



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <i>New Years Day</i> 10:30– Christian Worship (TFH) 11– Asbury Service (UD) 3:30– Piano Music with Tom Chase 7– Betsy’s Documentary/ Movie (UD)</p>	<p>2 8:30–Chair Yoga video (UD) 10– Tops – Panorama 11– Tops–Panorama</p>	<p>3 10– Exercise: Donna (UD) 2– Bible & Brew (Lib)</p>	<p>4 10– Wegmans– Pittsford 10:45– Wegmans– C. Club 1– Crafts & More (LDR)</p>	<p>5 10– Exercise: Donna (UD) 4:15– Bible Study (Lib) 11:30– Lunch outing: Restaurant Mama G’s 7-Bingo (LD)</p>	<p>6 2– Current Events (Lib) 3:30– Entertainment: Jim Neary—guitar & vocals 7– Netflix—movies (UD)</p>	<p>7 10– Exercise (channel 4) 10:30– Walking Group (Lobby) 12:30– Rosary 5:30– Communion (UD) 7-Netflix—movies (UD)</p>
<p>8 10:30– Christian Worship (TFH) 11– Asbury Service (UD) 7– Betsy’s Documentary/ Movie (UD)</p>	<p>9 8:30–Chair Yoga video (UD) 10– Tops – Panorama 11– Tops–Panorama 2– Life Enrichment Committee Meeting (LIB)</p>	<p>10 10– Exercise: Donna (UD) 10:30– Catholic Mass (TFH) 2– 2nd Tuesday’s Music (UD)</p>	<p>11 10– Wegmans– Pittsford 10:45– Wegmans– C. Club 1– Crafts & More (LDR)</p>	<p>12 10– Exercise: Donna (UD) 11:30– Lunch Outing: Monte Alban Webster 4:15– Bible Study (Lib) 7-Bingo (LD)</p>	<p>13 2– Current Events (Lib) 3:30– Entertainment: Karen Labella—guitar & vocals 7– Netflix—movies (UD)</p>	<p>14 10– Exercise (channel 4) 10:30– Walking Group (Lobby) 12:30– Rosary 5:30– Communion (UD) 7-Netflix—movies (UD)</p>
<p>15 10:30– Christian Worship (TFH) 11– Asbury Service (UD) 7– Betsy’s Documentary/ Movie (UD)</p>	<p>16 <i>Martin Luther King jr.</i> 8:30–Chair Yoga video (UD) 10– Tops – Panorama 11– Tops–Panorama</p>	<p>17 10– Exercise: Donna (UD) 10:30– Catholic Mass (TFH) 2– Bible & Brew (Lib)</p>	<p>18 10– Wegmans– Pittsford 10:45– Wegmans– C. Club 11– Town Hall Meeting (LD) 1– Crafts & More (LDR) 3– Chair Yoga with Kathie (UD) 6:15– Rochester Amerks Hockey Game</p>	<p>19 10– Exercise: Donna (UD) 2– Gospel Music & more with Rev. Gary (UD) 4:15– Bible Study (Lib) 7-Bingo (LD)</p>	<p>20 2– Current Events (Lib) 3:30– Entertainment: Susan Moorehouse—harp 7– Netflix—movies (UD)</p>	<p>21 10– Exercise (channel 4) 10:30– Walking Group (Lobby) 12:30– Rosary 5:30– Communion (UD) 7-Netflix—movies (UD)</p>
<p>22 10:30– Christian Worship (TFH) 11– Asbury Service (UD) 7– Betsy’s Documentary/ Movie (UD)</p>	<p>23 8:30–Chair Yoga video (UD) 10– Tops – Panorama 11– Tops–Panorama</p>	<p>24 10– Exercise: Donna (UD) 2– Jewish Group (Lib)</p>	<p>25 10– Wegmans– Pittsford 10:45– Wegmans– C. Club 1– Crafts & More (LDR)</p>	<p>26 10– Exercise: Donna (UD) 4:15– Bible Study (Lib) 6:15– Outing: Rochester Philharmonic 7-Bingo (LD)</p>	<p>27 2– Current Events (Lib) 3:30– Entertainment: Andrea Peters— violin 7– Netflix—movies (UD)</p>	<p>28 10– Exercise (channel 4) 10:30– Walking Group (Lobby) 12:30– Rosary 5:30– Communion (UD) 7-Netflix—movies (UD)</p>
<p>29 10:30– Christian Worship (TFH) 11– Asbury Service (UD) 7– Betsy’s Documentary/ Movie (UD)</p>	<p>30 8:30–Chair Yoga video (UD) 10– Tops – Panorama 11– Tops–Panorama</p>	<p>31 10– Exercise: Donna (UD)</p>			<p>Catholic Mass Monday–Friday 9:15– St. Thomas More Mass (channel 4)</p>	<p>Wellness Center Located on the 1st Floor Open 24hrs</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. Marianne Flanagan 106
2. Betsy Enstrom 322
3. Gene Martzloff 405
4. Drew Miller 219
5. Janet Schumacher 312
6. Jean Patterson 620
7. Judy Meltzer 709
8. Nancy Rosenberg 210
9. Joe Blakley 611
10. Flo Dorsey 511
11. Linda Rapkin 504
12. Sue Forman 215
13. Rochelle Crescov 406
14. Mary Smith 404

Linden Knoll Store
Hours: Monday—
Friday 10:30am-12pm &
1pm—2pm & Saturday
10:30-12pm *Closed Hol-
idays

Floor Social Gathers at Linden Knoll

As a way to increase social opportunities at Linden Knoll the Life Enrichment Committee would like to post when floors have social gatherings together. This could be weekly or monthly and consist of a few neighbors getting together for conversation, coffee or even lunch (it is entirely up to the floor what it entails). Please contact Brandon to inform when your floor would like to have your get together.

Ground & 8th Floor	Please contact Brandon to inform when your floor would like to have your get together.
1st Floor	1st Tuesday of the month at noon Contact: Betty Lou Pollack 789-3765
2nd Floor	1st Saturday every month—2nd Elevator Lobby at 6pm Contact: Pat Jones at 410-1103
3rd Floor	Every Tuesday at 6pm—3rd Elevator Lobby Contact: Betsy Enstrom at 233-3950
4th Floor	Please contact Brandon to inform when your floor would like to have your get together.
5th Floor	1st Saturday of the month at noon— BYO lunch Contact: Maryann Connolly
6th Floor	Please contact Brandon to inform when your floor would like to have your get together.
7th Floor	Please contact Brandon to inform when your floor would like to have your get together.

Linden Knoll programs are Resident run & resident driven.

If you would like to start a program please contact Brandon Buonomo