

🎵 Live Music 💙 Health ☀️ Outings ♠️ Fun

♣️ Inspiration ♦️ Education ♀️ Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wolk Manor Info. Resident TV - CHANNEL 97 > Activities & Changes > Daily Progressive Bingo Numbers > Community Announcements Wolk Manor Concierge 585-341-2345	Programs Subject to Change Check Daily Calendar or TV Ch. 97 Location Key: FR – Family Rm, near Front desk GR - Great Room CK - Country Kitchen AR – Art Room SUM – Summit Grill LIB – Library Event Book – Program Sign up Near Front Desk					
4 8:00 ♀️ Catholic Mass Resident TV Channel 8 10:30 💙 Stretch DVD – GR 2:00 🎵 Live Music! - GR With Debra M. 6:30 ♠️ Movie: DVD - GR	5 10:30 🎵 Sing-Along w/ Joe- GR 2:00 ♠️ Coloring Club - AR With Dan 3:15 ♣️ Clay Class w/ Barb-AR 3:30 ♦️ Guess the Famous - GR Person with Dan 6:30 ♠️ Bingo with Nancy - GR	6 10:30 💙 Flex & Stretch – GR With Dan 12:00 ♠️ Great Room Lunch - GR Chinese 2:00 ♣️ Painting Class 101 – GR w/ Terese & Barb 3:30 ♠️ Would You Rather - GR Questions w/Dan 3:30 💙 Tai Chi with Carm – GR 6:30 ♠️ Movie: DVD - GR	7 10:30 💙 Power & Tone – GR With Dan 2:00 ♦️ 1960s Trivia w/ Dan - GR 3:00 ♣️ Roc Dog Visitor - FR 3:30 ♠️ Scrabble w/ Dan - AR 6:30 ♠️ Movie: DVD - GR	8 10:30 💙 Agility & Strength – GR w/ Dan 2:00 ♠️ Scrabble w/ Dan - AR 3:00 ♦️ WOLK MANOR TOWN HALL With Staff - GR 6:30 🎵 Savannah Legg: Flute – GR JSL Artist in Residence	9 10:30 💙 Cardio w/ Dan - GR 2:00 ♦️ True or False - GR With Dan 3:30 ♦️ Mother Teresa Discussion With Dan - CK 5:00 ♀️ Resident Shabbat Dinner with Pauline – GR	10 10:30 ♦️ Documentary: Netflix TBD - GR 2-4 🎵 Jack's Jazz Jammers 2 Hours of Great Jazz! - GR 6:30 ♠️ Movie: DVD - GR
11 8:00 ♀️ Catholic Mass Resident TV Channel 8 10:30 💙 Healing DVD – GR 2:00 ♦️ Documentary: Netflix TBD 6:30 ♠️ Movie: DVD - GR	12 10:30 🎵 Sing-Along w/ Joe-GR 2:00 ♠️ Cornhole with Dan -GR 3:15 ♣️ Clay Class w/ Barb-AR 3:30 ♠️ Password w/ Dan – GR 6:30 ♠️ Movie: DVD - GR	13 10:30 💙 Flex & Stretch – GR With Dan 2:00 ♣️ Painting Class 101 – GR w/ Terese & Barb 3:30 ♠️ Dominoes w/ Dan - AR 3:30 💙 Tai Chi with Carm – GR 6:30 ♠️ Movie: DVD - GR	14 10:30 💙 Power & Tone - GR With Dan 2:00 ♦️ Group Jeopardy w/ Dan -GR 3:30 ♠️ Famous Quotes - GR With Dan 6:30 ♠️ Movie: DVD - GR	15 10:00 ♦️ Chat with Wolk Director Kathy & Dining - PDR 10:30 💙 Agility & Strength w/ Dan-GR 2:00 ♠️ 20 Questions w/ Dan - GR 3:30 ♀️ Jewish Education - GR With Silvana 6:30 ♠️ Movie: DVD - GR	16 10:30 💙 Cardio w/ Dan - GR 11:30 ☀️ Depart for Lunch Outing Phillips European 3:30 💙 Walking Club with Dan and Jess 5:00 ♀️ Resident Shabbat Dinner with Pauline – GR	17 10:30 ♦️ Documentary: Netflix TBD - GR 2:00 ♠️ Movie: DVD - GR 6:30 ♠️ Movie: DVD - GR
