

JANUARY 2018



FERRIS HILLS

AT WEST LAKE



UR
MEDICINE

THOMPSON
HEALTH

FERRIS HILLS & CLARK MEADOWS

Independent and Enriched Senior Living

One Ferris Hills, Canandaigua, NY 14424



..... JOIN US FOR A SPECIAL TIME AT FERRIS HILLS

Peg Rayburn Drive, Canandaigua, NY

Thursday, Jan. 11 ▶ History Lecture

Join Preston Pierce from the Ontario County Historical Society from **3:00-4:00 pm** to learn about the Erie Canal. Preston is a wonderful presenter with a vast knowledge of local history.

Thursday, Jan. 18 ▶ Birds of Winter

Our speaker Richard Ashwood will be sharing beautiful photos and commentary on local birds of winter from **3:00-4:00 pm**. Hear about the birds you will see this season and how to care for them.

Thursday, Jan. 25 ▶ Concert

Mary Monroe will perform classical and contemporary music from **3:00-5:00 pm**. Enjoy a drink and good company while listening to some relaxing music.

Thursday, Feb. 8 ▶ Theater

The Geriactors' production of 'Wisdom from a Park Bench' will have you laughing. A collection of scenes and songs that cover all aspects of life will be performed at **3:00 pm** sharp.

Wednesday, Feb. 14 ▶ Chocolate Tasting

Join us from **1:00-2:00 pm** for an afternoon of wine tasting, chocolates and music by harpist Donna Benier Taylor.

Wednesday, Feb. 28 ▶ Mardi Gras Party

Our Mardi Gras Party will help you shake the winter blues. Join our party from **4:00-5:00 pm** and enjoy a New Orleans-themed menu, cocktails, music and more. Don't forget your mask!

Please **RSVP** at **585.393.0410** or visit **FerrisHills.com**



Continue the Good Life

FERRIS HILLS
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Independent & Enriched Senior Living

An affiliate of



Happy New Year

They say "time flies when you are having fun" and this was certainly proven right in 2017. The staff at Ferris Hills feel beyond blessed to "work" in such an amazing community and have fun every day.

HAPPY NEW YEAR to you and your loved ones! We invite you to get to know the Ferris Hills lifestyle. Below is a partial list of activities our residents enjoy.



Activities and Groups

Exercise: At 10 a.m. every Tuesday and Thursday Austin Pratt, Senior Athletic Trainer with Thompson Hospital Sports Medicine, joins us for exercise. Austin works at a pace that suits all and spends time with individuals in the fitness center following each class.

Fireplace Fun: On Tuesdays at 6 p.m. our residents take their drinks from the dining room and gather around the fireplace to socialize with one another.

Board games, puzzles and art supplies are all there for use, or residents can simply relax and enjoy the company.

Fiber Crafts: If you enjoy needlework, knitting or any other fiber craft then bring the item you are working on to the fireplace at 10 a.m. on Wednesdays. Residents who want to try a new hobby can join in and get some pointers from those with experience.

Book Club: New members are always welcome to join the Book Club. We meet the third Wednesday of the month at 3 p.m. for lively discussion and debate. It is a fun group with members who always have something to say. Book recommendations are welcomed.

Trivia: Residents are invited to join a team at Trivia and have some fun. Answers are written as a team, so no individual is put on the spot.

Open Transportation: Residents are always welcome to check with the front desk on last-minute availability for transportation and we will do what we can to accommodate. Hairdresser, spa, shopping, restaurant, museum...where ever residents want to go, we want to take them.

Food Committee: All residents are invited to sit down with Mark Dobbartin, Dining Manager, to discuss menu items and dietary needs. The committee meets the second Wednesday of each month at 3 p.m. in the café area. All are encouraged to bring ideas, recipes and comments to the group and hear about any new culinary delights.

Activity Meeting: Claire Watson, Resident Services Manager, reviews the following month's calendar of events and resident feedback is encouraged. We are always looking to add new and exciting events.

Clark Meadows: Ferris Hills residents are always welcome to participate in activities at our enriched living community, including jeopardy, karaoke, baking club or any other fun antics. The residents love to see new faces and find out more about each other, so please stop in to see them from time to time.



Holiday Celebrations at Ferris Hills

