

September 2021 **The Lodge at Wolk Manor**

Music
 Health
 Outings
 Fun
 Inspiration
 Education
 Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>10:00 ♦ Today's News 10:30 ♥ Move and Groove 11:00 ♦ Reminisce Good Old Days 1:30 ♠ Name 25 B words 2:00 ♠ Kids say the Darndest 3:00 🎵 Music with Veronica 6:00 ♠ Movie</p>	<p>2</p> <p>10:00 ♦ what's New? 10:30 ♥ Exercise 11:00 Bee's make Honey facts 1:30 ♥ Light Stretch 2:00 ♠ Bean Bag Twister 3:00 🎵 The Lodge Resident Band 6:00 ♠ Movie</p>	<p>3</p> <p>10:00 ♦ Trivia and News 10:30 ♥ Exercise/Stretch 11:00 🎵 Player Pianos Y-Tube 1:30 ♠ Dominos 2:30 ♠ Strawberry Smoothie 3:00 🎵 Music w/Veronica</p>	<p>4</p> <p>10:30 ∞ Sabbath Service with Rabbi Rubenstein - Video on Channel 97 1:30 ♠ Walk or Outdoors 2:30 ♠ Nail Care 3:00 ♥ Stretch and Exercise 6:00 ♠ Movie</p>
<p>5</p> <p>8:00 ∞ Catholic Mass – Resident TV Channel 8 10:30 ♥ Healing Exercise 2:00 ♠ Movie Musical 6:30 ♠ Movie</p>	<p>6</p> <p>Labor Day 10:00 ♥ Mediation 10:30 ♦ Labor Day facts 11:00 ♦ Reminisce about jobs 1:30 ♠ Uno 2:30 ♠ Apple & Honey 3:00 & 6:00 Movies Rosh Hashanah Begins at Sundown</p>	<p>7</p> <p>10:00 ♦ Buddy Holly Trivia 10:30 ♥ Move and Groove 11:00 🎵 Buddy Holly Music 1:30 ♠ Beach ball Toss 2:30 ♠ cookies 3:00 🎵 Music w/Veronica 6:00 ♠ Me TV</p>	<p>8</p> <p>10:00 ♦ Reminisce School Days 10:30 ♥ Yoga 11:00 🎵 Lodge Band 1:30 ♠ Balloon Toss 2:00 ♦ Zoo Mobile 3:00 ♦ Animal Planet 6:00 ♠ TV Rosh Hashanah ends at nightfall</p>	<p>9</p> <p>10:00 ♦ Football Facts 10:30 ♥ Exercise 11:00 ♠ Toss across 1:30 ♠ Lucky Dog Card Game 2:30 🎵 Sing a long songs 3:00 ∞ Silvana & Rabbi Rubenstein High Holy Days 6:00 Shows and Movies of Choice</p>	<p>10</p> <p>10:00 ♦ What's New? 10:30 ♥ Move and Groove 11:00 ♠ Bowling or bean bag toss 1:30 ☀ Scenic ride/Sunflower Fields 3:00 🎵 Music w/Veronica 6:00 ♠ Me TV</p>	<p>11</p> <p>10:30 ∞ Sabbath Service Rabbi Rubenstein Video on Channel 97 1:30 ♠ Stretch and Move 3:00 ♠ Adult coloring 6:00 ♠ Movie or Musical</p>
<p>12</p> <p>8:00 ∞ Catholic Mass – Resident TV Channel 8 10:30 ♥ Healing Exercise 2:00 ♠ Movie Madness 6:30 ♠ Movie</p> <p>Grandparents Day</p>	<p>13</p> <p>10:30 🎵 Sing with Joe at Wolk 1:30 ♥ Exercise 2:00 ♠ Hershey facts/trivia 3:00 ♠ Dominos 6:00 ♠ Movie</p>	<p>14</p> <p>10:30 🎵 Name that tune w/John 1:30 ♥ Exercise 2:00 ♠ Therapeutic coloring 3:30 🍀 Painting Class 6:00 ♠ Movie</p>	<p>15</p> <p>10:00 ♦ Stories of Forgiving 10:30 ♥ Move and groove 2:00 ♠ Dice Tally 3:00 🎵 Lodge Band 6:00 ♠ Movie Yom Kippur begins at Sunset</p>	<p>16</p> <p>10:00 ♦ News you can use 10:30 ♥ Yoga 2:00 ♠ Guess who I am 3:00 🎵 Classical 6:00 ♠ Movie Yom Kippur ends at sundown</p>	<p>17</p> <p>10:00 ♦ News you can use 10:30 ♥ Move and Groove 2:00 ♠ Guess who I am 3:00 🎵 Allen Hopkins/Sing along 6:00 ♠ Movie</p>	<p>18</p> <p>10:30 ∞ Sabbath Service with Rabbi Rubenstein - Video on Channel 97 1:30 ♠ Walk or Outdoors 2:30 ♠ Nail Care 3:00 ♥ Stretch and Exercise 6:00 ♠ Movie</p>