18 8:00 ♀️ Catholic Mass Resident TV Channel 8 10:30 💙 Strength DVD – GR 2:00 ♦️ Documentary: Netflix TBD 6:30 ♠️ Movie: DVD - GR	19 10:30 🎵 Sing-Along w/ Joe- GR 2:00 ♦️ True or False - GR with Dan 3:15 ♣️ Clay Class w/ Barb-AR 3:30 ♠️ Frederick Douglass- GR Discussion w/ Dan 6:30 ♠️ Bingo with Nancy - GR	20 10:30 💙 Flex & Stretch – GR With Dan 12:00 ♠️ Lunch at Summit Grill Music by Mike K. 2:00 ♣️ Painting Class 101 – GR w/ Terese & Barb 3:30 ♠️ Bananagrams w/ Dan - AR 3:30 💙 Tai Chi with Carm – GR 6:30 ♠️ Movie: DVD - GR	21 10:30 💙 Power & Tone - GR With Dan 2:00 ♠️ First Day of Summer Happy Hour! Music by John V –GR 3:00 ♣️ Roc Dog Visitor - FR 3:30 ♦️ Guess the Location - GR With Dan 6:30 ♠️ Movie: DVD - GR	22 10:30 💙 Agility & Strength – GR w/ Dan 2:00 ♠️ Advertising Slogans & - GR Jingles w/ Dan 3:30 🎵 Sing-Along w/ Dan - GR 6:30 ♠️ Movie: DVD – GR	23 10:30 💙 Cardio w/ Dan - GR 2:00 ♦️ Larry Shearer Lecture -GR Dick Haymes 3:30 ♠️ Dice Games w/ Dan - AR 5:00 ♀️ Resident Shabbat Dinner with Pauline – GR	24 10:30 ♦️ Documentary: Netflix TBD - GR 2-4 🎵 Jack's Jazz Jammers 2 Hours of Great Jazz! - GR 6:30 ♠️ Movie: DVD - GR
25 8:00 ♀️ Catholic Mass Resident TV Channel 8 10:30 💙 Stretch DVD – GR 2:00 ♦️ Documentary: Netflix TBD 6:30 ♠️ Movie: DVD - GR	26 10:30 🎵 Sing-Along w/ Joe- GR 2:00 ♦️ Broadway Bob - GR Lecture 3:30 ♠️ Bingo with Dan – GR 6:30 ♠️ Movie: DVD - GR	27 10:30 💙 Flex & Stretch – GR With Dan 2:00 ♣️ Painting Class 101 – GR w/ Terese & Barb 3:30 ♀️ Christian Service - GR with Rev. Darryl 3:30 💙 Tai Chi with Carm – LIB 6:30 ♠️ Movie: DVD - GR	28 10:30 💙 Power & Tone - GR With Dan 2:00 ♀️ Rabbi Rubenstein - GR Lecture 3:30 💙 Ball Toss with Dan - GR 6:30 ♠️ Movie: DVD - GR	29 10:30 💙 Agility & Strength – GR w/ Dan 2:00 ♠️ Scrabble w/ Dan - AR 3:00 ♠️ 20 Questions w/ Dan, -GR Christine & Summit Residents 6:30 ♠️ Movie: DVD – GR	30 10:30 💙 Cardio w/ Dan - GR 11:30 ☀️ Depart for Lunch Outing Bill Grays 3:30 ♠️ 20 Questions w/ Dan 5:00 ♀️ Resident Shabbat Dinner with Pauline – GR	