

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2017

Wolk Manor Assisted Living
“Always Thankful for Families”

			<p>1 9:45: Word Game w/ Judy (GR) 11:15: Move & Groove (GR) 2:00: Time w/ Tiffany (GR) 3:30: BINGO w/ Judy (GR) 6:30: <i>Anne with an E:</i> Season 1: Episode 5 (GR)</p>	<p>2 9:45: November Poem (GR) 11:15: Exercise w/Anna (GR) 11:15: Lunch Trip: <i>Cracker Barrel</i> 2:00: Victor Borge w/ Howard Weis (GR) 3:30: Cranium Crunches (GR) 6:30: BINGO w/ Judy (GR)</p>	<p>3 9:45: Brain Boost Yoga (GR) 10:15: Sandwich Day (CK) 11:15: Exercise w/ Chris (GR) 2:00: Music Lecture w/ Larry (GR) 3:30: Moon Songs (L) 5:00: Shabbat Dinner</p>	<p>4 10:00: Exercise Video (GR) 11:00: The Crown Season 1, Episode 5 (GR) 2:00: Discussions w/Rabbi (GR) 3:00: Movie: <i>A Mile In His Shoes</i> (GR)</p>
<p>FALL BACK DAY 5 11:15: Exercise Video (GR) 2:00: <i>Planet Earth:</i> Episode 3 <i>Fresh Water</i> (GR) 6:30: Crosswords w/ Larry (GR)</p>	<p>6 9:45: Painting 101 (AR) 11:00: Chorus (GR) 1:30: Fire Safety Mtg (GR) 2:00: Resident Survey Help (L) 2:30: Move & Groove (GR) 3:30: Saxophone Day (GR) 6:30: BINGO w/ Barb(GR)</p>	<p>ELECTION DAY 7 9:45: Name that Tune (L) 11:15: Exercise w/ Janet (GR) 1:30: Table Bowling (GR) 3:00: Trivia w/ Margaret: <i>Authors Dead or Alive</i> (CK) 6:30: <i>Anne with an E:</i> Season 1: Episode 6 (GR)</p>	<p>BOARD GAME DAY 8 9:45: Poetry w/ Becky (L) 11:15: Exercise w/ Chris (GR) 2:00: Board Game Extravaganza (GR) 3:00: Francis the Dog (GR) 3:30: Categories (GR) 6:30: Music w/ Karen Labella</p>	<p>9 9:45: Nuts About Peanut Butter (CK) 10:00: Clay Class (AR) 11:15: Exercise w/Anna (GR) 2:00: Trip: <i>Lamberton Conservatory</i> (GR) 3:30: Cranium Crunches (GR) 6:30: BINGO w/ Judy (GR)</p>	<p>10 9:45: November IQ (GR) 11:15: Exercise w/Chris (GR) 12:00: Lunch for our Veteran’s (MPR) 2:00: lotus blossom yoga (GR) 3:30: Veteran’s Day Crossword (GR) 5:00: Shabbat Dinner</p>	<p>11 10:00: Healing Exercise: <i>Tai Chi</i> (GR) 11:00: The Crown Season 1, Episode 6 (GR) 2:00: Jack’s Jammers (GR) 6:30: Movie: <i>Beauty & The Beast</i> (GR) <small>Veterans Day (US) Remembrance Day (Canada)</small></p>
<p>11:15: Chair Yoga: <i>Stretching & Relaxation</i> (GR) 1:00: Buffalo Bills vs. New Orleans Saints on FOX (TR) 2:00: Victor Borge w/ Howard Weis (GR) 6:30: <i>Planet Earth:</i> Episode 4 <i>Caves</i> (GR)</p>	<p>13 9:45: Painting 101 (AR) 11:00: Chorus (GR) 1:30: Resident Survey Help (L) 2:00: Current Events w/ Neil (GR) 3:00: Tai Chi w/ Carmen (FR) 6:30: BINGO w/ Barb (GR)</p>	<p>14 9:45: Author, Robert Louis Stevenson Discussion (L) 11:15: Exercise w/ Janet (GR) 2:00: Discussions w/Rabbi (GR) 2:30: Trivia w/ Margaret <i>Presidents & Capitals</i> (CK) 6:30: Movie: <i>Treasure Island</i> (GR)</p>	<p>WEAR In the World? 15 9:45: Baking Bread (CK) 11:15: Exercise w/ Chris (GR) 2:00: Dining Committee (GR) 3:30: Mixed Up Countries (GR) 6:30: Music w/ Steve P (GR)</p>	<p>16 10:00: Clay Class (AR) 11:15: Exercise w/Anna (GR) 2:30: Travelogue w/ Beth (GR) 3:30: State Nicknames (GR) 6:30: <i>Anne with an E:</i> Season 1: Episode 7 (GR)</p>	<p>17 9:45: Brain Boost Yoga (GR) 10:15: Francis the Dog (L) 10:15: Pictionary w/ Becky (GR) 11:15: Exercise w/Chris (GR) 2:00: Music Lecture w/ Larry (GR) 3:30: Friday Feel Goods (CK) 5:00: Shabbat Dinner</p>	<p>18 10:00: Healing Exercise: <i>Tai Chi</i> (GR) 11:00: The Crown Season 1, Episode 7 (GR) 2:00: Book Review w/ Nina(GR) 6:30: Movie: <i>Dolphin Tale</i> (GR)</p>
