

July 2020 The Lodge at Wolk Manor

♥ Health ♣ Inspiration ♠ Fun ♦ Education ☀ Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>Kate Rickard Activities Coordinator The Lodge at Wolk Manor</p> <p>585-341-2359 krickard@jewishseniorlife.org</p>			10:00 ♠ Nail Care 1 11:30 ♣ Garden Club 1:30 ♠ True or False Card Game 2:00 ♥ Moment of Meditation 3:00 ♠ Creative Coloring 6:00 ♠ The Good, the Bad, and the Ugly (Netflix)	10:30 ♥ Move & Groove 2 11:00 ♠ UNO 1:30 ♠ Cranium Crunches 2:30 ♠ Cheese and Crackers Social 3:00 ♦ Wild Hawaii (Disney+) 4:00 ♥ Walking Group 6:30 ♠ Kan Jam	10:30 ♥ Walking Group 3 11:00 ♠ Courtyard Visits 1:30 ♠ Hamilton (Disney+) 3:00 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 4 11:00 ♠ 4 th of July Trivia 2:00 ♠ Patriotic Popsicles 3:00 ♠ Resident's Choice Game 6:00 ♠ Relaxing in the Garden Happy Independence Day!			
			10:30 ♥ Dance it Out 5 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 6 11:00 ♠ Draw by Numbers 1:30 ♠ Facetime with Family 2:30 ♠ Popsicles in the Garden 3:45 ♥ Virtual Tai Chi 6:30 ♥ Walking Group	10:30 ♠ Resident Council 7 11:00 ♥ Exercise Bingo 1:30 ♦ Jeopardy 2:30 ♥ Happy Feet 3:30 ♠ Courtyard Visits 6:30 ♠ Residents Choice	10:00 ♠ Nail Care 8 11:30 ♣ Garden Club 1:30 ♠ Trivia 2:00 ♥ Chair Yoga 3:00 ♠ Creative Coloring 6:00 ♠ The Money Pit (Netflix)	10:30 ♥ Move & Groove 9 11:00 ♠ Mandala's 1:30 ♠ Floral Arrangements 2:30 ♠ Ice Cream Social 3:00 ♦ Aliens of the Deep (Disney+) 4:00 ♥ Walking Group 6:30 ♠ 31	10:30 ♥ Walking Group 10 11:00 ♠ Courtyard Visits 1:30 ♠ Kan Jam 2:00 ♠ Family Feud 3:30 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 11 11:00 ♠ Bananagrams 2:00 ♠ Courtyard Visits 3:00 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden
			10:30 ♥ Dance it Out 12 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 13 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 ♠ Relaxing in the Garden 14 11:00 ♥ Stretch and Relax 1:30 ♦ Jeopardy 2:30 ♠ Reggie's 93 rd Birthday Party 3:30 ♠ Courtyard Visits 6:30 ♠ Residents Choice	10:00 ♠ Nail Care 15 11:30 ♣ Garden Club 1:30 ♠ Relaxing in the Garden 2:00 ♥ Moment of Meditation 3:00 ♠ Creative Coloring 6:00 ♠ Shrek the Musical (Netflix)	10:30 ♥ Move & Groove 16 11:00 ♠ Famous Face's Bingo 1:30 ♠ State Capital Game 2:30 ♠ Rootbeer Float Social 3:00 ♦ Sharks of LostIsland (Disney+) 4:00 ♥ Walking Group 6:00 ♠ Around the World in 80 Days (Disney+)	10:30 ♥ Walking Group 17 11:00 ♠ Pie Face Game 1:30 ♠ Name 25 2:00 ♠ Family Feud 3:00 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 18 11:00 ♠ Dominoes 2:00 ♠ Courtyard Visits 3:00 ♠ Ben Platt-Live from Radio City Music Hall (Netflix) 6:00 ♠ Relaxing in the Garden
			10:30 ♥ Dance it Out 19 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 20 11:00 ♠ Junk Drawer Detective 1:30 ♠ Moon Landing 51st Anniversary (YouTube) 2:30 ♠ Junk Drawer Detective 3:45 ♥ Virtual Tai Chi 6:30 ♥ Walking Group	10:30 ♠ Relaxing in the Garden 21 11:00 ♥ Exercise Bingo 1:30 ♦ Jeopardy 2:30 ♠ Smoothies and Trivia 3:30 ♠ Courtyard Visits 6:30 ♠ Residents Choice	10:00 ♠ Nail Care 22 11:30 ♣ Garden Club 1:30 ♠ Relaxing in the Garden 2:00 ♥ Chair Yoga 3:00 ♠ Creative Coloring 6:00 ♠ West Side Story (Netflix)	10:30 ♥ Move & Groove 23 11:00 ♠ UNO 1:30 ♠ Painting with Bob Ross 3:00 ♦ Unlikely Animal Friends (Disney+) 4:00 ♥ Walking Group 6:00 ♠ The Moon Spinners(Disney+)	10:30 ♥ Walking Group 24 11:00 ♠ Courtyard Visits 1:30 ♠ Kan Jam 2:00 ♠ Family Feud 3:00 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden	10:30 ♥ Walking Group 25 11:00 ♠ Bananagrams 2:00 ♠ Courtyard Visits 3:30 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden
			10:30 ♥ Dance it Out 26 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 27 11:00 ♠ Birdwatching 1:30 ♠ Facetime with Family 2:30 ♠ Popsicles in the Garden 3:45 ♥ Virtual Tai Chi 6:30 ♥ Walking Group	10:30 ♠ Relaxing in the Garden 28 11:00 ♥ Stretch and Relax 1:30 ♦ Jeopardy 2:30 ♥ Happy Feet 3:30 ♠ Courtyard Visits 6:30 ♠ Residents Choice	10:00 ♠ Nail Care 29 11:30 ♣ Garden Club 1:30 ♠ Relaxing in the Garden 2:00 ♥ Moment of Meditation 3:00 ♠ Creative Coloring 6:00 ♠ Mirror Mirror (Netflix)	10:30 ♥ Move & Groove 30 11:00 ♠ 31 1:30 ♠ Famous Faces Bingo 2:30 ♠ Chocolate Chip Cookie Social 3:00 ♦ Bizarre Dinosaurs (Disney+) 4:00 ♥ Walking Group 6:00 ♠ The Healer (Netflix)	10:30 ♥ Walking Group 31 11:00 ♠ Courtyard Visits 1:30 ♠ Name 25 2:00 ♠ Family Feud 3:00 ♠ Karaoke Happy Hour 6:00 ♠ Relaxing in the Garden	<p>All events are subject to change.</p> <p>Please check daily calendars or JSL app for updated schedules.</p>