



# JUNE 2021 – page 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>PLEASE SIGN UP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK <u>OR</u> AS OTHERWISE NOTED.</b></p> <p><b>PLEASE REMEMBER TO WEAR YOUR FACE MASKS - COVERING BOTH YOUR MOUTH &amp; NOSE IN ALL COMMON AREAS.</b></p>		<p>10:00-10:30am Chair Exercises</p> <p>1:30-2:30pm Herb Planting</p>	<p>10:00-10:30am Chair Exercises</p> <p>1:00-2:30pm Gospel Music</p>	<p>10:00-10:30am Chair Exercises</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:00-3:30pm Movie: Hoosiers</p>	<p>2:00-3:00pm Resident Council Meeting</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<p>10:00-10:30am Chair Exercises</p> <p>12Noon Lorraine's Food Factory Lunch To Go</p> <p>2:30-4:30pm SOFI Office Hours</p>	<p>10:00-10:30am Chair Exercises</p> <p>1:30-2:30pm Yoga w/ Stacy</p>	<p>10:00-10:30am Blood Pressure Check w/ Beth</p> <p>1:00-2:30pm Gospel Music</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:30-3:30pm Iced Tea Social</p>	<p>10:00-10:30am Chair Exercises</p> <p>1:00-2:00pm Flowers Make &amp; Take w/ Beth</p>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<p>10:00-10:30am Chair Exercises</p> <p>2:00-3:00pm Flag Day Celebration / Dedication</p> <p>2:30-4:30pm SOFI Office Hours</p>	<p><i>(Time TBD?)</i> SOFI - Trader Joe's Shopping Trip</p> <p>1:30-2:30pm Arts &amp; Crafts w/ Stacy</p>	<p>10:00-10:30am Chair Exercises</p> <p>1:00-2:30pm Gospel Music</p>	<p>10:00-10:30am Chair Exercises</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:00-3:30pm Movie: Jumpin Jack Flash</p>	



## JUNE 2021 – page 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>20</b>	<p style="text-align: center;"><b>21</b></p> <p style="text-align: center;">10:00-10:30am Chair Exercises</p> <p style="text-align: center;">1:30-2:30pm Rock Painting</p> <p style="text-align: center;">2:30-4:30pm SOFI Office Hours</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;">10:00-10:30am Chair Exercises</p> <p style="text-align: center;">1:30-2:30pm Yoga w/ Stacy</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;">10:00-10:30am Chair Exercises</p> <p style="text-align: center;">1:00-2:30pm Gospel Music</p>	<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;">10:00-10:30am Blood Pressure Check w/ Beth</p> <p style="text-align: center;">10:30-11:30am Health Seminar w/ Beth – Age Related Diseases</p> <p style="text-align: center;"><i>(Time TBD?)</i> SOFI - Olive Garden Lunch Trip</p>	<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;">10:00-10:30am Chair Exercises</p> <p style="text-align: center;">2:00-3:00pm Unidine Focus Group Meeting</p>	<b>26</b>
<b>27</b>	<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;">10:00-10:30am Chair Exercises</p> <p style="text-align: center;">2:30-4:30pm SOFI Office Hours</p>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;">10:00-10:30am Chair Exercises</p> <p style="text-align: center;">2:30-3:30pm Travel Log w/ Beth – Italy</p>	<p style="text-align: center;"><b>30</b></p> <p style="text-align: center;">10:00-10:30am Chair Exercises</p> <p style="text-align: center;">1:00-2:30pm Gospel Music</p>			

**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.