



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1975</b> 81 Linden Avenue, now known as Linden Knoll, opened as a 148-apartment senior living complex adjoining the Home.</p>	<p><b>1</b> 8:30-Chair Yoga video (UD) 10- <b>Tops: Panorama</b> 11- <b>Tops: Panorama</b> 2- Piano Music with Tom Chase (UD)</p>	<p><b>2</b> 10- Exercise: Donna (UD) 2- Bible &amp; Brew with Rev. Gary (Lib)</p>	<p><b>3</b> 10- <b>Wegmans: Pittsford</b> 10:45- <b>Wegmans: CCP</b> 11-1- Blood Pressure Checks 1-3- Crafts &amp; More (LDR) 1- Writing Class (LIB)</p>	<p><b>4</b> 10- Exercise: Donna (UD) 12- Healing Prayers (LR) 4:15 Bible Study (Lib) 6:30- <b>Outing:</b> Nazareth College- <i>Crazy for You</i> 7- Bingo (LD)</p>	<p><b>5</b> 2- Let's Talk (Lib) 3:30- <b>Entertainment</b> David Stockton—guitar, vocals &amp; flute (UD) 7- Netflix movie (UD)</p>	<p><b>6</b> 10- Exercise (ch. 2494) 11- Corn Hole (Ctyd) 12:30- Rosary 5:30- Communion (UD) 7- Netflix movie (UD)</p>
<p><b>7</b> 10:30- Christian Worship (TFH) 11- Asbury Service (UD) 7- Documentaries (UD)</p>	<p><b>8 Solar Eclipse</b> 8:30-Chair Yoga video (UD) 2:07- Solar Eclipse beings 3:20- Eclipse Totality</p>	<p><b>9</b> 10- <b>Trader Joes*</b> 11- <b>Walmart—Penfield *</b> 2- 2nd Tuesday Music (UD)</p>	<p><b>10</b> 10- <b>Wegmans: Pittsford</b> 10:45- <b>Wegmans: CCP</b> 1-3- Crafts &amp; More (LDR) 12:30- Writing Class (LIB) 2- Brighton Library Partners in Reading (LB)</p>	<p><b>11 FSL 175<sup>th</sup> Birthday</b> 10- Exercise: Donna (UD) 12- Healing Prayers (LR) 11:30- <b>Outing:</b> Simply Crepes 1- Celebration with cake 4:15 Bible Study (Lib) 7- Bingo (LD)</p> 	<p><b>12</b> 2- Let's Talk (Lib) 3:30- <b>Entertainment</b> Standard Time (UD) 7- Netflix movie (UD)</p>	<p><b>13</b> 10- Exercise (ch. 2494) 11- Corn Hole (Ctyd) 12:30- Rosary 5:30- Communion (UD) 7- Netflix movie (UD)</p>
<p><b>14</b> 10:30- Christian Worship (TFH) 11- Asbury Service (UD) 7- Documentaries (UD)</p>	<p><b>15</b> 8:30-Chair Yoga video (UD) 10- <b>Tops: Panorama</b> 11- <b>Tops: Panorama</b> 3- Life Enrichment Committee Meeting (LD)</p>	<p><b>16</b> 10- Exercise: Donna (UD) 10:30- Catholic Mass (TFH) 2- Bible &amp; Brew with Rev. Gary (Lib)</p>	<p><b>17</b> 10- <b>Wegmans: Pittsford</b> 10:45- <b>Wegmans: CCP</b> 1-3- Crafts &amp; More (LDR)</p>	<p><b>18</b> 10- Exercise: Donna (UD) 12- Healing Prayers (LR) 11- <b>Outing:</b> Historic Bus Tour of Brighton 2- Gospel &amp; More (LD) 4:15 Bible Study (Lib) 7- Bingo (LD)</p>	<p><b>19</b> 2- Let's Talk (Lib) 3:30- <b>Entertainment</b> Tri-M Music Honors Club (UD) 7- Netflix movie (UD)</p>	<p><b>20</b> 10- Exercise (ch. 2494) 11- Corn Hole (Ctyd) 12:30- Rosary 5:30- Communion (UD) 7- Netflix movie (UD)</p>
<p><b>21</b> 10:30- Christian Worship (TFH) 11- Asbury Service (UD) 3- Dori's Stories: Dick Van Dyke 7- Documentaries (UD)</p>	<p><b>22</b> 8:30- Chair Yoga video (UD) 10- <b>Tops: Panorama</b> 11- <b>Tops: Panorama</b> 1- Presentation: "Healthy Living for Your Brain &amp; Body" (LD)</p>	<p><b>23</b> 10- Exercise: Donna (UD) 3- Town Hall Meeting 4- Building &amp; Grounds</p>	<p><b>24</b> 10- <b>Wegmans: Pittsford</b> 10:45- <b>Wegmans: Country Club Plaza</b> 1-3- Crafts &amp; More (LDR) 3- Jodi's Group—Jewish "The 4 Questions &amp; Passover memories" (UD)</p>	<p><b>25</b> 10- Exercise: Donna (UD) 12- Healing Prayers (LR) 4:15 Bible Study (Lib) 11- <b>Outing:</b> D&amp;R Depot Lunch &amp; replica Statue of Liberty 7- Bingo (LD)</p>	<p><b>26</b> 2- Let's Talk (Lib) 3:30- <b>Entertainment</b> Duet Harmony—piano &amp; Guitar (UD) 7- Netflix movie (UD)</p>	<p><b>27</b> 10- Exercise (ch. 2494) 11- Corn Hole (Ctyd) 12:30- Rosary 5:30- Communion (UD) 7- Netflix movie (UD)</p>
<p><b>28</b> 10:30- Christian Worship Service (TFH) 11- Asbury Service (UD) 7- Documentaries (UD)</p>	<p><b>29</b> 8:30- Chair Yoga video (UD) 10- <b>Tops: Panorama</b> 11- <b>Tops: Panorama</b> 2- Healthy Living Series: Fall Prevention (UD)</p>	<p><b>30</b> 10- Exercise: Donna (UD)</p>		<p><b>Locations</b> Upper Dining Room—(UD) Lower Dining Room—(LD) Friendly Home Auditorium—(TFH) Courtyard (Ctyd) Lobby (LB); Library—(Lib) Living Room (LR)</p>	<p><b>Catholic Mass</b> Monday—Friday 9:15- St. Thomas More Mass (Channel 2494)</p>	<p><b>Wellness Center</b> Located on the 1st Floor Open 24hrs</p>



