

# March 2023

# WOLK MANOR



🎵 Music 💚 Health ☀️ Outings ♠️ Fun  
♣️ Inspiration 🔴 Education ∞ Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Wolk Manor Info.</b>  <b>Resident TV - CHANNEL 97</b>                      &gt; Activities &amp; Changes                      &gt; Daily Progressive Bingo Numbers                      &gt; Community Announcements                      &gt; Catholic Visits with Deacon Jeff                      Occasional Mondays at 3:00 pm</p> <p><b>Wolk Manor Concierge</b>                      585-341-2345</p>	<p><b>Programs Subject to Change</b>  <u>Check Daily Calendar or TV Ch. 97</u>  <b>Location Key:</b>                      FR – Family Rm, near Front desk                      GR - Great Room                      CK - Country Kitchen                      AR – Art Room                      SUM – Summit Grill                      LIB – Library                      Event Book – Program Sign up Near Front Desk</p>		<p>10:30 💚 Power &amp; Tone – GR <sup>1</sup>                      With Judy                      2:00 ♠️ Happy Hour - GR                      w/ Judy, Music by John Vona                      3:30 ♠️ Euchre Players Club – GR                      With Ken                      6:30 🔴 Documentary: HBO – GR                      The Fastest Woman on Earth, 2022</p>	<p>10:30 💚 Agility &amp; Strength – GR <sup>2</sup>                      w/ Judy &amp; Dan                      2:00 ♠️ Purim Craft w/ Judy - AR                      Groggers &amp; Crowns                      3:30 ∞ Jewish Education - GR                      Purim w/ Silvana Residents &amp; Staff                      6:30 ♠️ Movie: HBO – GR                      Airplane, 1980</p>	<p>10:30 💚 Cardio w/ Judy &amp; Dan <sup>3</sup>                      1:15 ☀️ <b>Depart for Scenic Ride</b>  <b>Rochester History Pt. 1</b>  <b>Sign up in Event Book</b>                      3:30 🔴 Wine and Women's Trivia                      w/ Judy &amp; Dan - CK                      5:00 ∞ Resident Shabbat Dinner                      with Pauline – GR</p>	<p>10:30 ♠️ Netflix Series: <sup>4</sup>                      Harry &amp; Meghan                      S1 – E1 - GR                      2:00 ♠️ Movie: Netflix -GR                      The Quick &amp; The Dead,                      1995                      6:30 🔴 Documentary: Netflix GR                      Max Steiner, Maestro                      Of Movie Music, 2021</p>
<p>8:00 ∞ Catholic Mass - GR <sup>5</sup>                      Resident TV Channel 8                      10:30 💚 Strength DVD – GR                        2:00 🎵 Classical Piano – GR                      Amanda Ashley                      6:30 ♠️ Movie: Netflix TBD -GR                      Top Gun, 1986</p>	<p>10:30 🎵 Sing-Along with Joe – GR <sup>6</sup>                      2:00 ♠️ Noisemaker Craft– GR                      3:15 ♣️ Clay Class w/ Barb – AR                      6:30 ♠️ Bingo w/ Nancy - GR    <b>Purim starts at Sunset</b></p>	<p>10:30 ∞ Megillah Reading - GR <sup>7</sup>                      w/ Rabbi Vogel                      2:00 ♣️ Purim Party - GR                      Rabbi, Silvana &amp; Staff                      3:30 ♠️ Dominoes                      w/ Judy &amp; Dan - AR                      3:30 💚 Tai Chi with Carm – GR                      6:30 ♠️ Movie: HBO – GR                      3:10 to Yuma, 2007  <b>Purim ends at Sunset</b></p>	<p>10:30 💚 Power &amp; Tone <sup>8</sup>                      w/ Judy &amp; Dan - GR                      12:00 ♠️ Lunch w/ Judy &amp; Dan                      - Summit Grill                      2:00 🔴 Group Jeopardy – GR                      With Judy &amp; Dan                      3:00 ♣️ Roc Dog Visitor – GR                      6:30 🎵 Savannah Legg: Flute – GR                      JSL Artist in Residence</p>	<p>10:30 💚 Agility &amp; Strength – GR <sup>9</sup>                      