

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>M – Margaret N – Nel J – Jonisha A – All Therapists</p>  <p>Recreation Department Tel. 315-413-3044</p>	<p>(N) 1 10:00 Zen Yoga with Nel 11:00 April Fool's Day Around the World 1:30 What is a Rainbow? 2:00 Rainbow Songs 2:30 Movie Matinee: The Wizard of Oz 4:00 Rest Under Rainbows <small>All Fools' Day</small></p>	<p>(A) 2 10:00 Dance with Megan 11:00 Sing With Me 1:00 Spring Walk-About 2:00 10 Facts About the Chinese Language 3:00 Calligraphy Painting 4:30 Requiescence 6:00 Funny Tax Quotes and Facts</p>	<p>(A) 3 10:00 The Best of the 60's 10:30 Big Prize Bingo 1:00 1-2-3 Walk with Me 2:00 Who Am I? 3:00 Doris Day & Marlon Brando Social 4:30 Small Visits 6:00 The Monthly Gazette</p>	<p>(A) 4 10:00 Dandelion Day 11:00 Surprising Benefits of Dandelion 1:30 Catholic Chapel Service 2:30 Dandelion Tea Word Mining Challenge 3:00 Friendship Café 6:00 Homophones</p>	<p>(J)(M) 5 10:00 Armchair Fitness 10:30 April IQ 11:00 Heritage Singers 1:00 Relaxation Time 2:00 Entertainment: Terry and Friend 3:30 Small Visits</p> 	<p>(N) 6 Happy B'day Rena! 10:00 Olympic Stretches 11:00 1st Modern Olympics 1:00 Tartan Day 1:30 National Tartans 2:00 Scottish Folktales 2:30 River Dance 4:30 Relaxation</p>
<p>(N) 7 10:00 Noodle Balloon 10:30 Guess Who Am I? 11:00 Inspirational Poetry and Quotes 1:30 Glenn Miller History 2:00 Movie Matinee: The Glenn Miller Story 4:00 Music Meditation</p>	<p>(M)(J) 8 10:00 Pet Visits 11:00 Interesting Facts about Farm Animals 1:00 Let's Walk 2:00 Remembering Springtime 3:00 Coffee Hour w/Music 4:30 Just Relax</p>	<p>(A) 9 10:00 Dance with Megan 11:00 Making Our Music 1:00 Walking Club 2:00 Guess What Am I? 2:30 Men's Club with Brian 3:00 The Legend of Marilyn Monroe 6:00 Random Trivia</p>	<p>(A) 10 9:30 Good Morning All 10:00 Famous Singers 10:30 Big Prize Bingo 1:30 Hand Spa 3:00 Paint by Numbers 4:30 Music for All 6:00 What Would You Do? </p>	<p>(A) 11 Happy B'day Marion D! 10:00 Planet Earth 1:30 Catholic Chapel Service 2:30 Entertainment: Greg Jenkins 3:30 Musical Trivia 4:30 Stretch and Relax 6:00 Jeopardy Trivia</p>	<p>(M)(N) 12 10:00 Morning Visits 10:30 Yoga w/Nel 11:00 The Golden Rule 1:00 Small Talk 2:00 Movie Magic with Mike Price 4:00 One-On-One Visits 4:30 Music and Memories</p>	<p>(J) 13 Happy B'day James! 10:00 Hokey Pokey 10:30 Prayer Service with Tammy 11:00 Name that Dance 1:00 One-On-One Visits 2:00 Remembering Roosevelt Day 3:00 Social Hour w/Music</p>
