

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Chapel Oaks Front Desk</b> 585-697-6600</p> <p><b>** All highlighted items require advanced sign up **</b></p> <p>Mass will be on Channel 28 at 10:30am Monday-Thursday</p>	<p><b>The Library Cart</b> Every Tuesday from 10am-12pm come to the front desk to check out a book from the Rochester Public Library</p> <p><b>Marie's Bar &amp; Bistro:</b> Wed-Fri 4-6pm</p>			<p>10:00 Aqua Fit</p> <p>11:30 Handy Crafters Club</p> <p>1:00 Queen of Hearts Enchanted Bash</p> <p>2:45 Shop at Whole Foods</p> <p>3:00 Indoor Putting</p> <p>4:00 Sipping Scholars</p> <p>6:30 Bridge Club</p>	<p>9:30 Adult Coloring</p> <p>10:00 Wegmans</p> <p>10:30 Open Swim</p> <p>11:00 Get a Wellness Center Membership!</p> <p>1:00 Mass</p> <p>1:45 Bible Study</p> <p>3:00 CO Chorus</p> <p>6:30 Euchre Night</p>	<p>11:00 Open Swim</p> <p>1:00 Left, Right, Center (Bring Quarters)</p> <p>4:00 Mass on Ch. 28</p>
<p>5</p> <p>9:30 Mass Shuttle</p> <p>9:45 Mass Shuttle</p> <p>10:00 Mass on Ch. 28</p> <p>1:30 Sunday Movie: Man on the Inside Episodes 1-4</p> <p>6:30 Chit Chat Circle</p>	<p>9:30 Chair Aerobics</p> <p>10:15 Get a Wellness Membership!</p> <p>10:30 Banking Shuttle</p> <p>11:00 Rosary for Peace</p> <p>11:30 Office Time w/ Fr. Boyle</p> <p>1:30 Appointed Resident Council</p> <p>2:30 Food Council</p> <p>2:30 Wegmans</p> <p>3:30 Monday Musings w/ Mindy</p>	<p>10:00 Aqua Fit</p> <p>10:15 Tops</p> <p>11:00 Blood Pressure Checks</p> <p>1:00 Jeopardy!</p> <p>2:00 Wii Bowling</p> <p>2:30 Travelogue w/ Christy: Monuments of Paris</p> <p>6:30 Euchre Night</p>	<p>10:00 Chair Aerobics</p> <p>10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p>11:00 Wellness Talk w/ Emily: Complex Carbs &amp; Proteins</p> <p>1:30 Brain Games</p> <p>2:00 Pinochle</p> <p>6:45 Bingo</p>	<p>10:00 Aqua Fit</p> <p>10:00 Shop at Aldis</p> <p>11:30 Frisbee Throw</p> <p>1:00 Craft w/ Emily</p> <p>2:30 Pike-Stained Glass Studio Lecture</p> <p>3:00 Indoor Putting</p> <p>4:00 Sing Along</p> <p>6:30 Bridge Club</p>	<p>10:00 Wegmans- Culver/Ridge</p> <p>10:30 Open Swim</p> <p>10:30 Get a Wellness Center Membership!</p> <p>10:30 Murphy the Golden Doodle</p> <p>1:00 Mass</p> <p>3:00 Writer's Cafe</p> <p>6:30 Euchre Night</p>	<p>10:15 Chair Yoga</p> <p>11:00 Scrabble</p> <p>1:30 Open Swim</p> <p>4:00 Mass on Ch. 28</p>
<p>12</p> <p>9:30 Mass Shuttle</p> <p>9:45 Mass Shuttle</p> <p>10:00 Mass on Ch. 28</p> <p>1:30 Sunday Movie: Man on the Inside Episodes 5-8</p> <p>6:30 Chit Chat Circle</p> <p><b>Pool Closed Wed-Fri</b></p>	<p>9:30 Chair Aerobics</p> <p>11:00 Rosary for Peace</p> <p>11:30 Office Time w/ Father Boyle</p> <p>1:30 Art with Stacy</p> <p>2:30 Wegmans</p> <p>3:30 Create Your Own Travelogue Passport!</p>	<p>10:00 Aqua Fit</p> <p>11:15 Spiritual Group</p> <p>11:45 Lunch at Bill Grays</p> <p>2:00 Wii Bowling</p> <p>2:30 Ruth Naparstek: The Seneca Nation</p> <p>3:15 Rubinos</p> <p>5:00 Dinner Meet &amp; Greet w/ New Visions Students</p> <p>6:30 Euchre Night</p>	<p>10:00 Chair Aerobics</p> <p>10:00 Mass Shuttle</p> <p>11:00 Wellness Wednesday: Goodwill Vision Resources</p> <p>1:30 Brain Games</p> <p>2:00 Pinochle</p> <p>3:00 MLK Day Discussion</p> <p>3:45 Special Bistro Happy Hour</p> <p>6:45 Bingo</p>	<p>10:00 Chair Yoga</p> <p>10:00 Leo's Bakery</p> <p>11:00 The Eden Experience</p> <p>2:00 Visit to Montreux, Switzerland/ Travelogue (Passport Stamp!)</p> <p>3:00 Indoor Putting</p> <p>4:00 Bistro Trivia</p> <p>6:30 Bridge Club</p>	<p>9:30 Reminisce</p> <p>10:00 Wegmans</p> <p>1:00 Mass</p> <p>1:45 Bible Study</p> <p>2:30 Shop at Target</p> <p>3:00 CO Chorus</p> <p>6:30 Euchre Night</p>	<p>10:15 Circuit Training In Fitness Center</p> <p>11:00 Indoor Walking Group</p> <p>1:30 Open Swim</p> <p>4:00 Mass on Ch. 28</p>
