

# SEPTEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>ATTN:Classes in bold are open to the public.</b> And all outings are handicap accessible (fairs &amp; festivals are limited accessibility)</p>	<p><b>Participate fully in RR activities and possibly receive a chip. Collect enough and turn them in for RR items and other goodies.</b></p>	<p><b>Participate in RR activities &amp; receive a chip, collect enough &amp; turn them in for RR goodies:</b> 5= cup of soup 15= lunch 20= RR soup mug 30= \$20 RR gift card 50=RR fleece</p>	<p><b>1</b> Tai Chi (video).....10am Wegmans.....11am Shopping.....1pm Crossword w/ Kelly .....3pm</p>	<p><b>2</b> <b>Fitness for Everyone...11:30-12:30</b> <b>Alzheimer's association lecture: "Dementia vs. Normal Aging" ....1-3</b> Games w/ Kelly.....3pm Be The Critic.....6:30-9pm "American Violet"</p>	<p><b>3</b> Garden Meeting.....11:30am <b>Chair Massage.....1pm</b> Happy Hour.....4pm (Entertainment by: Len Hawley)</p>	<p><b>4</b> Bridge Club.....11am Dansville Balloon Fest... 1pm</p>
<p><b>5</b> Church Runs: Lutheran Incarnate...8:45-11am Good Shepherd (catholic) .....10:30-12:15pm Labor Day Picnic.....12:30pm Classic Movie Matinee.....2pm</p>	<p><b>6</b> Arts &amp; Crafts w/ Diana .....1:30-2:30pm YAHTZEE w/ Kelly.....3pm Wii Night .....6:30pm  <b>Labor Day</b></p>	<p><b>7</b> Rummykub.....10am Parkview health Info.....12:30pm Dining Hall center pieces.....1pm <b>Fitness for Everyone...11:30-12:30</b> Bingo w/ Kelly.....3pm</p>	<p><b>8</b> <b>ACM Lab.....8-9am</b> Tai Chi (video w/Kelly).....10am Wegmans.....11am Shopping.....1pm Crossword w/ Kelly .....3pm <b>Rosh Hashanah Dinner</b> Brisket &amp; Honey Bread....4:30pm</p>	<p><b>9</b> RIT Public Market.....11am <b>Fitness for Everyone...11:30-12:30</b> Games w/ Kelly.....3pm <b>Pasta Fest .....5:30-7pm</b> <b>&amp;</b> <b>RPO Concert.....6:30pm</b></p>	<p><b>10</b> Garden Meeting.....11:30am Happy Hour.....4pm (Entertainment by: Sunshine Jam</p>	<p><b>11</b> Bridge Club.....11am MAG Clothesline Festival .....1pm</p>
<p><b>12</b> Church Runs: Lutheran Incarnate...8:45-11am Good Shepherd (catholic) .....10:30-12:15pm Grandparents Day Pizza Party.....1-3pm</p>	<p><b>13</b> Arts &amp; Crafts w/ Diana .....1:30-2:30pm YAHTZEE w/ Kelly.....3pm Wii Night .....6:30pm</p>	<p><b>14</b> Rummykub.....10am Parkview health Info.....12:30pm <b>Fitness for Everyone...11:30-12:30</b> Bingo w/ Kelly.....3pm</p>	<p><b>15</b> Tai Chi (video w/Kelly).....10am Wegmans.....11am Shopping.....1pm Crossword w/ Kelly .....3pm</p>	<p><b>16</b> RIT Public Market.....11am <b>Fitness for Everyone...11:30-12:30</b> Games w/ Kelly.....3pm Be The Critic.....6:30-9pm</p>	<p><b>17</b> Garden Meeting.....11:30am Pictionary w/ Kim.....2pm BP Checks w/ Henrietta EMT 3:00 - 4:00pm Happy Hour.....4pm (Entertainment by: Fred Vine</p>	<p><b>18</b> Bridge Club.....11am Oktoberfest.....1pm</p>
<p><b>19</b> Church Runs: Lutheran Incarnate...8:45-11am Good Shepherd (catholic) .....10:30-12:15pm Eastview Mall.....1pm Classic Movie Matinee.....2pm</p>	<p><b>20</b> Sign Language.....9:30am Arts &amp; Crafts w/ Diana .....1:30-2:30pm YAHTZEE w/ Kelly.....3pm Wii Night .....6:30pm</p>	<p><b>21</b> Rummykub.....10am Parkview health Info.....12:30pm <b>Fitness for Everyone...11:30-12:30</b> Bingo w/ Kelly.....3pm Out to Dinner "P".....5pm</p>	<p><b>22</b> Tai Chi (video w/Kelly).....10am Wegmans.....11am Shopping.....1pm Crossword w/ Kelly .....3pm</p>	<p><b>23</b> RIT Public Market.....11am <b>Fitness for Everyone...11:30-12:30</b> Games w/ Kelly.....3pm Be The Critic.....6:30-9pm</p>	<p><b>24</b> Garden Meeting.....11:30am Flower Arrangements.....1pm Happy Hour.....4pm (Birthday Celebrations)</p>	<p><b>25</b> Bridge Club.....11am Barktober Fest.....12-3pm</p>
<p><b>26</b> Church Runs: Lutheran Incarnate...8:45-11am Good Shepherd (catholic) .....10:30-12:15pm Suburban Art Show 2:30-4:30 (Reception &amp; Refreshments)</p>	<p><b>27</b> Sign Language.....9:30am Arts &amp; Crafts w/ Diana .....1:30-2:30pm YAHTZEE w/ Kelly.....3pm Wii Night .....6:30pm</p>	<p><b>28</b> Rummykub.....10am Parkview health Info.....12:30pm <b>Fitness for Everyone...11:30-12:30</b> Bingo w/ Kelly.....3pm</p>	<p><b>29</b> Tai Chi (video w/Kelly).....10am Wegmans.....11am Shopping.....1pm Crossword w/ Kelly .....3pm</p>	<p><b>30</b> RIT Public Market.....11am <b>Fitness for Everyone...11:30-12:30</b> <b>Meat 101 &amp; Kitchen Etiquette... ..2:30pm</b> Be The Critic.....6:30-9pm</p>		

