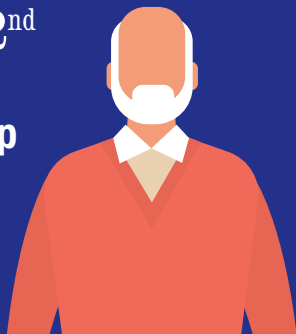


Monday, October 2nd

11am-12 noon

Men's Support Group

Perinton Manor
Apartments Clubhouse
62 Manorshire Drive,
Fairport



Tuesday, October 3rd

1:30pm-2:30pm

Women's Support Group

Perinton Manor
Apartments Clubhouse
62 Manorshire Drive,
Fairport



Wednesday, October 4th

10:30am-11:30am

Caregivers Support Group

Perinton Presbyterian Church
6511 Pittsford Palmyra Road,
Fairport



Wednesday, October 11th

4pm-10pm

Dining at Denny's

Come support the Fairport Baptist Homes Senior Options for Independence program by sitting down to a really good meal at Denny's! The restaurant will make a contribution to the SOFI program equal to 20% of the evenings' pre-tax receipts during evening hours. Come have a delicious meal! Come socialize with your fellow neighbors from the community! Come and dine with your community care managers!

Denny's
4 Perinton Hills Mall,
Fairport



Saturday, October 21st

9am-4pm

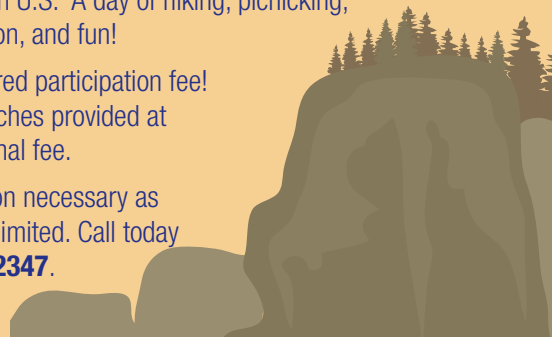
Backyard Adventures

Letchworth State Park-Wyoming County

Please join us as we return to the "Grand Canyon of the East," one of the most scenically magnificent areas in the eastern U.S. A day of hiking, picnicking, socialization, and fun!

\$15 required participation fee!
Boxed lunches provided at
an additional fee.

Registration necessary as
seats are limited. Call today
585.388.2347.



Tuesday, October 24th

2pm-3pm

Medicare Advantage Plans & Insurance Updates 2018

Learn about health insurance updates and changes that may impact you in the next year. Understand your options under Medicare and prescription drug plans. Come get your 2018 Medicare Advantage Plan Comparison Charts for Monroe County. Question and answer period to follow. Facilitated by Ron Brandwein & David Reid—Financial and Insurance Specialists, Lifespan/HIICAP.

Registration appreciated
#388-23476.

Presbyterian Church
Fellowship Hall
6511 Pittsford Palmyra Road,
Fairport



Brought to
you by **Engage**
NNORC Neighborhood Project

Fairport Baptist Homes



Spotlight:



National Institute on Aging at NIH

Interested in fitting exercise and physical activity into your daily life? Lifestyle choices you make today can lead to a healthier future. Healthy diet and exercise can help control or delay age-related health problems. Visit go4life.nia.nih.gov to learn more.

ENDURANCE! STRENGTH! BALANCE! FLEXIBILITY!



Save the Date November 7th

FBH Engage NNORC
Wellness Fair for Older
Adults on Election Day

Perinton
Square Plaza

EngAge helps individuals 60 and older aging in their own homes coordinate appropriate services, benefits and entitlements, and provides individual healthcare consultation to manage chronic conditions, respond to acute episodes, and facilitate access to the healthcare system. For assistance call 585.377.7830.



NNORC Neighborhood Project

FBH Caring Ministries Foundation/SOFI
4646 Nine Mile Point Road, Fairport, NY 14450



*****AUTO**5-DIGIT 14450

T1 P1 #1

Patricia Catanzarite
PO Box 1362
Fairport, NY 14450-7362

Non-Profit
U.S. Postage
PAID
Rochester, NY
Permit No. 1056