

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2019


## The Heritage

750 East Brighton Ave. Syracuse, NY. 13205




<p>(J) <b>3</b> 10:00 Balloon Volleyball 10:30 Alexander Graham Bell's Inventions 11:00 Melody Lane 1:00 Walking Club 2:00 Telephone Timeline 3:00 Show Time</p>	<p>(N)(M) <b>4</b> 10:00 Simply Stretching 10:30 Language of Roses 11:00 Our Fun Songs <b>2:00 Entertainment: Greg Hoover</b> 3:00 Musical Word Mining 4:30 Musical Retreat</p>	<p>(A) <b>5</b> <b>10:00 Dance with Megan</b> 11:00 March IQ 1:00 Small Gatherings <b>2:30 Mardi Gras Party with Music and Fun</b> 4:00 One-On-One Visits 6:00 What's Next? <small>Mardi Gras</small></p>	<p>(A) <b>6</b> <b>10:30 Big Prize Bingo</b> <b>1:30 Catholic Chapel Service</b> 2:30 What is Ash Wednesday? <b>3:30 Friendship Café</b> 6:00 Short Story <small>Ash Wednesday</small></p>	<p>(A) <b>7</b> 10:00 Planet Earth 1:00 Walk It Out <b>2:30 Entertainment: Bob Lyna</b> 3:30 Letter Trivia 4:30 Relax For a Moment 6:00 Monthly Gazette</p>	<p>(M)(N) <b>8</b> 10:00 Yogi Yoga with Nel 11:00 Go Hog Wild Day! 1:30 Walk on the Farm 2:30 Piggy Movie Matinee Feature: Babe 4:30 Rest All Your Piggies </p>	<p>(J) <b>9</b> 10:00 Chair Exercise 10:30 International Women's Day 11:00 Music Time 1:30 Peanut History &amp; Interesting Facts 2:00 P&amp;J Social w/Music</p>	<p>(M) <b>9</b> 10:00 The Daily Chronicle 10:30 Horse Racing 11:00 Fanny Pack Day <b>2:00 Ted's Airplane Story</b> 2:30 Airplane Art <b>3:30 Ice Cream Social</b></p>
<p>(M) <b>10</b> 10:00 Hello Everyone 10:30 Daylight Savings Time Facts 1:30 Idioms &amp; Expressions Of Time <b>2:00 Entertainment: Steve Banyas</b> <small>Daylight Saving Time Begins</small></p>	<p>(J)(N) <b>11</b> <b>10:00 Pet Visits</b> 11:00 Animal Trivia Fun 1:30 Who Gives a Hoot? 2:30 Int'l Festival of Owls <b>3:30 Owl Social Hour</b> 4:30 Rest in Your Nest </p>	<p>(A) <b>12</b> <b>10:00 Dance with Megan</b> 11:00 March Easy Does It Trivia 1:30 Sunshine Club 2:00 Girl Scout Day 3:00 50's Doo Wop 6:00 Photo Chat</p>	<p>(A) <b>13</b> 10:00 Friendly Talk <b>10:30 Big Prize Bingo</b> <b>1:30 Pretty Nails</b> 2:30 Pictures Worth a Thousand Words 3:30 Table Talk 6:00 Clue Trivia</p>	<p>(A) <b>14</b> 10:00 Turing the World <b>1:30 Catholic Chapel Service</b> <b>2:30 Entertainment: Dan on Piano</b> 3:30 All About Pi 6:00 Curlew Day</p>	<p>(J)(M) <b>15</b> 10:00 Move with Me 10:30 Facts about Water 11:00 50 Ways to Save Water 1:00 Afternoon Stroll 2:00 Jeopardy Trivia 3:00 Paint by Number</p>	<p>(N) <b>16</b> 10:00 Oh-So-Easy-Yoga 11:00 National Panda Day 1:00 Small Visits 2:00 Henry Youngman: "King of the One Liners" 3:00 Comedy Hour 4:30 Musical Meditation</p>	
