

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p><b>1</b></p> <p>10:15 Coffee/Chronicles 11:00 Word Search 1:00 Dance to the Music 2:00 Table Bowling with Marlene 3:00 Tunes &amp; Treats 7:00 America's Funniest</p>	<p><b>2</b></p> <p>9:30 Nursing Students 10:15 Move and Groove 11:00 Choir – Wolk 1:00 Nursing Students 1:30 Fall Craft 2:30 Coffee &amp; Treats 3:30 Tai Chi with Carmen 6:45 Relaxing Mandala</p>	<p><b>3</b></p> <p>10:15 Exercise Time 10:45 Coffee &amp; Chronicles 11:30 Bean Bag Toss 1:30 Ellie the Dog Visit 2:15 Tea, Talk, &amp; Treats 3:30 Classics 7:30 Jeopardy</p>	<p><b>4</b></p> <p>10:15 Getting Fit 11:00 Coffee / Chronicles 11:30 Ladder Ball 1:30 Bake Cookies 2:15 Treats &amp; 10-4 2:45 Travelogue - Beth 3:30 The Beat Goes On 6:15 Music w/ Joe</p>	<p><b>5</b></p> <p>SUKKOT Day 1 10:15 Fitness 11:00 Coffee &amp; Chronicles 11:30 Horse Shoe Frisbee 1:30 Art Class 101 2:30 Francis the Dog Visit 3:00 Nuts and Trivia 7:30 Jeopardy</p> <p style="text-align: center;"><small>Sukkot</small></p>	<p><b>6</b></p> <p>SUKKOT Day 2 10:15 Stretch &amp; Relax 10:45 Coffee / Chronicles 11:30 Twisted Twister <b>1:45 Fall Ride: Lake Views</b> 2:30 Snack &amp; Smiles 3:30 Netflix: Bill Nye 4:00 Rabbi Katz Visit 6:15 Heartland</p>	<p><b>7</b></p> <p>10:15 Coffee / Chronicles 11:00 Health Walk <b>1:30 Agricultural Ride: Fall Scenery</b> 3:00 Tunes &amp; Treats 6:15 Netflix: Larry Crowne</p>
<p><b>8</b></p> <p>10:15 Coffee/Chronicles 11:00 Walkers Club 2:00 Table Bowling with Marlene 3:00 Cackles &amp; Cookies 7:00 America's Funniest Home Videos</p>	<p><b>9</b></p> <p>Columbus Day 10:15 Move and Groove 11:00 Choir – Wolk 1:30 Bingo 2:30 Trivia &amp; Treats 3:30 Tai Chi with Carmen 7:00 Wheel of Fortune</p> <p style="text-align: center;"><small>Columbus Day (US) Thanksgiving Day (Canada)</small></p>	<p><b>10</b></p> <p>10:15 Exercise Time 10:45 Coffee/ Chronicles 11:30 Building Bridges 1:30 Baking 2:00 Tick Tock Tuesday And Timely Treats 3:00 2nd Winds Clarinet 7:30 Jeopardy</p>	<p><b>11</b></p> <p>10:15 Getting Fit 11:00 Coffee / Chronicles 11:30 Play Ball 1:30 Truth Twister 2:00 Toothpaste Trivia 3:00 Treats &amp; the Beats 6:15 Music w/ Bill</p>	<p><b>12</b></p> <p>Shemini Atzeret 10:15 Fitness 11:00 Coffee / Chronicles 11:30 Horse Shoes 1:30 Art Class 101 2:30 Pledge 3:30 Tool Time 7:30 Jeopardy</p>	<p><b>13</b></p> <p>Simchat Torah 10:15 Stretch &amp; Relax 10:45 Coffee / Chronicles 11:30 Ladder Ball 1:30 Baking White 2:30 White House/Treats 3:30 Netlix: Panama Canal 6:15 DVD De-Lovely</p>	<p><b>14</b></p> <p>10:15 Coffee / Chronicles 11:00 Dance with Divas <b>1:30 Fall Ride: View from Cobs Hill</b> 3:00 Music &amp; Munchies 6:15 Netflix: Mona Lisa Smile</p>
