



# MAY 2021 – page 1

| 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>1</b></p> <p>2:00-3:00pm<br/>Resident Council Meeting</p> |
| <p><b>2</b></p>   | <p><b>3</b></p> <p>10:30-11:00am<br/>Chair Exercises</p> <p>1:30-2:00pm<br/>Walking Group</p> <p>2:30-3:30pm<br/>Rock Painting</p> <p><i>(No SOFI Office Hours Today)</i></p> | <p><b>4</b></p> <p>11:00-11:30am<br/>Walking Group</p> <p>1:30-2:30pm<br/>Quiet Jazz Duo –<br/>“Jazz From The Silver Screen”</p> <p>3:00-4:00pm<br/>Quiet Jazz Duo –<br/>“Jazz From The Silver Screen”</p> | <p><b>5</b></p> <p>10:00-10:30am<br/>Blood Pressure Checks w/ Beth</p> <p>2:00-3:00pm<br/>Staff Appreciation Day – Sponsored by the Residents</p> <p><i>(No Gospel Music Today)</i></p> | <p><b>6</b></p> <p>10:30-11:00am<br/>Chair Exercises</p> <p>1:30-2:00pm<br/>Walking Group</p>  | <p><b>7</b></p> <p>10:30-11:00am<br/>Chair Exercises</p> <p>1:30-2:00pm<br/>Walking Group</p>  | <p><b>8</b></p>   |
| <p><b>9</b></p>   | <p><b>10</b></p> <p>11:00-11:30am<br/>Fire Safety Review Meeting</p> <p>12Noon<br/>Sakura Garden (Chinese) Lunch To Go</p> <p>2:30-4:30pm<br/>SOFI Office Hours</p>           | <p><b>11</b></p> <p>11:00-11:30am<br/>Fire Safety Review Meeting</p> <p>1:30-2:00pm<br/>Walking Group</p> <p>2:30-3:30pm<br/>Travel Log w/ Beth – Castles In The Air, Bhutan</p>                           | <p><b>12</b></p> <p>10:00-10:30am<br/>Chair Exercises</p> <p>11:00-11:30am<br/>Fire Safety Review Meeting</p> <p>1:00-2:30pm<br/>Gospel Music</p>                                       | <p><b>13</b></p> <p>10:00-10:30am<br/>Chair Exercises</p> <p>1:30-2:30pm<br/>Yoga w/ Stacy</p> | <p><b>14</b></p> <p>10:30-11:00am<br/>Chair Exercises</p> <p>1:30-2:00pm<br/>Walking Group</p> | <p><b>15</b></p>  |



## MAY 2021 – page 2

| SUNDAY    | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|-----------|---|---|---|--|--|---|
| <b>16</b> | <b>17</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:30-2:00pm<br>Walking Group<br><br>2:30-4:30pm<br>SOFI Office Hours | <b>18</b><br>1:30-2:30pm<br>Arts & Crafts<br>w/ Stacy                             | <b>19</b><br>10:00-10:30am<br>Blood Pressure<br>Checks w/ Beth<br><br>10:30-11:30am<br>Health Seminar<br>w/ Beth – “Falls”<br><br>1:00-2:30pm<br>Gospel Music | <b>20</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:30-2:00pm<br>Walking Group  | <b>21</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:30-2:00pm<br>Walking Group  | <b>22</b><br>2:00-3:00pm<br>Resident Council<br>Meeting |
| <b>23</b> | <b>24</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:30-2:00pm<br>Walking Group<br><br>2:30-4:30pm<br>SOFI Office Hours | <b>25</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:30-2:30pm<br>Yoga w/ Stacy | <b>26</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:00-2:30pm<br>Gospel Music  | <b>27</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:30-2:00pm<br>Walking Group<br><br>2:30-3:30pm<br>Unidine Focus<br>Group Meeting | <b>28</b><br>10:30-11:00am<br>Chair Exercises<br><br>1:30-2:00pm<br>Walking Group<br><br>2:30-3:30pm<br>National<br>Hamburger<br>Competition<br>Social | <b>29</b>   |
| <b>30</b> | <b>31</b><br><br><b>MEMORIAL DAY</b>  |   |   |  |  |   |

**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.