



*Living the Good Life at*  
**Ferris Hills**

*"By all these lovely tokens,  
 September days are here.  
 With summer's best of weather  
 and autumn's best of cheer."*

*~ Helen Hunt Jackson  
 19th-century poet,  
 writer and activist*

## On the Road Again

With beautiful weather in the Finger Lakes and plenty of outdoor fun to be had, Ferris Hills at West Lakes' bus has been traveling throughout the region with residents eager to experience new things after months of spending a great deal of time at home.

The residents, who wear masks whenever unable to social distance, recently went to Spotted Duck Creamery in Penn Yan, Waterloo Premium Outlets and the village of Naples, where they made a number of stops including Josephs' Wayside Market, Artizanns gallery and Linnie Lou's Homemade Ice Cream.

Coming up are visits to Wickham Farms in Penfield, the Canandaigua Farmers' Market and more.



*Wickham Farms*

the things the residents like best is that they don't have to worry about any of the logistics – they just sign up, show up and enjoy!"

### FERRIS HILLS & CLARK MEADOWS

*Independent and Enriched Senior Living*  
 One Ferris Hills, Canandaigua, NY 14424

"There is so much to explore nearby, and we always have a great time," said Resident Services Manager Claire Watson. "One of

# 'Everything Within Walking Distance'

Over the years, Ferris Hills at West Lake residents have been known to comment that the retirement community is somewhat like a large cruise ship because pretty much anything a person might want or need is right on site.

"When we were all helping 'flatten the curve,' several residents commented on how grateful they were for our beautiful grounds, our convenience store, our library, our fitness center and more," said Executive Director Aimee Ward. "Many remarked that they were much better off than they would have been had they been in their previous homes when COVID-19 hit."

With the local YMCA temporarily closed, Barbara MacCameron has kept up with daily aerobic workouts each morning in the Ferris Hills fitness center, which has enhanced safety precautions that include limiting use to one person at a time.

"I've read regular exercise helps with mood and keeping a strong immune system, so besides keeping quarantined, I think I'm helping my chances to stay virus-free," said Barbara, who also enjoys walking her dog on Ferris Hills' mile-long nature trail.

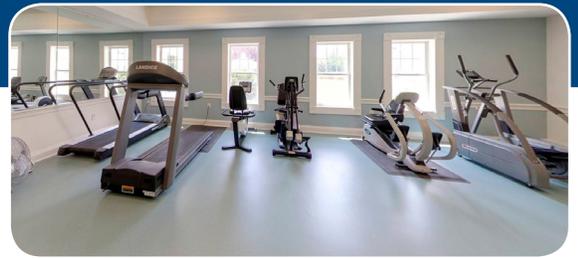
Marion Donohoe feels fortunate that she moved to Ferris Hills in October 2019. She enjoys taking evening walks throughout the large building, spending time on her patio,

using the library and taking part in socially-distant activities like an American Sign Language class. Although she drives, she can often simply visit The Marketplace shop to make a purchase.

"It's a very convenient spot to go and the prices are reasonable. I need a loaf of bread or whatever and they have it," she said.

"I have everything within walking distance of my apartment that I'll ever need," Marion added. "I'm spoiled!"

For more information visit [www.FerrisHills.com](http://www.FerrisHills.com) or call (585) 393-0410.



## Photos from Recent Events



\* Per guidance from health officials, some residents who were socially distanced at recent events did not cover their faces with masks.