



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE SIGN UP FOR ALL ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK <u>OR</u> AS OTHERWISE NOTED</p>			1	2 10:00-10:30am Blood Pressure Checks w/ Beth 2:00-4:00pm Resident Threads SOFI Transportation – Trip To Hobby Lobby (To register please call 585-377-8117)	3 10:00-11:00am Christmas Tree Decorating	4
5	6 10:30-11:30am Ornament Decorating 2:00-3:00pm Exploratory Bereavement Group Meeting SOFI Transportation – Trip To Walmart / Macedon (To register please call 585-377-8117)	7 10:00-10:15am Chair Exercises 1:30-2:30pm Yoga w/ Stacy SOFI Transportation – Trip To Craft Bits & Pieces (To register please call 585-377-8117) SOFI Transportation – Trip To Holiday Light Rides (To register please call 585-377-8117)	8 10:00-10:15am Chair Exercises 2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.	9 2:00-4:00pm Resident Threads	10 SOFI Transportation – Trip To Long Horn Steakhouse (To register please call 585-377-8117)	11
<p><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: right;"><u>Volunteer Drivers: Call (585) 377-8117</u> <u>2 weeks in advance for:</u> Medical appointments w/ in Monroe County only.</p>		



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13 10:00-10:15am Chair Exercises 12 Noon Wegmans Pizza Lunch To Go SOFI Transportation – Trip To Hobby Lobby (To register please call 585-377-8117)	14 10:00-10:15am Chair Exercises 1:30-2:30pm Arts & Crafts w/ Stacy SOFI Transportation – Trip To TOPS / Panorama Plaza (To register please call 585-377-8117)	15 10:00-10:15am Chair Exercises 2:00 – 3:00pm Top Brass “Holiday” Musical Entertainment SOFI Transportation – Trip To Holiday Light Rides (To register please call 585-377-8117)	16 10:00-10:15am Chair Exercises 2:30-3:30pm Unidine’s Chef Demo – Hot Cocoa & Eggnog w/ Christmas Cookies SOFI Transportation – Trip To Trader Joe’s (To register please call 585-377-8117)	17 10:00-10:15am Chair Exercises	18
<p><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: right;"><u>Volunteer Drivers: Call (585) 377-8117</u> <u>2 weeks in advance for:</u> Medical appointments w/ in Monroe County only.</p>		

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20	21	22	23	24	25
	10:00-10:15am Chair Exercises 1:30-2:30pm Catholic Communion Service SOFI Transportation – Trip To Walmart / Macedon (To register please call 585-377-8117)	10:00-10:30am Blood Pressure Checks w/ Beth 10:30-11:30am Health Seminar w/ Beth & Emily – Learn How To Fall & Get Back Up Safely + Walker Adjustments 3:00-4:00pm Travelogue w/ Beth – World Festivals SOFI Transportation – Trip To McArdle’s Restaurant (To register please call 585-377-8117)	10:00-10:15am Chair Exercises 2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.	10:00-10:15am Chair Exercises 2:00-4:00pm Resident Threads	<i>Dining Information Coming Soon . . .</i>	<i>Dining Information Coming Soon . . .</i>
<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				<u>Volunteer Drivers: Call (585) 377-8117</u> <u>2 weeks in advance for:</u> Medical appointments w/ in Monroe County only.		

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 10:00-10:15am Chair Exercises	28 10:00-10:15am Chair Exercises SOFI Transportation – Trip To TOPS / Panorama Plaza (To register please call 585-377-8117)	29 10:00-10:15am Chair Exercises 2:00-3:00pm Unidine’s Focus Group Meeting	30 10:00-10:15am Chair Exercises 2:00-4:00pm Resident Threads SOFI Transportation – Trip To Boccacini’s (To register please call 585-377-8117)	31 <i>Dining Information Coming Soon . . .</i>	1/1/2022 <i>Dining Information Coming Soon . . .</i>
<u>Elderbus: Call (585) 377-8117</u> 2 days in advance for: Mondays & Wednesdays – Wegmans PENFIELD & TARGET Tuesdays & Fridays – Wegmans PERINTON Thursdays – Wegmans COUNTRY CLUB PLAZA & ALDI’S				<u>Volunteer Drivers: Call (585) 377-8117</u> 2 weeks in advance for: Medical appointments w/ in Monroe County only.		

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