<p><b>15</b></p> <p>10:15 Coffee /Chronicles 11:00 Dance to the Music 2:00 Table Bowling with Marlene 3:00 Tunes &amp; Lucy Trivia 7:00 I Love Lucy – Anniversary of 1951 premiere</p>	<p><b>16</b></p> <p>9:30 Nursing Students 10:15 Move and Groove 11:00 Choir – Wolk 1:00 Nursing Students 1:30 Mini Monday Bake 2:30 Mini Munching 3:30 Tai Chi with Carmen 7:00 Wheel of Fortune</p>	<p><b>17</b></p> <p>10:15 Exercise Time 10:45 Coffee/ Chronicles 11:30 Ladder Ball 1:30 Elie the Dog Visit 2:15 Decode &amp; Delicacies 3:30 Classics 7:30 Jeopardy</p>	<p><b>18</b></p> <p>10:15 Getting Fit 11:00 Coffee / Chronicles 11:30 Bean Bag Toss 1:30 Baking Biscuits and Bat Chat 3:00 Treats &amp; the Beat 6:15 Music with Larry</p>	<p><b>19</b></p> <p>10:15 Fitness 11:00 Coffee / Chronicles <b>11:15 Lunch at Log Cabin</b> 1:30 Movie &amp; Popcorn 3:00 Hocus Pocus 3:30 Tool Time 7:30 Jeopardy</p>	<p><b>20</b></p> <p><b>WEAR PINK DAY</b> 10:15 Stretch &amp; Relax 10:45 Coffee / Chronicles 11:30 Ping Pong 1:30 Card Game 2:00 Birthday Bash 3:00 Zoo Mobile Visit 6:15 Heartland</p>	<p><b>21</b></p> <p>10:15 Coffee / Chronicles 11:00 Walk About <b>1:30 Scenic Autumn Ride: Here and There</b> 3:00 Snack &amp; Chat 6:15 Netflix: Emma</p>
<p><b>22</b></p> <p>10:15 Coffee /Chronicles 11:00 Hydration &amp; Chat 2:00 Table Bowling with Marlene 3:00 Music and Munchies 7:00 America's Funniest</p>	<p><b>23</b></p> <p>9:30 Nursing Students 10:15 Move and Groove 11:00 Choir – Wolk 1:00 Nursing Students <b>1:30 Scenic Ride: Apples!</b> 1:30 Nursing Students 3:30 Tai Chi with Carmen 6:15 Netflix: Midsomer Nights Murder</p>	<p><b>24</b></p> <p>10:15 Exercise Time 10:45 Coffee/ Chronicles 11:30 The Old Ball Game 1:30 Craft for Fall 2:15 Decode &amp; Delicacies 3:15 Music with Howie 6:30 World Series 1</p>	<p><b>25</b></p> <p>10:15 Getting Fit 11:00 Coffee / Chronicles 11:30 Corn Hole Game 1:30 Truth Twister 2:00 Francis the Dog Visit 3:00 Treats &amp; the Beats <b>4:30 Family Meeting</b> 6:30 World Series 2</p>	<p><b>26</b></p> <p>10:15 Fitness 11:00 Coffee / Chronicles <b>11:15 Lunch at Kobes</b> 1:30 DVD Carol Burnett 2:30 October Poem 3:30 Netflix: Race of Life 6:15 Music with Geoff</p>	<p><b>27</b></p> <p>10:15 Stretch &amp; Relax 10:45 Coffee / Chronicles 11:30 Game of Choice 1:30 Bingo 2:30 Games and Goodies 3:30 Netflix: Bill Nye 6:15 Heartland 7:00 World Series 3</p>	<p><b>28</b></p> <p>10:15 Coffee / Chronicle 11:00 Health Walk <b>1:30 Scenic Ride: Old Pittsford</b> 3:00 Power Crunch Social 6:15 Netflix: Newsies</p>
<p><b>29</b></p> <p>10:15 Coffee /Chronicles 11:00 Dance to the Music 2:00 Table Bowling with Marlene 3:00 Cookies &amp; Cat Trivia 7:00 World Series 4</p>	<p><b>30</b></p> <p>9:30 Nursing Students 10:15 Move and Groove 11:00 Choir – Wolk 1:00 Nursing Students 1:30 Twister Toss 2:30 Fun Stories/Snack 3:30 Tai Chi with Carmen 6:15 Name That Tune John</p>	<p><b>31</b></p> <p>10:15 Exercise Time 10:45 Coffee/ Chronicles 11:30 Drum Circle 1:30 Elie the Dog Visit 2:15 Words and Pumpkin Treats 3:15 Music with Howie 7:00 World Series 5</p> <p style="text-align: center;"><small>Halloween</small></p>	<p><b>The Lodge at Wolk Manor</b></p> <p><b>October 2017</b></p> <p>US Mail Delivery Monday – Saturday between 1 &amp; 3 PM All events subject to change</p> <p>Judy Scott, Activities Associate    585-341-2359    jscott@jewishseniorlife.org</p>			