

# SEPTEMBER 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am Blood Pressure Checks Only w/ Beth 1:30pm Yoga Video	2 10am Chair Exercises	3 10am Chair Exercises	4 10am Chair Exercises	5
<b>PLEASE RSVP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK. THANK YOU!</b>						
6	7 <i>Labor Day Holiday</i>	8 10am Chair Exercises 2-3pm Bingo	9 10am Chair Exercises 10am Bible Study	10 10am Yoga Video	11 10am Chair Exercises 2:30pm Paint A Stone	12
13	14 10am Chair Exercises 10am-12n SOFI Ofc Hrs	15 10am Blood Pressure Checks Only w/ Beth 1:30pm Yoga Video	16 10am Chair Exercises	17 10am Chair Exercises 2pm Unidine Dining Focus Group w/ Bill	18 10am Chair Exercises 3pm Oktoberfest Social	19
20	21 10am Chair Exercises 10am-12n SOFI Ofc Hrs	22 10am Flu Shots w/ A&J Pharmacy 2-3pm Bingo	23 10am Chair Exercises 10am Bible Study	24 10am Yoga Video	25 10am Chair Exercises 2:30pm Movie – The Pursuit of Happyness	26
27	28 10am Chair Exercises 10am-12n SOFI Ofc Hrs	29 10am Blood Pressure Checks Only w/ Beth 1:30pm Yoga Video	30 10am Chair Exercises	<p><b>Elderbus: Call (585) 377-8117 / 2 days in advance for:</b>  Mondays &amp; Wednesdays – Wegmans PENFIELD &amp; TARGET  Tuesdays &amp; Fridays – Wegmans PERINTON  Thursdays – Wegmans COUNTRY CLUB PLAZA &amp; ALDI'S</p> <p><b>Volunteer Drivers: Call (585) 377-8117 / 2 weeks in advance for:</b>  Medical appointments w/ in Monroe County only.</p>		