

# March 2020



# The Lodge at Wolk Manor



♥ Health   ♣ Inspiration   ♠ Fun   ♦ Education   ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>10:30 ♥ Volleyball</p> <p>11:30 ♣ Name that Tune!</p> <p>1:30 ♠ Historical Film</p> <p>3:30 ♥ Stretch &amp; Relax</p> <p>6:30 ♠ Resident's Choice</p> <p style="text-align: right;"><b>1</b></p>	<p>9:45 ♣ Art Class 101</p> <p>11:00 ♣ Choir</p> <p>1:30 ☀ Scenic Ride: Marvelous Mendon</p> <p>2:30 ♠ Creative Crosswords</p> <p>3:45 ♥ Tai Chi with Carmen</p> <p>6:00 ♥ Walking Group</p> <p style="text-align: right;"><b>2</b></p>	<p>10:00 ♥ Ball Toss</p> <p>11:00 ♣ Sing Along with Hannah</p> <p>1:30 ♠ Lodge Resident Council</p> <p>2:00 ♠ Energize with Patsy</p> <p>3:30 ♠ Creative Coloring</p> <p>6:00 ♠ Resident's Choice</p> <p style="text-align: right;"><b>3</b></p>	<p>10:30 ♥ Exercise with Jodi</p> <p>11:00 ♣ Garden Club</p> <p>1:30 ♠ Learn What Your Name Means Day</p> <p>3:00 ♥ Volleyball</p> <p>6:00 ♠ Music with Joe Miltsch</p> <p style="text-align: right;"><b>4</b></p>	<p>10:00 ♥ Stretch &amp; Relax</p> <p>11:15 ☀ <b>Lunch Outing: Bill Grays</b></p> <p>2:30 ♠ Treats and Tunes</p> <p>3:30 ♠ Piper the Dog</p> <p>4:00 ♥ Walking Group</p> <p>6:30 ♠ Romantic Comedy</p> <p style="text-align: right;"><b>5</b></p>	<p>10:00 ♥ Walking Group</p> <p>11:00 ♠ Hand Massages</p> <p>1:30 ♠ Slime</p> <p>2:30 ♦ Jeopardy</p> <p>3:30 ♠ Name that Tune!</p> <p>6:00 ♠ Drama Movie</p> <p style="text-align: right;"><b>6</b></p>	<p>10:00 ♠ Breaking News &amp; Coffee</p> <p>11:00 ☀ Scenic Ride: By the Bay</p> <p>2:00 ♠ Dominoes</p> <p>3:00 ♠ Greta the Dog</p> <p>7:00 ♠ Lawrence Welk</p> <p style="text-align: right;"><b>7</b></p>			
<p>10:30 ♥ Volleyball</p> <p>11:00 ♣ International Women's Day Facts &amp; Trivia</p> <p>1:30 ♠ Comedy Film</p> <p>3:00 ♠ Performance by the McMahon School of Dance</p> <p>7:00 ♠ Resident's Choice</p> <p style="text-align: right;"><b>8</b></p>	<p>9:45 ♣ Art Class 101</p> <p>11:00 ♣ Choir</p> <p>1:30 ♠ Table Bowling</p> <p>2:00 ♠ Midday Matinee</p> <p>3:45 ♥ Tai Chi with Carmen</p> <p>6:00 ♥ Walking Group</p> <p><b>Purim begins at Sundown</b></p> <p style="text-align: right;"><b>9</b></p>	<p>10:00 ♥ Ball Toss</p> <p>11:00 ♠ Nail Care</p> <p>1:30 ♠ Elie the Dog</p> <p>2:00 ♥ Energize with Patsy</p> <p>3:30 ♠ Secret Message Game</p> <p>6:00 ♠ Music with DHL</p> <p><b>Purim Ends at Sundown</b></p> <p style="text-align: right;"><b>10</b></p>	<p>10:30 ♥ Exercise with Jodi</p> <p>11:00 ♠ Floor Bowling</p> <p>1:30 ♠ Table Bowling</p> <p>2:30 ♠ Memory Match-up</p> <p>3:30 ♠ Seneca Park Zoo Mobile</p> <p>6:00 ♠ Trivia</p> <p style="text-align: right;"><b>11</b></p>	<p>10:00 ♥ Stretch &amp; Relax</p> <p>11:00 ♠ Team Solitaire</p> <p>1:30 ♦ Chasing Coral</p> <p>4:00 ♥ Walking Group</p> <p>3:00 ♣ Throwback Thursday</p> <p>4:00 ♥ Walking Group</p> <p style="text-align: right;"><b>12</b></p>	<p>10:00 ♥ Walking Group</p> <p>11:00 ♠ Hand Massages</p> <p>1:30 ♠ Friday the 13<sup>th</sup> Superstitions</p> <p>2:30 ♦ Jeopardy</p> <p>3:30 ♠ Karaoke Happy Hour</p> <p>6:00 ♠ Creative Crosswords</p> <p style="text-align: right;"><b>13</b></p>	<p>10:00 ♠ Breaking News &amp; Coffee</p> <p>11:00 ☀ Scenic Ride: Highland Park</p> <p>2:30 ♠ National Pie Day</p> <p>3:30 ♠ Happy Hour</p> <p>7:00 ♠ Lawrence Welk</p> <p style="text-align: right;"><b>14</b></p>			
<p>10:30 ♥ Volleyball</p> <p>11:30 ♣ Name that Tune!</p> <p>1:30 ♠ Drama Film</p> <p>3:30 ♥ Stretch &amp; Relax</p> <p>4:00 ♠ Bubbles</p> <p>6:30 ♠ Resident's Choice</p> <p style="text-align: right;"><b>15</b></p>	<p>9:45 ♣ Art Class 101</p> <p>11:00 ♣ Choir</p> <p>1:30 ☀ Scenic Ride: Durand Drive</p> <p>2:00 ♠ Midday Matinee</p> <p>3:45 ♥ Tai Chi with Carmen</p> <p>6:00 ♥ Walking Group</p> <p style="text-align: right;"><b>16</b></p>	<p>10:00 ♥ Ball Toss</p> <p>11:00 ♠ Nail Care</p> <p>1:30 ♠ Gratitude Cards</p> <p>2:30 ♠ Homemade Pretzel Social</p> <p>3:30 ♠ Creative Coloring</p> <p>6:00 ♠ The Irishman</p> <p style="text-align: right;"><b>17</b></p>	<p>10:30 ♥ Exercise with Jodi</p> <p>11:00 ♣ Garden Club</p> <p>1:30 ♠ Memory Match-up</p> <p>2:30 ♠ Weird Foods</p> <p>3:00 ♥ Volleyball</p> <p>6:00 ♠ Piper the Dog</p> <p style="text-align: right;"><b>18</b></p>	<p>10:00 ♥ Stretch &amp; Relax</p> <p>11:00 ♠ Cranium Crunches</p> <p>1:30 ♣ Travelogues with Beth</p> <p>3:00 ♣ Throwback Thursday</p> <p>4:00 ♥ Walking Group</p> <p>6:30 ♠ Ladder Ball</p> <p style="text-align: right;"><b>19</b></p>	<p>10:00 ♥ Walking Group</p> <p>11:00 ♠ Hand Massages</p> <p>1:30 ♠ Slime</p> <p>2:30 ♦ Jeopardy</p> <p>3:30 ♠ Music with Katrina</p> <p>6:00 ♠ Creative Crosswords</p> <p style="text-align: right;"><b>20</b></p>	<p>10:00 ♠ Breaking News &amp; Coffee</p> <p>11:00 ☀ Scenic Ride: Country Roads</p> <p>2:00 ♠ Dominoes</p> <p>3:00 ♠ Greta the Dog</p> <p>6:30 ♠ <b>Drive-in Movie: Murder on the Orient Express (PG-13)</b></p> <p style="text-align: right;"><b>21</b></p>			
