

# JANUARY 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>January 1, 2020</b>  <u>NEW YEAR'S DAY!</u> <b>10am Continental Breakfast</b> <b>2pm Dinner</b>	2 10am Chair Exercises 1:30pm Stretching & Meditation	3 10am Chair Exercises 2pm Resident Snack Social	4 Resident Organized Activities
5 Resident Organized Activities	6 10:30am Music & Wellness Group	7 10am Chair Exercises 1:30pm Bingo	8 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours	9 10am Chair Exercises 1:30pm Art Therapy	10 10am ABVI & Brighter Views Seminar 2pm Resident Snack Social	11 Resident Organized Activities
12 Resident Organized Activities	13 10am Chair Exercises 11:30am Fairport Lunch Outing	14 10am Chair Exercises 12Noon Rock Steady Boxing Seminar	15 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours	16 10am Chair Exercises 1:30pm Stretching & Meditation	17 10am Chair Exercises 2pm Resident Snack Social	18 Resident Organized Activities
19 Resident Organized Activities	20 10:30am Music & Wellness Group	21 10am Chair Exercises	22 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours	23 10am Chair Exercises	24 10am Chair Exercises 2pm Resident Snack Social	25 2pm Chef Demo
26 Resident Organized Activities	27 10am Chair Exercises 1:30pm Bingo	28 10am Chair Exercises	29 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours 3pm Travelogue – "Life In The Himalayas"	30 10am Yoga 1pm Blood Pressure Checks	31 10am Chair Exercises 2pm Resident Snack Social	

**Elderbus: Call (585) 377-8117 / 2 days in advance for:**

Mondays & Wednesdays – Wegmans PENFIELD & TARGET  
 Tuesdays & Fridays – Wegmans PERINTON  
 Thursdays – Wegmans COUNTRY CLUB PLAZA & ALDI'S  
 2<sup>nd</sup> Monday of every month – Walmart MACEDON

**Door-To-Door Connections: Call (585) 223-1617 / 2 days in advance for:**

Mondays-Friday – PERINTON RECREATION CENTER / 9am-1pm  
 3<sup>rd</sup> Friday of every month – EASTVIEW MALL SHOPPING AREA / 10am-2pm