

MARCH 2018

The Lodge at Wolk Manor



♥ Health

♣ Inspiration

♠ Fun

♦ Education

☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spring into Action – Let Your Ideas Bloom!		All events subject to change US Mail Delivery Monday – Saturday between 1 & 3 PM	Judy Scott Activities Coordinator 7000 Summit Circle Dr. Rochester, NY 1418 585-341-2359 jscott@jewishseniorlife.org	1 10:30 ♣ Purim Celebration 11:00 ♣ Coffee/Chronicles 11:30 ♥ Horse Shoes 1:30 ♦ Art Class 101 2:30 ♠ Treats and Compliments 3:30 ♦ Netflix: Bill Nye	2 10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Twisted Twister 1:30 ♣ Francis the Dog Visit 2:30 ♣ Yums & Owl Trivia 3:30 ♦ Netflix: Crown 6:15 ♠ Movie: Family Fun	3 10:15 ♣ Coffee/Chronicles 11:00 ♥ Walk with Me 1:30 ☀ Scenic Ride: Rolling Hills 3:00 ♠ Cocoa & Conversation 6:15 ♠ Movie: Musical
Love of Pets Week 4 10:15 ♣ Coffee/Chronicles 11:00 ♥ Walkers Club 2:30 ♠ Snack & Chat 6:15 ♠ Pet Themed Movie 8:00 ♠ 90th Oscars	5 10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ☀ Ride: Genesee Park 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune	6 10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♥ Balloon Toss 1:30 ♣ Elie the Dog Visit 2:30 ♠ Michaelangelo & Munchies 3:30 ♦ Classics 6:15 ♠ Bingo with Barb	7 Wear Plaid Day 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ladder Ball 1:30 ♥ Scavenger Hunt 2:20 ♠ Pretzels & Plaid Trivia 3:00 ♠ The Beat Goes On 6:15 ♣ Music with Joe	8 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Drum Circle 1:30 ♦ Art Class 101 2:30 ♣ Treats & Women’s Day 3:30 ♦ Netflix: Pet Show 7:30 ♦ Jeopardy	9 10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Ping Pong 1:30 ♠ Bird Craft 2:30 ♠ Treats and Trivia 3:30 ♦ Netflix: Crown 6:15 ♠ Movie: Dog Theme	10 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance to the Music 1:30 ☀ Scenic Ride: City Sights 3:00 ♠ Beverages & Bites 6:15 ♠ Movie: Musical
Chocolate Chip Cookie Week 11 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance to the Music 2:30 ♠ Cackles & Cookies 3:15 ♠ Music with Dan 6:15 ♠ Cooking Show	12 10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ♦ Bake Cookies 2:30 ♠ Choc. Chips & Trivia 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune	13 10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:15 ☀ Lunch: Mamasans 1:30 ♠ Movie & Munchies 3:15 ♠ Steve: Songs & Guitar 6:15 ♠ Table Bowling with Barb	14 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Noodle Balloon 1:30 ♦ Pie Craft 2:30 ♠ Pie & Shakespeare 6:15 ♣ Inspirational Movie	15 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ladder Ball 1:30 ♦ Art Class 101 2:30 ♣ Snazzy Snacks 2:45 ♦ Travelogue with Beth 7:30 ♦ Jeopardy	16 10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Tennis Toss 1:30 ☀ Scenic Ride: Main St. Architecture 3:30 ♦ Netflix: Crown 6:15 ♠ Movie: with an M	17 Wear Green Day 10:15 ♣ Coffee/Chronicles 11:00 ♥ IN2L Sing Along 1:30 ☀ Scenic Ride: Green Fields 3:00 ♠ Snacks & Socialize 6:15 ♠ Movie: Musical
Fable Week 18 10:15 ♣ Coffee/Chronicles 11:00 ♥ Walk About 2:30 ♠ Treats & Tracks 3:15 ♠ Music with Karen 6:15 ♠ Fable Movie	19 10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ♠ Bingo 2:30 ♦ Fables & Fizzies 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune	20 10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♥ Noodle Balloon 1:30 ♣ Elie the Dog Visit 2:30 ♠ Snacks & Spring Things 3:30 ♦ Classics 6:15 ♠ Name That Tune With John	21 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Corn Hole Game 1:30 ♠ Truth Twister 2:30 ♣ Poems & Popcorn 3:00 ♠ Treats & the Beats 6:15 ♠ Movie Musical	22 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ping Pong Toss 1:30 ♦ Art Class 101 2:30 ♣ Food & Fables 3:15 ♠ Julia on Violin 7:30 ♦ Jeopardy	23 10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Noodle Balloon 1:30 ♠ Kitten Craft 2:30 ♠ Animal Treats & Chat 3:30 ♦ Netflix: Crown 6:15 ♠ Movie: Cat & Dog Theme	24 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance to the Music 1:30 ☀ Scenic Ride: Barn Tour 2:30 ♠ Snacks & Sips 6:15 ♠ Music w/ Allen
25 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance with Divas 1:30 ♠ Nail Care 2:30 ♠ Treats & Tunes 6:15 ♠ Fable Movie	26 10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ♦ Baking 2:30 ♠ Jokes & Juice 3:30 ♥ Tai Chi with Carmen 7:00 ♠ Wheel of Fortune	27 10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♥ Balloon Toss 1:30 ♣ Francis the Dog Visit 2:30 ♠ Reminisce & Repasts 3:30 ♦ Classics 6:15 ♠ Bingo with Barb	28 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Green Game 1:30 ♠ Planting Seeds 2:15 ♥ Healthy Snack & Chat 3:00 ♠ Treats & the Beats 6:15 ♠ John Wayne Movie	29 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ladder Ball 1:30 ♦ Art Class 101 2:30 ♠ Coca-Cola Day 3:30 ♦ Netflix: Bill Nye 7:30 ♦ Jeopardy	30 10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Balloon Toss 1:30 ♠ Nail Care 3:30 ♦ Classics 6:15 ♠ Movie: Dog Theme	31 10:15 ♣ Coffee/Chronicles 11:00 ♥ IN2L Sing Along 1:30 ♣ Adult Coloring 2:30 ♠ Cookies and Milk 6:15 ♠ Movie: Musical