

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2018

M= Margaret N= Nel J= Jonisha A= All Therapists Recreation Department Tel. 315-413-3044

								
(J) 1 10:00 Move to the Music 10:30 Music Trivia 11:00 Sing with Me 1:00 One-On-One Visits 2:00 Guess Who Am I 3:00 Social Hour w/Music 4:30 Relaxation Time	(M)(N) 2 10:00 Morning Moves 10:30 What's Wrong Here 11:00 Our Best Songs 1:00 Small Visits 2:00 Who Said That? 2:30 Hangman Game 3:00 I Love Lucy Show	(A) 3 <b>Happy B'day Ronald D!</b> 10:00 Move with Me 10:30 Hanukkah True or False Questions 11:00 Name That Song 2:00 Movie Matinee 3:30 One-On-One Visits <small>First Day of Hanukkah</small>	(A) 4 <b>10:00 Dance with Megan</b> 11:00 Monthly Gazette 1:30 Reading Club 2:30 Cookie Day Social 3:30 Table Games 4:30 Music Appreciation 6:00 Holiday Quiz	(A) 5 9:30 Morning Visits <b>10:30 Big Prize Bingo</b> 1:00 Walking Club 2:00 What Am I? <b>6:00 Annual Heritage Holiday Party</b> 	(A) 6 10:00 Christmas Tree Facts 10:30 Christmas Tree Around the World <b>1:30 Catholic Chapel Service</b> <b>2:30 Entertainment: Nostalgia Notes</b>	(M)(J) 7 <b>Happy B'day Patricia S!</b> 10:00 Easy Exercise 11:00 Baker's Dozen – Gingerbread 1:00 Walkin' & Talkin' 2:00 Gingerbread Social 3:00 Puzzle Club	(N) 8 <b>10:30 Prayer Service</b> 11:00 Christmas Caroling 1:30 Horsing Around 2:00 Horse Expressions 2:30 Horse Racing 3:00 Candy Man's Music 4:30 Sweet Serenity	
(N) 9 <b>Happy B'day Millie S!</b> 10:00 Stretching Out 11:00 Xmas Card History <b>2:00 Entertainment: Steve Banyas</b> 3:00 Xmas Card Puzzle 3:30 Famous Choirs	(J)(M) 10 <b>Happy B'day Barbara C!</b> 10:00 Sit and be Fit 10:30 Random Trivia 11:00 Name That Tune 1:00 Walk with Me 2:00 Discuss & Recall 3:30 Pretty Nails	(A) 11 <b>10:00 Dance with Megan</b> 11:00 December IQ 1:00 Friendly Chats 1:30 50 Surprising Facts About US Presidents 3:30 Art Club – Stamped Snowmen	(A) 12 <b>10:30 Big Prize Bingo</b> 1:00 Sunshine Club 2:00 Travelogue – Home Sweet New Home 3:00 Friendship Café 3:30 Sewing Club with Cheryl	(A) 13 10:00 Christmas Around the World 11:00 Holiday Sings <b>1:30 Catholic Chapel Service</b> 2:30 Green and Grinchy Hot Cocoa Day	(J)(N) 14 10:00 Yoga with Nel 10:30 Jeopardy Trivia 11:00 The Best of Frank 1:00 Small Visits <b>2:00 Movie Magic with Mike Price</b> 4:30 Relax with Music	(M) 15 10:00 Chair Dancing 10:30 The History of Vending Machines 11:00 Music Time 1:30 Christmas Cactus 2:00 "I'll Be home for Christmas"- Movie		
(M) 16 10:00 Balloon Volleyball 10:30 News & Views 11:00 Caroling Time 1:00 Small Visits <b>2:30 Entertainment: The Reflectors</b> 3:30 December Easy Trivia	(N) 17 10:00 Armchair Fitness 11:00 Maple Syrup Facts 1:00 Learn From Scrooge 1:30 Xmas Carol Matching 2:00 Humbug Puzzle <b>3:00 Movie Matinee: "A Christmas Carol"</b>	(M) 18 <b>10:00 Dance with Megan</b> 11:00 Man and Christmas 1:00 Walk with Me <b>2:00 Entertainment: Larry Serafini</b> 3:00 Let's Reminisce! 4:30 Relax with Music	(M) 19 9:30 Morning Visits <b>10:30 Big Prize Bingo</b> 1:00 Afternoon Stroll <b>2:00 Entertainment: Phil Markert</b> 3:00 Holiday Song Trivia 4:00 Small Visits	(N) 20 <b>Happy B'day Joseph R!</b> 10:00 Monster Moves 11:00 Monsters in Cereal <b>1:30 Catholic Chapel Service</b> 2:30 It's A Wonderful Life Trivia & Movie Time	(N) 21 <b>Happy B'day Mary S!</b> 10:00 Winter Yoga w/ Nel 11:00 Winter Solstice 1:00 Solstice Humor 2:00 Winter Trivia 3:00 Holiday Poetry 3:30 Holiday Sing'a'Long <small>Winter Begins</small>	(N) 22 <b>10:30 Prayer Service</b> 11:00 Christmas Songs 1:00 Cold Moon Folklore 2:00 Electric Xmas Trees 2:30 National Lampoon's Christmas Vacation Movie 4:30 Laugh In		
(N) 23 10:00 Holiday Exercise 11:00 Cajun Christmas 1:00 'Twas the Night Before Christmas 2:00 Word Mining 3:00 The Nutcracker 4:00 Sugar Plum Fairy	(N) 24 10:00 Chair Exercise <b>11:00 Resident Council Minutes</b> 1:00 Christmas Stockings 2:00 Last Minute Shopping 3:00 Words That Contain Time	25  Christmas Day	(N)(J) 26 <b>Happy B'day Lois Y!</b> <b>10:30 Holiday Bingo</b> 1:00 Afternoon Stroll 1:30 All About Kwanza <b>2:00 Holiday Movie</b> 4:00 Small Visits 6:00 Make It Merry <small>Kwanzaa Begins</small>	(A) 27 10:00 Poinsettia History 11:00 Best of 60's <b>1:30 Catholic Chapel Service</b> <b>2:30 Monthly Birthday Party</b> 3:00 Table Talk	(M)(N) 28 <b>Happy B'day Theresa F!</b> 10:00 Yoga – size 10:30 Volcano Experiment 11:00 Wintertime Trivia 1:00 Helping Hands 2:00 Word Mining 3:00 Show Time	(J) 29 10:00 Hello All 10:30 Chicken Soup for Golden Soul “The Gift of Love” 1:30 Queen of Cosmetics <b>2:00 Movie Matinee</b> 4:30 Meditation Time		
(J) 30 10:00 Coffee Facts and Trivia 10:30 Coffee Jokes 11:00 Sing with Me 1:30 Words with “ff” 2:30 Coffee Hour w/Music 3:30 Paint by Number	(N)(M) 31 10:00 Seniorcize 10:30 14 Brilliant Ways to Use “Alka- Saltzer” 11:00 Lava Lamp <b>2:30 New Year's Eve Party &amp; Lori Ann Wilber</b> 4:00 Friendly Visits <small>New Year's Eve</small>							

The Heritage

750 East Brighton Ave. Syracuse, NY 13205

Activities Are Subject to Change