


FEBRUARY 2018 Wolk Manor



♥ Health ♣ Inspiration ♠ Fun ♦ Education ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Let Love Warm Our Hearts</p>						
				1	2	3
				10:00 ♦ Clay Class - AR 11:15 ♥ Exercise w/ Anna - GR 2:00 ♠ Game Time - GR 3:30 ♦ 13 th Amendment Trivia - CK 6:30 ♠ Bingo w/ Nancy - GR	9:45 ♣ Ground Hogs Day Words - GR 11:15 ♥ Exercise w/ Chris - GR 2:00 ♦ Music Lecture w/ Larry Shearer - GR 3:30 ♠ Friday Fizz - CK 5:00 ♣ Shabbat Dinner - GR	10:15 ♥ Healing Exercise: Tai Chi - GR 11:00 ♠ Crown S2-E9 – GR 12:00 ♠ College Basketball Oklahoma at Kansas - FR 3:00 ♠ Olympics - FR 6:30 ♠ Movie: Recent Oscar Winner
				8	9	10
4	5	6	7	10:00 ♦ Clay Class - AR 11:15 ♥ Exercise w/ Anna - GR 11:15 ☀ Lunch: Red Lobster 2:00 ♠ Documentary - GR 3:30 ♦ Boy Scouts Day Who's Famous? - CK 6:30 ♠ Bingo w/ Nancy - GR	Winter Olympics Begin 9:45 ♥ Brain Boost Yoga - GR 11:15 ♥ Exercise w/ Chris - GR 2:30 ☀ Scenic Ride: Historic Highland Park 3:30 ♠ Winter Olympics Fun Facts - CK 5:00 ♣ Shabbat Dinner - GR	10:15 ♥ Healing Exercise: Tai Chi - GR 11:00 ♠ Crown S2-E10 – GR Season 2 Finale 2:00 ♠ Jack's Jammers - GR 6:30 ♠ Movie: Oscar Winner Best Score - GR
				14	15	16
10:15 ♥ <i>Stretch & Relax</i> - GR 1:00 ♦ Documentary - GR 2:00 ♠ Heartland - GR Season 1, E11 6:30 ♠ Super Bowl Eagles vs. Patriots Party - GR	9:45 ♦ Painting Class - AR 11:00 ♠ Chorus - GR 2:00 ♠ LCR Game - GR 3:00 ♥ Tai Chi w/ Carmen-GR 6:30 ♠ Bingo w/ Barb - GR	9:45 ♠ Tuesday Tunes - GR 11:15 ♥ Exercise w/ Janet - GR 2:00 ♣ Francis the Dog Visit - GR 3:30 ♦ Science Day Trivia-GR 6:30 ♣ Piano Concert w/ Dan Pollet - GR	9:45 ♠ SJF Nursing Student Event- L 11:15 ♥ Exercise w/ Chris - GR 1:30 ♣ SJF Nursing Student Led Activity - GR 3:30 ♦ Charles Dickens Discussion - CK 6:15 ♠ Movie: Oscar Best Musical - GR	10:00 ♦ Clay Class - AR 11:15 ♥ Exercise w/ Anna - GR 1:30 ♣ Travelogue with Beth Brancato - GR 3:30 ♦ Susan B. Anthony - CK 6:30 ♠ Bingo w/ Nancy - GR	9:45 ♥ Brain Boost Yoga - GR 11:15 ♥ Exercise w/ Chris - GR 2:00 ♦ Music Lecture w/ Larry Shearer - GR 3:30 ♠ Chinese New Year Treats - CK 5:00 ♣ Shabbat Dinner - GR	10:15 ♥ Healing Exercise: Tai Chi - GR 11:00 ♦ Prince Phillip - GR 2:00 ♦ Book Review with Nina - GR 6:30 ♠ Movie: Oscar Favorites - GR
				14	15	16
Random Acts of Kindness Week 10:15 ♥ <i>Stretch & Relax</i> - GR 11:00 ♦ Documentary - GR 2:00 ♦ <i>La Boheme</i> – Pavarotti (Live) w/ Howard Weiss - GR 6:30 ♠ Movie: Oscar Nod-GR	9:45 ♦ Painting Class - AR 11:00 ♠ Chorus - GR 2:00 ♦ Current Events with Neil – GR 3:00 ♥ Tai Chi w/ Carmen - MPR 6:30 ♠ Bingo w/ Barb - GR	Shrove Tuesday 9:45 ♦ Tuesday Times - GR 11:15 ♥ Exercise w/ Janet - GR 2:00 ♣ Glass Craft - AR 3:30 ♦ Science Day Trivia-GR 6:30 ♠ Movie: Vintage Oscar Favorite - GR	Sweethearts Day 9:45 ♠ SJF Nursing Student Event - L 11:15 ♥ Exercise w/ Chris - GR 1:30 ♣ SJF Nursing Student Led Activity - GR 3:30 ♣ Love Stories AND - CK 6:15 ♠ Music w/ Karen Labella - GR	10:00 ♦ Clay Class - AR 11:15 ♥ Exercise w/ Anna - GR 1:30 ♣ Travelogue with Beth Brancato - GR 3:30 ♦ Susan B. Anthony - CK 6:30 ♠ Bingo w/ Nancy - GR	9:45 ♥ Brain Boost Yoga - GR 11:15 ♥ Exercise w/ Chris - GR 2:00 ♦ Music Lecture w/ Larry Shearer - GR 3:30 ♠ Chinese New Year Treats - CK 5:00 ♣ Shabbat Dinner - GR	10:15 ♥ Healing Exercise: Tai Chi - GR 11:00 ♦ Prince Phillip - GR 2:00 ♦ Book Review with Nina - GR 6:30 ♠ Movie: Oscar Favorites - GR
				21	22	23
10:15 ♥ <i>Stretch & Relax</i> - GR 11:00 ♦ Documentary - GR 3:00 ♠ Winter Olympics - GR 6:30 ♦ Crossword Program w/ Larry Shearer - GR	Presidents' Day 9:45 ♦ Painting Class - AR 11:00 ♠ Chorus - GR 2:00 ♠ LCR - GR 3:00 ♥ Tai Chi w/ Carmen-GR 6:30 ♠ Bingo w/ Barb - GR	9:45 ♠ Tuesday 25 - GR 11:15 ♥ Exercise w/ Janet - GR 11:15 ☀ Lunch at Pizza Hut 2:00 ♦ <i>La Boheme</i> – Pavarotti (Live) w/ Howard Weiss - GR 6:30 ♠ Movie: Oscar Winning Actor - GR	9:45 ♠ SJF Nursing Student Event- L 11:15 ♥ Exercise w/ Chris - GR 1:30 ♣ SJF Nursing Student Led Activity – GR 3:30 ♦ Poetry - CK 6:15 ♠ Movie: Oscar Best- GR Best Musical - GR	9:45 ♦ Curling Trivia - CK 11:15 ♥ Exercise w/ Anna - GR 2:00 ♠ February Birthday Party w/ music by Howie - GR 3:30 ♦ George Washington Facts - CK 6:30 ♠ Bingo w/ Nancy - GR	9:45 ♣ Feathered Friends Friday - CK 11:15 ♥ Exercise w/ Chris - GR 2:00 ♠ Gentlemen of Song Present: Music of the Oscars - GR 3:30 ♠ Friday Friends - CK 5:00 ♣ Shabbat Dinner - GR	10:15 ♥ Healing Exercise: Tai Chi - GR 11:00 ♦ Queen Elizabeth at 90 – GR 2:00 ♠ Jack's Jammers - GR 6:30 ♠ Movie: Oscar Winner 1960s - GR
				28		
10:15 ♥ <i>Stretch & Relax</i> - GR 11:00 ♦ Documentary - GR 3:00 ♠ Winter Olympics - GR 6:30 ♦ Crossword Program w/ Larry Shearer – GR 8:00 ♠ Winter Olympics Closing Ceremony GR	9:45 ♦ Painting Class - AR 11:00 ♠ Chorus - GR 2:00 ♦ Current Events with Neil – GR 3:00 ♥ Tai Chi w/ Carmen - MPR 6:30 ♠ Bingo w/ Barb - GR	9:45 ♠ Tuesday 25 - GR 11:15 ♥ Exercise w/ Janet - GR 11:15 ☀ Lunch Outing Pizza Hut 2:00 ♦ Music Lecture With Doris - GR 3:30 ♠ Liz Taylor Trivia - GR 6:30 ♠ Movie: Oscar Connection Elizabeth Taylor - GR	9:45 ♠ SJF Nursing Student Event - L 11:15 ♥ Exercise w/ Chris - GR 1:30 ♣ SJF Nursing Student Led Activity – GR 2:00 ♣ Francis the Dog - L 3:30 ♦ Short Phrases - CK 6:15 ♠ Oscar Movie: GR	Event Locations: AR – Art Room CK – Country Kitchen FR – Family Room GR – Great Room L – Library MPR – Summit Multi-Purpose Room	Please check daily calendar listings for changes Wegmans Trips: Tuesdays – 1:30 PM Wednesdays – 10:30 AM	Judy Scott Activities Contact 4000 Summit Circle Drive Rochester, NY 14618 585-341-2359 jscott@jewishseniorlife.org
25	26	27	28			