w/ Judy &amp; Dan                      2:00 ♠️ Film: Victor Borge - GR                      3:00 🔴 <b>WOLK MANOR</b>  <b>TOWN HALL</b>                      with Staff – GR                      6:30 ♠️ Movie: HBO – GR                      The Bad News Bears,                      1976</p>	<p>10:30 💚 Cardio w/ Judy &amp; Dan - GR <sup>10</sup>                      2:00 🔴 Larry Shearer Lecture -GR                      Carole King                      3:30 ♠️ Wine &amp; Idioms – CK                      w/ Dan &amp; Judy                      5:00 ∞ Resident Shabbat Dinner                      with Pauline – GR</p>	<p>10:30 ♠️ Netflix Series: <sup>11</sup>                      Harry &amp; Meghan                      S1 – E2 - GR                      2-4 🎵 Jack's Jazz                      Jammers – GR                      6:30 🔴 Documentary: Netflix –GR                      Reign of Superwomen, 2021</p>
<p>8:00 ∞ Catholic Mass - GR <sup>12</sup>                      Resident TV Channel 8                      10:30 💚 Stretch DVD – GR                      2:00 🎵 Zoe Walders - GR                      Vocals - Standards                      6:30 ♠️ Movie: Netflix -GR                      Play Misty for Me, 1971</p>	<p>10:30 🎵 Sing-Along with Joe – GR <sup>13</sup>                      2:00 ♠️ Bingo w/ Judy &amp; Dan –GR                      3:30 ♠️ Decorate Your Ride – GR                      w/ Judy &amp; Dan                      6:30 🔴 Documentary: HBO – GR                      Gloria in Her Own Words                      2011</p>	<p>10:30 💚 Flex &amp; Stretch – GR <sup>14</sup>                      With Judy &amp; Dan                      2:00 ♣️ Painting Class 101 – GR                      w/ Terese &amp; Barb                      3:30 ♠️ Table Bowling - CK                      w/ Dan                      3:30 💚 Tai Chi with Carm – GR                      6:30 ♠️ Movie: HBO – GR                      And God Created Woman, 1956</p>	<p>10:30 💚 Power &amp; Tone <sup>15</sup>                      w/ Judy &amp; Dan - GR                      2:00 ♠️ Irish Happy Hour - GR                      w/ Judy &amp; Dan                      Music by Innes Free Duo                      3:30 ♠️ Euchre Players Club – GR                      With Ken                      6:30 ♠️ Movie: HBO – GR                      East of Eden, 1955</p>	<p>10:00 🔴 Chat with Wolk Director <sup>16</sup>                      Kathy &amp; Dining – PDR                      10:30 💚 Agility &amp; Strength– GR                      w/ Judy                      2:00 🔴 Larry Shearer – GR                      Crossword: Solve It Together!                      3:30 ♠️ Find the Word w/ Judy - GR                      6:30 ♠️ Movie: TBD – GR</p>	<p>10:30 💚 Cardio w/ Judy &amp; Dan - GR <sup>17</sup>                      1:15 ☀️ <b>Depart for Scenic Ride</b>  <b>Rochester History Pt. 2</b>  <b>Sign up in Event Book</b>                      3:30 ♣️ Irish Trivia w/ Dan - GR                      5:00 ∞ Resident Shabbat Dinner                      with Pauline – GR</p>	<p>10:30 ♠️ Netflix Series: <sup>18</sup>                      Harry &amp; Meghan                      S1 – E3 - GR                      2:00 🎵 Harmonies for                      Healing - GR                      Brighton HS Student Musicians:                      Classical Violin &amp; More!                      6:30 ♠️ Movie: Netflix -GR                      Jerry Maguire, 1996</p>
