Trivia**  
**10:00-11:00**   **Crafts with Laura**  
**11:00-11:30**   **Sunday Stretches**  
**11:00-11:30**   **Walking Program**  
**1:30-2:30**     **Table Games**  
**2:30-4:00**     **\*Individual Activities/Small Groups**

**Monday, September 9<sup>th</sup>**

- 9:30-10:00**     **History of the Hot Dog**  
**10:00-11:00**   **Noodle Hockey**  
**11:00-11:30**   **Yoga**  
**11:00-11:30**   **Walking Program**  
**1:30-2:30**     **Giant Jenga**  
**2:30-4:00**     **\*Individual Activities/Small Groups**

**Tuesday, September 10<sup>th</sup>**

- 9:30-10:00**     **Presidential Quotes**  
**10:00-11:00**   **Celebration of Sense – Touch**  
**11:00-11:30**   **Tuesday Toe Touch**  
**11:00-11:30**   **Walking Program**  
**1:30-2:30**     **Pet Visits with Willow and Bentley**  
**2:30-4:00**     **\*Individual Activities/Small Groups**



Wednesday, September 11<sup>th</sup>

- 9:00-11:30 *Community Outing – Beaver Lake*  
9:30-10:00 Reminisce – 9/11  
10:00-11:00 Higher or Lower  
11:00-11:30 One Letter Answers  
11:00-11:30 Walking Program  
1:30-2:30 Group Painting  
2:30-4:00 \*Individual Activities/Small Groups

Thursday, September 12<sup>th</sup>

- 9:30-10:00 Words with “KI”  
10:00-11:00 Basketball Shots  
11:00-11:30 Hangman  
11:00-11:30 Walking Program  
1:30-2:30 Bulletin Board Trivia  
2:30-4:00 \*Individual Activities/Small Groups

Friday, September 13<sup>th</sup>

- 9:30-10:00 Superstitions  
10:00-11:00 Luck Games  
11:00-11:30 50<sup>th</sup> Anniversary of Scooby-Do  
11:00-11:30 Walking Program  
1:30-2:30 *Entertainment by Chris*  
2:30-4:00 \*Individual Activities/Small Groups



**Sunday, September 15<sup>th</sup>**

- 9:30-10:00** News and Views  
**10:00-11:00** Card Shuffle  
**11:00-11:30** Sunday Stretches  
**11:00-11:30** Walking Program  
**1:30-2:30** Yahtzee!!  
**2:30-4:00** \*Individual Activities/Small Groups

**Monday, September 16<sup>th</sup>**

*~Adult Day Health Care Week~*

- 9:30-10:00** Kick-off to ADHC Week  
**10:00-11:00** Make your own Playdough  
**11:00-11:30** Dough-dles  
**11:00-11:30** Walking Program  
**1:30-2:30** Play-Doh Trivia  
**2:30-4:00** \*Individual Activities/Small Groups

**Tuesday, September 17<sup>th</sup>**

- 9:30-10:00** Best Thrift Store Finds  
**9:30-11:30** **Community Outing – Thrifty Shopper**  
**10:00-11:00** BINGO  
**11:00-11:30** Who am I?  
**11:00-11:30** Walking Program  
**1:30-2:30** Wii Games  
**2:30-4:00** \*Individual Activities/Small Groups



**Wednesday, September 18<sup>th</sup>**

- 9:30-10:00**      **Greeting Card History and Trivia**  
**10:00-11:00**    **Greeting Card Craft**  
**11:00-11:30**    **Wednesday Workout**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**       **Card Club**  
**2:30-4:00**       **\*Individual Activities/Small Groups**

**Thursday, September 19<sup>th</sup>**

- 9:30-10:00**      **All in the Family**  
**10:00-11:00**    **Card Shuffle**  
**11:00-11:30**    **Mindful Meditation**  
**11:00-11:30**    **Walking Program**  
**Noon**            **Birthday Social – Butterscotch Pudding**  
**1:30-2:30**       **Miniature Golf**  
**2:30-4:00**       **\*Individual Activities/Small Groups**

**Friday, September 20<sup>th</sup>**

- 9:30-10:00**      **Gratitude Works!**  
**10:00-11:00**    **An Exercise in Gratitude**  
**11:00-11:30**    **Stop Apologizing & Start Thanking**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**       **Wheel of Fortune**  
**2:30-4:00**       **\*Individual Activities/Small Groups**



**Sunday, September 22<sup>nd</sup>**

***~Elephant Appreciation Day~***

- 9:30-10:00**    **Elephant Humor**  
**10:00-11:00**    **Elephant Craft**  
**11:00-11:30**    **Sunday Stretches**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **Baggo**  
**2:30-4:00**        **\*Individual Activities/Small Groups**

**Monday, August 23<sup>rd</sup>**

- 9:30-10:00**    **Hair Dressing**  
**10:00-11:00**    **Balloon Volleyball**  
**11:00-11:30**    **Balloon Volleyball Make-a-Word**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **Left, Right, Center**  
**2:30-4:00**        **\*Individual Activities/Small Groups**

**Tuesday, September 24<sup>th</sup>**

- 9:30-10:00**    **Chris's Italy Vacation Slide Show**  
**10:00-11:00**    **Water Pong**  
**11:00-11:30**    **You know it's fall when...**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **Warn Web**  
**2:30-4:00**        **\*Individual Activities/Small Groups**





**Wednesday, September 25<sup>th</sup>**

- 9:30-10:00**      **Comic Book Trivia**  
**9:30-1:30**      **Community Outing – Lunch at Olive Garden**  
**10:00-11:00**    **Health Talk with Kathy – the Flu and You**  
**11:00-11:30**    **Comic Book Art**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**      **Name that Tune – One Hit Wonders**  
**2:30-4:00**      **\*Individual Activities/Small Groups**

**Thursday, September 26<sup>th</sup>**

- 9:30-10:00**      **What's Different?**  
**10:00-11:00**    **Table Games**  
**11:00-11:30**    **Mindful Meditation**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**      **Mastermind**  
**2:30-4:00**      **\*Individual Activities/Small Groups**

**Friday, September 27<sup>th</sup>**

- 9:30-10:00**      **Inch Work Facts and Trivia**  
**10:00-11:00**    **Paper Inch Worm Craft**  
**11:00-11:30**    **Paper Inch Worm Races**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**      **Free Time Friday**  
**2:30-4:00**      **\*Individual Activities/Small Groups**



**Sunday, September 29<sup>th</sup>**

- 9:30-10:00**      **Horoscopes**  
**10:00-11:00**    **Trivial Pursuit**  
**11:00-11:30**    **News and Views**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **End of Summer Ice Cream Sundaes**  
**2:30-4:00**        **\*Individual Activities/Small Groups**

**Monday, September 30<sup>th</sup>**

- 9:30-10:00**      **Frisbee Games for Frisbee's Birthday**  
**10:00-11:00**    **Family Feud**  
**11:00-11:30**    **Mindful Meditation**  
**11:00-11:30**    **Walking Program**  
**1:30-2:30**        **Mastermind**  
**2:30-4:00**        **\*Individual Activities/Small Groups**