

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2019

The Heritage  
750 East Brighton Ave. Syracuse, NY 13205

<p>(N) <b>5</b> 10:00 Morning Round Up 10:30 Chicken Trivia 11:00 Best Chicken Jokes 2:00 The Chicken Dance <b>2:30 Cinco de Mayo Music and Dance Party</b> 3:30 Mariachi Music 4:30 Cool Down <small>Cinco de Mayo</small></p>	<p>(M)(J) <b>6</b> 10:00 Easy Exercise 10:30 May IQ 11:00 Let's Play Our Songs 1:00 Just Relax <b>2:00 Entertainment: Greg Hoover</b> 3:30 Trivia Fun 4:30 Music for All <small>Ramadan</small></p>	<p>(A) <b>7</b> <b>Happy B'day Mary M!</b> <b>10:00 Dance with Megan</b> 11:00 May Easy Does It Trivia 1:30 Reading: "The Road to Holland" 2:30 Table Games 6:00 National Teacher Day "My Best Teacher"</p> 	<p>(A) <b>8</b> 10:00 Best of Dean Martin <b>10:30 Big Prize Bingo</b> <b>1:30 Hand Spa</b> <b>3:00 Time for Ice Cream</b> 3:30 One-On-One Visits 4:30 Let's hear the Music 6:00 Spring Hangman</p> 	<p>(A) <b>2</b> <b>Happy B'day Donald!</b> 10:00 Exploring a New Country 11:00 Name That Tune <b>1:30 Catholic Chapel Service</b> 2:30 Photo Day Fun 3:30 The Best of the 50's 6:00 Modern Trivia</p>	<p>(M)(J) <b>3</b> <b>Happy B'day Rita!</b> 10:00 Morning Warm-Up 10:30 The Monthly Gazette <b>10:30 Outing: Bowling</b> <b>12:00 Toast to Older Americans Month</b> 1:30 Walking Club 2:30 May Trivia 3:00 Lemonade Social</p>	<p>(N) <b>4</b> <b>10:30 Prayer Service with Tammy</b> 11:00 Kentucky Derby History and Traditions 1:30 Run for the Roses 2:00 Horseracing! 3:00 Kentucky Derby Social Hour 4:30 Relax Your Hooves</p>
<p>(M) <b>12</b> 10:00 Good Morning All 10:30 Let's Talk About Mother's Day 11:00 Mother Trivia <b>2:00 Mother's Day Social with Music - S. Banyas</b> 4:30 Songs that Mother's Love <small>Mother's Day</small></p>	<p>(N)(J) <b>13</b> <b>Happy B'day Joan P!</b> <b>9:30 Team Trivia Challenge- Outing</b> <b>10:00 Pet Visits</b> 11:00 Roger Bannister's Iconic Olympic Run 1:00 Walk with Me <b>2:30 Billy Joel Story</b> 4:00 One-on-One Time</p>	<p>(A) <b>14</b> <b>10:00 Dance with Megan</b> 11:00 Random Trivia 1:00 Helping Hands 2:00 Guess What Am I? 3:00 Frank Sinatra Show 3:30 Rummy Club 4:30 Relax with Music 6:00 Chicken Soup for the Golden Soul</p>	<p>(A) <b>15</b> 10:00 Oldies But Goodies <b>10:30 Big Prize Bingo</b> 1:30 5 Secret Health Benefits of Gardening 2:30 Garden Club 3:30 Social Hour w/Music 4:30 Music Appreciation 6:00 Random Trivia</p>	<p>(A) <b>16</b> 10:00 Piano Candelabra Day - Valentino Liberace 11:00 Tickling the Ivories Trivia. <b>1:30 Catholic Chapel Service</b> <b>2:30 Entertainment: Lori Ann Wilber</b> 3:30 I Love Lucy</p>	<p>(M)(N) <b>17</b> 10:00 Yoga with Nel 11:00 Ellen Church, the First Stewardess 1:00 Walk and Stretch 2:00 Was It an Audrey or Catherine Hepburn Movie? <b>2:30 Breakfast at Tiffany's</b> 4:30 Meditation Time</p>	<p>(J) <b>11</b> 10:00 Morning News <b>10:30 Camping Adventure with Ted and Lorri</b> 1:30 Walking Club 2:30 Road Trip Memories 3:30 Show Time 4:30 Relax with Music</p>
