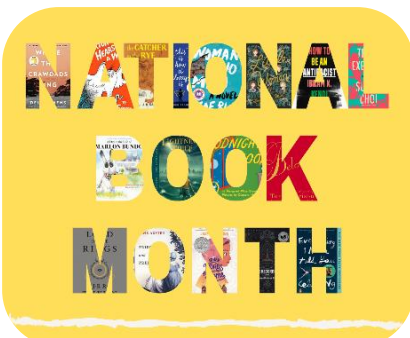


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 For more details on calendar events, please refer to program flyers or contact Resident Services at (585) 442-6450 x 1921	Symbol & Color Key * – Sign up at the Front Desk ** – Sign up with Laurie Melone in the Admin Office ^ – Resident-only event Red bold – Cancelled events <u>Blue, bolded, & underlined</u> – Events scheduled at a different time, location, or date 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		
October is... 				1 8:45 Fit N’ Flex – GEX 11:00 Washington, Pt. 3 – AUD 12:30 Corn Hole Match @ Beatrice Place * 1:00 Bridge – GR 1:00 - 5:00 Tech Help with Greg * – BR 3:00 Valley Manor Resident Association (VMRA) Open Office Hours ^ – STRO	2 World Smile Day 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 1:30 Wegman’s * 2:00 Bingo – EDC 5:00 Meditation – EDC	3 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR 1:30 Euchre – GR
4 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: I Swear – AUD	5 Resident Satisfaction Survey Opens 9:30 Wegman’s * 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Deep in the Valley: A Brief History of Valley Manor – AUD 5:00 Meditation – EDC	6 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 1:00 Current Events Discussion – EDC 2:00 - 3:00 Blood Pressure Screening – BR 2:00 Bridge – GR 2:45 Keys to Aging Well @ SJFU *	7 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 12:45 RoCo Gallery Tour: Sanctuary * 4:45 Meditation – EDC 7:00 Movie Night: Lorne – AUD	8 8:45 Fit N’ Flex – GEX 11:30 Newcomers’ Orientation Lunch ** – EDC 1:00 Bridge – GR <u>1:30</u> Trader Joe’s * 1:00-3:00 Resident Satisfaction Survey Help * ^ – BR 3:30 Worship Service (w/ Post-Service Social) – CH/GR	9 9:45 Aqua Fit – PL 11:00 Lunch Club @ Rochester Yacht Club * 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:00-3:00 Resident Satisfaction Survey Help * ^ – BR 1:30 Wegman’s * 5:00 Meditation – EDC	10 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR 1:30 Euchre – GR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Good Will Hunting – AUD	12 Indigenous Peoples' Day Columbus Day 9:30 Wegman's * 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 12:45 Indigenous Peoples' Day @ RMSC * 3:00 Res Political Act Grp – EDC 5:00 Meditation – EDC 7:00 VMRA Program: U of R Yellow Jackets ^	13 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 11:45 Tuesday Pipes @ Christ Church * <u>12:00</u> Caregiver Support Group – EDC 2:00 Bridge – GR	14 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Come From Away @ The JCC * 10:30 Indoor Corn Hole – GEX 11:00 VM Book Club – EDC 4:45 Meditation – EDC 7:00 Movie Night: Pride & Prejudice – AUD	15 Resident Satisfaction Survey Ends 8:45 Fit N' Flex – GEX 9:00-1:00 Resident Satisfaction Survey Help * ^ – BR 11:00 Fall Foliage Tour * 1:00 Bridge – GR 1:00 Dante's Take on the Odessey – EDC Dr. Koushik (Appt. Only) – MED OFC	16 9:45 Aqua Fit – PL 10:00 Visit to Kelly's Farm Market & Bakery * 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * 2:00 2 nd Floor Welcome Party^ 5:00 Meditation – EDC	17 8:45 Fit N' Flex – GEX 10:30 Bridge – GR 1:30 Euchre – GR
18 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:00 The Marvelous Mr. Mendelssohn @ Nazareth University * 2:30 Movie Matinee: Get Smart – AUD	19 9:30 Wegman's * 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 2:00 Walking Club: Henpeck Park * 5:00 Meditation – EDC	20 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 1:00 Current Events Discussion – EDC 2:00 - 3:00 Blood Pressure Screening – BR 2:00 Bridge – GR 3:00 Bridges of Encounter: An Interreligious Pilgrimage – AUD 3:20 SJFU's Keys to Aging Well @ VM *	21 National Apple Day 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:00 Fall Foliage Tour * 11:30 Birthdays in October Lunch ^ – DR 2:30 Valley Manor Resident Association (VMRA) Board Meeting ^ – EDC 4:45 Meditation – EDC 7:00 Movie Night: Breakfast at Tiffany's – AUD	22 8:45 Fit N' Flex – GEX 11:00 Dolly Parton: Here I Am – AUD 1:00 Bridge – GR 1:00 - 5:00 Tech Help with Greg * – BR <u>2:30</u> Monthly Resident Meeting ^ – AUD 3:30 Worship Service – CH 7:00 RPO B-Series: Piano Festival Week 1 *	23 9:45 Aqua Fit – PL 11:00 Thomas Jefferson, Pt. 1 – AUD 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * 3:15 Eastman on East – ML 5:00 Meditation – EDC	24 8:45 Fit N' Flex – GEX 10:30 Bridge – GR 1:30 Euchre – GR
25 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Quincy – AUD	26 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: Olmstead Parks Council ^	27 National Black Cat Day 8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 1:00 Drums Alive – GEX 2:00 Bridge – GR 2:00 Catholic Mass – CH	28 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 1:00 Mystery Ride * 4:45 Meditation – EDC 7:00 Movie Night: Young Frankenstein – AUD	29 8:45 Fit N' Flex – GEX 10:00 Medina Railroad Museum Tour* 1:00 Bridge – GR 1:00 - 5:00 Tech Help with Greg * – BR	30 9:45 Aqua Fit – PL 11:00 Thomas Jefferson, Pt. 2 – AUD 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * 3:00 Katherine's Spookicale – ML 5:00 Meditation – EDC	31 Halloween 8:45 Fit N' Flex – GEX 10:30 Bridge – GR 1:30 Euchre – GR 