



NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Daylight Savings Time Ends – Turn Your Clocks BACK One Hour</i>	2 10am Yoga Video 10a-12n SOFI Ofc Hrs	3 ELECTION DAY 10am Chair Exercises	4 10am Blood Pressure Checks Only w/ Beth	5 10am Yoga Video	6 10am Chair Exercises 1:30pm Acorn Craft	7
8	9 10am Yoga Video 10a-12n SOFI Ofc Hrs	10 10am Chair Exercises 2:00pm Movie: Free Birds	11 VETERANS DAY 10am Bible Study 1pm Health Seminar w/ Beth – Cardiac Issues 2:30pm Veterans Day Social <u>or</u> Grab & Go	12 10am Yoga Video	13 10am Chair Exercises 1:30pm Turkey Craft	14
15	16 10am Yoga Video 10a-12n SOFI Ofc Hrs	17 10am Chair Exercises 2:00pm Thanksgiving Games	18 10am Chair Exercises 10:30am Paint A Stone	19 10am Yoga Video 3pm Unidine Dining Focus Group w/ Bill	20 10am Blood Pressure Checks Only w/ Beth 2:30pm Wine & Cheese Social <u>or</u> Grab & Go	21
22	23 10am Yoga Video 10a-12n SOFI Ofc Hrs	24 10am Chair Exercises 2:00pm Movie: Planes, Trains, & Automobiles	25 10am Chair Exercises 10am Bible Study	26 THANKSGIVING DAY 10am Continental Breakfast – Delivery Only 2pm Dinner – Dining Room <u>or</u> Delivery	27 10am Chair Exercises	28
29	30 10am Yoga Video 10a-12n SOFI Ofc Hrs		PLEASE RSVP FOR ACTIVITIES IN GREEN BINDER LOCATED ON THE CONCIERGE DESK. THANK YOU!			

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.