

February 2020

The Lodge at Wolk Manor

♥ Health

♣ Inspiration

♠ Fun

♦ Education

☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Kate Rickard Activities Coordinator The Lodge at Wolk Manor 585-341-2359 krickard@jewishseniorlife.org		All events are subject to change! Please check daily calendars or app for updated schedules.
						10:00 ♠ Nail Care 11:00 ☀ Scenic Ride: Outdoor Art 2:00 ♠ Uno 3:30 ♠ Happy Hour 7:00 ♠ Lawrence Welk 1
10:30 ♥ Volleyball 11:00 ♣ Daily Chronicles 2:00 ♠ Slime 3:30 ♠ Classic Film 6:30 ♠ Super Bowl LIV (CBS) 2	9:45 ♣ Art Class 101 11:00 ♣ Choir 1:30 ☀ Scenic Ride: By the Bay 2:00 ♠ Midday Matinee 3:45 ♥ Tai Chi with Carmen 6:00 ♥ Walking Group 3	10:00 ♠ Would You Rather? 11:00 ♣ Daily Chronicles 1:30 ♠ Resident Council 2:00 ♥ Energize with Patsy 3:30 ♠ Draw by Numbers 6:00 ♠ Residents Choice 4	10:00 ♥ Yoga with Beth 11:00 ♣ Daily Chronicles 1:30 ♠ Midday Matinee 3:00 ♥ Volleyball 6:00 ♠ Music with Joe Miltsch 5	10:00 ♥ Stretch & Relax 11:15 ☀ Lunch Outing: Ferrari Pizza 2:00 ♠ Headbands 3:00 ♦ Planet Earth 4:00 ♥ Walking Group 6:30 ♠ Romantic Comedy 6	10:00 ♥ Chair Yoga 11:00 ♠ Slime 1:30 ♠ Cards 2:30 ♦ Jeopardy 3:30 ♠ Happy Hour 6:00 ♠ Music with Maury 7	10:00 ♠ Nail Care 11:00 ☀ Scenic Ride: Durand Drive 2:00 ♠ Greta the Dog 3:00 ♠ Performance by the Oasis Tappers 7:00 ♠ Lawrence Welk 8
10:30 ♥ Volleyball 11:00 ♣ Daily Chronicles 2:00 ♠ Slime 3:30 ♠ Music with John Williams 7:00 ♠ Live from the Red Carpet (E!) 8:00 ♠ The Academy Awards 9	9:45 ♣ Art Class 101 11:00 ♣ Choir 1:30 ♠ Table Bowling 2:30 ♠ Midday Matinee 3:45 ♥ Tai Chi with Carmen 6:00 ♥ Walking Group 10	10:00 ♥ Move & Groove 11:00 ♣ Sing Along with Hannah 1:30 ♠ Elie the Dog 2:00 ♠ Dominoes 3:30 ♠ Treats & Tunes 6:00 ♠ Residents Choice 11	10:30 ♥ Exercise with Jodi 11:00 ♣ Daily Chronicles 1:30 ♠ Table Bowling 2:30 ♠ Memory Match-up 3:30 ♠ Seneca Park Zoo Mobile 6:00 ♠ Random Knowledge 12	10:00 ♥ Stretch & Relax 11:00 ♣ Daily Chronicles 1:30 ♣ Travelogues with Beth 3:00 ♦ Planet Earth 4:00 ♥ Walking Group 6:30 ♠ Ladder Ball 13	10:00 ♥ Chair Yoga 11:00 ♠ Slime 1:30 ♠ Random Knowledge 2:30 ♦ Jeopardy 3:30 ♠ Happy Hour 6:00 ♠ Valentine's Day Party With Music by Hannah PK 14	10:00 ♠ Nail Care 11:00 ☀ Scenic Ride: Ellison Park 2:00 ♠ Dominoes 3:30 ♠ Happy Hour 7:00 ♠ Lawrence Welk 15
10:30 ♥ Volleyball 11:30 ♣ Daily Chronicles 1:30 ♠ Classic Film 3:30 ♥ Stretch & Relax 6:30 ♠ Residents Choice 16	9:45 ♣ Art Class 101 11:00 ♣ Choir 1:30 ☀ Scenic Ride: Marvelous Mendon 2:00 ♠ Midday Matinee 3:45 ♥ Tai Chi with Carmen 6:00 ♥ Walking Group 17	10:00 ♠ Would You Rather? 11:00 ♣ Daily Chronicles 1:30 ♠ Riddles 2:00 ♥ Energize with Patsy 3:30 ♠ Draw by Numbers 6:00 ♠ Residents Choice 18	10:30 ♥ Exercise with Jodi 11:30 ♣ Daily Chronicles 1:30 ♠ Draw by Numbers 2:30 ♠ Pizza Party 3:30 ♠ Heart Scavenger Hunt 6:00 ♠ Sorry 19	10:00 ♥ Stretch & Relax 11:00 ♣ Daily Chronicles 1:30 ♠ Pictures and Portraits 3:00 ♦ Planet Earth 4:00 ♥ Walking Group 6:30 ♠ Ladder Ball 20	10:00 ♥ Chair Yoga 11:00 ♠ Music with Allen Hopkins 1:30 ♠ Cards 2:30 ♦ Jeopardy 3:30 ♠ Happy Hour 6:30 ♠ Residents Choice 21	10:00 ♠ Nail Care 11:00 ☀ Scenic Ride: Downtown Drive 2:00 ♠ Board Games 3:30 ♠ Greta the Dog 6:30 ♠ Drive-in Movie: Robin Hood 22
10:30 ♥ Volleyball 11:30 ♣ Daily Chronicles 1:30 ♠ Classic Film 3:30 ♥ Stretch & Relax 6:30 ♠ Residents Choice 23	9:45 ♣ Art Class 101 11:00 ♣ Choir 1:30 ♠ Table Bowling 2:30 ♠ Midday Matinee 3:45 ♥ Tai Chi with Carmen 6:00 ♥ Walking Group 24	10:00 ♥ Move & Groove 11:00 ♠ UNO 1:30 ♠ Elie the Dog 2:00 ♥ Energize with Patsy 3:30 ♠ Treats & Tunes 6:00 ♠ Residents Choice 25	10:30 ♥ Exercise with Jodi 11:00 ♣ Music Lecture with Doris: Mitch Miller Sing Along Gang 1:30 ♠ Draw by Numbers 2:30 ♠ February Birthday Party 3:30 ♠ Snack Social 6:00 ♠ Sorry 26	10:00 ♥ Stretch & Relax 11:15 ☀ Lunch Outing: Tully's 2:00 ♠ Headbands 3:00 ♦ Planet Earth 4:00 ♥ Walking Group 6:30 ♠ Mystery Movie 27	10:00 ♥ Chair Yoga 11:00 ♠ Slime 1:30 ♠ Cards 2:30 ♦ Jeopardy 3:30 ♠ Happy Hour 6:00 ♠ Music with Julia Peacock 28	10:00 ♠ Nail Care 11:00 ☀ Scenic Ride: Canal Drive 2:00 ♠ Board Games 3:30 ♠ Happy Hour 7:00 ♠ Lawrence Welk 29