<p>19</p> <p>8:00 ∞ Catholic Mass – Resident TV Channel 8 10:30 ♥ Stretching 2:00 ♠ Movie Comedy 6:30 ♠ Movie</p>	<p>20</p> <p>10:00 🍀 Fall Poetry 10:30 🎵 Sing with Joe at Wolk 1:30 ♥ Yoga 2:00 ♠ Decorate/Color Pumpkin 3:00 ♥ Outdoor walking or indoor</p> <p>Sukkot starts at Sundown</p>	<p>21</p> <p>10:00 ♦ What's New? 10:30 ♥ Meditation 11:00 🎵 Lodge Band 1:30 ♠ Toss across tournament 2:00 ♠ Uno 3:30 🍀 Painting Class Sukkot Day 1</p>	<p>22</p> <p>10:00 ♦ Elephant Facts 10:30 ♥ Move and Groove 11:00 ♦ Why we Love Elephants 1:30 ♠ Don't Burst my Bubble 2:30 ♠ Peanut Butter cookies 3:30 Old TV Shows 6:30 Music w/Steve Sukkot Day 2</p>	<p>23</p> <p>10:30 ♦ Graham Bee Keeper 11:00 ♥ Stretching 1:30 ♠ Therapeutic coloring 2:30 ♠ Bean Bag Twister 3:00 🎵 Music with Veronica 6:00 ♠ Movie or Musical Sukkot Day 3</p>	<p>24</p> <p>10:00 ♦ Reminisce/ News of the day 10:30 ♥ Move and Groove 11:00 Jim Henson/ Muppet facts 1:30 ☀ Scenic Ride/High Falls 3:00 🎵 Music w/Veronica 6:00 ♠ TV Sukkot Day 4</p>	<p>25</p> <p>10:30 ∞ Sabbath Service with Rabbi Rubenstein - Video on Channel 97 1:30 ♠ Walk in or Outdoors 2:30 ♠ Movie Musical 3:00 ♥ Stretch and Exercise 6:00 ♠ Movie Sukkot Day 5</p>
<p>26</p> <p>8:00 ∞ Catholic Mass – Resident TV Channel 8 10:30 ♥ Healing Exercise 2:00 ♠ Movie Musical 6:30 ♠ Movie</p> <p>Sukkot Day 6</p>	<p>27</p> <p>10:30 🎵 Sing with Joe at Wolk 1:30 ♥ Exercise 2:00 ♠ Dice Tally 3:00 ♠ Fall Foliage Pics 6:00 ♠ Movie Sukkot Day 7. Ends at Night Fall</p>	<p>28</p> <p>10:00 ♦ Todays News 10:30 ♥ Yoga 11:00 ♦ Ed Sullivan Trivia 2:00 ♠ Domino 3:00 🎵 40s and 50s Music 3:30 🍀 Painting Class Shemini Atzeret & Simchat Torah Day 1</p>	<p>29</p> <p>10:00 ♦ News you can use 10:30 ♥ Move and Groove 11:00 🎵 Jerry Lee Lewis Trivia 1:30 ♠ Beach ball Toss 2:30 🍀 Therapeutic Water Color 3:00 🎵 Music w/Veronica Shemini Atzeret & Simchat Torah end Nightfall</p>	<p>30</p> <p>10:00 ♦ Todays News 10:30 ♥ Exercise 11:00 ♠ Frisbee Facts/Trivia 1:30 ♠ Frisbee Hoop toss 2:30 ♠ Jello and Cool whip 3:00 🎵 Music w/Veronica 6:00 ♠ Movie</p>	<p>Veronica R. Dodge Activities Coordinator vdodge@jewishseniorlife.org 585-341-2359 The Lodge at Wolk Manor 700 Summit Circle Drive Rochester, NY 14618</p>	<p>All Activities are subject to change.</p> <p>Please check Daily Sheets for JSL app for updates</p>

