

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<p style="text-align: center;"><b>Chapel Oaks Front Desk</b> 585-697-6600</p> <p style="background-color: yellow; padding: 2px;">** All highlighted items require advanced sign up **</p>	<p style="text-align: center;"><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 style="color: purple;">Mass will be on Channel 28 at 10:30 am Monday-Thursday</p>	<p>10:00 Aqua Fit</p> <p style="background-color: yellow;">10:15 Tops</p> <p>11:00 Blood Pressure Checks</p> <p>11:15 Ecumenical Worship</p> <p>1:00 Food Council</p> <p>2:00 Wii Bowling</p> <p style="background-color: yellow;">4:00 Dinner at Kobe Hibachi</p> <p>6:30 Euchre Night</p>	<p>10:00 Chair Aerobics</p> <p style="background-color: yellow;">10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p>11:00 Bean Bag Toss</p> <p>1:30 Brain Games</p> <p>2:00 Pinochle</p> <p>2:45 Ruth Naparstek: Seneca Homeland to Pioneer City</p> <p>3:00 Prayer Group</p> <p>6:45 Bingo</p>	<p style="background-color: yellow;">9:00 Shop at Whole Foods</p> <p>10:00 Aqua Fit</p> <p>10:30 Handy Crafters Club</p> <p>12:30 Bingo!</p> <p>2:30 Drama Club</p> <p>3:00 Indoor Putting</p> <p>4:00 Sipping Scholars</p> <p>6:30 Bridge Club</p>	<p style="background-color: yellow;">10:00 Wegmans</p> <p>10:30 Open Swim</p> <p>1:00 Mass</p> <p>1:45 Bible Study w/ Sister Karen</p> <p>6:30 Euchre Night</p> <p>7:00 Piano Duo Concert w/ Suzanne Milliman</p>	<p>10:15 Chair Yoga</p> <p>11:00 Left, Right, Center</p> <p>1:30 Open Swim</p> <p>4:00 Mass on Ch. 28</p>
6	7	8	9	10	11	12
<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</p> <p>6:30 Chit Chat Circle</p>	<p>9:30 Chair Aerobics</p> <p style="background-color: yellow;">10:30 Banking Shuttle</p> <p>11:00 Rosary for Peace</p> <p style="background-color: yellow;">11:30 Office Time w/ Fr. Boyle</p> <p>1:30 Appointed Resident Council</p> <p style="background-color: yellow;">2:30 Wegmans</p> <p>3:30 Monday Musings w/ Mindy</p> <p>7:00 Music w/ Tom &amp; Peg</p>	<p>10:00 Aqua Fit</p> <p style="background-color: yellow;">11:00 Greece Ridge Mall</p> <p>12:30 Jeopardy!</p> <p>2:30 Vision Aides w/ Art</p> <p>2:00 Wii Bowling</p> <p style="background-color: yellow;">3:00 Rubinos</p> <p>6:30 Euchre Night</p>	<p>10:00 Chair Aerobics</p> <p style="background-color: yellow;">10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p style="background-color: yellow;">11:00 Baking: Pumpkin Bars</p> <p style="background-color: yellow;">12:45 Riverie Fall Boat Ride</p> <p>1:30 Brain Games</p> <p>2:00 Pinochle</p> <p>3:00 Prayer Group</p> <p>4:30 Humor Half Hour</p> <p>6:45 Bingo</p>	<p style="background-color: yellow;">9:00 Shop at Aldis</p> <p>10:00 Aqua Fit</p> <p>1:00 Wellness Talk w/ Emily</p> <p>3:00 Indoor Putting</p> <p style="background-color: yellow;">4:00 Thursday Night Pub Trivia</p> <p>6:30 Bridge Club</p>	<p>9:30 Reminisce</p> <p style="background-color: yellow;">10:00 Wegmans - Culver/Ridge</p> <p>10:30 Open Swim</p> <p>1:00 Mass</p> <p>2:30 CO Chorus</p> <p>6:30 Euchre Night</p>	<p>10:15 Chair Yoga</p> <p>11:00 Left, Right, Center</p> <p style="background-color: yellow;">12:30 Medicare Info Session</p> <p>1:30 Open Swim</p> <p>4:00 Mass on Ch. 28</p>
13	14	15	16	17	18	19
<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</p> <p>6:30 Chit Chat Circle</p> <p style="text-align: center; font-weight: bold; color: brown;">Fall Fun Week</p>	<p>9:30 Chair Aerobics</p> <p>11:00 Rosary for Peace</p> <p style="background-color: yellow;">11:30 Office Time w/ Fr. Boyle</p> <p>12:30 Pool Water Polo</p> <p style="background-color: yellow;">1:30 Art with Stacy</p> <p style="background-color: yellow;">2:30 Wegmans</p> <p>3:00 Fresh October Air Walks</p>	<p>10:00 Aqua Fit</p> <p style="background-color: yellow;">10:00 Leo's Bakery</p> <p>11:30 God Moments w/ Jen</p> <p>1:30 Fall Magazine Scavenger Hunt</p> <p>2:00 Wii Bowling</p> <p style="background-color: yellow;">3:30 Cobbs Hill Fall Foliage &amp; Dinner at Trata</p> <p>6:30 Euchre Night</p>	<p style="background-color: yellow;">9:45 Visit to Stokoe Farms</p> <p>10:00 Chair Aerobics</p> <p style="background-color: yellow;">10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p>1:30 Brain Games</p> <p style="background-color: yellow;">1:45 Foundation