

NOVEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10am Chair Exercises 1pm BP Checks 2pm Resident Mtg. / Monthly Birthday Celebration	2 <i>Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.</i>
3 <i>Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.</i>	4 10am Care Givers Presentation on Medications 1pm Wegmans	5 ELECTION DAY! 9am A Senior Experience @ PCC (To register please call 377-8117) 1pm Resident Pizza Lunch	6 10am Chair Exercises 3pm "Ancient Egypt" Travel Log	7 10am Chair Exercises 1:30pm Stretching & Meditation 3pm Food Safety Presentation – "Forms of Contamination"	8 10am Chair Exercises 2pm Resident Mtg. / Snack Social	9 <i>Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.</i>
10 12:45-4pm Bills vs. Browns Football Tailgate Party – hosted by: Pam & Duane Skrzynski	11 VETERANS DAY! 10am Chair Exercises 1pm Wegmans	12 10am Open House – Pharmacy Facts 1:00 Perinton Senior Chorus @ FBH (To register please call 377-8117)	13 10am Chair Exercises 12:45pm BP Checks & Exercise & Aging Lecture w/ Beth	14 10am Chair Exercises 1:30pm Art Therapy w/ Stacy	15 10am Chair Exercises 2pm Resident Mtg. / Snack Social <i>*RSVPs due to concierge for Thanksgiving Dinner*</i>	16 8:30am – 4:30pm Backyard Adventures – "13WHAM ABC Tour - Henrietta" (To register please call 388-2347)
17 <i>Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.</i>	18 10am Chair Exercises 1pm Wegmans	19 10am Chair Exercises 1pm Resident Pizza Lunch	20 10am Chair Exercises 10:30am Batavia Downs Casino	21 10am Chair Exercises 1:30pm Stretching & Meditation w/ Stacy	22 10am Chair Exercises 2pm Resident Mtg. / Snack Social	23 <i>Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.</i>
24 <i>Resident Organized Activities: Cards, Board Games, Puzzles, Movies, Wii, Etc.</i>	25 10am Chair Exercises 1pm Wegmans	26 10am Chair Exercises	27 10am Chair Exercises	28 THANKSGIVING DAY! 10am Continental Breakfast 2pm Thanksgiving Dinner	29 2pm Resident Mtg. / Snack Social	30 2:00pm Chef Demo