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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE SIGN UP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK <u>OR</u> AS OTHERWISE NOTED.						
4 <i>Independence Day</i>	5 <i>Independence Day (Observed)</i>	6 10:00-10:30am Chair Exercises 1:30-2:30pm Yoga w/ Stacy	7 10:00-10:30am Blood Pressure Check w/ Beth 11:00am – 1:00pm Rochester Corvette Club Car Show	8 10:00-10:30am Chair Exercises 11:00am – 1:00pm Rochester Corvette Club Car Show <i>(Rain Date)</i> SOFI Transportation – Apple Bee’s Lunch	9 10:00-10:30am Chair Exercises	10 2:00-3:00pm Resident Council Meeting
11 6:00-8:00pm SOFI Transportation – Woodlands Trip To Perinton Center Stage At Center Park – Evening Concert – Ruby Shooz 50’s/60’s Music	12 10:00-10:30am Chair Exercises 2:30-4:30pm SOFI Office Hours	13 10:00-10:30am Chair Exercises 1:30-2:30pm Arts & Crafts w/ Stacy SOFI Transportation – Trip To Tops Panorama Trail	14 10:00-10:30am Chair Exercises	15 10:00-10:30am Chair Exercises 2:30-3:30pm Unidine Cherries Jubilee Demo & Ice Cream Social	16 10:00-10:30am Chair Exercises 1:30-2:30pm Bingo	17



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19 10:00-10:30am Chair Exercises 2:30-4:30pm SOFI Office Hours SOFI Transportation – Trip To Walmart	20 10:00-10:30am Chair Exercises 12Noon La Bella Mangia Lunch To Go 1:30-2:30pm Yoga w/ Stacy	21 10:00-10:30am Blood Pressure Check w/ Beth 1:30-2:30pm Rock Painting	22 10:00-10:30am Chair Exercises 10:30-11:30am Health Seminar w/ Beth – Diabetes Hints SOFI Transportation – Trip To Hobby Lobby	23	24
25	26 10:00-10:30am Chair Exercises SOFI Transportation – Fairfield’s Bar & Grill Lunch 2:30-4:30pm SOFI Office Hours	27	28 10:00-10:30am Chair Exercises 1:30-2:30pm Succulents Planting	29 10:30-11:30am G&L Music Event w/ Geoff Clough SOFI Transportation – Trip To Tops Panorama Trail	30 2:00-3:00pm Unidine Focus Group Meeting	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.