<p>(N) <b>17</b> 10:00 The Lucky Stretch 10:30 What Am I? 1:30 Not Easy Being Green 2:00 In the Green <b>2:30 St. Patrick's Day Social with Music</b> 4:30 Under the Rainbow <small>St. Patrick's Day</small></p>	<p>(M)(J) <b>18</b> 10:00 Moving to the Oldies 10:30 Jeopardy Trivia 11:00 Name That Tune 1:00 Bubbly Small Visits 2:00 Happy Birthday to Pittsburg, Pennsylvania 3:00 "City of Bridges"</p>	<p>(A) <b>19</b> <b>10:00 Dance with Megan</b> 11:00 A.K.A. Day 1:00 Walk the Rainbow <b>2:30 March Madness!</b> 3:00 Basketball Greats 4:30 Small Visits 6:00 Full Moon Folklore</p>	<p>(A) <b>20</b> <b>10:30 Big Prize Bingo</b> 1:30 Spring Equinox 2:30 History of Cake Mix 3:00 Dirt Cake Social 4:30 Sweet Relaxation 6:00 International Day of Happiness <small>Spring Begins</small></p>	<p>(A) <b>21</b> 10:00 Exploring Scotland <b>1:30 Catholic Chapel Service</b> <b>2:30 Entertainment: Lori Ann Wilber</b> 3:30 Purim 6:00 Campfire Stories <small>Purim</small></p>	<p>(N)(M) <b>22</b> 10:00 Yoga with Nel 10:30 Facts about Seals 11:00 The Cutest Seals <b>2:00 Movie Magic with Mike Price</b> 4:00 One-On-One Visits </p>	<p>(J) <b>23</b> 10:00 Good Morning All <b>10:30 Prayer Service with Tammy</b> 11:00 Sing-A-Long 1:30 Potato Chip History and Facts <b>2:30 Chips &amp; Dip Social</b></p>	
<p>(J) <b>24</b> 10:00 Move to the Music 10:30 What Am I? 11:00 Oldies but Goodies 1:30 Animal Quiz 2:00 Discussion -Why are Baby Animals So Cute? 3:00 Animal Scenes</p>	<p>(M)(N) <b>25</b> 10:00 Fit and Trim 10:30 Harry Caray 11:00 At the Ballpark <b>2:00 Entertainment: Larry Serafini</b> 3:00 Name That Tune 4:30 Time to Relax</p>	<p>(A) <b>26</b> <b>10:00 Dance with Megan</b> <b>11:00 Resident Council Minutes</b> 1:30 Reading Club - "An Unlikely Alpine Reunion" <b>2:30 Coffee Hour</b> 3:30 Art-Flying Bird</p>	<p>(A) <b>27</b> 10:00 Best of Elvis <b>10:30 Big Prize Bingo</b> <b>1:30 Colorful Fingers</b> 2:30 Guess: Who Am I? <b>3:00 Lemonade Social</b> 4:30 Music Appreciation 6:00 Mind Stretchers</p>	<p>(A) <b>28</b> 10:00 National Geographic <b>1:30 Catholic Chapel Service</b> <b>2:30 Entertainment: Blair Frodelius</b> 3:30 Musical Trivia 6:00 Save A Spider Day</p>	<p>(J)(N) <b>29</b> 10:00 Morning Warm-Up 11:00 Coca Cola Songs 1:30 Coca Cola Trivia 2:30 Coca Cola Sodas and Memorabilia <b>3:30 Coca Cola Social</b> 4:30 Bubble Up</p>	<p>(M) <b>30</b> 10:00 Hand &amp; Feet Exercise 10:30 History of the Oreo Cookies 11:00 Heritage Singers 1:30 Facts about Oreos <b>2:30 Oreo Social</b></p>	

(M) **31**  
10:00 Doing a Little Chair Jig  
10:30 Bridging Memories  
11:00 Making Our Own Music  
1:30 Walk with Me  
2:30 Dean Martin Show



M = Margaret  
N = Nel  
J = Jonisha  
A = All Therapists

Recreation Department Tel. 315-413-3044



Activities Are Subject to Change