

# January 2023

# The Lodge at Wolk Manor

## HAPPY NEW YEAR

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 ♠️ Beverage & Conversation 1:00 ♠️ TCM 2:00 ♠️ Oatmeal Raisin Cookies 3:30 ♦️ Trivia 6:00 ♠️ Residents Choice	10:00 ❤️ Drum Ball 1:00 ♦️ What's New In January 2:00 ♠️ Franks in Blankets 3:00 ♠️ Puzzles 6:30 ♠️ Anything Goes (DVD)	10:15 ❤️ Exercise 10:45 ♠️ Beverage and Reminiscing 2:00 ♠️ Assorted Donuts 3:30 ♣️ Painting Class 6:00 ♠️ Planes, Trains & Automobiles (DVD)	10:15 ♠️ Cocoa & National Trivia Day 1:00 ♠️ BINGO 2:00 ♠️ Hummus Cups W/ Pretzels 3:00 ♣️ Roc Dog Visitors 6:30 ♠️ Residents Choice	10:15 ❤️ Bowling 1:00 ♦️ Trivia 2:00 ♠️ Muffin Social 3:00 ♠️ Coloring 6:00 ♠️ The Pink Panther (DVD)	10:15 ❤️ Ball Bounce 1:00 ♠️ Painting W/Twist 2:00 ♠️ Fruit Platter 6:00 ♠️ Dr. Dolittle 2(DVD)	10:30 ♠️ Coffee and Conversation 1:00 ♠️ Resident Choice 2:00 🎵 Slide by Side W/ Chriss 3:30 ♠️ Cookies 6:00 ♠️ Hallmark
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:30 ❤️ Stretch & Move 1:00 ♠️ Coloring 2:00 ♠️ Cheese & Cracker Social 3:30 ♠️ Card Games 6:00 ♠️ Singing in the Rain (DVD)	10:30 🎵 Sing w/ Joe at Wolk 1:30 ♠️ Fly Swatter Tennis 2:30 ♠️ Spinach Artichoke Dip 3:30 ♣️ Craft 6:00 ♠️ Oklahoma (DVD)	10:15 ❤️ Drum Ball 1:00 ♠️ Sit Down Dancing 2:00 ♠️ Fruit Platter 3:30 ♣️ Painting Class 6:00 ♠️ Residents Choice	10:15 ♠️ Beverage and Triva 1:00 ♠️ Games 2:00 🎵 Music W/ Allen 3:00 ♠️ Chocolate chip cookies 6:00 ♠️ Hallmark or TCM	10:30 ♠️ Puzzles 1:00 ♠️ Nails 2:00 ♠️ Brownie Dessert 3:00 ♦️ Trivia 6:00 ♠️ The Sound of Music (DVD)	10:15 ❤️ Move & Groove 10:45 ♠️ Trail Mix 1:30 ☀️ Scenic Ride 3:00 ♠️ Board Game 6:00 ♠️ Hallmark	10:30 ♠️ Coffee and Cookie Social 1:00 ♠️ Animal or Dog BINGO 2:00 ♠️ Jell-O 3:00 ♠️ Coloring 6:00 ♠️ Residents Choice
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00 ♠️ Beverage & Conversation 1:00 ♠️ TCM Movie 2:00 ♠️ Nutty Cone Social 3:00 ♠️ Hat Day 6:00 ♠️ Residents Choice	10:30 🎵 Sing w/ Joe at Wolk 1:00 ♠️ Nail Day 2:00 ♠️ Oatmeal Muffin Social 3:00 ♠️ Puzzles 6:00 ♠️ Mary Poppins (DVD)	10:15 ❤️ Exercise 1:00 ♠️ Toss Across 2:00 ♠️ Garlic Knots 3:30 ♣️ Painting Class 6:30 ♠️ Hallmark	10:15 ♠️ Cocoa & Chat 1:00 ♠️ BINGO 2:00 ♠️ Gummy Candies 3:00 ♣️ Roc Dog Visitors 6:30 ♠️ Residents Choice	10:30 ❤️ Bowling 10:45 ♠️ Beverage & Silly Sayings 1:00 ♦️ Trivia 2:00 ♠️ Popcorn Social 3:00 ♠️ Coloring 6:00 🎵 Music Therapy W/ Savannah	10:15 ❤️ Ball Bounce 10:45 ♠️ Beverage & Chat 2:00 ♠️ Cheese & Cracker Social 3:00 ♠️ Happy Hour/ Karaoke 6:00 ♠️ TCM or Hallmark	10:30 ♠️ Coffee and Conversation 1:00 ♠️ Resident Choice 2:00 🎵 Slide by W/ Chriss 3:30 ♠️ Rice Krispy Social 6:00 ♠️ Hallmark
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:30 ❤️ Stretch and move 1:00 ♠️ Coloring 2:00 ♠️ Mandarin Oranges 3:30 ♠️ Card Games 6:00 ♠️ The Shirley Temple Collection (DVD)	10:30 🎵 Sing w/ Joe at Wolk 1:30 ♠️ Fly Swatter Tennis 2:30 ♠️ Birthday Social/JE 3:30 ♣️ Craft 6:00 ♠️ Hallmark or TCM	10:15 ❤️ Drum Ball 1:00 ♠️ Sit Down Dancing 2:00 ♠️ Assorted Italian Pastries 3:30 ♣️ Painting Class 6:30 ♠️ Snow Dogs (DVD)	10:15 ♠️ Beverage and Chat 1:00 ♠️ Games 2:00 ♠️ Fruit and Cottage Cheese 3:00 ♦️ Trivia 6:00 ♠️ Residents Choice	10:15 ♠️ Puzzles and Coffee 1:00 ♣️ Travel Log Dogs W Beth 2:00 ♠️ Yogurt Parfaits 6:00 ♠️ Hallmark	10:15 ❤️ Move & Groove 1:30 ☀️ Scenic Ride 2:00 ♠️ Assorted Cheese Cake 3:00 ♠️ Board Game 6:00 ♠️ TCM	10:30 ♠️ Coffee and Cookie Social 1:00 ♠️ Animal or Dog BINGO 2:00 ♠️ Oreo Cookies 3:00 ♠️ Coloring 6:00 ♠️ Residents Choice
<b>Lunar New Year</b>						
<b>29</b>	<b>30</b>	<b>31</b>	<b>All Activities are subject to change. See daily calendar for updates.</b>			
10:00 ♠️ Beverage & Conversation 1:00 ♠️ TCM Movie 2:00 ♠️ Yogurt Social 3:30 ♦️ Trivia 6:00 ♠️ Residents Choice	10:30 🎵 Sing w/ Joe at Wolk 1:00 ♠️ Nail Day 2:00 ♠️ Assorted Cannoli's 3:00 ♠️ Puzzles 6:00 ♠️ TCM	10:15 ❤️ Exercise 1:00 ♠️ Toss Across 2:00 ♠️ Tiramisu Social 3:30 ♣️ Painting Class 6:30 ♠️ Wall.E (DVD)	  			