<p>19</p> <p>9:30 Mass Shuttle</p> <p>9:45 Mass Shuttle</p> <p>10:00 Mass on Ch. 28</p> <p>1:30 Sunday Movie Martha</p> <p>6:30 Chit Chat Circle</p> <p>Bring your "Freebie" items to the front desk any time today - Wednesday.</p>	<p>9:30 Chair Aerobics</p> <p>10:30 Banking Shuttle</p> <p>11:00 Rosary for Peace</p> <p>11:30 Office Time w/ Fr. Boyle</p> <p>1:30 Bagpipes w/ Jake</p> <p>2:30 Wegmans</p> <p>2:45 Wellness Giveaway In The Lobby!</p>	<p>10:00 Aqua Fit</p> <p>11:15 Spiritual Group</p> <p>1:30 Creativity Workshop</p> <p>2:00 Wii Bowling</p> <p>2:30 Shop at Walmart</p> <p>5:00 Dinner in Switzerland &amp; Music w/ Shane (Newport Room)</p> <p>6:30 Euchre Night</p>	<p>10:00 Chair Aerobics</p> <p>10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p>11:00 Wellness Wednesday: Meditation/Breathing</p> <p>11:45 Lunch at Blue Barn Cidery</p> <p>1:30 Brain Games</p> <p>2:00 Pinochle</p> <p>2:00 Shop at Dollar Tree</p> <p>3:30 Spirit Spark: Monastic Way</p> <p>6:45 Bingo</p>	<p>10:00 Aqua Fit</p> <p>10:00 Intervol</p> <p>1:00 Freebie Thursday</p> <p>3:00 Indoor Putting</p> <p>4:00 Humor Half Hour</p> <p>4:45 Dinner at Proietti's Italian Restaurant</p> <p>6:30 Bridge Club</p>	<p>9:00 Men's Breakfast</p> <p>10:00 Wegmans- Culver/Ridge</p> <p>10:30 Open Swim</p> <p>1:00 Mass</p> <p>2:30 Century Liquor/ The Paper Store</p> <p>3:00 Writer's Cafe</p> <p>6:30 Euchre Night</p>	<p>10:15 Tai Chi</p> <p>11:00 Bean Bag Toss</p> <p>1:30 Open Swim</p> <p>4:00 Mass on Ch. 28</p>
<p>26</p> <p>9:30 Mass Shuttle</p> <p>9:45 Mass Shuttle</p> <p>10:00 Mass on Ch. 28</p> <p>1:30 Sunday Movie: NYAD</p> <p>6:30 Chit Chat Circle</p>	<p>9:30 Chair Aerobics</p> <p>11:00 Rosary for Peace</p> <p>11:30 Office Time w/ Fr. Boyle</p> <p>1:30 Alice in Wonderland Themed Bingo</p> <p>2:30 Wegmans</p> <p>3:15 Water Polo</p> <p>6:30 Music w/ Mike Kornrich</p>	<p>10:00 Aqua Fit</p> <p>10:30 Finger Lakes Casino Or Eastview Mall</p> <p>11:15 Spiritual Group</p> <p>1:30 Beth Brancato: Italy</p> <p>2:00 Wii Bowling</p> <p>2:30 Shop at Aldis</p> <p>3:00 Book Club</p> <p>6:30 Euchre Night</p>	<p>10:00 Chair Aerobics</p> <p>10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p>11:00 Wellness Wednesday: Balance Class</p> <p>1:30 Brain Games</p> <p>2:00 Pinochle</p> <p>2:30 Shop at Trader Joes</p> <p>6:45 Bingo</p>	<p>9:30 Shop at Kohls/ Barnes &amp; Noble</p> <p>10:00 Aqua Fit</p> <p>11:30 Handy Crafters Club</p> <p>12:30 Drama Club</p> <p>2:00 Pike-Stained Glass Studio Tour</p> <p>3:00 Indoor Putting</p> <p>6:30 Bridge Club</p>	<p>10:00 Wegmans- Culver/Ridge</p> <p>10:30 Open Swim</p> <p>1:00 Mass</p> <p>1:45 Bible Study</p> <p>3:00 CO Chorus</p> <p>3:30 Irondequoit Library</p> <p>6:30 Euchre Night</p>	<p><b>DIMENSIONS OF WELLNESS</b></p> <ul style="list-style-type: none"> <li>Physical</li> <li>Spiritual</li> <li>Vocational</li> <li>Intellectual</li> <li>Nutritional</li> <li>Emotional</li> <li>Environmental</li> <li>Social</li> <li>Health Services</li> <li>Purposeful</li> </ul>

