

FEBRUARY 2018 The Lodge at Wolk Manor



♥ Health ♣ Inspiration ♠ Fun ♦ Education ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h2>Let Love Warm Our Hearts</h2>				<p>1</p> <p>10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Horse Shoes 1:30 ♦ Art Class 101 2:30 ♣ Treats and Trivia 3:30 ♦ Netflix: Bill Nye 7:30 ♦ Jeopardy</p>	<p>2</p> <p>10:15 ♥ Stretch & Relax 11:00 ♣ Coffee/Chronicles 11:30 ♥ Twisted Twister 1:30 ♦ Ground Hogs Day 2:00 ♣ Treats and Word Fun 3:30 ♠ Netflix: Crown S1-E4 6:15 ♠ Movie: Best Actor Oscar Winner</p>	<p>3</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♥ Health Walk 1:30 ☀ Ride: Picturesque Penfield 3:00 ♠ Tunes & Treats 6:15 ♠ Movie: Oscar Connected Musical</p>
<p>4</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♥ Walkers Club 2:00 ♠ Cackles & Cookies 3:15 ♠ Piano with John 6:30 ♠ Super Bowl Sunday</p>	<p>5</p> <p>10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ♠ Bingo 2:30 ♠ Trivia & Treats 3:00 ♣ The Beat Goes On 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune</p>	<p>6</p> <p>10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♦ Building 1:30 ♣ Elie the Dog Visit 2:00 ♠ Science Day Trivia and Timely Treats 3:00 ♣ The Beat Goes On 6:15 ♠ Table Bowling w/ Barb</p>	<p>7</p> <p>9:45 ♠ SJF Nursing Students 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Play Ball 1:30 ♦ SJF Student Activity 2:30 ♠ Time for Treats 3:30 ♠ Classics 6:15 ♣ Music with Joe</p>	<p>8</p> <p>10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Horse Shoes 1:30 ♦ Art Class 101 2:30 ♣ Treats & Boy Scout Trivia 3:30 ♦ Tool Time 7:30 ♦ Jeopardy</p>	<p>9</p> <p>10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Olympic Games Begin 1:30 ♦ Science Friday 2:30 ♠ Chocolate Kiss Treats 3:30 ♠ Netflix: Crown S1-E5 6:15 ♠ Movie: Romantic Comedy Oscar Winner</p>	<p>10</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance with Divas 1:30 ☀ Scenic Tour: Riverside Ride 3:00 ♠ Olympics and Munchies 6:15 ♠ Movie: Oscar Connected Musical</p>
<p>11</p> <p>Random Acts of Kindness Week</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance to Music 2:00 ♥ Snack & Socialize 3:00 ♠ Music & Adult Coloring 7:00 ♠ America's Funniest</p>	<p>12</p> <p>10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ♥ Ping Pong Game 2:30 ♠ Trivia & Treats 3:00 ♣ The Beat Goes On 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune</p>	<p>13</p> <p>10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♥ Ladder Ball 1:30 ♣ Francis The Dog Visit 2:30 ♠ Decode & Delicacies 3:00 ♣ The Beat Goes On 6:15 ♠ Table Bowling w/ Barb</p>	<p>14</p> <p>9:45 ♠ SJF Nursing Students 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Bean Bag Toss 1:30 ♦ SJF Student Activity 2:30 ♠ Snacks & Love Stories 6:00 ♠ Family Valentine's Party – Music by Ernesto</p>	<p>15</p> <p>10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Olympic Games 1:30 ♦ Art Class 101 2:45 ♠ Travelogue with Beth 3:30 ♠ Classics 7:30 ♦ Jeopardy</p>	<p>16</p> <p>10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Ping Pong 1:30 ♠ Card Game 2:00 ♠ Birthday Bash 3:00 ♦ Zoo Mobile Visit 6:15 ♠ Movie: Meryl Streep Oscar Connection</p>	<p>17</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♥ Walk About 1:30 ☀ Scenic Ride: Marvelous Mendon 3:00 ♠ Cocoa & Conversation 6:15 ♠ Movie: Oscar Musical</p>
<p>18</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♦ Hydration & Chat 2:30 ♥ Munching & Music 3:00 ♠ Adult Coloring 7:00 ♠ America's Funniest Home Videos</p>	<p>19</p> <p>10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ☀ Equine Scenic Ride 1:30 ♠ Movie & Popcorn 3:00 ♣ The Beat Goes On 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune</p>	<p>20</p> <p>10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♠ Drum Circle 1:30 ♣ Elie the Dog Visit 2:15 ♠ Treats and Telephone Trivia 3:00 ♣ The Beat Goes On 6:15 ♠ Table Bowling w/ Barb</p>	<p>21</p> <p>9:45 ♠ SJF Nursing Students 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Corn Hole Game 1:30 ♦ SJF Student Activity 2:30 ♥ Healthy Heart Snack 3:30 ♠ Classics 6:15 ♠ Music with Karen</p>	<p>22</p> <p>10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:15 ☀ Lunch at Pizza Hut 1:30 ♦ Art Class 101 2:30 ♣ Winter Poetry & Treats 3:15 ♠ Music with Howie 6:15 ♣ Music with Geoff</p>	<p>23</p> <p>10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Game of Choice 1:30 ♣ Francis the Dog Visit 2:30 ♠ Games and Goodies 3:30 ♦ Netflix: Crown S1-E6 6:15 ♠ Movie: Vintage Oscar</p>	<p>24</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♥ Health Walk 1:30 ☀ Scenic Ride: Highland Park Hills 3:00 ♠ Power Crunch Social 6:15 ♠ Movie: Oscar Musical</p>
<p>25</p> <p>10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance to Music 2:30 ♠ Cookies & Conversation 3:15 ♠ Joan Piano & Flute 7:00 ♠ America's Funniest Home Videos</p>	<p>26</p> <p>10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ♥ Noodle Balloon 2:30 ♠ Trivia & Treats 3:00 ♣ The Beat Goes On 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune</p>	<p>27</p> <p>10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:15 ☀ Lunch at Red Lobster 1:30 ♣ Movie & Popcorn 3:00 ♦ Doris Music Lecture 6:15 ♠ Table Bowling w/ Barb</p>	<p>28</p> <p>9:45 ♠ SJF Nursing Students 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ladder Ball 1:30 ♦ SJF Student Activity 2:30 ♣ Short Phrases & Shortbread Cookies 6:15 ♠ Music with Geoff</p>	<p>All Events Subject to Change</p>		<p>Judy Scott Activities Associate 585-341-2359 jscott@jewishseniorlife.org</p>