March 2020

Wolk Manor

Hello SPRING!

Please sign up for lunches & outings in the Wolk Manor Trip Book, near the Front Desk

SUNDAY

10:00 Great Courses: Art Across the Ages – #18 & 19 - GR

11:15 Exercise with ANNA - GR

2:00 Movie: Committee Flick - GR

6:30 Crossword Puzzle with Larry Shearer – GR

MONDAY

9:45 Cookie Baking - CK

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 - HGR

6:30 Movie: Rom Com - GR

TUESDAY

10:00 Clay Class - AR

11:15 Sil & Be Fit – GR

1:30 Depart for Scenic Ride: Country Roads

2:00 Calder Documentary - GR

3:30 Tunes with Donna - GR

6:30 Movie: Musical - GR

WEDNESDAY

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 Silly Hat Craft – AR

3:30 Wii Games - GR

6:30 Grogger Craft with Young Jewish Professionals - GR

THURSDAY

10:00 Pampering Day – AR

10:00 Communion & Homily With Deacon Jeff – PDR

11:15 Exercise with Anna – GR

2:00 Bingo – GR

3:30 Learn the Meaning of Your Name - LIB

6:30 Movie: Committee Flick - GR

FRIDAY

9:45 Silly Hat Craft - AR

11:15 Totally Fit Strength Training with Jodi – GR

2:00 Larry Shearer Music Lecture: Diana Kroll - GR

3:30 Popcorn & Password - CK

5:00 Shabbat Dinner - GR

SATURDAY

10:00 Exercise with Janet - GR

11:00 Crown S3 / E6 - GR

2:00 Movie: Musical - GR

6:30 Movie: Sports - GR

SILLY HAT DAY

9:45 Cookie Baking - CK

11:00 Chorus with Joe – GR

1:15 Gym Time with Jodi – Meet at Front Desk

2:00 Purim Party Soup

3:00 Wear your Silly Hat! - GR

6:30 Bingo with Nancy - GR

10:00 Megilah Reading With Rabbi Vogel - GR

11:15 Sil & Be Fit – GR

11:15 Depart for Lunch at Red Lobster

2:00 Catholic Discussion – GR

3:30 Wii Games - GR

6:30 Movie Committee Flick - GR

SCATCATEGORIES – GR

10:00 Catholic Rosary - PDR

11:15 Totally Fit Balance & Stability with Jodi – GR

2:00 Happy Hour – GR

Music by Standard Time

3:30 Adding It All Up – AR

6:30 Movie: Classic - GR

TUCKER THE DOG VISIT

11:00 Tucker the Dog Visit - GR

11:15 Exercise with Anna – GR

Celebrate Spring!

Lunch at Summit Grill

1:30 Painting Class 101 – GR

3:00 Food Forum – GR

3:45 Card Games - AR

6:30 Movie: Recent - GR

THURSDAY

1:15 Brain Boost Yoga With Margot - GR

11:15 Totally Fit Strength Training with Jodi – GR

2:00 Larry Shearer Music Lecture: Tommy Dorsey - GR

3:30 Special Teas & Rochester Trinity - CK

6:00 Shabbat Dinner - GR

FRIDAY

10:30 Sabbath Service - GR

2:00 Movie: Committee Flick - GR

2:30 Israel Program:

3:00 Yoga with Rabbi Rubenstein - GR

2:00 Movie: Committee Flick - GR

2:30 Brain Boost Yoga With Margot - GR

11:15 Totally Fit Strength Training with Jodi – GR

2:00 Larry Shearer Music Lecture: Tommy Dorsey - GR

3:30 Special Teas & Rochester Trinity - CK

6:00 Shabbat Dinner - GR

20:00 Movie:Requested Again - GR

FREE GROUPS

PROGRAMS CHANGE Check Daily Calendar or Res. TV Ch. 97

Wolk Manor Concierge

585-341-2345

Grocery Store Trips:

Tuesdays Wegmans – 1:00 PM

Wednesdays Tops – 12:30 PM

Thursdays Wegmans – 10:30 AM

Celebrating Spring & Women’s History

Judy Scott Activities Coordinator

Wolk Manor

4000 Summit Circle Drive

Rochester, NY 14618

585-341-2356

jscott@jewishseniorlife.org

Program Locations:

AR – Art Room

CK – Country Kitchen

FD – Front Desk

PDR – Private Dining Room

GR – Great Room

LIB – Library

MPR – Summit

Final: 585-341-2356

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