<p>8:00 ∞ Catholic Mass - GR <sup>19</sup>                      Resident TV Channel 8                      10:30 💚 Healing DVD – GR                      2:00 ♠️ Movie: Netflix -GR                      Mask of Zorro, 1998                      6:30 ♠️ Movie: Netflix - GR                      Skyfall, 2012</p>	<p>10:30 🎵 Sing-Along with Joe – GR <sup>20</sup>                      2:00 ♠️ Bingo w/ Judy – GR                      3:00 ∞ Catholic Visits to YOU                      with Deacon Jeff                      3:15 ♣️ Clay Class w/ Barb – AR                      6:30 🔴 Documentary: HBO – GR                      Jane Fonda in Five Acts, 2018</p>	<p>10:30 💚 Flex &amp; Stretch – GR <sup>21</sup>                      With Judy &amp; Dan                      2:00 ♣️ Painting Class 101 – GR                      w/ Terese &amp; Barb                      3:30 💚 Tai Chi with Carm – GR                      6:30 ♠️ Movie: HBO – GR                      War of The Worlds, 2005</p>	<p>10:30 💚 Power &amp; Tone <sup>22</sup>                      w/ Judy &amp; Dan - GR                      2:00 ∞ To Tell the Truth - GR                      with Rabbi Rubenstein                      3:00 ♣️ Roc Dog Visitor – FR                      4:30 ∞ <b>Better Together Dinner &amp;</b>  <b>Intergenerational Program w/</b>  <b>Silvana, Pauline &amp; her 7<sup>th</sup> Graders</b></p>	<p>10:30 💚 Agility &amp; Strength – GR <sup>23</sup>                      w/ Judy &amp; Dan                      2:00 ♣️ Travelogue with Beth – GR                      Ireland                      3:30 🎵 Name that Tune - GR                      With Dan &amp; Judy                      6:30 ♠️ Movie: HBO – GR                      Bonnie and Clyde, 1967</p>	<p>10:30 💚 Cardio w/ Judy &amp; Dan- GR <sup>24</sup>                      2:00 🔴 Larry Shearer Lecture – GR                      Donald O'Connor                      3:30 ♠️ Laughs &amp; Coffee – CK                      w/ Dan                      5:00 ∞ Resident Shabbat Dinner                      with Pauline – GR</p>	<p>10:30 ♠️ Netflix Series: <sup>25</sup>                      Harry &amp; Meghan                      S1 – E4 - GR                      2-4 🎵 Jack's Jazz                      Jammers – GR                      6:30 🔴 Documentary: Netflix -GR                      Ingrid Bergman in Her                      Own Words, 2015</p>
<p>8:00 ∞ Catholic Mass – <sup>26</sup>                      Resident TV Channel 8                      10:30 💚 Strength DVD – GR                      2:00 ♠️ Movie: Netflix -GR                      The Woman King, 2022                      6:30 ♠️ Movie: Netflix -GR                      National Security, 2003</p>	<p>10:30 🎵 Sing-Along with Joe – GR <sup>27</sup>                      2:00 🔴 Broadway Bob – GR                      Lecture: Dames of Broadway                      3:00 ∞ Catholic Visits to YOU                      with Deacon Jeff                      3:15 ♣️ Clay Class w/ Barb – AR                      6:30 ♠️ Bingo w/ Nancy - GR</p>	<p>10:30 💚 Flex &amp; Stretch – GR <sup>28</sup>                      With Dan                      2:00 ♣️ Resident Art Show - GR                      With Terese &amp; Barb                      3:30 💚 Tai Chi with Carm – LIB                      3:30 ∞ Christian Service - GR                      with Rev. Darryl                      6:30 ♠️ Movie: Netflix – GR                      Air Force One, 1997</p>	<p>10:30 💚 Power &amp; Tone <sup>29</sup>                      w/ Dan - GR                      2:00 ♠️ Happy Birthday Hour - GR                      w/ Judy &amp; Dan                      Music by Karen Labella                      3:30 🔴 Name the Famous                      Person w/ Dan - GR                      6:30 ♠️ Movie: HBO – GR                      The Matrix, 1999</p>	<p>10:30 💚 Agility &amp; Strength – GR <sup>30</sup>                      w/ Judy &amp; Dan                      2 - 4 ♠️ Judy's Farewell Party - GR                        6:30 🎵 ECMS Junior Flute - GR                      Choir, Sophia Kim Director</p>	<p>10:30 💚 Cardio w/ Judy &amp; Dan- GR <sup>31</sup>                      2:00 ♠️ Movie Matinee TBD - GR                      3:30 ♠️ Password w/ Dan - CK                      5:00 ∞ Resident Shabbat Dinner                      with Pauline – GR</p>	