Linden Knoll Phone Numbers	
Linden Front Desk	789-3700
Debra Wildow (Assistant Manager)	789-3710
The Friendly Home	381-1600
Dining Services	269-9676
Need Something Fixed?	789-3366
Reverend Gary Schindler	789-3125
Kathy Main (Volunteer Coordinator)	789-3153
Clean Sweep	789-3222
Linden Knoll Life Enrichment Committee	
Contact any committee Members with ideas or suggestions	
Marianne Flanagan	106
Betsy Enstrom	322
Gene Martzloff	405
Drew Miller	219
Barb Foley	506
Jane Hammele	502
Jean Patterson	620
Maryel Kellogg	303
Judy Meltzer	709
Nancy Rosenberg	210
Joe Blakely	611
Beverly Barnett	710
Kathleen Campbell	807
Flo Dorsey	105
Sue Forman	215
Mary Smith	404
Elsbette Grove	614
Anita Anderson	209

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.	
<b>Ground &amp; 8th Floor</b>	<b>Please contact Brandon to inform when your floor would like to have your get together.</b>
<b>1st Floor</b>	Betty Lou Pollack 789-3765
<b>2nd Floor</b>	
<b>3rd Floor</b>	Every Tuesday at 6pm—3rd Elevator Lobby Contact: Betsy Enstrom at 233-3950
<b>4th Floor</b>	<b>Please contact Brandon to inform when your floor would like to have your get together.</b>
<b>5th Floor</b>	
<b>6th Floor</b>	2nd Monday at 4pm Contact Joe Blakely 867-1117
<b>7th Floor</b>	<b>Please contact Brandon to inform when your floor would like to have your get together.</b>

**Geva Tickets;**  
Geva info call Jeanne Stickney:  
662-5107  
Box office: 232-4382  
Bus departs at 12:30-pm  
Call about the upcoming 2023 season & ask for the “senior community rate”

**Linden Knoll Store Hours:**  
Monday—Saturday 10am-2pm \*Closed Holidays

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