



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Resident Organized Activities</i>	2 10am Chair Exercises	3 10am Chair Exercises 1:30pm Pokeno	4 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours	5 10am Chair Exercises 1:30pm Stretching & Meditation	6 10am Chair Exercises 2pm Resident Snack Social	7 <i>Resident Organized Activities</i>
8 <i>Resident Organized Activities</i> <i>*Daylight Savings Time Begins*</i>	9 10am Chair Exercises 4pm Rochester Academy of Irish Dance	10 10am Chair Exercises 1:30pm Bingo	11 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours 10:30am Memory Walk of Downtown Rochester w/ Pat 1:00pm Health Lecture: Respiratory Issues	12 10am Chair Exercises 1:30pm Art Therapy	13 10am Chair Exercises 1:00pm Blood Pressure Checks Only 2pm Resident Snack Social 3:15pm Travelogue: Ireland	14 <i>Resident Organized Activities</i> 2:00pm Chef Demo
15 <i>Resident Organized Activities</i>	16 10am Chair Exercises 11:30am Lunch Outing @ Noonan's	17 <i>Happy St. Patrick's Day</i> 10am Chair Exercises 1:30pm Pokeno	18 10am Chair Exercises 10:30am Finger Lakes Casino 10am-12 Noon SOFI Ofc. Hours	19 <i>Happy First Day of Spring</i> 10am Chair Exercises 1:30pm Stretching & Meditation	20 10am Chair Exercises 2pm Resident Snack Social	21 <i>Resident Organized Activities</i> 10:00am Backyard Adventures: Parkleigh Pharmacy & MacKenzie-Childs "Browse & Shop" / Calabresella's New York Style Deli – To Register, Call: (585) 388-2349
22 <i>Resident Organized Activities</i>	23 10am Chair Exercises 11:30am Perinton Square Mall – Fairport School District Wide Art Show	24 10am Chair Exercises 1:30pm Bingo	25 10am Chair Exercises 10am-12 Noon SOFI Ofc. Hours 11:30am Hochstein "Brown Bag" Concert	26 10am Chair Exercises	27 10am Chair Exercises 1:00pm Blood Pressure Checks Only 2pm Resident Snack Social	28 <i>Resident Organized Activities</i>
29 <i>Resident Organized Activities</i>	30 10am Chair Exercises	31 10am Chair Exercises 1:30pm Pokeno 3:00pm Yoga				

Turn Page Over For Elderbus & Door-To-Door Connections Information

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

(10am-2pm)