

August 2020



The Lodge at Wolk Manor



♥ Health ♣ Inspiration ♠ Fun ♦ Education ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				Kate Rickard Activities Coordinator krickard@jewishseniorlife.org (585)341-2359 The Lodge at Wolk Manor 7000 Summit Circle Dr Rochester, NY 14618		All activities are subject to change. Please check the daily activity sheet or the JSL app for any updates.	1 10:30 ♥ Walking Group 11:00 ♠ Bananagrams 2:00 ♠ Courtyard Visits 3:00 ♠ Birdwatching 6:00 ♠ Relaxing in the Garden
10:30 ♥ Dance it Out 2 11:30 ♣ Name that Tune 1:30 ♠ Courtyard Visits 3:30 ♥ Move & Groove 6:00 ♠ Resident's Choice Game 7:00 ♠ America's Funniest Home Videos (ABC)	10:30 ♥ Ball Toss 3 11:00 ♠ Draw by Numbers 1:30 ♠ Facetime with Family 2:30 ♠ Trivia and Watermelon Slices 3:45 ♠ Tony Bennett Concert (YouTube) 6:30 ♥ Walking Group	10:30 ♠ Resident Council 4 11:00 ♥ Exercise Bingo 1:30 ♦ Jeopardy 2:30 ♥ Happy Feet 3:30 ♠ Courtyard Visits 6:30 ♠ Residents Choice	10:00 ♠ Nail Care 5 11:30 ♣ Garden Club 1:30 ♠ American Bandstand (YouTube) 2:00 ♥ Moment of Meditation 3:00 ♠ Creative Coloring 6:00 ♠ The Firm (Netflix)	10:30 ♥ Move & Groove 6 11:00 ♠ UNO 1:30 ♠ Cranium Crunches 2:30 ♠ Betty's Birthday Party 3:00 ♦ 20 Feet from Stardom (Netflix) 4:00 ♥ Walking Group 6:30 ♠ Kan Jam	10:30 ♥ Walking Group 7 11:00 ♠ Courtyard Visits 1:30 ♠ Floral Arrangement 2:00 ♠ Family Feud 3:00 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 8 11:00 ♠ Dominoes 2:00 ♠ Courtyard Visits 3:00 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden	
10:30 ♥ Dance it Out 9 11:30 ♣ Name that Tune 1:30 ♠ Courtyard Visits 3:30 ♥ Move & Groove 6:00 ♠ Resident's Choice Game 7:00 ♠ America's Funniest Home Videos (ABC)	10:00 ♠ Draw by Numbers 10 11:30 ♠ Birdwatching 1:30 ♠ Facetime with Family 2:30 ♠ Trivia in the Garden 3:45 ♥ Virtual Tai Chi 6:30 ♥ Walking Group	10:30 ♦ Jeopardy 11 11:00 ♥ Exercise Bingo 1:30 ♠ Spa Social 2:30 ♥ Happy Feet 3:30 ♠ Courtyard Visits 6:30 ♠ The Lion King (Disney+)	10:00 ♠ Nail Care 12 11:30 ♣ Garden Club 1:30 ♠ Classic Vinyl 2:30 ♥ Moment of Meditation 3:00 ♠ Creative Coloring 6:00 ♠ Quartet (Netflix)	10:30 ♥ Move & Groove 13 11:00 ♠ 31 1:30 ♠ Junk Drawer Detective 2:30 ♠ Pretzels & Lemonade 3:00 ♠ Karaoke Happy Hour 4:00 ♥ Walking Group 6:30 ♠ Kan Jam	10:30 ♥ Walking Group 14 11:00 ♠ Courtyard Visits 1:30 ♠ Dominoes 2:00 ♠ Family Feud 3:00 ♠ Frank Sinatra Concert (Prime) 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 15 11:00 ♠ Hangman 2:00 ♠ Courtyard Visits 3:00 ♠ Floor Bowling 6:00 ♠ Relaxing in the Garden	
