

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>For more details on calendar events, please refer to program flyers or contact Resident Services at (585) 442-6450 x 1921</p>	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, 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		
1 All Saints Day World Vegan Day 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch - DR 2:30 Movie Matinee: The Ides of March - AUD	2 All Souls Day 9:30 Wegman's * 9:45 Aqua Fit - PL 11:30 Chair Yoga - GEX 2:30 Community Remembrance Service - AUD 5:00 Meditation - EDC	3 Election Day 8:45 Fit N' Flex - GEX 10:00 Knit Wits - GR 10:30 - 1:30 Election Day Transportation * 1:00 Current Events Discussion - EDC 2:00 - 3:00 Blood Pressure Screening - BR 2:00 Bridge - GR 6:15 RPO Around the Town Election Night Special *	4 9:00 Tai Chi - ML 9:45 Aqua Fit - PL 10:30 Indoor Corn Hole - GEX 1:30 Trader Joe's * 2:00 Bingo - EDC 4:45 Meditation - EDC 7:00 Movie Night: Dave - AUD	5 8:45 Fit N' Flex - GEX 11:45 Eastman @ Washington Square: The Art of the String Quartet I * 1:00 Bridge - GR 1:00 - 5:00 Tech Help with Greg * - BR 3:00 VMRA Open Office Hours ^ - STRO	6 8:30 Men's Breakfast ^ - DR 9:30 Financial Discussion Group - BR 9:45 Aqua Fit - PL 11:00 Thomas Jefferson, Pt. 3 - AUD 11:30 Chair Yoga - GEX 1:00 Indoor Corn Hole - GEX 1:30 Wegman's * 3:00 Interactive Creative Writing * - EDC 5:00 Meditation - EDC 7:00 RPO Z-Series: Raiders of the Lost Ark *	7 8:45 Fit N' Flex - GEX 10:30 Bridge - GR 1:30 Euchre - GR
8 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch - DR 2:30 Movie Matinee: UnBroken - AUD	9 9:30 Wegman's * 9:45 Aqua Fit - PL 11:00 Great Courses - AUD 11:30 Chair Yoga - GEX 2:00 Broadway Bob - AUD 3:00 Resident Political Action Group - EDC 5:00 Meditation - EDC	10 8:45 Fit N' Flex - GEX 10:00 Knit Wits - GR 12:00 Caregiver Support Group - EDC 2:00 Bridge - GR 3:00 Annual Mandatory Resident Fire Safety Training - AUD	11 Veteran's Day 9:00 Tai Chi - ML 9:45 Aqua Fit - PL 10:30 Indoor Corn Hole - GEX 11:00 VM Book Club - EDC 1:00 Kait & Jaime Took Manhattan: A Travel Log - EDC 1:30 Geva: Topdog/Underdog * 4:45 Meditation - EDC 7:00 Movie Night: Philomena - AUD	12 8:45 Fit N' Flex - GEX 11:45 Eastman @ Washington Sq: String Quartet II * 1:00 Bridge - GR 1:00 - 5:00 Tech Help with Greg * - BR 2:00 Newcomers' Welcome Reception ^ - AUD 2:45 Keys to Aging Well @ SJFU * 3:30 Worship Service (w/ Post-Service Social) - CH/GR 7:00 RPO B-Series: Mozart & Bartok *	13 World Kindness Day 9:45 Aqua Fit - PL 11:00 Thomas Jefferson, Pt. 4 - AUD 11:30 Chair Yoga - GEX 1:00 Indoor Corn Hole - GEX 1:00 Wines of Southern Italy * - EDC 1:30 Wegman's * 5:00 Meditation - EDC	14 8:45 Fit N' Flex - GEX 10:30 Bridge - GR 1:00 Weavers Guild of Rochester Holiday Sale @ Perkins Mansion * 1:30 Euchre - GR

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15 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:00 Eddie Barbash from The Late Show Band, the Sequel @ Nazareth University * 2:30 Movie Matinee: Get Smart – AUD	16 9:30 Wegman’s * 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 2:00 Drums Alive – GEX 5:00 Meditation – EDC 7:00 VMRA Program: Cecile Saine Musical Revue ^	17 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 * 3:00 Bridges of Encounter: An Interreligious Pilgrimage – AUD	18 9:00 Tai Chi – EDC 9:45 Aqua Fit – PL 10:00 “The Nutcracker” Preview – AUD 10:30 Indoor Corn Hole – GEX 11:30 Birthdays in November Lunch ^ – DR 2:30 Valley Manor Resident Association (VMRA) Board Meeting ^ – EDC 4:45 Meditation – EDC 7:00 Movie Night: Norm – AUD	19 8:45 Fit N’ Flex – GEX 9:00 - 1:00 Tech Help with Greg * – PRI DR 11:00 Thomas Jefferson, Pt. 5 – AUD 1:00 Bridge – GR 2:30 Monthly Resident Meeting ^ – AUD	20 9:45 Aqua Fit – PL 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	21 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR 1:30 Euchre – GR
22 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Victoria & Abdul – AUD	23 No Resident Political Action Group 9:30 Wegman’s * 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 1:00 Make Your Own Advent Calendar * – CR 5:00 Meditation – EDC 7:00 VMRA Program: Bartlett White, Poet ^	24 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 11:45 Lunch Club @ Mamma G’s * 2:00 Bridge – GR 2:00 Catholic Communion – CH 3:00 Katherine’s Musicale – ML	25 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: Swan Song – AUD	26 Thanksgiving Day No Fit N’ Flex No Worship Service  9:00 Macy’s Thanksgiving Day Parade – AUD 11:00 - 1:30 Thanksgiving Day Lunch ^ – DR	27 No Aqua Fit No Chair Yoga No Wegman’s Trip 11:00 Thomas Jefferson, Pt. 6 – AUD 1:00 Indoor Corn Hole – GEX 5:00 Meditation – EDC	28 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR 1:30 Euchre – GR
29 Advent Begins  8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Bruce Almighty – AUD	30 9:30 Wegman’s * 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Dog Day of Margo – ML 5:00 Meditation – EDC	<div>     </div>				