<p>11:15: Chair Yoga: <i>Stretching & Relaxation</i> (GR) 2:00: <i>Planet Earth:</i> Episode 5 <i>Desserts</i> (GR) 4:05: Buffalo Bills vs. San Diego Chargers on FOX (GR) 6:30: Crosswords w/ Larry (GR)</p>	<p>20 9:45: Painting 101 (AR) 11:00: Chorus (GR) 1:30: RN Students (GR) 2:00: Current Events w/ Neil (GR) 3:30: <i>Thankful For...</i> (AR) 6:30: BINGO w/ Barb (GR)</p>	<p>21 9:45: Family Favorites (GR) 11:15: Exercise w/ Janet (GR) 2:00: Making Brownies w/ Margaret (CK) 3:30: <i>Thankful For...</i> (AR) 6:30: Music w/ Tom Dunn (GR)</p>	<p>22 9:45: Pumpkin Pie (CK) 11:15: Exercise w/ Chris (GR) 2:30: Lakeshore Scenic Ride w/ Judy (GR) 3:30: <i>Thankful For...</i> (AR) 6:30: <i>Heartland:</i> Season 1: Episode 1(GR)</p>	<p>THANKSGIVING 23 9:30: Macy’s Day Parade (TR) 11:15: Healing Exercise: <i>Tai Chi</i> (GR) 1:00: Thanksgiving Football: Vikings vs. Lions on FOX (GR) 6:30: Movie: <i>An Old Fashioned Thanksgiving</i> (GR) <small>Thanksgiving Day (US)</small></p>	<p>24 9:45: Categories (GR) 10:15: <i>Heartland:</i> Season 1: Episode 2(GR) 11:15: Exercise w/Chris (GR) 2:00: lotus blossom yoga (GR) 3:00: Friday Feel Goods (CK) 5:00: Shabbat Dinner</p>	<p>25 10:00: Healing Exercise: <i>Tai Chi</i> (GR) 11:00: The Crown Season 1, Episode 8 (GR) 2:00: Jack’s Jammers (GR) 6:30: Movie: <i>Walt Before Mickey</i> (GR)</p>
<p>26 11:15: Chair Yoga: <i>Stretching & Relaxation</i> (GR) 1:00: Buffalo Bills vs. New Orleans Saints on FOX (GR) 6:30: <i>Planet Earth:</i> Episode 6 <i>Ice Worlds</i>(GR)</p>	<p>27 9:45: Painting 101 (AR) 11:00: Chorus (GR) 1:30: RN Students (GR) 2:00: LRC w/ Jean (GR) 3:00: Tai Chi w/ Carmen (GR) 6:30: BINGO w/ Barb (GR)</p>	<p>28 9:30: How Many Words? (L) 11:15: Exercise w/ Janet (GR) 12:00: Lunch at The Grill 2:00: Discussions w/Rabbi (GR) 3:30: Corn Hole (GR) 6:30: Music w/ Mike Sidoti (GR)</p>	<p>29 9:45: Let’s Google It! (L) 11:15: Exercise w/ Chris (GR) 2:00: Music Lecture w/ Doris (GR) 3:30: You Be the Jury 6:30: <i>Heartland:</i> Season 1: Episode 3 (GR)</p>	<p>CELEBRATING BIRTHDAYS! 30 9:45: Your Special Month (L) 10:00: Clay Class (AR) 11:15: Exercise w/Anna (GR) 2:00: Birthday Party (GR) 3:00: Birthday Trivia (GR) 6:30: BINGO w/ Judy (GR)</p>	<p>Special Days: 5th- Fall Back Day-<i>Turn your clocks back one hour</i> 7th- Election Day 8th- Board Game Extravaganza 10th- Veterans Luncheon- <i>Veteran’s invited to a luncheon at Summit’s MPR.</i> 15th- WEAR in the World- <i>wear a piece of clothing from a different country or state that you visited.</i> 23rd- Thanksgiving 30th- November Birthday Celebration</p>	