<p>10:30 ♥ Volleyball</p> <p>11:00 ♣ Name that Tune!</p> <p>2:00 ♠ Hoppy Hour with Sharon &amp; Tatty</p> <p>3:30 ♠ Sing Along with John Williams</p> <p>7:00 ♠ Resident's Choice</p> <p style="text-align: right;"><b>22</b></p>	<p>9:45 ♣ Art Class 101</p> <p>11:00 ♣ Choir</p> <p>1:30 ♠ Pictionary</p> <p>2:00 ♠ Midday Matinee</p> <p>3:45 ♥ Tai Chi with Carmen</p> <p>6:00 ♥ Walking Group</p> <p style="text-align: right;"><b>23</b></p>	<p>10:00 ♥ Ball Toss</p> <p>11:00 ♠ Nail Care</p> <p>1:30 ♠ Elie the Dog</p> <p>2:00 ♥ Gentle Exercise</p> <p>3:30 ♠ Creative Coloring</p> <p>6:00 ♠ Resident's Choice</p> <p style="text-align: right;"><b>24</b></p>	<p>10:30 ♥ Exercise with Jodi</p> <p>11:00 ♣ Music Lecture with Doris: Irish Singers of the 20<sup>th</sup> Century</p> <p>1:30 ♠ Junk Drawer Detective</p> <p>2:30 ♠ Ice Cream Sandwich Social</p> <p>3:30 ♠ Team Solitaire</p> <p>6:00 ♠ Trivia</p> <p style="text-align: right;"><b>25</b></p>	<p>10:00 ♥ Stretch &amp; Relax</p> <p>11:15 ☀ <b>Lunch Outing: Red Lobster</b></p> <p>2:00 ♠ Headbands</p> <p>3:00 ♣ Throwback Thursday</p> <p>4:00 ♥ Walking Group</p> <p>6:30 ♠ Mystery Movie</p> <p style="text-align: right;"><b>26</b></p>	<p>10:00 ♥ Walking Group</p> <p>11:00 ♠ Hand Massages</p> <p>1:30 ♠ Cards</p> <p>2:30 ♦ Jeopardy</p> <p>3:30 ♠ Karaoke Happy Hour</p> <p>6:00 ♠ Music with Julia Peacock</p> <p style="text-align: right;"><b>27</b></p>	<p>10:00 ♠ Breaking News &amp; Coffee</p> <p>11:00 ☀ Scenic Ride: Ellison Park</p> <p>2:00 ♠ Card Games</p> <p>3:30 ♠ Happy Hour</p> <p>7:00 ♠ Lawrence Welk</p> <p style="text-align: right;"><b>28</b></p>			
<p>10:30 ♥ Volleyball</p> <p>11:30 ♣ Name that Tune!</p> <p>1:30 ♠ True Crime Film</p> <p>3:30 ♥ Stretch &amp; Relax</p> <p>6:30 ♠ Resident's Choice</p> <p style="text-align: right;"><b>29</b></p>	<p>9:45 ♣ Art Class 101</p> <p>11:00 ♣ Choir</p> <p>1:30 ♠ Table Bowling</p> <p>2:00 ♠ Midday Matinee</p> <p>3:45 ♥ Tai Chi with Carmen</p> <p>6:00 ♥ Walking Group</p> <p style="text-align: right;"><b>30</b></p>	<p>10:00 ♥ Ball Toss</p> <p>11:00 ♠ Nail Care</p> <p>1:30 ♠ True or False</p> <p>2:00 ♠ Energize with Patsy</p> <p>3:30 ♠ Creative Coloring</p> <p>6:00 ♠ Residents Choice</p> <p style="text-align: right;"><b>31</b></p>				<p style="text-align: center;"><b>Kate Rickard</b>  <b>Activities Coordinator</b>            The Lodge at Wolk Manor            585-341-2359  <a href="mailto:krickard@jewishseniorlife.org">krickard@jewishseniorlife.org</a></p>		<p style="text-align: center;"><b>All events are subject to change!</b></p> <p style="text-align: center;">Please check daily calendars or app for updated schedules.</p>	