


OCTOBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am Chair Exercises	2 10am Chair Exercises 3:00pm Travel Log w/ Beth – "Halloween Lore"	3 10am Chair Exercises 1:30pm Stretching & Meditation w/ Stacy	4 10am Chair Exercises 1pm BP Checks w/Beth 2pm Resident Mtg. / Monthly Birthday Celebration	5 <i>10am Step Up for Seniors Walk</i> <i>10am – 3pm Fairport Scarecrow Festival</i> <i>12 Noon – 11pm Fairport Oktoberfest 10th Anniversary</i>
6 Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.	7 10am Chair Exercises 1pm Wegmans	8 <i>10am Open House - Preparing for Medicare Changes in 2020</i> 1pm Resident Pizza Lunch	9 10am Chair Exercises 2pm Food Safety w/ Michael: Providing Safe Food & Forms of Contamination	10 10am Chair Exercises 1:30pm Art Therapy w/ Stacy	11 10am Chair Exercises 2pm Resident Mtg. / Snack Social	12 <i>8:30am – 4:30pm Backyard Adventures – "Oak & Apple Cider - Penfield" (To register please call 388-2347)</i>
13 11:30am Colonial Belle Cruise	14 10am Fairport Historian – Bill Poray; Presenting on "Postcards: A Reflection of Our History"  1pm Wegmans	15 10am Chair Exercises 11am Tom Wahl's & Powers Farm Market	16 10am Chair Exercises	17 10am Chair Exercises 10:30am Amazon Echo w/ Jana Milligan	18 10am Chair Exercises 2pm Resident Mtg. / Snack Social	19 Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.
20 Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.	21 10am Chair Exercises 1pm Wegmans	22 10am Chair Exercises 1pm Resident Pizza Lunch	23 10am Chair Exercises 10:30am Finger Lakes Casino	24 10am Chair Exercises 1:30pm Stretching & Meditation w/ Stacy	25 10am Chair Exercises 1pm BP Checks w/Beth 2pm Resident Mtg. / Snack Social	26 2pm Chef Demo
27 Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.	28 10:30am Medicare Changes w/ Carmen 1pm Wegmans	29 10am Chair Exercises 11:30am Open House – Oktoberfest	30 10am Chair Exercises 2pm Scary Movie	31 10am Chair Exercises 2pm Trick or Treat 