10:30 ♥ Dance it Out 16 11:30 ♣ Name that Tune 1:30 ♠ Courtyard Visits 3:30 ♥ Move & Groove 6:00 ♠ Resident's Choice Game 7:00 ♠ America's Funniest Home Videos (ABC)	10:30 ♠ Kan Jam 17 11:00 ♠ Draw by Numbers 1:30 ♠ Davy Crockett (Disney+) 2:30 ♠ 31 3:45 ♥ Virtual Tai Chi 6:30 ♥ Walking Group	10:30 ♠ Relaxing in the Garden 18 11:00 ♥ Exercise Bingo 1:30 ♦ Jeopardy 2:30 ♠ Faith's Birthday Party 3:30 ♠ Courtyard Visits 6:30 ♠ Our Souls at Night (Netflix)	10:00 ♠ Nail Care 19 11:30 ♣ Garden Club 1:30 ♠ Classic Vinyl 2:30 ♥ Moment of Meditation 3:00 ♠ Creative Coloring 6:00 ♠ Guys and Dolls (Prime)	10:30 ♥ Move & Groove 20 11:00 ♠ Dominoes 1:30 ♠ Bananagrams 2:30 ♠ Pretzels & Lemonade 3:00 ♦ Diana: In Her Own Words (Disney+) 4:00 ♥ Walking Group 6:30 ♠ Mommy Dearest (Prime)	10:30 ♠ Song Titles 21 11:00 ♠ New York State Trivia 1:30 ♠ Music with Rusty 2:00 ♠ Family Feud 3:30 ♥ Exercise with Judy 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 22 11:00 ♠ Bananagrams 2:00 ♠ Courtyard Visits 3:00 ♠ Adult Coloring 6:00 ♠ Relaxing in the Garden	
10:30 ♥ Dance it Out 23 11:30 ♣ Name that Tune 1:30 ♠ Courtyard Visits 3:30 ♥ Move & Groove 6:00 ♠ Resident's Choice Game 7:00 ♠ America's Funniest Home Videos (ABC)	10:00 ♠ Presidential Trivia 24 11:00 ♠ Name that Tune! 1:30 ♠ Finish the Proverb 2:30 ♠ Popsicles in the Garden 3:45 ♥ Virtual Tai Chi 6:30 ♥ Walking Group	10:30 ♠ States & Capitals 25 11:00 ♠ Classical Music Trivia 1:30 ♦ Jeopardy 2:30 ♠ Birdwatching 3:30 ♥ Exercise with Judy 6:30 ♠ The Old Guard (Netflix)	10:00 ♠ Dear Abby 26 11:30 ♣ Famous 1st Names 1:30 ♠ Guess the Song 2:30 ♥ Moment of Meditation 3:00 ♠ Creative Coloring 6:00 ♠ Dirty Dancing (Prime)	10:30 ♠ Humorous Stories 27 11:00 ♠ Famous Faces Bingo 1:30 ♠ Shake Loose Memory 2:30 ♠ Popsicles in the Garden 3:00 ♦ Lost Treasures of the Maya (Disney+) 4:00 ♥ Walking Group 6:30 ♠ Hondo (Prime)	10:30 ♠ States & Capitals 28 11:00 ♠ Musical Trivia 1:30 ♠ Real or Fake? 2:00 ♠ Family Feud 3:30 ♥ Exercise with Judy 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 29 11:00 ♠ Bananagrams 2:00 ♠ Courtyard Visits 3:00 ♠ Kan Jam 6:00 ♠ Relaxing in the Garden	

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- 10:30 ♥ Dance it Out
- 11:30 ♣ Name that Tune
- 1:30 ♠ Courtyard Visits
- 3:30 ♥ Move & Groove
- 6:00 ♠ Resident's Choice Game
- 7:00 ♠ America's Funniest Home Videos (ABC)

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- 10:30 ♠ Kan Jam
- 11:00 ♠ Draw by Numbers
- 1:30 ♠ Knives Out (Prime)
- 2:30 ♠ 31
- 3:45 ♥ Virtual Tai Chi
- 6:30 ♥ Walking Group