



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE SIGN UP FOR ALL ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK OR AS OTHERWISE NOTED.</p>	<p>1</p> <p>10:00-10:30am Chair Exercises</p> <p>11:00-12Noon New Medicare Benefits Information w/ Carmen</p>	<p>2</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>3</p> <p>10:00-10:30am Chair Exercises</p> <p>2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.</p>	<p>4</p> <p>10:00-10:30am Blood Pressure Checks w/ Beth</p> <p>2:00-4:00pm Resident Threads</p>	<p>5</p> <p>10:00-10:30am Chair Exercises</p> <p>SOFI Transportation – Trip To Goodwill (To register please call 585-377-8117)</p>	<p>6</p>
<p>7</p> <p><i>Daylight Savings Time Ends – Change Your Clocks – Fall Back 1 Hour</i></p>	<p>8</p> <p>10:00-10:30am Chair Exercises</p> <p>SOFI Transportation – Trip To Hobby Lobby (To register please call 585-377-8117)</p>	<p>9</p> <p>10:00-10:30am Chair Exercises</p> <p>1:30-2:30pm Arts & Crafts w/ Stacy</p>	<p>10</p> <p>10:00-10:30am Chair Exercises</p> <p>11:00-11:30am Fire Safety Review Meeting</p> <p>2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.</p>	<p>11</p> <p>VETERANS DAY</p> <p>10:00-10:30am Chair Exercises</p> <p>2:30-3:30pm Unidine’s Veterans Day Social</p> <p>SOFI Transportation – Trip To Applebee’s (To register please call 585-377-8117)</p>	<p>12</p> <p>10:00-10:30am Chair Exercises</p> <p>SOFI Transportation – Trip To Created By Us Pottery (To register please call 585-377-8117)</p>	<p>13</p>



NOVEMBER 2021 – Page 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	<p style="text-align: right;">15</p> <p>10:00-10:30am Chair Exercises</p> <p>1:30-2:30pm Residents' Council Meeting</p>	<p style="text-align: right;">16</p> <p>10:00-10:30am Chair Exercises</p> <p>1:30-2:00pm Fire Safety Review Meeting</p>	<p style="text-align: right;">17</p> <p>10:00-10:30am Chair Exercises</p> <p>11:00-11:30am Fire Safety Review Meeting</p> <p>2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.</p>	<p style="text-align: right;">18</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 style="text-align: right;">19</p> <p>10:00-10:30am Chair Exercises</p> <p>SOFI Transportation – Trip To Log Cabin Restaurant (To register please call 585-377-8117)</p>	20
21	<p style="text-align: right;">22</p> <p>11:00-11:30am Discussion on SOFI Services – Who They Are / What Do They Do?</p> <p>3:00-4:00pm Travelogue w/ Beth – Mysteries of Morocco</p> <p>SOFI Transportation – Trip To George's Restaurant (To register please call 585-377-8117)</p>	<p style="text-align: right;">23</p> <p>10:00-10:30am Blood Pressure Checks w/ Beth</p> <p>10:30-11:30am Health Seminar w/ Beth – Topic: Vertigo & Dizziness</p>	<p style="text-align: right;">24</p> <p>10:00-10:30am Chair Exercises</p> <p>2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.</p>	<p style="text-align: right;">25</p> <p style="text-align: center;"><i>THANKSGIVING DAY</i></p> <p>9:30am Brunch</p> <p>2:00pm The Feast</p>	<p style="text-align: right;">26</p> <p>10:00-10:30am Chair Exercises</p> <p>2:30-3:30pm Unidine's Focus Group Meeting</p>	27
28	<p style="text-align: right;">29</p> <p>10:00-10:30am Chair Exercises</p> <p>12 Noon Lorraine's Food Factory Lunch To Go</p>	<p style="text-align: right;">30</p> <p>10:00-10:30am Chair Exercises</p> <p>2:30-3:30pm Chit Chat w/ Staff</p>	<p style="text-align: center;"><u>Elderbus: Call (585) 377-8117</u> <u>2 days in advance for:</u> Mondays & Wednesdays – Wegmans PENFIELD & TARGET Tuesdays & Fridays – Wegmans PERINTON Thursdays – Wegmans COUNTRY CLUB PLAZA & ALDI'S</p>		<p style="text-align: center;"><u>Volunteer Drivers: Call (585) 377-8117</u> <u>2 weeks in advance for:</u> Medical appointments w/ in Monroe County only.</p>	
						<i>(Updated: 10/29/21)</i>