February 2020 Wolk Manor

♥ Health ♣ Inspiration ♠ Fun ♦ Education ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feel the Love: **Movie Magic, Black History, Football**			**Evening Programs Start Time 6:00 pm** **Because so many of you have asked, most Wolk Manor evening programs will start at 6:00 pm.**	**Program Locations:** **AR – Art Room** **CK – Country Kitchen** **FE – Front Entrance** **PDR – Private Dining Room** **GR – Great Room** **LIB – Library** **MPR – Summit**	**PROGRAMS can CHANGE** **Check Daily Calendar or App** **Wolk Manor Concierge 585-341-2345** **Grocery Store Trips:** Tuesdays Wegmans – 1:00 PM Wednesdays Tops – 12:30 PM Thursdays Wegmans – 10:30 AM	**1** 10:00 ♥ *Stretch Time* - GR 11:00 ♠ Crown S3 / E1 - GR 2:00 ♠ Movie Part 1 Oldie - GR 6:00 ♠ Movie Part 2: Oldie - GR
2 10:00 ♦ Great Courses: Art Across the Ages – # 8 & 9 - GR 11:15 ♥ Exercise with Janet - GR 2:00 ♠ Movie: Oscar Musical - GR 6:30 ♠ SUPER BOWL – GR	**3** 9:45 ♦ Super Bowl Trivia - GR 11:00 ♠ Chorus with Joe – GR 1:15 ♥ Gym Time with Jodi – Meet at Front Desk 2:00 ♠ Make Sachets - AR 3:00 ♥ Tai Chi w/ Carmen - GR 6:00 ♠ Bingo with Nancy - GR	**4** 10:00 ♠ Clay Class - AR 11:15 ♥ *Sit & Be Fit* – GR 11:15 ☀ **Depart for Lunch at Olive Garden** 2:00 ♠ Movie: Shakespeare – GR 3:30 ♥ Wii Bowling - GR 6:00 ♠ Movie: Won 8 Oscars - GR	**5** 10:00 ♦ Find the Word – GR 10:00 ♣ Communion & Homily with Deacon Jeff - PDR 11:15 ♥ Totally Fit Balance & Stability with Jodi – GR 2:00 ♠ Tunes with Donna – GR 3:30 ♠ Card Making - AR 6:00 ♠ Movie: Civil Rights - GR	**6** 10:00 ♠ Pampering Day - AR 11:00 ♥ Exercise with Patsy – GR 1:30 ♠ Painting Class 101 - AR 3:00 ♠ Bingo - GR 6:00 ♠ Movie: Musical with an Oscar - GR	**7** 9:45 ♠ Brain Boost Yoga - GR 11:15 ♥ Totally Fit Strength Training with Jodi – GR 2:00 ♦ Larry Shearer Music Lecture: Pat Boone - GR 3:30 ♠ Tea & Oscar Trivia - CK 5:00 ♣ Shabbat Dinner - GR	**8** 10:00 ♥ *Stretch Time* - GR 11:00 ♠ Crown S3 / E2 - GR 2 - 4 ♠ Jack's Jazz Jammers - GR 6:00 ♠ Movie: Oscar 6 wins including Best Score- GR
9 10:00 ♦ Great Courses: Art Across the Ages – # 10 & 11 - GR 11:15 ♥ Exercise with Janet - GR 2:00 ♠ Gutar & Ukulele Music with Bob Lyna - GR 6:00 ♦ Crossword Puzzle with Larry Shearer – GR 8:00 ♠ 92nd Oscar Ceremony-GR	**10** 9:45 ♠ Cookie Baking – CK Bring your Recipes! 11:00 ♠ Chorus with Joe – GR 1:15 ♥ Gym Time with Jodi – Meet at Front Desk 2:00 ♠ Bingo - GR 3:00 ♥ Tai Chi w/ Carmen - GR 6:00 ♠ Movie: Historical Oscar - GR	**11** 10:00 ♠ Clay Class - AR 11:15 ♥ Exercise with Anna – GR 11:15 ☀ **Depart for Lunch at Tully's** 2:00 ♦ Documentary – GR 3:30 ♥ Wii Bowling - GR 6:00 ♠ Movie: Committee Flick - GR	**12** 10:00 ♣ Nosh & Learn with Silvana - GR 11:15 ♥ Totally Fit Balance & Stability with Jodi – GR 2:00 ♠ Sweetheart Soiree Happy Hour Music with Tom & Tony - GR 3:30 ♦ Brain Puzzles – GR 6:00 ♠ Movie: Beatles - GR	**13** 10:00 ♣ Tucker the Dog Visit - GR 11:15 ♥ Exercise with Anna – GR Noon **Pizza Party at The Summit Grill** 1:30 ♠ Painting Class 101 – GR 3:00 ♦ **Food Forum** – GR 4:00 ♦ African Am. Trivia - GR 6:00 ♠ Movie: Should Have Won	**14** 9:45 ♠ Love Theme Craft - GR 11:15 ♥ Totally Fit Strength Training with Jodi – GR 2:00 ♦ Current Events with Neil - GR 3:30 ♠ Love Poetry & Gourmet Tea - CK 5:00 ♣ Shabbat Dinner - GR	**15** 10:30 ♣ Sabbath Service - GR with Rabbi Rubenstein 2:00 ♠ Movie Part 1 Oldie - GR 6:00 ♠ Movie Part 2: Oldie - GR
