

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|---|
| <p><u>PLEASE SIGN UP FOR ALL ACTIVITIES</u> <u>IN GREEN BINDER LOCATED</u> <u>ON THE CONCIERGE DESK OR AS OTHERWISE NOTED</u></p> | | | | | | <p>1/1/2022 HAPPY NEW YEAR!</p> |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | <p>10:00-10:15am Chair Exercises</p> <p>3:00-4:00pm <i>Travelogue w/ Beth</i> – <i>The In’s & Out’s;</i> <i>From The Beginning</i> <i>Of The Roman</i> <i>Empire To The</i> <i>Present</i></p> | <p>10:00-10:15am Chair Exercises</p> <p>1:30-2:30pm Yoga w/ Stacy</p> | <p>10:00-10:15am Chair Exercises</p> <p>2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.</p> | <p>10:00-10:15am 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>10:00-10:15am Chair Exercises</p> <p>SOFI Transportation – Trip To Walmart (To register please call 585-377-8117)</p> | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | <p>10:00-10:15am Chair Exercises</p> <p>1:30-2:30pm Catholic Communion Service</p> | <p>10:00-10:15am Chair Exercises</p> <p>1:30-2:30pm Arts & Crafts w/ Stacy</p> <p>SOFI Transportation – Trip To Goodwill (To register please call 585-377-8117)</p> | <p>10:00-10:15am Chair Exercises</p> <p>2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc.</p> | <p>10:00-10:15am Chair Exercises</p> <p>2:00-4:00pm Resident Threads</p> | <p>10:00-10:15am Chair Exercises</p> <p>SOFI Transportation – Trip To Panera Bread (To register please call 585-377-8117)</p> | |

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|-----------|---|---|--|--|--|-----------|
| 16 | 17 10:00-10:15am Chair Exercises SOFI Transportation – Trip To Walmart (To register please call 585-377-8117) | 18 10:00-10:15am Chair Exercises | 19 10:00-10:30am Blood Pressure Checks w/ Beth 2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc. | 20 10:00-10:15am Chair Exercises 2:00-4:00pm Resident Threads SOFI Transportation – Trip To Jeremiah’s Tavern (To register please call 585-377-8117) | 21 10:00-10:15am Chair Exercises | 22 |
| 23 | 24 10:00-10:15am Chair Exercises 12 Noon Leo’s Lunch To Go | 25 10:00-10:15am Chair Exercises SOFI Transportation – Trip To Fairfield’s Bar & Grill (To register please call 585-377-8117) | 26 10:00-10:30am Blood Pressure Checks w/ Beth 10:30-11:30am Health Lecture w/ Beth – When To Call 911 2:00-4:00pm Board Games, Playing Cards, Puzzles, Etc. | 27 10:00-10:15am Chair Exercises 2:00-4:00pm Resident Threads 2:30-3:30pm Unidine’s Chef Demo – National Chocolate Cake Day SOFI Transportation – Trip To Tops / Panorama (To register please call 585-377-8117) | 28 10:00-10:15am Chair Exercises 2:00-3:00pm Unidine’s Focus Group Meeting | 29 |
| 30 | 31 10:00-10:15am Chair Exercises | <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: Medical</u> <u>appointments w/ in Monroe County only.</u> | |