

# JANUARY 2022 The Lodge at Wolk Manor



🎵 Music    ❤️ Health    ☀️ Outings    ♠️ Fun  
 ♣️ Inspiration    ♦️ Education    ∞ Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p><b>All Activities are subject to change.</b></p> <p><b>Please check Daily Sheets JSL app for updates</b></p>	<p>10:30 ∞ Sabbath Service with Rabbi Rubenstein Video on Channel 97 1:00 ♠️ Nail Care 2:00 ♠️ Board Game 3:00 ❤️ Stretch and Exercise 6:00 ♠️ Netflix Movie of Choice</p>
<p>10:30 ∞ Catholic Mass – Channel 97 video 1:00 ❤️ Exercise 2:00 ♠️ Snack 3:00 ♠️ Bingo 6:00 ♠️ Movie Madness</p>	<p>10:30 🎵 Sing w/ Joe at Wolk 1:00 ♠️ BINGO 2:00 ♠️ Granola/Yogurt Social 2:30 ♦️ Readers Digest Article 3:00 🎵 Music with Melinda 6:00 ♠️ Ball Pass</p>	<p>10:00 ❤️ Exercise 10:45 ♠️ Toss Across 1:00 ♠️ Trouble Board Game 2:00 ♠️ Social: Chocolate Chips Cookie 3:30 ♣️ Painting Class 6:00 ♠️ TCM or Hallmark</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Hoops/Basketball 1:00 ♠️ Dog BINGO 2:00 ♦️ Zoo Mobile 3:00 🎵 Music w/Veronica 6:00 ♠️ Netflix: The Healing Power of Duke</p>	<p>10:30 🎵 Name that tune/John W 1:00 ♠️ Game/Sorry 2:00 ♠️ Social: Cheese &amp; Crackers 3:00 ♠️ Brain Teaser/Trivia 6:00 ♠️ Netflix: Puss and Boots</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Toss Across 1:30 ♠️ Trouble/Board Game 2:00 ♠️ Social Cinnamon Buns 3:00 🎵 Music w/Veronica 6:00 ♠️ Shows per residents choice</p>	<p>10:30 ∞ Sabbath Service with Rabbi Rubenstein Video on Channel 97 1:00 ♠️ Bean Bag Pass 2:00 🎵 Side by Slide 3:00 ❤️ Stretch and Exercise 7:00 🎵 Lawrence Welk</p>
<p>10:30 ∞ Catholic Mass – Channel 97 video 1:00 ❤️ Move and Groove 2:00 ♠️ Snacks: Chips and Dip 3:00 ♠️ TCM or Hallmark Movie 6:00 ♠️ BINGO</p>	<p>10:30 🎵 Sing w/ Joe at Wolk 1:00 ♠️ Bowling 2:00 ♠️ Social: Bagels and Cream Cheese 3:00 🎵 Music with Melinda 6:00 ♠️ Netflix</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Ball Pass 1:00 ♠️ Animal BINGO 2:00 ♠️ Conversation/ Hot Beverage 3:30 ♣️ Painting Class 6:00 ♠️ DVD Father of the Bride</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Hoops/Basketball 1:00 ♠️ Uno 2:00 ♠️ Social: Brownies 3:00 🎵 Music with/Veronica 6:00 ♠️ Music with/Joe</p>	<p>10:00 ❤️ Exercise 10:45 ♠️ Pass the Bean Bag 1:00 ♠️ Brain Teaser Questions 2:00 🎵 Allen Hopkins/Music 3:00 ♠️ Regular Bingo 6:00 ♠️ TCM or Hallmark Movie</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Ring Toss 1:30 ☀️ Scenic Ride (tentative) 2:00 ♠️ Social Ice Cream Sundaes 3:00 ♦️ Reminisce/Readers Digest 6:00 ♠️ Netflix White Fang</p>	<p>10:30 ∞ Sabbath Service with Rabbi Rubenstein Video on Channel 97 1:30 ❤️ Walk About 2:00 ♠️ Games 3:00 ♠️ Movie: Comedy 7:00 🎵 Lawrence Welk</p>