16 10:00 ♦ Great Courses: Art Across the Ages – # 12 & 13 - GR 11:15 ♥ Exercise with Janet - GR 2:00 ♠ Movie: Best Actor Oscar - GR 6:00 ♦ Crossword Puzzle with Larry Shearer – GR	**17** 9:45 ♠ Punny Monday - GR 11:00 ♠ Chorus with Joe – GR 1:15 ♥ Gym Time with Jodi – Meet at Front Desk 2:00 ♦ African American Jazz Greats - GR 3:00 ♥ Tai Chi w/ Carmen - GR 6:00 ♠ Bingo with Nancy - GR	**18** 9:30 ☀ **Depart for JH** ♣ **Catholic Mass** 10:00 ♠ Clay Class - AR 11:15 ♥ Exercise with Anna – GR 1:30 ☀ **Depart Scenic Ride Ellison Park** 3:30 ♠ Tunes with Donna - GR 3:30 ♠ Card Games - AR 6:00 ♠ Movie: Friendship - GR	**19** 10:00 ♦ Wordy Wednesday – GR 11:15 ♥ Totally Fit Balance & Stability with Jodi – GR 2:00 ♦ Mayan City of Copa Lecture by Jim Nofziger – GR 3:30 ♥ Wii Bowling - GR 6:30 ♠ Hannah Schuldt Performs Guitar, Piano, Cello, Song - GR	**20** 10:00 ♦ Nutrition Lecture - GR 11:15 ♥ Exercise with Anna – GR 1:30 ♠ Painting Class 101 - AR 2:45 ♣ Travelogue with Beth Brancato Uzbekistan – GR 3:45 ♦ Movie Committee Mtg - AR 6:00 ♠ Movie: Winner - Animated Oscar - GR	**21** 9:45 ♠ Brain Boost Yoga - GR 11:15 ♥ Totally Fit Strength Training with Jodi – GR 2:00 ♦ Larry Shearer Music Lecture: Nat King Cole – GR 3:30 ♠ Mask Craft - AR 5:00 ♣ Shabbat Dinner - GR	**22** 10:00 ♥ *Stretch Time* - GR 11:00 ♠ Crown S3 / E3 - GR 2 - 4 ♠ Jack's Jazz Jammers - GR 6:00 ♠ Movie: Oscar Best Score - GR
23 10:00 ♦ Great Courses: Art Across the Ages – # 14 & 15 - GR 11:15 ♥ *Stretch & Relax* - GR 2:00 ♠ Roxanne Zeigler on Harp - GR 6:00 ♠ Movie: Requested Again – GR	**24** 9:45 ♠ Cookie Baking – CK Bring your Recipes! 11:00 ♠ Chorus with Joe – GR 1:15 ♥ Gym Time with Jodi – Meet at Front Desk 1:30 ☀ **Depart for Scenic Ride Genesee River** 3:00 ♥ Tai Chi w/ Carmen - GR 6:00 ♠ Movie: Oscar Win - GR	**25** 10:00 ♣ Bride for a Night with Rabbi Rubenstein - GR 11:15 ♥ Exercise with Anna – GR 2:00 ♠ Mardi Gras Style February Birthday Party with Music by Brylcreem Brothers - GR 3:30 ♦ The Times - AR 6:00 ♠ Movie: Committee Flick - GR	**26** 10:00 ♠ Keshet Pre-K Visit Circle of Friends - GR 11:15 ♥ Totally Fit Balance & Stability with Jodi – GR 11:45 ♣ Catholic Ash Wed. - PDR 2:00 ♠ Eastman Rochester New Horizons Second Winds Clarinet Octet - GR 3:30 ♥ Wii Bowling - GR 6:00 ♠ Movie: Oscar Win - GR	**27** 10:00 ♣ Tucker the Dog Visit - GR 11:15 ♥ Exercise with Anna – GR 1:30 ♠ Painting Class 101 – AR 3:00 ♦ **Town Hall Mtg.** - GR 6:00 ♠ Movie: Criterion - GR	**28** 9:45 ♠ Craft & Coffee - GR 11:15 ♥ Totally Fit Strength Training with Jodi – GR 2:00 ♦ Current Events with Neil - GR 3:30 ♠ Left Center Right Game - AR 5:00 ♣ Shabbat Dinner - GR	**29** 10:00 ♥ *Stretch Time* - GR 11:00 ♠ Crown S3 / E4 -GR 2:00 ♠ Dan Pollet on Piano - GR 6:00 ♠ Movie: Oscar Favorite - GR

Judy Scott, Activities Coordinator Wolk Manor 4000 Summit Circle Drive Rochester, NY 14618 585-341-2356 **Please sign up for lunches & outings in the Wolk Manor Trip Book**