

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2019

The Heritage

750 East Brighton Ave. Syracuse, NY 13205

(M) 1
10:00 Velveeta Day
10:30 Cheesy Facts
1:00 Relaxation Time
2:00 Cheesy Jokes
2:30 Show Time
4:00 Small Visits


(M) 2
Happy B'day Natalie & Nancy!
10:00 Chair Swimming
10:30 Italian Day
11:00 Mary's Songs
1:30 Virtual Tour to Italy
2:30 Italian Style Social

(N)(J) 3
10:00 Cat Yoga with Nel
10:30 Monthly Gazette
11:00 June IQ
1:00 Grumpy Cat Walk
2:00 Songs from the Heart
3:00 Cats & Human Health
3:30 Sweet Hugging Cats

(A) 4
Happy B'day Les!
10:00 Dance with Megan
11:00 Baseball Nicknames
1:30 Lou Gehrig & No. 4
2:00 "The Sandlot"
4:30 Easy Listening
6:00 Story Time

(A) 5
10:00 The Best of 60's
10:30 Big Prize Bingo
1:30 Time for Manicure
2:30 Best of Female
Comedians: Lucille Ball
4:30 Restful Relaxation
6:00 The Reflectors

(A) 6
10:00 Drive-In Movie Day
11:00 Sing-A-Long
1:30 Catholic Chapel Service
2:30 Get Your Kicks On...
3:30 National Day Sweden
6:00 Positive Affirmations

(M)(J) 7
Happy B'day Blanche!
10:00 Move with Me
10:30 Donut Day History
11:00 Joke Time
2:00 Entertainment: Terry & Friend
3:30 One-On-One Visits

(N) 8
10:30 Prayer Service with Tammy
11:00 Tour of Charleston
1:30 Horse Racing!
2:00 Horse Racing Trivia
2:30 The Triple Crown
3:30 Belmont Stakes!

(N) 9
10:00 Zen Yoga w/Nel
11:00 Famous Michaels
1:30 Happy Birthday to Michael J. Fox
2:00 Movie Matinee: Back to the Future
4:30 Rewind, Relax...
Shavuot

(J)(M) 10
10:00 Pet Visits
11:00 Anything Goes Day
Celebrating Cole Porter
2:00 Entertainment: Greg Hoover
3:00 Ice Tea for Everyone
4:00 Ice Tea Reminiscence

(A) 11
10:00 Dance with Megan
11:00 Super Trivia
1:00 One-On-One Visits
1:30 Superman's Hometown Day
2:00 Movie: Superman
3:30 Small Discussion

(A) 12
10:00 Oldies but Goodies
10:30 Big Prize Bingo
1:00 World Ocean's Day
2:00 4Ocean: the Global Ocean Cleanup Operation
3:00 Science: Salt Water Egg Experiment

(A) 13
10:00 Beautiful America
11:00 Music for All
1:30 Catholic Chapel Service
2:30 June Birthday Party
4:30 A Sweet Retreat
6:00 The Common Factor

(M)(N) 14
Happy B'day Joan B!
10:00 Yoga with Nel
10:30 Grand Old Flag
11:00 Flag Day Facts
1:30 Outdoor Relaxation
3:00 Flag Day Social
4:00 Patriotic Songs
Flag Day (US)

(J) 15
10:00 Saturday Stretches
10:30 History of Juggling
11:00 Amazing Jugglers
1:30 Nature Photography
2:00 Animal Noise Contest
3:00 "Hee Haw" 50th Anniversary Social Hour

(J) 16
Happy Father's Day!!!
10:00 Warming Up to Father's Day: Exercises
11:00 Word Un-Scramble
1:30 The Best TV Dads
2:00 5 Item Guessing...
3:00 Father's Day Social
Father's Day

(N)(M) 17
Happy B'day Ellie!
10:00 Balloon Bash
11:00 Sunglasses History
1:00 Walk and Talk
2:00 History of Chewing Gum & Juicy Fruit
3:00 Art Club w/Nel


(A) 18
10:00 Dance with Megan
11:00 12 Months of Trivia
2:00 Entertainment: Lori Ann Wilber
3:00 Words Beginning with Letters "TEA"
4:00 Small Visits

(A) 19
10:00 Friendly Talk
10:30 Big Prize Bingo
1:30 Hand Spa
2:30 Weather Watcher's Wednesday and a Singing In The Rain Playlist
6:00 Nursery Rhyme Lines

(A) 20
Happy B'day Carol R!
10:00 New Destination
1:30 Catholic Chapel Service
2:30 Entertainment: Greg Jenkins
3:30 Capitals of Countries

(N)(J) 21
10:00 Zen Yoga with Nel
10:30 Let's Talk Summer
11:00 Secret Summer Message
2:00 Movie Magic with Mike Price
4:00 Meditation Moment
Summer Begins

(M) 22
10:00 Good Morning All
10:00 Prayer Service with Tammy
1:30 Puppy/Kitten Adoption
2:30 Funny Video
3:30 Small Talk

(M) 23
10:00 Noodle Balloon
10:30 Bake with Me
11:00 Baking Trivia
1:30 Let's Relax
3:00 Cookie and Coffee
3:30 Rummy Club


(J)(N) 24
10:00 Easy Yoga with Nel
10:30 National Canoe Day
11:00 Canoe Virtual Tour
2:00 Entertainment: Larry Serafini
3:00 Dean Martin Hour
4:30 Mindfulness Time

(A) 25
Happy B'day Helen!
10:00 Dance with Megan
11:00 Resident Council Minutes
1:30 Afternoon Walk
2:30 History of Ed Sullivan
6:00 Dinner at Denny's

(A) 26
10:00 Best of Frank
10:30 Big Prize Bingo
1:00 Front Porch Relax
2:00 Guess What Am I?
3:00 Lemonade Social
6:00 Making Our Own Fun


(A) 27
10:00 National Parks
1:30 Catholic Chapel Service
2:30 Entertainment: Steve Banyas
3:30 Blue Butterflies
6:00 Musical Who's Who

(M)(J) 28
10:00 Sit and Be Fit
10:30 This and That
11:00 Our Favorite Songs
1:00 Relaxation Time
2:00 Down Memory Lane "Bringing Up Baby"
3:30 Art Club w/ Margaret

(N) 29
10:00 Simply Stretching
10:30 Sucker Saturday
11:00 The Lollipop's Mine
1:30 Who Am I ???
Hint: Olympic Swimming
2:30 An Esther Williams Movie Matinee

(N) 30
10:00 Daisy Dancing
10:30 Your Best Guess
11:00 Oops-a-Daisy?!
2:00 Famous Bettys
2:30 Bomb Pop History
3:00 Betty Picnic Day and Bomb Pop Social w/Music

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

Activities Are Subject to Change