

# November 2021

# The Lodge at Wolk Manor



Music  
 Health  
 Outings  
 Fun  
 Inspiration  
 Education  
 Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</b> 10:30  Sing w/Joe at the Wolk 1:00  Arm Chair Exercise 2:00  Social Apple Pie & Cheese 2:30  Bounce and Pass 3:00  Music w/Melinda 6:00  Movie or Musical	<b>2</b> 10:00  Move and Groove 10:45  Guess Who I Am.(CM) 1:00  Name C words 2:00  Social-Cookies and Coffee 3:30  Painting Class 6:00  Me TV or TCM	<b>3</b> 10:00  Exercise 10:45  Bean Bag toss 1:00  Beach Ball Kick 2:00  Birthday Party 3:00  Music w/Veronica 6:00  Animal or Nature Program	<b>4</b> 10:00  Move and Groove 10:45  Candy Trivia/Guess how much 12:30  Travelogue w/ Beth 1:30  Cube Questions Game 2:00  Social Donuts 3:00  The Good Old Days 6:00  Movie or Musical	<b>5</b> 10:00  Exercise 10:45  Owl Facts and Stories 1:00  Playing Card Bingo 2:00  Social- Ice Cream/M & M's 3:00  Coffee Table Book-Art 6:00  Me TV or TCM	<b>6</b> 10:30  Sabbath Service with Rabbi Rubenstein - Video on Channel 97  1:00  Nail Care 2:00  Slide by side Music 3:00  Stretch and Exercise 6:00  Movie	
<b>7</b> 10:30  Catholic Mass – Channel 97 video 1:00  Healing Exercise 2:00  Snack 3:00  Movie Musical 6:00  Movie Madness  <b>Day Light Savings Time</b>	<b>8</b> 10:30  Sing w/Joe at the Wolk 1:00  Movie Star Bingo 2:00  Bean Bag Toss 3:00  Music w/Veronica 6:00  Movie or Musical	<b>9</b> 10:00  Move and Groove 10:45  Paper Clip Craft 1:00  Balloon Toss 2:00  Social Soft Pretzels 3:30  Painting Class 6:00  Me TV or TCM	<b>10</b> 10:00  Exercise 11:45  Tissue Paper Pumpkin 1:00  Who am I (BB) 1:30  Bowling 2:00  Music w/Allen Hopkins 2:45  Apple and Carmel Dip Social 6:00  Music w/Joe	<b>11</b> 10:30  Patriotic Songs/John Williams 1:00  Facts and Remembering our Vets 2:00  Toss Across 3:00  Therapeutic coloring 6:00  Music w/Ashlen	<b>12</b> 10:00  Move and Groove 10:45  Toss Across 1:30  Scenic Ride/Downtown 2:00  Social Coffee Cake 3:00  Music w/Veronica 6:00  Shows per residents choice	<b>13</b> 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	
<b>14</b> 10:30  Catholic Mass – Channel 97 Video From Our Lady Queen of Peace  1:00  Exercise 2:00  Adult Coloring 3:00  Movie Musical 6:00  Movie Madness w/snack	<b>15</b> 10:30  Sing w/Joe at the Wolk 1:00  Puzzles 2:00  Bingo 3:00  Music w/Melinda 6:00  Game of Choice/TV too	<b>16</b> 10:00  Move and Groove 10:45  Thanksgiving Craft 1:00  Cube Questions/Reminisce 2:00  Ring Toss 3:30  Painting Class 6:00  Me TV or TCM	<b>17</b> 10:00  Exercise 10:45  Thankful List 1:00  Question Game 2:00  Make a Quick Bread 2:45  Lodge Laps 3:30  Music w/Bob Lyna 6:00  Comedy Flick	<b>18</b> 10:30  Move and Groove 10:45  Bingo 1:00  Bean Bag Toss 2:00  Hang Man w/ White Board 3:00  Music w/Veronica 6:00  Animal Flick	<b>19</b> 10:00  Exercise 10:45  Moon Music 1:00  Moon Facts 2:00  Moon Pie Social 3:00  Lodge Laps 6:00  Patrick Netflix	<b>20</b> 10:30  Sabbath Service with Rabbi Rubenstein Video on Channel 97 1:30  Walk or Exercise 2:00  Slide by side Music 3:00  Movie: Comedy 7:00  Lawrence Welk	
<b>21</b> 10:30  Catholic Mass – Channel 97 Video  10:30  Stretching 1:15 /2:00  Movie Musical 3:00  Therapeutic Coloring 6:00  Movies and Light snack	<b>22</b> 10:30  Sing w/Joe at the Wolk 1:15  Light Exercise 2:00  Cube Questions/Reminisce 2:30  Zoo Mobile 3:00  Music w/Veronica 6:00  Game of Choice/TV too	<b>23</b> 10:00  Exercise & inside Walk 10:45  Act of Kindness List 1:00  Bowling 2:00  Regular Bingo 3:30  Painting Class 6:00  Me TV/TCM	<b>24</b> 10:00  Exercise with Veronica 10:45  Take a Virtual Hike 1:00  Thanksgiving Traditions 2:00  Chanukah Traditions w/Silvana 3:00  Music w/Veronica 6:00 Choice of Games or TV shows	<b>25</b> 9:00  Macy's Thanksgiving Parade Channel 7 NBC 1:00  Free Bird Netflix 2:30  Christmas Prince Netflix 6:00  Holiday Movie of Choice by residents  <b>Happy Thanksgiving</b>	<b>26</b> 10:30  Name that tune/John 1:30  Pass the bean bag 2:30  Corn Chips and Dip Social 3:00  Indigenous People Program 6:00  Movie: Netflix Pom	<b>27</b> 10:30  Sabbath Service with Rabbi Rubenstein - Video on Channel 97  1:30  Walk or Exercise 2:30  Nail Care 3:00  Movie: Comedy 7:00  Lawrence Welk	
<b>28</b> 10:30  Catholic Mass – Channel 97 Video From Our Lady Queen of Peace  1:00  Light Exercise 2:00-6:00  Games and Movies 4:15  Light the Menorah  <b>Chanukah Day 1</b>	<b>29</b> 10:30  Sing w/Joe at the Wolk 1:00  The Dreidel Song and Game 2:00  Social Sugar & Jelly Donuts 2:30  Play board game or Uno 3:00  Music w/Melinda 4:15  Light the Menorah 6:00  Me TV/Movie  <b>Chanukah Day 2</b>	<b>30</b> 10:00  Exercise with Veronica 10:45  Play Bingo 1:00  Cube Questions/Reminisce 2:00  Kick Ball Circle 3:30  Painting Class 4:15  Light the Menorah  <b>Chanukah Day 3</b>				<b>We Are Grateful For all our Families and Friends At the Lodge at Wolk Manor</b>	<b>All Activities are subject to change. Please check Daily Sheets JSL app for updates</b>