



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>Resident Organized Activities</i>
2 <i>Resident Organized Activities</i>	3 10am Chair Exercises 2pm Travelogue – Uzbekistan	4 10am Chair Exercises 1:30pm Pokeno	5 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours 1pm Health Lecture: Diabetes	6 10am Chair Exercises 1:30pm Stretching & Meditation	7 10am Chair Exercises 2pm Resident Snack Social	8 <i>Resident Organized Activities</i>
9 <i>Resident Organized Activities</i>	10 10am Chair Exercises 10:30am A&J Pharmacy Introduction	11 10am Chair Exercises 1:30pm Bingo	12 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours 1pm – Blood Pressure Checks Only	13 10am Chair Exercises 1:30pm Art Therapy	14 10am Chair Exercises 2pm Chef Demo & Resident Snack Social	15 <i>Resident Organized Activities</i>
16 <i>Resident Organized Activities</i>	17 10am Chair Exercises 11:30am Fairport Lunch Outing	18 10:30am Yoga 1:30pm Pokeno	19 10am Chair Exercises 10am George Eastman House 10am-12 Noon SOFI Ofc. Hours	20 10am Chair Exercises 1:30pm Stretching & Meditation	21 10am Chair Exercises 2pm Resident Snack Social	22 <i>Resident Organized Activities</i>
23 <i>Resident Organized Activities</i>	24 10am Chair Exercises	25 10am Chair Exercises 1:30pm Bingo	26 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours	27 10am Chair Exercises	28 10am Chair Exercises 1:00pm – Blood Pressure Checks Only	29 <i>Resident Organized Activities</i>

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
- 2nd 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
- 3rd Friday of every month – EASTVIEW MALL SHOPPING AREA / 10am-2pm