

SEPTEMBER 2021 – page 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<p>PLEASE SIGN UP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK <u>OR</u> AS OTHERWISE NOTED.</p>			<p>10:00-10:30am Blood Pressure Checks w/ Beth</p> <p>2:30-4:00pm Resident Zentangles</p>	<p>SOFI Transportation – Trip To Trader Joe’s (To register please call 585-377-8117)</p> <p>2:00-4:00pm Resident Threads</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:00-3:00pm Rock Painting</p>	
5	6	7	8	9	10	11
	<p>Labor Day</p>	<p>SOFI Transportation – Trip To Bed Bath Beyond, Michaels, & DSW Shoes (To register please call 585-377-8117)</p> <p>1:30-2:30pm Yoga w/ Stacy</p>	<p>2:30-4:00pm Resident Zentangles</p>	<p>SOFI Transportation – Trip To Powers Farm Market (To register please call 585-377-8117)</p> <p>2:00-4:00pm Resident Threads</p>	<p>10:00-10:30am Chair Exercises</p>	<p>2:00pm Residents Council Meeting</p>
12	13	14	15	16	17	18
	<p>10:00-10:30 Chair Exercises</p> <p>2:30-4:30pm SOFI Office Hours</p> <p>3:15-4:15pm Travel Log w/ Beth – Modern Egypt</p>	<p>10:00-11:00am Coffee Hour In Memory of Jim Magar</p> <p>1:30-2:30pm Arts & Crafts w/ Stacy</p>	<p>10:00-11:00am Perinton Town Historian – Bill Porray: Homefront & WW II</p> <p>2:30-4:00pm Resident Zentangles</p>	<p>10:00-10:30am Chair Exercises</p> <p>11:00-11:30am Stonebrook Resident – John Brincka: Comfort Birds</p> <p>2:00-4:00pm Resident Threads</p>	<p>10:15-10:45am Blood Pressure Checks w/ Beth</p> <p>SOFI Transportation – Trip To Log Cabin Restaurant (To register please call 585-377-8117)</p>	<p>10:00am-3:00pm Backyard Adventures: Wild Wings Bird Sanctuary – Honeoye Falls, NY (To register please call 585-388-2347)</p> <p>11:30am-12:30pm Unidine Oktoberfest Lunch Celebration</p>

SEPTEMBER 2021 – page 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20 2:30-4:30pm SOFI Office Hours 12 Noon Chipotle Lunch To Go	21 10:00-10:30am Chair Exercises 1:30-2:30pm Yoga w/ Stacy	22 10:00-10:30am Chair Exercises 2:30-4:00pm Resident Zentangles	23 SOFI Transportation – Trip To Panera Bread (To register please call 585-377-8117) 2:00-4:00pm Resident Threads	24 SOFI Transportation – Trip To Hobby Lobby (To register please call 585-377-8117) 2:30-3:30pm Unidine Focus Group Meeting	25
26	27 10:00-10:30am Chair Exercises 1:00-2:00pm Chit Chat w/ Staff 2:30-4:30pm SOFI Office Hours	28 SOFI Transportation – Trip To Monte Alban Mexican Grill (To register please call 585-377-8117)	29 10:30-11:30am Health Seminar w/ Beth & Guest Speaker: Topic – Sepsis 2:30-4:00pm Resident Zentangles	30 10:00-10:30am Chair Exercises 2:00-4:00pm Resident Threads	PLEASE SIGN UP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK <u>OR</u> AS OTHERWISE NOTED.	
<p><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</p>				<p><u>Volunteer Drivers: Call (585) 377-8117 / 2 weeks in advance for:</u> Medical appointments w/ in Monroe County only.</p>		