

# DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PLEASE RSVP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK.</b></p> <p><b>PLEASE REMEMBER TO WEAR YOUR FACE MASKS - COVERING BOTH YOUR MOUTH &amp; NOSE, AND KEEP A SOCIAL DISTANCE OF AT LEAST 6 FEET.</b></p> <p><b>THANK YOU!</b></p>		1	2	3	4	5
			10am Chair Exercises	10am Yoga Video	10am Chair Exercises  11:15am Blood Pressure Checks w/ Beth  1:30-2:30pm Ornament Craft	
	6	7	8	9	10	11
	10am Yoga Video  2:30-4:30pm SOFI Ofc Hrs - Via Phone	10am Chair Exercises	10am Bible Study	<u>HANUKKAH BEGINS</u>  10am Yoga Video  2:30-3:30pm Unidine Focus Group Meeting	10am Chair Exercises	
13	14	15	16	17	18	19
	10am Yoga Video  2:30-4:30pm SOFI Ofc Hrs – Via Phone	10am Chair Exercises  1:30-2:30pm Christmas Tree Craft	10am Chair Exercises	10am Yoga Video	<u>HANUKKAH ENDS</u>  <b>National Ugly Sweater Day</b>  2:30-3:30pm Holiday Social In Dining Room or Grab & Go	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 10am Yoga Video  2:30-4:30pm SOFI Ofc Hrs – Via Phone	22 <i>National Cookie Exchange Day</i>  2-3:30pm Holiday Movie – Resident’s Choice	23 10am Bible Study  10-11am Blood Pressure Checks w/ Beth	24 10am Yoga Video	25 <u>CHRISTMAS DAY</u>  10am Continental Breakfast – Delivery Only  2-3pm Dinner – In Dining Room Seating or Delivery Available	26 <u>KWANZAA BEGINS</u>
27	28 10am Yoga Video  2:30-4:30pm SOFI Ofc Hrs – Via Phone	29 10am Chair Exercises	30 10am Chair Exercises	31 10am Yoga Video		
<u>Elderbus: Call (585) 377-8117 / 2 days in advance for:</u> Mondays & Wednesdays – Wegmans PENFIELD & TARGET Tuesdays & Fridays – Wegmans PERINTON Thursdays – Wegmans COUNTRY CLUB PLAZA & ALDI’S				<u>Volunteer Drivers: Call (585) 377-8117 / 2 weeks in advance for:</u> Medical appointments w/ in Monroe County only.		