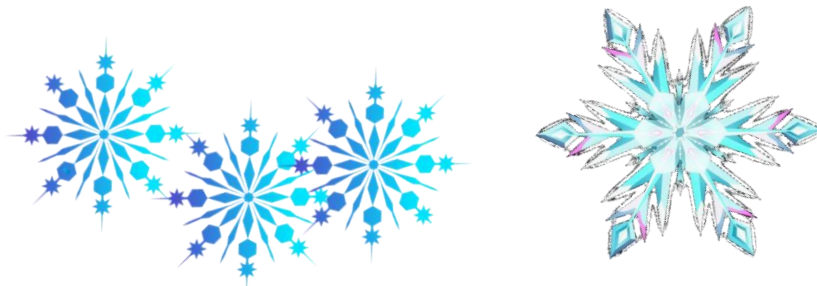


December Wolk Manor



♥ Health ♣ Inspiration ♠ Fun ♦ Education ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>December, A time for Reflection</p>		<p>Please check Daily Calendar for changes</p> <p>Grocery Store Trips: Tuesdays Wegmans 1:00 PM Wednesdays Tops 12:30 PM Thursdays Wegmans 10:30 AM</p> <p>Wolk Concierge 341-2345</p>	<p>Event Locations: AR – Art Room CK – Country Kitchen PDR – Private Dining Room GR – Great Room LIB – Library MPR – Summit Multi-Purpose Room</p>		<p>Judy Scott Activities Coordinator Wolk Manor 4000 Summit Circle Dr. Rochester, NY 14618</p> <p>585-341-2356 jscott@jewishseniorlife.org</p>	<p>10:00 ♥ <i>Healing Exercise: Tai Chi</i> - GR</p> <p>11:00 ♠ Poldark S3 - E4 - GR</p> <p>2:00 ♠ Singer Mike Sidoti - GR</p> <p>6:30 ♠ Movie Committee Flick: Captains Courageous - GR</p>
<p>10:00 ♥ Stretch & Relax - GR 2</p> <p>11:00 ♦ Documentary - GR</p> <p>2:00 ♠ John Williams on Piano – GR</p> <p>4:00 ♣ Chanukah Music with Candle Lighting at 4:15 – GR</p> <p>6:30 ♠ Meryl Streep Movie: First Do No Harm Chanukah Starts at Sundown</p>	<p>3</p> <p>9:45 ♣ Painting Class - AR</p> <p>11:00 ♠ Chorus with Joe - GR</p> <p>2:00 ♠ Game Time - GR</p> <p>3:00 ♥ Tai Chi w/ Carmen – GR</p> <p>4:00 ♣ Chanukah Music with Candle Lighting at 4:15 – GR</p> <p>6:30 ♠ Bingo w/ Nancy – GR</p>	<p>4</p> <p>10:00 ♣ Holiday Card Making - GR</p> <p>11:15 ♥ Exercise w/ Janet - GR</p> <p>2:00 ♦ Don Hall Lecture: Jewish Architecture of Rochester – GR</p> <p>4:00 ♣ Chanukah Music with Candle Lighting at 4:15 – GR</p> <p>6:30 ♠ Movie: The Guernsey Literary Potato Peel Pie Society - GR</p>	<p>5</p> <p>10:00 ♠ Wednesday Words - GR</p> <p>11:15 ♥ Totally Fit Balance & Stability with Jodi - GR</p> <p>2:00 ♦ Christopher Bensch: Strong Museum Lecture Best Collection Ever! – GR</p> <p>4:00 ♣ Chanukah Music with Candle Lighting at 4:15 – GR</p> <p>6:30 ♠ Movie: The Frisco Kid – GR</p>	<p>6</p> <p>10:00 ♦ Washington Monument Trivia & MORE - LIB</p> <p>11:15 ♥ Exercise w/ Anna - GR</p> <p>2:00 ♠ Bingo – GR</p> <p>4:00 ♣ Chanukah Music with Candle Lighting at 4:15 – GR</p> <p>6:30 ☀ Scenic Night Ride: Rochester Sights & MAG</p> <p>6:30 ♠ Movie - GR</p>	<p>7</p> <p>10:00 ♠ Cranium Crunch - GR</p> <p>11:15 ♥ Totally Fit Strength Training with Jodi- GR</p> <p>2:00 ♦ Lecture w/ Larry Shearer: Music & Life of Dinah Shore Pt. 1 - GR</p> <p>5:00 ♣ Chanukah Candle Lighting & Shabbat Dinner - GR</p>	<p>8</p> <p>10:00 ♥ <i>Healing Exercise: Tai Chi</i> - GR</p> <p>11:45 ♣ Greek Orthodox Choir ½ Hour Performance - GR</p> <p>2:00 ♠ Jack's Jazz Jammers - GR</p> <p>4:00 ♣ Chanukah Music with Candle Lighting at 4:15 – GR</p> <p>6:30 ♠ Movie: Musical - GR</p>