<p>(J) <b>19</b> 10:00 Early Birds 10:30 Balloon Bash 11:00 Name a Flower for Every Alphabet Letter 2:00 Colorado Wildflower Virtual Tour 3:00 Our Favorite Doo Wop Music 4:30 Stretch and Relax</p>	<p>(M)(N) <b>20</b> 10:00 Yogi Yoga with Nel 10:30 A-Z Trivia 11:00 Our Favorite Songs <b>2:00 Entertainment: Larry Serafini</b> 3:00 Walking on the Moon Documentary 4:00 Leisure Time <small>Victoria Day (Canada)</small></p>	<p>(A) <b>21</b> <b>10:00 Dance with Megan</b> 11:00 Amelia Earhart Day <b>1:30 Colorful Fingers</b> 4:00 Small Visits 4:30 Music Appreciation 6:00 Reminiscence Story</p> 	<p>(A) <b>22</b> 9:30 Morning Visits 10:00 Best of Elvis <b>10:30 Big Prize Bingo</b> 1:00 Afternoon Stroll <b>2:30 Movie Time: "Amelia"</b> 4:00 One-On-One Visits 4:30 Meditation Moment</p>	<p>(A) <b>23</b> 10:00 South Carolina History 10:30 South Carolina Trivia <b>1:30 Catholic Chapel Service</b> <b>2:30 Entertainment: Dan on Piano</b> 3:30 Brain Drain</p>	<p>(M)(J) <b>24</b> 10:00 Sit &amp; Be Fit 10:30 Jeopardy Trivia 11:00 Name That Tune 1:00 Small Visits <b>2:00 Movie Magic with Mike Price</b> 4:00 Relax with Music</p> 	<p>(N) <b>18</b> 10:00 Good Morning All <b>10:30 Prayer Service with Tammy</b> 11:00 Patriotic Songs 2:00 USMC Marching Band 3:00 Patriotic Social Hour 4:00 Rest Easy <small>Armed Forces Day</small></p>
<p>(N) <b>26</b> <b>Happy B'day Kate C!</b> 10:00 The Sunday Stretch 11:00 The Humor of "Burma Shave" Signs 2:00 "King of Swing" and Other Famous Nicknames 3:00 NPR: Benny Goodman Performance 4:30 Swingin' Songs</p>	<p>(J)(M) <b>27</b> <b>Happy B'day Pat!</b> 10:00 Moving to the Oldies 10:30 Memorial Day Trivia 11:00 Sing with Me 1:30 Walk and Talk 2:00 Front Porch Travelers 3:00 Sweet Lemonade 4:30 Free Time For You <small>Memorial Day</small></p>	<p>(A) <b>28</b> <b>10:00 Dance with Megan</b> <b>11:00 Resident Council Minutes</b> 1:30 Afternoon Walk 2:30 Bridging Memories: 1950's Trivia and More 3:30 Art Club with Nel 4:30 Leisure Time 6:00 Facts about Reese's</p>	<p>(A) <b>29</b> <b>Happy B'day Jean T!</b> 10:00 Friendly Talk <b>10:30 Big Prize Bingo</b> 1:00 Outdoor Walk <b>3:00 May Birthday Party</b> 3:30 Table Games 6:00 What's Next?</p> 	<p>(A) <b>30</b> 10:00 Beautiful America 11:00 Singers Note <b>1:30 Catholic Chapel Service</b> <b>2:30 Entertainment: Blair Frodelius</b> 3:30 Trivia Fun 6:00 Your Best Guess!</p>	<p>(N)(J) <b>31</b> 10:00 Zen Yoga with Nel 10:30 Bird Trivia 11:00 Silly Bird Antics 1:00 A Roaring Walk <b>2:00 Movie Matinee: Secondhand Lions</b> 4:00 Easy Listening Hour</p>	<p><b>M = Margaret</b> <b>N = Nel</b> <b>J = Jonisha</b> <b>Recreation Department</b> <b>Tel. 315- 413- 3044</b></p>

Activities Are Subject to Change