

February 2019

The Heritage
750 East Brighton Ave. Syracuse NY 13205

						(M)(J) 1 10:00 Sit and Be Fit 10:30 The Monthly Gazette 11:00 Sing-A-Long 1:00 Small Visits 2:00 Entertainment: Terry and Friends 3:30 Musical Instrument Trivia 4:30 Relaxation Time	(N) 2 Happy B'day Peter K! 10:00 Deep Breathing 10:30 Well-Founded 11:00 Animal Hibernation 1:30 The Furry Forecaster 2:30 Groundhogs 3:30 Social Hour w/Music 4:00 Mini "Hibernation" Groundhog Day
(N) 3 Happy B'day Anita V! 10:00 The Morning Stretch 11:00 February Trivia 1:30 Fables vs. Folktales 2:30 Moral Matching 3:30 Animated Folktales 4:30 Relax with Music	(J)(M) 4 10:00 Sittercize 10:30 Rosa Parks Facts & Quotes 11:00 Music Inspired by the Civil Rights Movement 1:00 Walk with Me 2:00 Short Story: "What Did You Do Grandma?" 3:00 Friendship Café	(A) 5 Happy B'day Chuck C! 10:00 Dance with Megan 11:00 Chinese New Year Superstitions and Taboos 1:00 Sunshine Club 2:00 Chinese New Year Trivia 3:00 Chinese New Year Social <small>Chinese New Year</small>	(A) 6 10:00 The Best of 60's 10:30 Big Prize Bingo 1:00 Helping Hands 2:00 Let's Talk: "Nutella Mania" 3:00 Nutella Sandwich Social 3:30 Art Club with Nel 6:00 What would You Do?	(A) 7 Happy B'day Rick T & Margaret P! 10:00 Around the World 11:00 Name the Musician 1:30 Catholic Chapel Service 2:30 Entertainment: Greg Jenkins 6:00 Great Short Story	(N)(M) 8 10:00 Yoga with Nel 10:30 Alka - Saltzer History and Experiment 1:00 Afternoon Stroll 2:00 Charlie Chaplin - Tramp Day 3:00 Short Movie with Charlie Chaplin 4:00 Relaxation Time	(J) 9 10:30 Prayer Service with Tammy 11:00 Who Sang It? 1:00 Afternoon Relaxation 2:00 Entertainment: The Reflectors 3:30 Chocolate Kiss Day 4:30 Music for Pleasure	
(J) 10 10:00 Move with Me 10:30 What Do You Do With It? 11:00 Sing-A-Long 1:00 Sunshine Club 2:00 Grammy Award Talk 2:30 Movie Matinee 4:00 Friendly Visits	(M)(N) 11 10:00 Pet Therapy 11:00 Chemistry You Can Eat - Experiment 1:30 Small Visits 2:00 Impressive Benefits of Raisins 3:00 Friendship Café 3:30 Puzzle Club 4:30 Stretch and Relax	(A) 12 10:00 Dance with Megan 11:00 February IQ 1:00 Let's Talk 2:00 Short Story: "My Uncle the Tooth Fairy" 3:00 Table Talk 4:00 One-On-One Visits 6:00 February Holidays	(A) 13 10:00 Frank Sinatra Songs 10:30 Big Prize Bingo 2:00 Guess: Who Am I? 3:00 Doris Day Show 3:30 Pretty Nails 4:30 Music for All 6:00 Brainy Games 	(A) 14 10:00 Valentine's Day Memories 11:00 Love Songs 1:30 Catholic Chapel Service 2:30 Cupid Social with Steve Banyas and Hurrricane Helen <small>Valentine's Day</small>	(J)(N) 15 10:00 Yoga -Cize 10:30 Milk in Flight Day 11:00 Words That Begin with "Moo" 2:00 Movie Magic with Mike Price 4:00 One-On-One Visits 4:30 Music Appreciation	(M) 16 10:00 Good Morning All 10:30 Fascinating Facts 11:00 Our Favorite Songs 1:00 Just Relax 2:00 Chinese Culture Center Presents Traditional Dance 3:30 Trivia Fun 4:00 Music for All	
(M) 17 10:00 Balloon Volleyball 10:30 Popular Snack Food 11:00 The Snack Shack 1:00 Stretch and Breathe 2:00 Snack Day Social 2:30 Grumpy Old Men 4:30 One-On-One Visits 	(N)(J) 18 10:00 Ageless Exercise 10:30 Not-So Presidential Code Names 11:00 First Lady Facts 1:30 Presidents Trivia Fun 2:30 First Lady Slideshow 3:00 First Lady Quotes 3:30 Commander In Chief <small>Presidents' Day (US)</small>	(A) 19 10:00 Dance with Megan 11:00 Books and Stories 1:00 Walking Club 2:00 Telephone Book History 3:00 Coffee Hour 3:30 Table Games 6:00 Presidential Pets	(A) 20 Happy B'day Virginia M & Jeanette K! 10:00 Small Talk 10:30 Big Prize Bingo 2:00 What Am I? 3:00 Dean Martin Show 3:30 Small Visits 6:00 Front Porch Tales	(A) 21 Happy B'day Donna C! 10:00 Adventure of a Lifetime - Egypt 1:30 Catholic Chapel Service 2:30 Entertainment: Lori Ann Wilber 3:30 Name 10 6:00 Finishing Lines	(M)(J) 22 10:00 Chair Dancing 10:30 Mountains - Trivia 11:00 Singers Note 1:00 Walk with Me 2:00 F.W. Woolworth - History of the Five & Dime Store 3:00 Dean Martin Show 4:30 Restful Relaxation	(N) 23 10:00 Hello Everyone 10:30 Prayer Service with Tammy 11:00 Bible Trivia 1:30 Heart of Texas: San Antonio 2:30 Movie Matinee: A John Wayne Movie 4:30 Siesta Time	
(N) 24 10:00 Fantastic Stretching 11:00 Fairy Tales/Fables Fill-In-The-Blanks 1:30 Concoct Your Own Fairy Tale Folklore! 2:30 A Fabled Who Am I? 3:30 Magical Social Hour 4:30 A Short Winter Rest	(J)(M) 25 10:00 Moving to the Oldies 10:30 Resident Council Minutes 11:00 Let's Play My Song 1:00 Afternoon Relaxation 1:30 Cherry Fruit Facts 2:30 Life is Just a Bowl of Cherries - Social 3:30 Sewing Club	(A) 26 10:00 Dance with Megan 11:00 Mind Jogger 1:00 Walk with Me 2:00 Guess: What Am I? 3:00 Monthly Birthday Party with Music 3:30 Puzzle Mania 6:00 Potato Fun Facts	(A) 27 Happy B'day Betty B! 10:00 Oldies but Goodies 10:30 Big Prize Bingo 1:00 Small Visits 2:00 Entertainment: Larry Serafini 3:00 Chicken Soup for the Soul- Movie 6:00 Quiz Me From A-Z	(A) 28 10:00 Favorite Recipes 10:30 Let's Bake Together Chocolate Cookie 11:00 Name That Tune 1:30 Catholic Chapel Service 2:30 Cookie Social 3:00 Paint by Number 6:00 Trivia Whiz	<p>M = Margaret N = Nel J = Jonisha Recreation Department Tel. 315-413-3044</p>		

Activities Are Subject Change