<p>9</p> <p>10:00 ♥ Stretch & Relax - GR</p> <p>11:00 ♦ Documentary - GR</p> <p>2:00 ♠ DJ Blaze: Request your Favorite Songs – GR</p> <p>4:00 ♣ Chanukah Music with Candle Lighting at 4:15 – GR</p> <p>6:30 ♦ Crosswords with Larry Shearer - GR</p>	<p>10</p> <p>9:45 ♣ Painting Class - AR</p> <p>11:00 ♠ Chorus with Joe - GR</p> <p>2:00 ♠ Current Events with Neil & Refreshments - GR</p> <p>3:00 ♥ Tai Chi w/ Carmen – MPR</p> <p>3:30 ♦ Movie Committee - AR</p> <p>6:30 ♠ Movie – GR Chanukah Ends at Sunset</p>	<p>11</p> <p>10:00 ♦ Tuesday Tunes - GR</p> <p>11:15 ♥ Exercise w/ Janet – GR</p> <p>2:00 ♠ Geriactors Present: <i>Wisdom from a Park Bench</i> – GR</p> <p>3:30 ♠ Dining Forum - GR</p> <p>6:30 ♠ Movie: Newer - GR</p>	<p>12</p> <p>10:00 ♣ Bible with the Backbeat with Rabbi Steven for EVERYONE - GR</p> <p>11:00 ♣ Francis Dog Visit - LIB</p> <p>11:15 ♥ Totally Fit Balance & Stability with Jodi - GR</p> <p>2:00 ♠ Happy Hour Music with Dick Leschorn – GR</p> <p>6:30 ♠ Movie – GR</p>	<p>13</p> <p>10:00 ♦ Clay Class - AR</p> <p>11:15 ♥ Exercise w/ Anna – GR</p> <p>11:15 ☀ Lunch Outing: Nick's Seabreeze Inn</p> <p>2:00 ♠ Movie - GR</p> <p>6:30 ♠ Arsen Jamkotchian Classical Pianist - GR</p>	<p>14</p> <p>9:45 ♥ Brain Boost Yoga - GR</p> <p>11:15 ♥ Totally Fit Strength Training with Jodi- GR</p> <p>2:00 ♠ Stacy Miller's Hat Show - GR</p> <p>3:30 ♠ Snow Craft - AR</p> <p>5:00 ♣ Shabbat Dinner - GR</p>	<p>15</p> <p>10:00 ♥ <i>Healing Exercise: Tai Chi</i> - GR</p> <p>11:00 ♠ Poldark S3 – E5 - GR</p> <p>2:00 ♠ George DeMott Tenor Holiday Selections - GR</p> <p>6:30 ♠ Movie - GR Movie Committee Flick</p>
<p>16</p> <p>10:00 ♥ Stretch & Relax - GR</p> <p>11:00 ♦ Documentary - GR</p> <p>2:00 ♠ Howard Weiss Presents: Tschaikovsky's "Swan Lake" American Ballet Theater - GR</p> <p>6:30 ♠ Movie: Harry Potter and the Chamber of Secrets - GR</p>	<p>17</p> <p>9:45 ♣ Painting Class - AR</p> <p>11:00 ♠ Chorus with Joe - GR</p> <p>2:00 ♠ LCR Game – GR</p> <p>3:00 ♥ Tai Chi w/ Carmen - GR</p> <p>6:30 ♠ Sing Along with Karen LaBella– GR</p>	<p>18</p> <p>9:30 ☀ Transportation to Catholic Mass at JH Tower</p> <p>10:00 ♠ Clay Class - AR</p> <p>11:15 ♥ Exercise w/ Janet – GR</p> <p>11:15 ☀ Lunch at Cracker Barrel</p> <p>2:00 ♠ Documentary – GR</p> <p>3:30 ♠ Dining Forum - GR</p> <p>6:30 ♠ Music with Ernesto LaBella - GR</p>	