







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>national Picnic MONTH</p>	<p>* = Sign up at the Front Desk ** = Sign up with Laurie Melone in Admin Office ^ = Resident-only event</p> <p>Items in red bold are cancelled events</p> <p>For more details on these events, please refer to program flyers or contact Resident Services at (585) 442-6450 x 1921</p>		<p>Room Key</p> <p>AUD – Auditorium BR – Board Room CH – Chapel CR – Craft Room DR – Dining Room EDC – Ed Center FIT – Fitness Center GAR – Garden Room GEX – Group Exercise Studio</p> <p>GR – Game Room MED OFC – Medical Office ML – Music Lounge PATIO – Weather permitting PL – Pool PRI DR – Private Dining Room STRO – Bistro</p>			
<p>NATIONAL Blueberry Month</p> 	<p>July is...</p> <p>national Ice Cream month</p> 	 <p>WORLD Watercolor MONTH</p>	<p>1</p> <p>No Aquafit No VM Caring Circle 9:00 Tai Chi – ML 10:30 Indoor Corn Hole – GEX 11:00 Dining Online Order Training ^ – AUD 1:30 Trader Joe’s * 1:45 Songs & Stories of Tammuz w/ Rabbi Mendel – ML 4:45 Meditation – EDC 7:00 Movie Night: Rustin – AUD</p>	<p>2</p> <p>No Card Making with Patricia No VMRA Open Office Hours 8:45 Fit N’ Flex – GEX 11:45 Jell-O Museum Tour * 1:00 Bridge – GR</p>	<p>3</p> <p>No Aquafit No Men’s Breakfast No Wegman’s Trip 9:30 Financial Discussion Group – BR 11:00 America: Our Defining Hours, Pt. 1 – AUD 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 5:00 Meditation – EDC</p>	<p>4 Independence Day</p> <p>8:45 Fit N’ Flex – GEX 10:30 Bridge – GR 11:00 - 1:30 Independence Day Picnic ^ – PATIO/DR</p> 
<p>5</p> <p>8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Remarkably Bright Creatures – AUD</p>	<p>6</p> <p>9:30 Wegman’s * ^ 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 12:00 Lunch Club @ Don’s Original * 5:00 Meditation – EDC</p>	<p>7 National Koi Day</p> <p>No Current Events Discussion 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 10:00 Visit to the Public Market * 2:00 Bingo – EDC 2:00 Bridge – GR</p>	<p>8 National Blueberry Day</p> <p>9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:00 VM Book Club – EDC 1:00 Dining Online Order Training ^ – AUD 1:00 Mystery Ride * 4:45 Meditation – EDC 7:00 Movie Night: Rather – AUD</p>	<p>9</p> <p>No Card Making with Patricia 8:45 Fit N’ Flex – GEX 11:30 Newcomers’ Orientation Lunch ^** – EDC 1:00 Bridge – GR 1:00 - 5:00 Tech Help with Greg * – BR 3:30 Worship Service (w/ Post-Service Social) – CH/GR</p>	<p>10</p> <p>8:30 Men’s Breakfast ^ – DR 9:45 Aqua Fit – PL 11:00 America: Our Defining Hours, Pt. 2 – AUD 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman’s * ^ 5:00 Meditation – EDC</p>	<p>11</p> <p>8:45 Fit N’ Flex – GEX 10:30 Bridge – GR</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Song Sung Blue – AUD	13 9:30 Wegman’s * ^ 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 1:00 7 th Floor Welcome Party ^ 3:00 Resident Political Action Group – EDC 5:00 Meditation – EDC	14 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 11:30 Tuesday Pipes & Church Tour @ Christ Church * 2:00 Bridge – GR 2:00 Caregiver Support Group – EDC	15 National Hot Dog Day No VMRA Board Meeting 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:30 Birthdays in July Lunch ^ – DR 2:00 Drums Alive – GEX 4:45 Meditation – EDC 7:00 Movie Night: Ferrari – AUD	16 National Cherry Day No Card Making with Patricia 8:45 Fit N’ Flex – GEX 9:00 - 1:00 Tech Help with Greg * – PRI DR 11:00 America: Our Defining Hours, Pt. 3 – AUD 1:00 Bridge – GR 2:30 Monthly Resident Meeting ^ – AUD	17 No Indoor Corn Hole 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 12:45 The Great Corn Hole Tourney @ REM * 1:30 Wegman’s * ^ 5:00 Meditation – EDC	18 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR
19 National Ice Cream Day 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Becoming – AUD	20 9:30 Wegman’s * ^ 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:30 A Virtual Walking Tour: Beyond Flour & Flowers – Industry in Rochester @ the Charlotte Library * 5:00 Meditation – EDC	21 No Current Events Discussion 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 1:30 Shoreside Scoops: An Ice Cream Run to Abbott’s * 2:00 Bridge – GR	22 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 2:00 Broadway Bob – AUD 4:45 Meditation – EDC 7:00 Movie Night: Hamnet – AUD	23 National Sprinkle Day No Card Making with Patricia 8:45 Fit N’ Flex – GEX 1:00 Bridge – GR 1:00 - 5:00 Tech Help with Greg * – BR 2:30 Candoo: Organizing Digital Files & Photos Across Devices – AUD 3:30 Worship Service – CH	24 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman’s * ^ 3:00 Good Thing He Can’t Read My Mind: A Performance by Christine Lavin – AUD 5:00 Meditation – EDC	25 Christmas in July 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR
26 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Elf – AUD	27 9:30 Wegman’s * ^ 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 1:00 Dog Day of Margo – ML 3:00 Resident Political Action Group – EDC 5:00 Meditation – EDC	28 8:45 Fit N’ Flex – GEX 9:00 Trip to Seneca Falls * 10:00 Knit Wits – GR 2:00 Bridge – GR 2:00 Catholic Communion – CH	29 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 12:00 Eastman @ St. Joseph’s Park: Tuba/Euphonium * 4:45 Meditation – EDC 7:00 Movie Night: Loving Vincent – AUD	30 No Card Making with Patricia 8:45 Fit N’ Flex – GEX 11:45 Volunteer Recognition Celebration @ REM * 1:00 Bridge – GR 1:00 - 5:00 Tech Help with Greg * – BR	31 No Chair Yoga 9:45 Aqua Fit – PL 10:00 Walking Club: Cobbs Hill Reservoir * 1:00 Indoor Corn Hole – GEX 1:30 Wegman’s * ^ 5:00 Meditation – EDC Podiatrist (Appt. Only) – MED OFC	 <p>NATIONAL Hot Dog month</p>