



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE SIGN UP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK <u>OR</u> AS OTHERWISE NOTED.</p>						
3	4	5	6	7	8	9
	<p>10:00-10:30am Chair Exercises</p> <p>3:15-4:15pm Travel Log w/ Beth – Ghouls, Goblins & Ghosts</p>	<p>10:00-10:30am Chair Exercises</p> <p>1:30-2:30pm Yoga w/ Stacy</p> <p>SOFI Transportation – Trip To Craft Bits & Pieces (To register please call 585-377-8117)</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:30-4:00pm Resident Zentangles</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:00-4:00pm Resident Threads</p> <p>SOFI Transportation – Trip To Victor Crossing Mall (To register please call 585-377-8117)</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.</p>	
10	11	12	13	14	15	16
	<p>Columbus Day</p> <p>10:00-10:30am Chair Exercises</p> <p>1:30-2:30pm Resident Council Meeting</p> <p>SOFI Transportation – Trip To Powers Farm Market (To register please call 585-377-8117)</p>	<p>10:00-10:30am Chair Exercises</p> <p>1:30-2:30pm Arts & Crafts w/ Stacy</p>	<p>10:00-10:30am Blood Pressure Checks w/ Beth</p> <p>2:30-4:00pm Resident Zentangles</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:00-4:00pm Resident Threads</p> <p>SOFI Transportation – Trip To Craft Bits & Pieces (To register please call 585-377-8117)</p>	<p>10:00-10:30am Chair Exercises</p> <p>2:30-3:30pm Unidine Focus Group Meeting</p> <p>SOFI Transportation – Trip To Olive Garden (To register please call 585-377-8117)</p>	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18 10:00-10:30am Chair Exercises 2:00-3:00pm Paint A Pumpkin	19 10:00-10:30am Chair Exercises 12 Noon Dalia's Lunch To Go 1:30-2:30pm Yoga w/ Stacy	20 10:00-10:30am Chair Exercises 2:30-4:00pm Resident Zentangles	21 10:00-10:30am Chair Exercises 2:00-4:00pm Resident Threads SOFI Transportation – Trip To Trader Joes (To register please call 585-377-8117)	22 10:00-10:30am Chair Exercises 2:30-3:30pm Unidine Pumpkin Crème Brulèe Chef Demo SOFI Transportation – Trip To Powers Farm Market (To register please call 585-377-8117)	23
24	25 10:00-10:30am Chair Exercises SOFI Transportation – Trip To Goodwill (To register please call 585-377-8117)	26 10:00-11:00am Meet & Greet Our New Residents SOFI Transportation – Trip To Eastview (To register please call 585-377-8117)	27 10:00-10:30am Blood Pressure Checks w/ Beth 10:30-11:30am Health Seminar w/ Beth: Topic – Macular Degeneration 2:30-4:00pm Resident Zentangles	28 10:00-10:30am Chair Exercises 2:00-4:00pm Resident Threads	29 10:00-10:30am Chair Exercises 2:00-3:00pm Trick or Treat Chit Chat w/ Staff SOFI Transportation – Trip To Craft Bits & Pieces (To register please call 585-377-8117)	30
31 <i>Halloween</i>	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.		