<p>(J) 14 Happy B'day Mary M! 10:00 Morning Yoga 10:30 Penny for Your Thoughts Day 11:00 Sing with Me 2:00 Entertainment: The Reflectors 3:00 Life with Elizabeth <small>Palm Sunday</small></p>	<p>(N)(M) 15 Happy B'day Doris R! 10:00 Move with Me 10:30 History of the Boston Marathon 11:00 1950's Songs 1:00 Walk and Talk 3:00 Pie Social w/Music 4:30 Rest and Relaxation</p>	<p>(A) 16 10:00 Dance with Megan 11:00 Our Fun Songs 1:00 Sunshine Club 2:00 A Short Story and Discussion 3:00 Art Club –“ Baby Bunnies” 6:00 Morris Frank and Buddy</p>	<p>(A) 17 Happy B'day Bruce! 10:00 Morning Chat 10:30 Big Prize Bingo 1:00 Walk It Out 2:00 Slow Art Day 3:00 An Art Critique 3:30 Lemonade Social 4:30 Music Appreciation 6:00 Mind Stretchers</p>	<p>(M)(J) 18 10:00 Beautiful America 11:00 Name That Song 1:30 Catholic Chapel Service 2:30 Entertainment: Lori Ann Wilber 3:30 Sing-a-Long Songs 4:30 Restful Respite</p>	<p>(J) 19 Happy B'day Pat L! 10:00 Sit & Be Fit 11:00 Giant Crossword! 1:30 Pink Moon Day 2:00 Dance Week and The Evolution of Dance 2:30 That's Entertainment! 4:30 One-on-One Visits <small>Good Friday</small></p>	<p>(M) 20 10:00 Bake with Me 10:30 Easter Traditions 11:00 Play Me a Song 1:30 Ted & Lorri Dance 3:30 "Babka" Bread Social with Music 4:30 Meditation Time </p>
<p>(M) 21 10:00 Good Morning All 10:30 Easter Trivia Fun 11:00 Oldies But Goodies 1:00 Egg-celent Easter Egg Hunt 2:30 Storytelling: “All About Easter” 4:00 Relaxation Time <small>Easter Sunday</small></p>	<p>(N) 22 Happy B'day Peg B. & Georgette! 10:00 Yogi Yoga w/Nel 11:00 Haiku Poetry 2:00 Entertainment: Larry Serafini 3:00 Red Skelton 4:00 Leisure Time <small>Earth Day</small></p>	<p>(A) 23 10:00 Dance with Megan 11:00 Name That Singer! 1:00 Walk Off Your Cake 2:30 Monthly Birthday Party with Music 3:30 Do Wop Music Hour 4:30 Small Social Time 6:00 Love You Forever</p>	<p>(A) 24 10:00 Best of Elvis 10:30 Big Prize Bingo 1:30 Time for Manicure 3:30 Small Visits 4:30 Meditation Moment 6:00 Story Time </p>	<p>(J)(N) 25 Happy B'day Paula! 10:00 Touring the World 11:00 Singers Note 1:30 Catholic Chapel Service 2:30 Entertainment: Steve Banyas 4:00 Easy Listening Hour 6:00 Double Meanings</p>	<p>(J) 26 10:00 Moving to the Oldies 10:30 Tree-Mendous Trivia 11:00 Name That Tune 1:00 Afternoon Stroll 2:00 Landscape Architecture Day 2:30 Movie Matinee 4:30 Musical Meditation <small>Arbor Day</small></p>	<p>(N) 27 10:30 Prayer Service with Tammy 11:00 Chapel Songs 1:30 What Tree Am I? 2:30 Forest Funnies 3:00 State Trees 3:30 Rhyming Trees </p>
<p>(N) 28 10:00 Spring Stretches 10:30 Save the Frog Day 11:00 Frog Facts 1:30 Green Puzzle 2:00 Green Sayings 2:30 Lists of Green 3:00 Ice Cream Social </p>	<p>(J) 29 10:00 Balloon Bop 10:30 Quiz Me from A to Z 11:00 Sing-A-Long 1:00 Afternoon Walk 2:00 Reminisce “April Showers” 3:00 Doris Day Show 4:30 Relax with Music</p>	<p>(N)(J) 30 10:00 Dance with Megan 11:00 Resident Council Minutes 1:00 Helping Hands 2:30 Bridging Memories: 1950's Trivia and More 3:30 The Lucy Show 4:30 Free Time For You</p>	 <p>April 2019 The Heritage 750 East Brighton Ave. Syracuse NY 13205</p> 			

Activities Are Subject to Change