

May 2018 The Lodge at Wolk Manor



♥ Health ♣ Inspiration ♠ Fun ♦ Education ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Celebrating Rochester: Lilacs and the Flower City		1 10:15 ♥ Exercise Time 11:00 ♣ Coffee/Chronicles 11:30 ♥ Drum Circle 1:30 ♠ Flower Hat Craft 2:30 ♠ May Day & Treats 3:30 ♠ Classics 7:00 ♦ Wheel of Fortune	2 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Twisted Twister 1:30 ♦ Adding It All Up 2:30 ♠ Poetry & Snacks 3:00 ♠ The Beat Goes On 6:00 ♣ Music with Joe	3 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ring Toss 1:30 ♦ Art Class 101 2:30 ♠ Treats / Joe DiMaggio Day 3:30 ♠ Vintage Selections 7:30 ♦ Jeopardy	4 10:15 ♥ Stretch & Relax 10:45 ♣ Coffee/Chronicles 11:30 ♥ Ping Pong 1:30 ♦ Uno 2:30 ♠ Treats & Trivia 3:30 ♦ Netflix: Architecture 6:15 ♠ Movie: Mystery	5 Kentucky Derby Day 10:15 ♣ Coffee/Chronicles 11:00 ♥ Walk About 1:30 ☀ Scenic Ride: Country Sights 2:30 ♠ Snacks & Sips 6:30 ♠ Kentucky Derby 7:00 ♠ Lawrence Welk
6 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance to the Music 1:30 ♠ Nail Care 2:30 ♠ Cackles & Cookies 3:15 ♠ Movie: Comedy 6:15 ♠ Movie: Romance	7 10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ♠ Card Game 2:30 ♠ Happy Hour 3:45 ♥ Tai Chi with Carmen 6:30 ♠ Table Bowling with Robin	8 10:15 ♥ Exercise Time 11:00 ♣ Coffee/Chronicles 11:30 ♥ Traveling Tunes 1:30 ♣ Ellie the Dog 2:00 ♠ Snacks & VE Day 3:30 ♠ Tool Time 6:15 ♠ Music with Karen	9 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Horse Shoes 1:30 ♥ Flower Craft 2:30 ♠ Morsels & Mothers Celebration 3:15 ♠ Jeanne on Piano 6:15 ♣ Inspirational Movie	10 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Noodle Balloon 1:30 ♦ Art Class 101 2:30 ♠ Tidbits & Tunes 3:30 ♠ Netflix Andy Griffith Show 7:30 ♦ Jeopardy	11 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ping Pong Toss 1:30 ☀ Scenic Ride: Ellison Park & Tidbits ♠ Movie & Munchies 3:30 ♠ Documentary 7:00 ♦ Wheel of Fortune	12 10:15 ♣ Coffee/Chronicles 11:00 ♥ Timely Tunes 1:30 ☀ Scenic Ride: City Sites 2:30 ♠ Snacks & Socialize 6:15 ♠ Movie: Musical
13 Mother's Day 10:15 ♣ Coffee/Chronicles 11:00 ♥ Walk About 1:30 ♠ Nail Care 2:30 ♠ Treats & Tracks 3:15 ♠ Movie: Musical 6:15 ♠ Movie: Family Fun	14 10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 1:30 ☀ Scenic Ride: Lilacs ♠ Movie & Morsels 3:45 ♥ Tai Chi with Carmen 7:00 ♦ Wheel of Fortune	15 10:15 ♥ Exercise Time 11:00 ♣ Coffee/Chronicles 11:30 ♥ Build It! 1:30 ♠ Adding It All Up 2:30 ♠ Lilacs & Treats 7:00 ♠ Nail Care 7:30 ♦ Jeopardy	16 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Corn Hole Game 1:30 ♦ Kitchen Trivia 2:00 ♠ May Birthday Bash Liberace's Too! 3:00 ♠ The Beat Goes On 6:15 ♠ Movie: Comedy	17 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 6:10 ♠ Table Bowling with Robin	18 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ping Pong Toss 1:30 ♦ Card Game 2:30 ♠ Refreshments & Fun 3:00 ♣ Lolly Pop Farm Visitors 7:00 ♦ Wheel of Fortune	19 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance to the Music 1:30 ♠ Nail Care 2:30 ♠ Snacks & Sips 7:00 ♠ Lawrence Welk
20 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance with Divas 1:30 ♣ Adult Coloring 2:30 ♠ Cackles & Cookies 3:15 ♠ Music with John 6:15 ♠ Movie: 1990's	21 10:15 ♥ Move and Groove 11:00 ♣ Choir – Wolk 12:00 ☀ Lunch at Sticky Lips 1:30 ♠ Movie & Munchies 3:45 ♥ Tai Chi with Carmen 6:15 ♠ Table Bowling with Robin	22 10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♥ Build It! 1:30 ♣ Elie the Dog Visit 2:30 ♠ Vanilla Pudding Day 3:00 ♠ Doris Music Lecture 6:15 ♠ Movie: Comedy	23 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ World Ball 1:30 ♠ Sing Along with Gloria 2:30 ♣ Oasis Tappers & Treats 3:30 ♠ Netflix: Andy Griffith Show 6:15 ♠ Movie: Leading Lady	24 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Balloon Toss 1:30 ♦ Art Class 101 2:30 ♠ Tidbits & Tunes 3:30 ♠ Classics 6:15 ♠ Music with Sam	25 10:15 ♥ Stretch & Relax 11:00 ♣ Coffee/Chronicles 11:15 ☀ Lunch Outing: Log Cabin 1:30 ♠ Movie & Morsels 3:30 ♠ Vintage 6:15 ♠ Movie: Animal Theme	26 10:15 ♣ Coffee/Chronicles 11:00 ♥ Garden Walk 1:30 ☀ Scenic Ride: Waterways 2:30 ♠ Tunes & Treats 6:15 ♠ Movie: Musical
27 10:15 ♣ Coffee/Chronicles 11:00 ♥ Dance with Divas 1:30 ♠ Nail Care 2:30 ♠ Snack & Chat 3:15 ♠ Music with Allen 6:15 ♠ Movie: Oldie but Goodie	28 Memorial Day 10:15 ♣ Coffee/Chronicles 11:00 ♥ Garden Gazing 1:30 ♣ Adult Coloring 2:30 ♠ Treats & Tracks 3:15 ♠ Movie: Romance 6:15 ♠ Movie: Patriotic	29 10:15 ♥ Exercise Time 10:45 ♣ Coffee/Chronicles 11:30 ♥ Drum Circle 1:30 ♠ Flower Planting 2:30 ♠ Words & Treats 3:15 ♠ Julia on Violin 6:15 ♠ Movie: Leading Man	30 10:15 ♥ Getting Fit 11:00 ♣ Coffee/Chronicles 11:30 ♥ Ladder Ball 1:30 ♣ Francis the Dog Visit 2:15 ♠ Morsels & Merriment 3:30 ♠ The Beat Goes On 6:15 ♠ Family Party with RSVP Music by Paul	31 10:15 ♥ Fitness 11:00 ♣ Coffee/Chronicles 11:30 ♥ Twisted Twister 1:30 ♦ Art Class 101 2:30 ♠ Bites & What If? 3:30 ♦ Architecture 6:15 ♠ Bingo with Robin	All events subject to change US Mail Delivery Monday – Saturday between 1 & 3 PM	
						Judy Scott Activities Coordinator 7000 Summit Circle Dr. Rochester, NY 14618 585-341-2356 jscott@jewishseniorlife.org