

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	* = Sign up at the Front Desk ** = Sign up with Laurie Melone in Admin Office ^ = Resident-only event Items in red bold are cancelled events For more details on these events, please refer to program flyers or contact Resident Services at (585) 442-6450 x 1921			Room Key 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 GR – Game Room MED OFC – Medical Office ML – Music Lounge PATIO – Weather permitting PL – Pool PRI DR – Private Dining Room STRO – Bistro		1 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR Happy birthday to Marlene Maggio 😊
2 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Golda – AUD	3 National Friendship Day 9:30 Wegman’s * ^ 9:45 Aqua Fit – PL 11:00 Dog Day of Ali – ML 11:30 Chair Yoga – GEX 5:00 Meditation – EDC	4 National Chocolate Chip Cookie Day No Current Events Discussion 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 2:00 Bingo – EDC 2:00 Bridge – GR	5 No Trader Joe’s No VM Caring Circle 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 1:15 Canandaigua Lady Afternoon Cruise * 4:45 Meditation – EDC 7:00 Movie Night: A Beautiful Day in the Neighborhood– AUD	6 8:45 Fit N’ Flex – GEX 11:45 Lunch Club @ Oak Hill Country Club * 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 1:00 - 5:00 Tech Help with Greg * – BR 3:00 Valley Manor Resident Association (VMRA) Open Office Hours – STRO	7 8:30 Women’s Breakfast ^ – DR 9:30 Financial Discussion Group – BR 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:00 Que Syrah, Syrah: A Wine Tasting * – EDC 1:30 Wegman’s * ^ 5:00 Meditation – EDC	8 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR
9 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Talk to Me – AUD	10 National S’more Day 9:30 Wegman’s * ^ 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 1:00 3rd Floor Welcome Party ^ 2:00 Geva 2026-27 Season Preview – AUD 3:00 Resident Political Action Group – EDC 5:00 Meditation – EDC	11 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 2:00 Bridge – GR 2:00 Caregiver Support Group – EDC 2:00 Drums Alive – GEX	12 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:00 VM Book Club – EDC 1:00 Mystery Ride * 4:45 Meditation – EDC 7:00 Movie Night: The Choral – AUD	13 8:45 Fit N’ Flex – GEX 11:00 FDR, Pt. 1 – AUD 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 1:00 - 5:00 Tech Help with Greg * – BR 1:30 Trader Joe’s * 3:30 Worship Service (w/ Post-Service Social) – CH/GR	14 9:45 Aqua Fit – PL 11:00 Learn to Play Euchre * – GR 11:30 Chair Yoga – GEX 1:00 Austin Steward: Unsung Hero – AUD 1:00 Indoor Corn Hole – GEX 1:30 Wegman’s * ^ 5:00 Meditation – EDC	15 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Rudy – AUD	17 9:30 Wegman's * ^ 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 3:00 Peyton Crony on Viola – ML 5:00 Meditation – EDC	18 No Current Events Discussion 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 1:00 ESLC Church Home Renovation Tour * 2:00 Bridge – GR	19 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:30 Birthdays in August Lunch ^ – DR 11:30 Eastman @ St. Joseph's Park: Brass Quartet * 2:30 Valley Manor Resident Association (VMRA) Board Meeting – EDC 4:45 Meditation – EDC 7:00 Movie Night: Nomadland – AUD	20 8:45 Fit N' Flex – GEX 9:00 - 1:00 Tech Help with Greg * – PRI DR 11:00 FDR, Pt. 2 – AUD 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 2:30 Monthly Resident Meeting ^ – AUD Dr. Koushik (Appt. Only) – MED OFC	21 9:45 Aqua Fit – PL 10:00 Walking Club: Ontario Beach Park * 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 5:00 Meditation – EDC	22 8:45 Fit N' Flex – GEX 10:30 Bridge – GR
23 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Queen of Chess – AUD	24 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	25 7:30 Shaw Festival * 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 2:00 Bridge – GR 2:00 Catholic Mass – CH	26 National Dog Day 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 12:30 Rochester Red Wings vs. Buffalo Bisons Game * 4:45 Meditation – EDC 7:00 Movie Night: The Elephant Whisperers – AUD	27 8:45 Fit N' Flex – GEX 11:00 FDR, Pt. 3 – AUD 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 2:30 Candoo: Tips for Researching Medical Questions Online – AUD 3:30 Worship Service – CH	28 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Dante, Literature & Salvation – AUD 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 5:00 Meditation – EDC	29 8:45 Fit N' Flex – GEX 10:30 Bridge – GR 11:15 Taste of Greece @ Holy Spirit Greek Orthodox Church *
30 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Chris & Martina: The Final Set – AUD	31 9:30 Wegman's * ^ 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Jeopardy – AUD 5:00 Meditation – EDC	    August is...				