

# August 2023

# Wolk Manor

Music  
 Health  
 Outings  
 Fun  
 Inspiration  
 Education  
 Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10:30  Strength DVD - GR 2:00  Painting Class 101 - GR w/ Terese & Barb 3:30  Dominoes - AR 3:30  Tai Chi with Carm - GR 6:30  Movie: DVD - GR	<b>2</b> 10:30  Healing DVD - GR 2:00  Bingo - GR 3:30  Scrabble - AR 6:30  Movie: DVD - GR	<b>3</b> 10:30  Stretch DVD - GR 2:00  Trivia - GR 3:30  Cards - AR 6:30  Movie: DVD - GR	<b>4</b> 10:30  Stretch DVD - GR 2:00  Documentary: Netflix - GR 3:30  Bananagrams - AR 5:00  Resident Shabbat Dinner with Pauline - GR	<b>5</b> 10:30  Documentary: Netflix - GR 2:00  Movie: DVD - GR 6:30  Movie: DVD - GR
<b>6</b> 8:00  Catholic Mass Resident TV Channel 8 10:30  Stretch DVD - GR 2:00  Movie: DVD - GR 6:30  Movie: DVD - GR	<b>7</b> 10:30  Sing-Along w/ Joe- GR 2:00  True Or False - GR 3:15  Clay Class w/ Barb-AR 6:30  Bingo with Nancy - GR	<b>8</b> 10:30  Strength DVD - GR 2:00  Painting Class 101 - GR w/ Terese & Barb 3:30  Cards - AR 3:30  Tai Chi with Carm - GR 6:30  Movie: DVD - GR	<b>9</b> 10:30  Healing DVD - GR 2:00  Trivia - GR 3:00  Roc Dog Visitor - FR 3:30  20 Questions - GR 6:30  Movie: DVD - GR	<b>10</b> 10:30  Stretch DVD - GR 2:00  Trivia - GR 3:30  Cards - AR 6:30  Movie: DVD - GR	<b>11</b> 10:30  Stretch DVD - GR 2:00  Larry Shearer - GR - Judy Garland 3:30  Dice - AR 5:00  Resident Shabbat Dinner with Pauline - GR	<b>12</b> 10:30  Documentary: Netflix TBD - GR 2-4  Jack's Jazz Jammers 2 Hours of Great Jazz! - GR 6:30  Movie: DVD - GR
<b>13</b> 8:00  Catholic Mass Resident TV Channel 8 10:30  Healing DVD - GR 2:00  Movie: DVD - GR 6:30  Movie: DVD - GR	<b>14</b> 10:30  Sing-Along w/ Joe-GR 2:00  Cornhole with Dan -GR 3:30  Password w/ Dan - GR 6:30  Movie: DVD - GR	<b>15</b> 10:30  Flex & Stretch - GR With Dan 2:00  Painting Class 101 - GR w/ Terese & Barb 3:30  Dominoes w/ Dan - AR 3:30  Tai Chi with Carm - GR 6:30  Movie: DVD - GR	<b>16</b> 10:30  Power & Tone - GR With Dan 2:00  Group Jeopardy w/ Dan -GR 3:30  Name 5 Things w/ Dan - GR 6:30  Movie: DVD - GR	<b>17</b> 10:30  Agility & Strength - GR w/ Dan 2:00  Scrabble w/ Dan - AR 3:00 <b>WOLK MANOR TOWN HALL With Staff</b> - GR 6:30  Movie: DVD - GR	<b>18</b> 10:30  Cardio w/ Dan - GR 1:30 <b>Depart for Scenic Ride Country Roads Sign up in Event Book</b> 3:30  Card Games with Dan - AR 5:00  Resident Shabbat Dinner with Pauline - GR	<b>19</b> 10:30  Documentary: Netflix - GR 2:00  Movie: DVD - GR 6:30  Movie: DVD - GR
<b>20</b> 8:00  Catholic Mass Resident TV Channel 8 10:30  Strength DVD - GR 2:00  Movie: DVD - GR 6:30  Movie: DVD - GR	<b>21</b> 10:30  Sing-Along w/ Joe- GR Around the World Program! - Will take place in different rooms throughout Wolk, Lodge, and Summit - Will go for majority of day 6:30  Bingo with Nancy - GR	<b>22</b> 10:30  Flex & Stretch - GR With Dan 2:00  Painting Class 101 - GR w/ Terese & Barb 3:30  Christian Service w/ Rev. Darryl 3:30  Tai Chi with Carm - GR 6:30  Movie: DVD - GR	<b>23</b> 10:30  Power & Tone - GR With Dan 2:00  Rabbi Rubenstein - GR Lecture 3:00  Roc Dog Visitor - FR 3:45  Guess the Location - GR With Dan 6:30  Movie: DVD - GR	<b>24</b> 10:00  Chat with Wolk Director Kathy & Dining - PDR 10:30  Agility & Strength - GR w/ Dan 2:00  Travelogue with Beth - GR 3:30  Jewish Education - GR With Silvana 6:30  Movie: DVD - GR	<b>25</b> 10:30  Cardio w/ Dan - GR 1:00  Root Beer Floats Summit Patio 2:00  Larry Shearer Lecture -GR Simon & Garfunkel 3:30  Bananagrams - AR With Dan 5:00  Resident Shabbat Dinner with Pauline - GR	<b>26</b> 10:30  Documentary: Netflix - GR 2:00  Movie: DVD - GR 6:30  Movie: DVD - GR
<b>27</b> 8:00  Catholic Mass Resident TV Channel 8 10:30  Stretch DVD - GR 2:00  Movie: DVD - GR 6:30  Movie: DVD - GR	<b>28</b> 10:30  Sing-Along with Joe - GR 2:00  Broadway Bob - GR Lecture 3:15  Clay Class w/ Barb - AR 6:30  Movie: DVD - GR	<b>29</b> 10:30  Flex & Stretch - GR With Dan 12:00  Lunch at Summit Grill Music by TBD 2:00  Painting Class 101 - GR w/ Terese & Barb 3:30  Bananagrams w/ Dan - AR 3:30  Tai Chi with Carm - GR 6:30  Movie: DVD - GR	<b>30</b> 10:30  Power & Tone - GR 2:00  20 Questions w/ Dan - GR 3:30  Sing-Along w/ Dan - GR 6:30  Movie: DVD - GR	<b>31</b> 10:30  Agility & Strength - GR w/ Dan 2:00  Advertising Slogans & - GR Jingles w/ Dan 3:00  20 Questions w/ Dan, -GR Christine & Summit Residents 6:30  Movie: DVD - GR		