



JANUARY 2021 – revised 1/8/21

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|-----------|
| <p>PLEASE RSVP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK.</p> <p>PLEASE REMEMBER TO WEAR YOUR FACE MASKS - COVERING BOTH YOUR MOUTH & NOSE, AND KEEP A SOCIAL DISTANCE OF AT LEAST 6 FEET.</p> <p>THANK YOU!</p> | | | | | 1 NEW YEAR'S DAY 10am Continental Breakfast – Delivery Only 2:00-3:00pm Dinner – In Dining Room Seating or Delivery Available | 2 |
| 3 | 4 2:30-4:30pm SOFI Ofc Hrs - Via Phone | 5 10am Chair Exercises | 6 10am Chair Exercises 1:00-2:30pm Bible Study | 7 10am Yoga Video | 8 10am Chair Exercises 1:30-2:00pm Trivia | 9 |
| 10 | 11 10am Yoga Video 2:30-4:30pm SOFI Ofc Hrs – Via Phone | 12 10am Chair Exercises 2:00-2:30pm Fire Safety Review Meeting | 13 10:00-10:30am Blood Pressure Checks w/ Beth 1:00-2:30pm Bible Study | 14 10am Yoga Video 11:00-11:30am Coloring | 15 10am Chair Exercises 2:00-3:30pm Crafting | 16 |

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|---|---|----------|
| 17 | 18 10am Yoga Video 2:30-4:30pm SOFI Ofc Hrs – Via Phone | 19 10am Chair Exercises 2:00-2:30pm Fire Safety Review Meeting | 20 10am Chair Exercises 1:00-2:30pm Bible Study | 21 10am Yoga Video 11:00-11:30am Trivia | 22 10:30-11:00am Fire Safety Review Meeting 2:00-3:30pm Crafting | 23 |
| 24 | 25 10am Yoga Video 2:30-4:30pm SOFI Ofc Hrs – Via Phone | 26 10am Chair Exercises 1:30-2:30pm Wii Games | 27 10am Chair Exercises 1:00-2:30pm Bible Study | 28 10am Yoga Video 2:30-3:30pm Unidine Dining Focus Group Meeting | 29 10:00-10:30am Blood Pressure Checks w/ Beth 2:30-3:30pm Resident Social In Dining Room or Grab & Go | 30 |
| 31 | <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. | | |