<p>10:30 ∞ Catholic Mass – Channel 97 Video ❤️ Stretching 1:15 /2:00 ♠️ TCM/Hallmark Movie 3:00 ♠️ Therapeutic Coloring 6:00 ♠️ BINGO</p>	<p>10:30 🎵 Sing w/ Joe at Wolk 1:00 ♠️ BINGO 2:00 Social Milkshakes 2:30 ♦️ Cube Questions 3:00 🎵 Music with Melinda 6:00 ♠️ Ball Pass</p>	<p>10:00 ❤️ Exercise 10:45 ♠️ Balls in a Bucket 1:00 ♠️ Board Game 2:00 🎵 Music with/Veronica 3:30 ♣️ Painting Class 6:00 ♠️ TCM or Hallmark</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Balloon Volleyball 1:00 ♦️ Reminisce/Readers Digest 2:00 🎵 Music/Standard Time 3:00 ♠️ BINGO or Sorry Game 6:00 ♠️ Netflix Pets United</p>	<p>10:00 ❤️ Exercise 10:45 ♠️ Twister Disc Toss 1:00 ♠️ Game/Sorry 2:00 🎵 Cello/ Teresa K 3:00 Social: Jell-O &amp; Cool Whip 6:00 ♠️ Ring Toss or Bean Bag Toss</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Bowling 1:30 ☀️ Scenic Ride (tentative) 2:00 🎵 Music w/Veronica 3:00 ♠️ Social: Tea Time 6:00 ♠️ TCM or ME TV</p>	<p>10:30 ∞ Sabbath Service with Rabbi Rubenstein 1:00 ❤️ Walk About 2:00 🎵 Side by Slide 3:00 ♠️ BINGO 6:00 ♠️ Netflix The Lorax</p>
<p>10:30 ∞ Catholic Mass – Channel 97 Video From <b>Our Lady Queen of Peace</b> 1:00 ❤️ Light Exercise 2:00-6:00 ♠️ Games and Movies</p> <p>10:30 ∞ Catholic Mass – Channel 97 Video</p> <p>1:15 /2:00 ♠️ TCM/Hallmark Movie 3:00 ♠️ Therapeutic Coloring 6:00 ♠️ BINGO</p>	<p>10:30 🎵 Sing w/Joe at the Wolk 1:00 ♠️ Snowball Pass Game 2:00 ♠️ Board Game 3:00 🎵 Music w/Melinda 6:00 ♠️ BINGO</p> <p>10:30 🎵 Sing w/ Joe at Wolk</p> <p>1:00 ♠️ Bowling 2:00 ♠️ Ring Toss 3:00 🎵 Music with Melinda 6:00 ♠️ Netflix</p>	<p>10:00 ❤️ Move and Groove 10:45 ♠️ Bounce and Pass Ball 1:00 ♠️ Uno 2:00 Social: Coffee &amp; Cookies 3:30 ♣️ Painting Class 6:00 ♠️ Nails and Spa Evening</p>	<p>10:00 ❤️ Exercise 10:45 🎵 Allen Hopkins/Music Ring toss or Hoops 1:00 ♠️ Board Game 2:00 🎵 Allen Hopkins/Music 3:00 ♠️ Social: Cake and Ice Cream 6:00 ♠️ TCM or Hallmark</p>	<p>10:30 🎵 Name that tune/John W 1:00 ♦️ Travelogue w/Beth 2:00 ♦️ Winter Animals/You Tuibe 3:00 🎵 Music with/Veronica 6:00 ♠️ Netflix: Here comes the Boom</p>	<p>10:00 ❤️ Move &amp; Groove 10:45 ♠️ Balloon Volleyball 1:30 ♠️ Animal BINGO 2:00 ♦️ Winter Happenings/RMSC 3:00 ♠️ Social: Mini Cheese Cakes 6:00 ♠️ TCM or Hallmark</p>	<p>10:30 ∞ Sabbath Service with Rabbi Rubenstein Video on Channel 97 1:30 ❤️ Walk or Exercise 2:00 ♠️ Board Game 3:00 ♠️ Movie: Comedy 7:00 🎵 Lawrence Welk</p>