### Mondays

**Crafts w/ Diana-** We are offering free arts and crafts classes up in our art studio from 1:30-2:30pm with Diana.

**Rummykub-** Join Kelly S. in the club room and play this addicting tile game.

**Wii Night-** After dinner that night don't forget to go up in the lecture hall at 6:30 pm for Wii games.

**Fire safety-** Know what to do in case of a fire? Well let us tell you. Get your plan of action 9/13 in the dining Room at 11:00am

**Sign Language Class-** Offering free classes for anyone interested. Meet in the private dining room starting 9/20 at 9:30am.

### Tuesdays

**Bingo-** Lets get together in the club room at 3pm and play Americas favorite past time. Just \$ 1.00 per person and we play till the money runs out.

**Parkview Services-** Stop by the club room at 12:30pm and discuss free pharmacy deliveries in the comfort of your home. Registered nurses here until 2:30pm.

**Out to Dinner "pt"** - Take a trip to one of the following restaurants: Pomodoro Grill, Plum Garden, Phillips European and Portofino Bistro. You can vote by calling the front desk and reserving your seat on the bus.

### Wednesdays

**ACM Lab-** No matter what your insurance or who your doctor is, ACM can help. They will be coming the 2nd Wednesday of every month 8-9am for blood draws. Please inform the front desk if you will need a draw.

**Wegmans & Shopping-** Let us do the driving for your weekly errands. Meet in the lobby. bus leaves at 11 or 12pm and going to local shopping at 1:30pm

**Crossword Puzzle-** Join Kelly S. for the weekly crossword puzzle. Meet in the Library/media room at 3pm

**Tai chi video-** Meet in the lecture hall w/ Kelly S. at 10am for a instructional video.  
**Rosh Hashanah-** Holiday dinner on 9/8 in the main dining room. Brisket & honey bread will be served with our full menu.

### Thursdays

**Fitness for Everyone-** 11:30-12:30 led by max efforts in the lecture hall \$5 per session for RR members & \$8 per session for visitors. All exercises and activities can be modified to accommodate all fitness levels regardless of limitations.

**Be The Critic -** Join us for a private movie theater experience up in the lecture hall every Thursday at 6:30pm. (except 9/9)

**Pasta Fest & RPO Summer Concert Series-** This event will be held in our main dining room and will be followed by the sounds of The Rochester Philharmonic Orchestra.  
**Alzheimer's Association Lecture: "Dementia Vs. Aging"** - This discussion will be on 9/2 at 1pm in the lecture hall. Please stop by and learn more about this disease from trained professionals who will answer questions and concerns.  
**RIT Public Market-** Purchase some local produce right up the street. Every Thursday starting 9/9. Bus leaves at 11am.

**Meat 101 & Kitchen Etiquette-** On 9/30 @ 2:30pm Executive Chef Matt Cole will cover everything from proper food storage to different cuts of meat & how to safely handle everything culinary. Meet in the Dining Room.

### Fridays

**Community Member Orientation-** Meet in the club room and get informed on all of Rivers Run policies and procedures on Friday 9/10 at 2pm.

**Pictionary-** Artistic or not come join the laughs, led by Kim Russell in the club room 9/16 at 2pm.

**Happy hour-** Every Friday at 4pm join us in the club room for drinks and a good time. Feel free to bring your own cocktails or some to share. Entertainment with Len Hawley, Sunshine Band and Fred Vine.

**Garden Meeting-** At 11:30am meet and enjoy the fruits of your labor and help with the harvest of this years crops.

**Chair Massage-** The first Friday of every month in the billiards room Ginny will be providing chair massage to all for \$1/minute(10 minute minimum) between 1-2pm.

**Blood Pressure w/ Henrietta EMT-** Before we start happy hour on Friday 9/17 stop by the club room and have your BP checked.

**Birthday Celebrations-** Stop by the club room & celebrate monthly birthdays and enjoy happy hour.

### Saturdays

**Bridge Club-** Community members gather in the club room at 11am to play bridge. Experienced bridge player Lewis Neisner will be there to help new comers. If 11am doesn't work for you, stop in to see when the next hand will begin.

**Dansville Balloon Festival-** Take the bus to the festival and enjoy the international food, free entertainment & car show while enjoying hot air balloons.

**MAG Clothesline Festival-** Take a trip and sample some of Rochester's favorite vendors and enjoy all of the artwork this festival has to offer. Bus leaves at 1pm.

**Oktoberfest-** celebrating German heritage, food and beer. Take a trip to the festivals 20th year in Irondequoit.

**Barktober Fest-** This 13th annual event is one of Lollypop Farms largest & most popular fundraising events and will be on 9/25 from 12-3pm.

### Sundays

**Church Runs-** Meet in the lobby, a bus to Lutheran Incarnate leaves at 8:45-11am, Good Shepherd catholic church run is at 10:30-12:15pm

**Classic Movie Matinees-** Joins us Sundays at 2pm in the Lecture Hall for classics films. Please contact Kelly for suggestions of your old time favorites.

**Grandparents Day-** Celebrating this special day 9/12 at 1pm. Pizza will be provided in the café until 3pm.



50 Fairwood Drive  
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THE  
**RIPARIAN**

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**September**  
**2010**