<p>19</p> <p>10:00 ♠ Name 25 - AR</p> <p>11:15 ♥ Totally Fit Balance & Stability with Jodi - GR</p> <p>2:00 ♠ Catholic Discussion with Deacon Jeff – GR</p> <p>3:30 ♠ Bingo - GR</p> <p>6:30 ☀ Scenic Ride: Holiday Lights</p> <p>6:30 ♠ Movie – GR</p>	<p>20</p> <p>10:00 ♣ Communion & Homily with Deacon Jeff - PDR</p> <p>11:15 ♥ Exercise w/ Anna - GR</p> <p>1:30 ♣ Travelogue with Beth Brancato - GR</p> <p>3:30 ♦ December 20th Trivia - GR</p> <p>6:30 ♠ Movie - GR</p>	<p>21</p> <p>10:00 ♣ Snow Craft - GR</p> <p>11:15 ♥ Totally Fit Strength Training with Jodi- GR</p> <p>2:00 ♦ Lecture w/ Larry Shearer: Music & Life of Dinah Shore Pt. 2 - GR</p> <p>3:30 ♠ Fizzy Friday - CK</p> <p>5:00 ♣ Shabbat Dinner - GR</p>	<p>22</p> <p>10:30 ♣ Sabbath Service with Rabbi Steven Rubenstein - GR</p> <p>2:00 ♠ Jack's Jazz Jammers - GR</p> <p>6:30 ♠ Movie: Something Newer - GR</p>
<p>23</p> <p>10:00 ♥ Stretch & Relax - GR</p> <p>11:00 ♦ Documentary - GR</p> <p>2:00 ♠ Movie - GR</p> <p>6:30 ♦ Crosswords with Larry Shearer - GR</p> <p>30</p> <p>10:00 ♥ Stretch & Relax - GR</p> <p>11:00 ♦ Documentary - GR</p> <p>2:00 ♠ Encore! Howard Weiss Presents: Tschaikovsky's "Swan Lake" American Ballet Theater - GR</p> <p>6:30 ♠ Movie - GR</p>	<p>24</p> <p>9:45 ♣ Painting Class - AR</p> <p>11:00 ♠ Chorus with Joe - GR</p> <p>2:00 ♠ Current Events with Neil & Refreshments - GR</p> <p>6:30 ♠ Movie – GR</p> <p>31</p> <p>2:00 ♠ New Year's Eve Party Music w/ Tom & Tony - GR</p> <p>6:30 ♠ New Year's Eve Party and Dessert Bar Music by KTG Trio & Vocalist - GR</p>	<p>25</p> <p style="text-align: center;">Christmas Day</p> <p>10:00 ♥ Exercise - GR</p> <p>11:00 ♦ Documentary - GR</p> <p>2:00 ♠ Movie - GR</p> <p>6:30 ♠ Movie: Bing Crosby - GR</p>	<p>26</p> <p>10:00 ♠ Nosh & Learn with Silvana - CK</p> <p>11:15 ♥ Totally Fit Balance & Stability with Jodi - GR</p> <p>2:00 ♠ December Birthday Party Music w/ Mike Kornrich - GR</p> <p>3:30 ♠ Word in a Word - CK</p> <p>6:30 ♠ Movie – GR</p>	<p>27</p> <p>10:00 ♦ Clay Class - AR</p> <p>11:15 ♥ Exercise w/ Anna – GR</p> <p>2:00 ♠ Seneca Park Zoo Presentation – GR</p> <p>3:30 ♦ Poetry Corner - LIB</p> <p>6:30 ♠ Movie - GR</p>	<p>28</p> <p>9:45 ♥ Brain Boost Yoga - GR</p> <p>11:15 ♥ Totally Fit Strength Training with Jodi- GR</p> <p>2:00 ♠ Bingo - GR</p> <p>3:30 ♠ Friday Foolishness - AR</p> <p>5:00 ♣ Shabbat Dinner - GR</p>	<p>29</p> <p>10:00 ♥ <i>Healing Exercise: Tai Chi</i> - GR</p> <p>11:00 ♠ Poldark S3 – E6 - GR</p> <p>2:00 ♠ Movie: Winter Theme - GR</p> <p>6:30 ♠ Movie - GR</p>

