

August 2021

The Lodge at Wolk Manor



Music	Health	Outings	Fun
Inspiration	Education	Spirituality	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>10:30 Dance it Out 11:30 Name that Tune 1:00 Nail care 3:30 Laps at the Lodge or outside 6:00 Resident's Choice Game or movie</p>	<p>2</p> <p>10:30 Sing with Joe at Wolk 11:30 Camping Stories 1:30 Trivia 2:30 adult coloring 3:45 Yoga 6:00 Bigfoot Family (Netflix)</p>	<p>3</p> <p>10:30 Exercise/Stretch 11:00 Coffee and reminisce 1:30 Balloon toss 2:30 Root beer float 3:30 Entertainer Bingo 6:00 Residents Choice Game</p>	<p>4</p> <p>10:00 Move and Groove 11:00 Going on a picnic/List 1:30 Story Going on a Bear Hunt 2:30 Parachute 3:30 Music with Veronica 6:00 Puzzles</p>	<p>5</p> <p>10:00 Move and Groove 11:00 Book/ Smokey Bear 1:30 Music Allen Hopkins 2:30 Juice and cookies 3:30 Puzzle 6:00 Big Band Music</p>	<p>6</p> <p>10:30 Exercise and stretch 11:30 Adult Coloring 1:30 Name 25 2:30 Betty Birthday 3:00 Music with Veronica 6:00 nail care</p>	<p>7</p> <p>10:00 Stretch it out 10:30 Sabbath with Rabbi (CH. 97) 11:00 Dominoes 2:30 Laps around the Lodge 3:00 Resident's Choice Game 6:00 Lawrence Welk (WXXI)</p>	
<p>8</p> <p>10:30 Dance it Out 11:30 Name that Tune 1:00 Sunday Movie 3:30 Laps at the Lodge 6:00 Puzzles</p>	<p>9</p> <p>10:30 Sing with Joe at Wolk 11:30 Poems and stories 1:30 I Spy 2:30 Owl facts 3:30 Card Game 6:00 Walking Group or Movie</p>	<p>10</p> <p>10:30 Yoga 11:00 Story 1:30 Bowling 2:30 Smoothie Social 3:00 Name that Tune: w/ John 6:00 Cards</p>	<p>11</p> <p>10:00 Meditation 11:30 Coffee and reminisce 1:00 Flowers with Beth B 2:00 peaches and cream social 3:00 Music with Veronica 6:00 Little Rascals-Netflix</p>	<p>12</p> <p>10:00 Light Stretching 11:00 Elvis Tunes 1:30 Music with Veronica 2:30 S'more Social 3:00 Walking Group 6:00 Game Shows</p>	<p>13</p> <p>10:00 Move and Groove 11:30 Flower arrangement 1:30 Scenic ride: Olmstead 3:00 Story about trees 6:00 Outdoor walk</p>	<p>14</p> <p>10:00 Bowling 10:30 Sabbath with Rabbi (CH. 97) 11:00 40s Music 2:30 Nails 3:00 Outside Patio 6:00 Lawrence Welk (WXXI)</p>	
<p>15</p> <p>10:00 Exercise and stretching 11:00 Beach ball kick 1:30 Hook on Netflix 3:00 Board games 6:00 Frank Sinatra Music</p>	<p>16</p> <p>10:30 Sing with Joe at Wolk 11:30 Tai Chi 1:30 Free Style Painting 2:30 Rhythm and Blues 3:00 Trivia 6:00 Puzzles</p>	<p>17</p> <p>10:00 Ring Toss 11:00 Butterfly Craft 1:30 Tree Story 2:30 Popsicles 3:00 Classical Music 6:00 Andy Griffith Show</p>	<p>18</p> <p>10:00 Movement & Music 11:00 Dog Stories - Netflix 1:30 Jokes & Poems 2:30 Faith's Birthday Party 3:30 Music with Veronica 6:00 Movie: Rom-Com</p>	<p>19</p> <p>10:00 Move and Groove 11:00 Coffee and News 1:00 Bean Bag Toss 2:00 Carousel music and trivia 3:00 Word Game: Going camping 6:00 Movie: Dennis the Menace (Netflix)</p>	<p>20</p> <p>10:00 Fitness 11:00 Coffee and Conversation 1:00 Jokes & Poems 2:30 What's Your Favorite National Park? 3:00 Music with Veronica 6:00 Nail care</p>	<p>21</p> <p>10:00 Light Stretching 10:30 Sabbath with Rabbi (CH. 97) 11:00 Trivia 2:30 Alvin Birthday 3:00 Water Coloring 6:00 Lawrence Welk (WXXI)</p>	
<p>22</p> <p>10:00 Fitness 11:00 Coffee and Conversation 1:30 Hand Twister 3:00 Country Music 6:00 Movie Night</p>	<p>23</p> <p>10:30 Sing with Joe at Wolk 11:30 Stretching 1:30 Nails 2:30 Games: Don't Burst my Bubble 3:00 Walking Group 6:00 Dog Series Netflix</p>	<p>24</p> <p>10:00 Meditation 11:30 Coffee and reminisce 1:30 Parachute or Balloon Toss 2:30 Juice and Cookies 3:00 Music with Veronica 6:00 Game Shows or Movie</p>	<p>25</p> <p>10:00 Move and Groove 11:00 Punch and Conversation 1:30 Nature and Wildlife Pics 2:30 Adult Coloring 3:00 Outside Patio 6:00 Me TV or Old Movies TCM</p>	<p>26</p> <p>10:00 Exercise 11:00 Coffee and Chat 1:00 Travellogues/Dogs Beth 2:30 Beach Ball Bounce 3:00 Music with Veronica</p>	<p>27</p> <p>10:00 Yoga 11:00 Bean Bag Games 1:30 Horses of Mendon 3:00 Outside Patio 6:00 News, Game Shows</p>	<p>28</p> <p>10:30 Sabbath with Rabbi (CH. 97) 11:00 40s and 50s Music 2:30 Nails 3:00 Outside Patio 6:00 Lawrence Welk (WXXI)</p>	
<p>29</p> <p>10:30 Dance it Out 11:30 Name that Tune 1:00 Nail care 3:30 Laps at the Lodge or outside 6:00 Resident's Choice Game or movie</p>	<p>30</p> <p>10:30 Sing with Joe at Wolk 11:30 Stretching 1:30 Free Style Painting or water color 2:30 Summer Memories 3:00 Outside Patio 6:00 Game Shows or Me TV</p>	<p>31</p> <p>10:00 Exercise 11:00 Chat 1:30 Bean Bag or Toss Across game 2:30 Trial Mix 3:00 Music with Veronica 6:00 Me TV</p>	<p>“What a country chooses to save is what a country chooses to say about itself.” Mollie Beatty - Director of U.S. Fish and Wildlife Service</p>			<p>Veronica R. Dodge Activities Coordinator vdodge@jewishseniorlife.org 585-341-2359 The Lodge at Wolk Manor 7000 Summit Circle Drive Rochester, NY 14618</p>	<p>All activities are subject to change. Please check daily sheets or JSL app for updates.</p>