Ed Series Happy Hour at Cherry Ridge</p> <p>2:00 Pinochle</p> <p>3:00 Prayer Group</p> <p>6:45 Bingo</p>	<p style="background-color: yellow;">9:30 Trader Joe's</p> <p>10:00 Aqua Fit</p> <p>10:30 Handy Crafters Club</p> <p style="background-color: yellow;">11:30 Fall Craft</p> <p style="background-color: yellow;">2:00 Autumn Cocktail Tasting w/ Rebecca</p> <p>3:00 Indoor Putting</p> <p>6:30 Bridge Club</p>	<p style="background-color: yellow;">10:00 Wegmans</p> <p>10:30 Open Swim</p> <p>11:15 Fall Mindful Coloring</p> <p>1:00 Mass</p> <p>2:00 Bible Study</p> <p style="background-color: yellow;">3:00 Irondequoit Liquor</p> <p>3:15 Spirit of Writing</p> <p>6:30 Euchre Night</p>	<p>10:15 Tai Chi</p> <p>11:00 Left, Right, Center</p> <p>1:30 Open Swim</p> <p>4:00 Mass on Ch. 28</p>
20	21	22	23	24	25	26
<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</p> <p>6:30 Chit Chat Circle</p>	<p>9:30 Chair Aerobics</p> <p>11:00 Rosary for Peace</p> <p style="background-color: yellow;">11:30 Office Time w/ Fr. Boyle</p> <p>12:30 Monday Inspiration!</p> <p>2:00 American Presidents</p> <p style="background-color: yellow;">2:30 Wegmans</p> <p>6:45 Music w/ Mike Kornrich</p> <p style="background-color: yellow;">6:45 Penfield Symphony Orchestra</p>	<p>10:00 Aqua Fit</p> <p style="background-color: yellow;">10:00 Shop at Walmart</p> <p>11:30 God Moments w/ Jen</p> <p>1:00 Travelogue w/ Christy: Walk Through London</p> <p>2:00 Wii Bowling</p> <p>3:00 Book Club</p> <p>6:30 Euchre Night</p>	<p style="background-color: yellow;">9:30 Shop at Target</p> <p>10:00 Chair Aerobics</p> <p style="background-color: yellow;">10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p>11:00 Brain Games</p> <p style="background-color: yellow;">1:15 Geva Theater: Young Frankenstein</p> <p>2:00 Pinochle</p> <p>3:00 Prayer Group</p> <p>6:45 Bingo</p>	<p>10:00 Aqua Fit</p> <p style="background-color: yellow;">10:00 Intervol</p> <p>11:00 "A Special Blend" Ladies Quartet</p> <p style="background-color: yellow;">12:15 Lunch at Rohrbach's</p> <p style="background-color: yellow;">2:00 Drumming Session</p> <p>3:00 Indoor Putting</p> <p style="background-color: yellow;">4:00 Karaoke at the Bistro</p> <p>6:30 Bridge Club</p>	<p style="background-color: yellow;">9:00 Men's Breakfast</p> <p style="background-color: yellow;">10:00 Wegmans-Culver/Ridge</p> <p>10:30 Open Swim</p> <p>1:00 Mass</p> <p>2:30 CO Chorus</p> <p style="background-color: yellow;">3:00 Irondequoit Library</p> <p>6:30 Euchre Night</p>	<p>10:15 Chair Yoga</p> <p>11:00 Left, Right, Center</p> <p>1:30 Open Swim</p> <p>4:00 Mass on Ch. 28</p>
27	28	29	30	31	DIMENSIONS OF WELLNESS	
<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</p> <p>6:30 Chit Chat Circle</p> <p style="text-align: center; font-weight: bold; color: brown;">Spooky Week</p>	<p>9:30 Chair Aerobics</p> <p>11:00 Rosary for Peace</p> <p style="background-color: yellow;">11:30 Office Time w/ Fr. Boyle</p> <p>2:00 Music w/ Casey Costello</p> <p style="background-color: yellow;">2:30 Wegmans</p> <p>3:30 Travelogue: Going Batty In Borneo, SE Asia</p>	<p style="background-color: yellow;">9:00 Shop at Kohls</p> <p>10:00 Aqua Fit</p> <p>11:30 God Moments w/ Jen</p> <p>1:00 Spooky Bingo</p> <p>2:00 Wii Bowling</p> <p>3:00 Music w/ Peggy Hall &amp; Friends</p> <p>6:30 Euchre Night</p>	<p>10:00 Chair Aerobics</p> <p style="background-color: yellow;">10:00 Mass Shuttle</p> <p>10:30 Open Swim</p> <p>11:00 The Eden Experience!</p> <p>1:30 Brain Games</p> <p>2:00 Pinochle</p> <p style="background-color: yellow;">2:00 Shop at Dollar Tree</p> <p>3:00 Prayer Group</p> <p>3:30 Mexican Train Game</p> <p>6:45 Bingo</p>	<p style="font-weight: bold; color: orange;">HAPPY HALLOWEEN!</p> <p>10:00 Aqua Fit</p> <p style="background-color: yellow;">1:30 Spooky Party &amp; Costume Contest</p> <p>3:00 Indoor Putting</p> <p>4:00 Believable or Batty?</p> <p>6:30 Bridge Club</p>	<p style="text-align: center;"><b>Marie's Bar &amp; Bistro:</b> Wed-Fri 4-6pm</p>	
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Physical </p> <p>Spiritual </p> <p>Vocational </p> <p>Intellectual </p> <p>Nutritional </p> </div> <div style="width: 45%;"> <p>Emotional </p> <p>Environmental </p> <p>Social </p> <p>Health Services </p> <p>Purposeful </p> </div> </div>						

