

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 For more details on calendar events, please refer to program flyers or contact Resident Services at (585) 442-6450 x 1921	Symbol & Color Key * - Sign up at the Front Desk ** - Sign up with Laurie Melone in the Admin Office ^ - Resident-only event Red bold - Cancelled events Blue, bolded, & underlined - Events scheduled at a different time or location than usual		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 10:00 Knit Wits – GR 11:30 Chair Strength & Mobility Fitness Class – GEX 1:00 Current Events Discussion – EDC 2:00 Author Talk: The Democracy We Must Keep – AUD 2:00 Bridge – GR	2 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX <u>11:00</u> Trader Joe's * 2:00 Bingo – EDC 4:45 Meditation – EDC 7:00 Movie Night: Nomadland– AUD	3 8:45 Fit N' Flex – GEX 11:00 Learn to Play Euchre * – GR 12:00 Lunch Club @ Basha Mediterranean Eatery * 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 1:00 - 5:00 Tech Help with Greg * – BR 3:00 VMRA Open Office Hours – STRO	4 8:30 Men'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 1:30 Wegman's * ^ 2:00 Pet Rock Adoption Fair – CR 5:00 Meditation – EDC	5 8:45 Fit N' Flex – GEX 10:30 Bridge – GR
6 National Pet Rock Day 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: I Swear – AUD	7 Labor Day No Aquafit No Chair Yoga No Wegman's Trip 11:00 - 1:30 Labor Day BBQ Celebration ^ – DR 5:00 Meditation – EDC	8 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 11:30 Chair Strength & Mobility Fitness Class – GEX 1:00 3 rd Floor Welcome Party ^ 2:00 Bridge – GR 2:00 Caregiver Support Group – EDC 2:00 Drums Alive – GEX	9 International Sudoku Day 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:00 VM Book Club – EDC 12:30 EquiCenter Tour * 4:45 Meditation – EDC 7:00 Movie Night: The Choral – AUD	10 8:45 Fit N' Flex – GEX 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 1:00 Mystery Ride * 1:00 8 th Floor Welcome Party ^ 3:30 Worship Service (w/ Post-Service Social) – CH/GR 7:00 Mindfulness Practices with Dr. Burton Presberg – AUD	11 Rosh Hashanah Begins 9:45 Aqua Fit – PL 10:30 PBJ for the Unhoused * – EDC 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 5:00 Meditation – EDC	12 8:45 Fit N' Flex – GEX 10:30 Bridge – GR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Rosh Hashanah Ends National Peanut Day 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Ferrari – AUD	14 9:30 Wegman's * ^ 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 1:00 4 th & 6 th Floor Welcome Parties ^ 3:00 Resident Political Action Group – EDC 5:00 Meditation – EDC 7:00 VMRA Program: Remnants Jazz Trio ^	15 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 11:00 Dante Continued – EDC 1:00 Current Events Discussion – EDC 2:00 - 3:00 Blood Pressure Screening – BR 2:00 Bridge – GR	16 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:30 Birthdays in September Lunch ^ – DR 2:30 Valley Manor Resident Association (VMRA) Board Meeting – EDC 4:45 Meditation – EDC 5:30 Mt. Hope World Singers @ Fringe Fest * 7:00 Movie Night: Gorilla Story – AUD	17 8:45 Fit N' Flex – GEX 11:00 Learn to Play Euchre * – GR 11:00 Washington, Pt. 1 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 2:30 Monthly Resident Meeting ^ – AUD	18 9:45 Aqua Fit – PL 10:00 Walking Club: Erie Canalway in Pittsford * 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 3:00 Katherine's Musicales – ML 5:00 Meditation – EDC	19 8:45 Fit N' Flex – GEX 10:30 Bridge – GR
20 International Week of the Deaf  8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: About Time – AUD	21 Yom Kippur 9:30 Wegman's * ^ 9:45 Aqua Fit – PL 10:00 Medicare 101 – AUD 11:30 Chair Yoga – GEX 5:00 Meditation – EDC	22 First Day of Autumn 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 10:45 ESLC (Not Quite) Summer Picnic @ Ontario Beach Park * 2:00 Bridge – GR 2:00 Catholic Communion – CH	23 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 1:30 Geva: A Chorus Line * 2:00 Broadway Bob – AUD 4:45 Meditation – EDC 7:00 Movie Night: Marlee Matlin: Not Alone Anymore – AUD	24 8:45 Fit N' Flex – GEX 9:00 - 1:00 Tech Help with Greg * – PRI DR 11:00 Washington, Pt. 2 – AUD 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 2:30 Worship Service – CH 4:45 Volunteer Recognition Banquet *	25 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 12:45 Grape Fest @ REM * 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 5:00 Meditation – EDC Podiatrist (Appt. Only) – MED OFC	26 Hug a Vegan Day 8:45 Fit N' Flex – GEX 10:30 Bridge – GR
27 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Raise Hell: The Life & Times of Molly Ivins – AUD	28 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 7:00 VMRA Program: Tom Walsh ^	29 National Coffee Day 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 11:00 Mary Oliver: Saved by the Beauty of the World – AUD 2:00 - 3:00 Blood Pressure Screening – BR 2:00 Bridge – GR	30 9:00 Tai Chi – ML 9:30 - 12:30 Flu & Covid Vaccine Clinic ** – MED OFC 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 3:00 Bridges of Encounter: An Interreligious Pilgrimage – AUD 4:45 Meditation – EDC 7:00 Movie Night: Spoiler Alert – AUD	September is...   		