



# OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PLEASE RSVP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK. THANK YOU!</b>						
4	5 10am Yoga Video 10am-12n SOFI Ofc Hrs	6 10am Chair Exercises 1:30pm Quiet Jazz Duo <u>or</u> 3pm Quiet Jazz Duo	7 10am Chair Exercises 10:30am Bio Project w/ Pat	8 10am Yoga Video	9 10am Chair Exercises	10
11	12 10am-12n SOFI Ofc Hrs	13 10am Chair Exercises 2:30pm Pick An Apple & A Pumpkin	14 10am Blood Pressure Checks Only w/ Beth 10am Bible Study	15 10am Yoga Video 3pm Unidine Dining Focus Group w/ Bill	16 10am Chair Exercises 3pm Doughnut / Cider Social To Go	17
18	19 10am Yoga Video 10am-12n SOFI Ofc Hrs 1:30pm Fire Safety Review Mtg	20 10am Chair Exercises 1:30pm Fire Safety Review Mtg	21 10am Chair Exercises 10:30am Bio Project w/ Pat	22 10am Health Seminar w/ Beth – COVID & Implications of Cardiac	23 10am Chair Exercises 2pm Paint A Stone	24
25	26 10am Yoga Video 10am-12n SOFI Ofc Hrs	27 10am Chair Exercises 1:30pm Yoga Video	28 10am Blood Pressure Checks Only w/ Beth 10am Bible Study	29 10am Yoga Video	30 10am Chair Exercises	31

**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

**Volunteer Drivers: Call (585) 377-8117 / 2 weeks in advance for:**  
 Medical appointments w/ in Monroe County only.