



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Linden Knoll Store</b> <b>Hours:</b> Monday–Friday 10:30am-12pm &amp; 1pm–2pm &amp; Saturday 10:30-12pm *Closed Holidays</p>	<p><b>Catholic Mass</b> Monday–Friday 9:15– St. Thomas More Mass (channel 4)</p>	<p><b>Wellness Center</b> Located on the 1st Floor Open 24hrs</p>	<p><b>TOPS is on a New Day!</b></p>		<p><b>1</b> 2– Current Events (library) 3:30– <b>Entertainment:</b> Dave Marchione –guitar &amp; vocals 7– Netflix (upper)</p>	<p><b>2</b> 10– Exercise (channel 4) 12:30– Rosary 7-Netflix (upper)</p>
<p><b>3</b> 10:30– Christian Worship (Lower) 2– Tom Chase–piano (in-person–lower dining &amp; channel 4) 7– Betsy’s Documentary/ Movie (upper)</p>	<p><b>4</b> 8:30– Chair Yoga Video (upper) 10– <b>Tops – Panorama</b> 11– <b>Tops–Panorama</b> 11– Chair Yoga (upper) 2– Life Enrichment Committee Meeting (lower)</p>	<p><b>5</b> 10– Exercise: Donna (upper) 2– Bible &amp; Brew (lower)</p>	<p><b>6</b> 10– <b>Wegmans– Pittsford</b> 11– <b>Wegmans– C. Club</b> 4:30– Social Gathering (library)</p>	<p><b>7</b> 10– Exercise: Donna (upper) 10– Beats &amp; Bible with Rev. Gary (channel 4) 6:30– Rochester Philharmonic Orchestra (sing up required) 7-Bingo (lower)</p>	<p><b>8</b> 2– Current Events (lower) 3:30– <b>Entertainment:</b> Marianna Gonzales –accordion &amp; vocals 7– Netflix (upper)</p>	<p><b>9</b> 10– Exercise (channel 4) 12:30– Rosary 7-Netflix (upper)</p>
<p><b>10</b> 10:30– Christian Worship (Lower) 7– Betsy’s Documentary/ Movie (upper)</p>	<p><b>11</b> 8:30– Chair Yoga Video (upper) 10– <b>Tops – Panorama</b> 11– <b>Tops–Panorama</b> 11– Chair Yoga (upper) 3-SAND Group</p>	<p><b>12</b> 10– Exercise: Donna (upper) 11– Roman Catholic Mass (lower &amp; channel 4) 2– “2<sup>nd</sup> Tuesday’s Music” (upper)</p>	<p><b>13</b> 10– <b>Wegmans– Pittsford</b> 11– <b>Wegmans– C. Club</b> 4:30– Social Gathering (library)</p>	<p><b>14</b> 10– Exercise: Donna (upper) 11:30– Genny Brew House 7-Bingo (lower)</p>	<p><b>15</b> 2– Current Events (library) 3:30– <b>Entertainment:</b> Fred Vine–guitar &amp; vocals 7– Netflix (upper)</p>	<p><b>16</b> 10– Exercise (channel 4) 12:30– Rosary 7–Netflix (upper)</p>
<p><b>17</b> 10:30– Christian Worship (Lower) 7– Betsy’s Documentary/ Movie (upper)</p>	<p><b>18</b> 8:30– Chair Yoga Video (upper) 10– <b>Tops – Panorama</b> 11– <b>Tops–Panorama</b> 11– Chair Yoga (upper) 2-Lets Talk Books</p>	<p><b>19</b> 9– Push Writing Class 10– Exercise: Donna (upper) 2– Bible &amp; Brew (lower)</p>	<p><b>20</b> 10– <b>Wegmans– Pittsford</b> 11- Town Hall Meeting (lower) 12:30– <b>Geva</b> 4:30– Social Gathering (library)</p>	<p><b>21</b> 10– Exercise: Donna (upper) 10– Beats &amp; Bible with Rev. Gary (channel 4) 11:00– Roc Guided Tour 7– Bingo (lower)</p>	<p><b>22</b> 2– Current Events (library) 3:30– <b>Entertainment:</b> John Williams–piano 7–Netflix (upper)</p>	<p><b>23</b> 10– Exercise (channel 4) 12:30– Rosary 7–Netflix (upper)</p>
<p><b>24</b> 10:30– Christian Worship (Lower) 4–Dory’s Stories: Memories of Rochester: 1940-1960 7– Betsy’s Documentary/ Movie (upper)</p>	<p><b>25</b> 8:30– Chair Yoga Video (upper) 10– <b>Tops – Panorama</b> 11– <b>Tops–Panorama</b> 11– Chair Yoga (upper)</p>	<p><b>26</b> 9– Push Writing Class 10– Exercise: Donna (upper)</p>	<p><b>27</b> 10– <b>Wegmans– Pittsford</b> 11– <b>Wegmans– C. Club</b> 4:30– Social Gathering (library)</p>	<p><b>28</b> 10– Exercise: Donna (upper) 10– Beats &amp; Bible with Rev. Gary (channel 4) 11:00– Fall Foliage Ride</p>	<p><b>29</b> 2– Current Events (library) 3:30– <b>Entertainment:</b> Anna Evevsky–vocals 7–Netflix (upper)</p>	<p><b>30</b> 10– Exercise (channel 4) 12:30– Rosary 7–Netflix (upper)</p>
<p><b>31 Happy Halloween!</b> 10:30– Christian Worship (Lower) 7– Betsy’s Documentary/ Movie (upper)</p>	<p align="center"><b>The Wellness Center is OPEN!</b> Located on the first floor next to the Library—Wellness Center Open House hours on the back</p>					



## Linden Knoll phone numbers

Front Desk: 789-3700

Debra Wildow (Assistant Manager): 789-3701

The Friendly Home: 381-1600

Dining Services: 269-9676

Need something Fixed? 789-3366

Brandon Buonomo

(Life Enrichment Coordinator): 789-3122

Reverend Gary Schindler

(Pastoral Care Coordinator): 789-3125

Sam Snyder (Entertainment): 789-3129

Kathy Main (Volunteer Coordinator): 789-3153

### Linden Knoll Life Enrichment Committee Members

- |                       |     |
|-----------------------|-----|
| 1. Rosalie Kloner     | 302 |
| 2. Marianne Flanagan  | 106 |
| 3. Betsy Enstrom      | 322 |
| 4. Jodi Lindauer      | 004 |
| 5. Gene Martzloff     | 405 |
| 6. Drew Miller        | 219 |
| 7. Sherris Kleinstein | 601 |
| 8. Jean Patterson     | 620 |
| 9. Suzanne Forman     | 215 |
| 10. Judy Meltzer      | 709 |

## Wellness Center Open House

- . Tuesday, October 5<sup>th</sup> 3-4pm
- . Monday, October 11<sup>th</sup> 10-11am
- . Wednesday, October 20<sup>th</sup> 2-3pm
- . Thursday, October 28<sup>th</sup> 1-2pm  
(no sign-up required)

Any questions call Courtney at 789-3121  
or Brandon at 789-3122

- Thank You!

Linden Knoll programs are Resident run and resident driven.  
If you would like to start a program please contact Brandon Buonomo