

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>February</h1>		<h2>Chapel Oaks 2025 Calendar</h2>		Chapel Oaks Front Desk 585-697-6600 ** All highlighted items require advanced sign up ** Mass will be on Channel 28 at 10:30am Monday-Thursday	Marie's Bar & Bistro: Thursday-Fri 4-6pm The Library Cart Come to the front desk to check out a book from the Rochester Public Library every Tuesday from 10am-12pm	The events in RED will have a special sign up. More to come! 	1 10:15 Chair Yoga 11:00 Left, Right, Center Circuit Training In Fitness Center 1:30 Open Swim 4:00 Mass on Ch. 28 
		2 9:30 Mass Shuttle 9:45 Mass Shuttle 10:00 Mass on Ch. 28 1:30 Sunday Movie: <i>80 For Brady</i> 6:30 Chit Chat Circle 	3 9:30 Chair Aerobics 10:30 Banking Shuttle 11:00 Rosary for Peace 11:30 Office Time w/ Fr Boyle 1:30 Appointed Resident Council 2:30 Food Council 2:30 Wegmans 3:15 Euchre in Library 6:30 Music w/ Jim Neary 	4 10:00 Aqua Fit 10:15 Tops 11:00 Blood Pressure Checks 11:15 Ecumenical Worship 2:00 Wii Bowling 2:30 Travelogue w/ Christy: Museums of Paris 3:00 Shop at Target 6:30 Euchre Night 	5 10:00 Chair Aerobics 10:00 Mass Shuttle 10:30 Open Swim 11:00 Wellness Wednesday: Eat Smart for a Healthy Heart w/ AHA 1:15 Geva: Nina Simone 2:00 Pinochle 6:45 Bingo 	6 10:00 Aqua Fit 11:30 Handy Crafters Club 1:00 All About Scams w/ Justin from Lifespan 2:15 Brain Games 2:30 Shops on the Ridge 3:00 Indoor Putting 6:30 Bridge Club 6:30 Music w/ Ignatius: Guitar/Vocals 	7 10:00 Wegmans - Culver/Ridge 10:30 Open Swim 1:00 Mass 1:45 Bible Study 2:30 Shop at Whole Foods 3:00 CO Chorus 6:30 Euchre Night 
9 Wear Your Football Gear! 9:30 Mass Shuttle 9:45 Mass Shuttle 10:00 Mass on Ch. 28 6:15 Superbowl LIX (Bring your own snacks) 	10 9:30 Chair Aerobics 9:30 Marshalls in Pittsford 11:00 Rosary for Peace 11:30 Office Time w/ Father Boyle 1:30 Art with Stacy 2:30 Wegmans 6:45 Penfield Symphony Orchestra 	11 10:00 Aqua Fit 11:45 Lunch at Bill Grays 2:00 Wii Bowling 2:30 Ruth Naparstek: The Growing Royal Family 4:00 Music w/ Peggy Hall & Friends 6:30 Euchre Night 	12 10:00 Chair Aerobics 10:00 Mass Shuttle 10:30 Open Swim 11:00 Wellness Wednesday: Kathe from Solo Beauty 2:00 Pinochle 2:30 Ed Series w/ Dan Mason! 3:30 Foundation Happy Hour 4:45 Special Lobster Dinner 6:45 Bingo 	13 10:00 Aqua Fit 10:00 Shop at Aldis 11:00 Chat w/ Officer Lawton 1:30 Visit Oxford, England (Passport Stamp!) 2:45 CO Chorus 3:30 Indoor Putting 6:30 Bridge Club 6:30 Love is in The Air at CO: A Joyful Noise w/ Carl 	14 Happy Valentine's- Wear red! 9:30 "Sweet" Heart Pancake Party 10:00 Wegmans 10:30 Open Swim 11:30 History of Valentine's 1:00 Mass 1:45 Bible Study 3:00 CO Chorus Concert 6:30 Euchre Night 	15 10:15 Circuit Training In Fitness Center 11:00 Indoor Walking Group 1:30 Open Swim 4:00 Mass on Ch. 28 	
16 9:30 Mass Shuttle 9:45 Mass Shuttle 10:00 Mass on Ch. 28 1:30 Sunday Movie: <i>Man on the Inside Episodes 1-4</i> 6:30 Chit Chat Circle 	17 9:30 Chair Aerobics 10:30 Banking Shuttle 11:00 Rosary for Peace 11:30 Office Time w/ Fr. Boyle 1:00 Valentines Bingo 2:30 Wegmans 3:30 Monday Musings w/ Mindy: President's Day 7:00 Music w/ Spencer Kornrich 	18 10:00 Aqua Fit 11:00 Greece Ridge Mall 11:15 Spiritual Group 1:30 Jeopardy! 2:00 Wii Bowling 3:00 Rubinos TBD Dinner in England (Newport Room) 6:30 Euchre Night 	19 10:00 Chair Aerobics 10:00 Mass Shuttle 10:30 Open Swim 11:00 Wellness Talk w/ Emily: Fall Prevention 12:15 Lunch at Simply Crepes 1:30 Brain Games 2:00 Pinochle 3:00 Spirit Spark: Relationships 3:45 Happy Hour in England 6:45 Bingo 	20 9:00 Ladies Mimosas 10:00 Aqua Fit 10:00 Intervol 1:30 Craft w/ Emily 2:30 Shop at Trader Joes 3:00 Indoor Putting 4:00 Bistro Trivia 6:30 Bridge Club 	21 9:30 Reminisce 10:00 Wegmans- Culver/Ridge 10:30 Open Swim 11:30 Adult Coloring 1:00 Mass 1:45 Bible Study w Sr Karen 2:30 Lisa's Liquor Barn or Joann Fabrics 3:15 Writer's Cafe 6:30 Euchre Night 	22 10:15 Balance Class 11:00 Scrabble 1:30 Open Swim 4:00 Mass on Ch. 28 	
23 9:30 Mass Shuttle 9:45 Mass Shuttle 10:00 Mass on Ch. 28 1:30 Sunday Movie: <i>Man on the Inside Episodes 5-8</i> 6:30 Chit Chat Circle 	24 9:30 Chair Aerobics 11:00 Rosary for Peace 11:30 Office Time w/ Fr. Boyle 1:00 Intervol Information & Volunteer Opportunities 2:30 Wegmans 3:30 Black History Month w/ Marianna 6:30 Trumpet Concert w/ Jackson (HS Junior) 	25 10:00 Aqua Fit 10:30 Batavia Downs 11:15 Spiritual Group 1:30 Beth Brancato: South Africa 2:00 Wii Bowling 2:30 Shop at Walmart 3:00 Book Club 6:30 Euchre Night 	26 10:00 Chair Aerobics 10:00 Mass Shuttle 10:30 Open Swim 11:00 Wellness Wednesday: Tips to Beat Winter Blues 1:30 Brain Games 2:00 Pinochle 2:30 Dollar Tree: Hudson/Titus 3:00 Spirit Spark: Monastic Way 6:45 Bingo 	27 9:00 Men's Breakfast 10:00 Aqua Fit 10:15 Shop at Aldis 11:00 The Eden Experience 1:30 Drama Club 3:00 Indoor Putting 4:00 Dinner at Agatina's 6:30 Bridge Club 	28 9:30 Glen Miller Seated Dance Workout 10:00 Wegmans 10:30 Open Swim 1:00 Mass 1:45 Bible Study 3:00 CO Chorus 3:00 Irondequoit Library 6:30 Euchre Night 	DIMENSIONS OF WELLNESS Physical Spiritual Vocational Intellectual Nutritional Emotional Environmental Social Health Services Purposeful 	

