

# November 2023

# The Lodge at Wolk Manor

Live Music  
 Health  
 Outings  
 Fun  
 Inspiration  
 Education  
 Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:00 ♦ Breakfast and Chronicles 1 9:30 ♥ Chair Exercise 10:30 ♦ Lost Worlds of the Med. 12:00 Lunch 1:30 ♦ I Spy Foods 2:00 ♠ Brenda's Choice Cookies 3:00 ♣ Roc Dogs 4:30 Dinner 6:00 ♠ Movie: "Take Me Out to the Ball Game"	8:00 ♦ Breakfast and Chronicles 2 9:30 ♥ Seated Yoga 10:30 ♠ Board/Card Games 12:00 Lunch 1:30 ♪ Music w/ Donna 2:00 ♠ Apple Sauce 3:00 ♥ Balloon Tennis 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles 3 9:30 ♥ Move & Groove 10:30 ♠ Bucket Ball 12:00 Lunch 1:30 ♪ Music w/ Allen 2:00 ♠ Cheez-Its 3:00 ♥ Ball Bounce 4:30 Dinner 6:00 ♠ Resident's Choice	8:00 Breakfast 10:00 ♥ Stretch it out 12:00 Lunch 2:00 ♠ Peaches 3:00 ♠ Facetime w/ Family 4:30 Dinner 6:00 ♠ AGT
<b>Daylight Savings</b> 5 8:00 Breakfast 10:00 ♥ Seated Yoga 12:00 Lunch 2:00 ♠ Oreo Cookies 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Hallmark	8:00 ♦ Breakfast and Chronicles 6 9:30 ♥ Move & Groove 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♠ Board/Card Games 2:00 ♠ Fruit Platter 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "The War"	8:00 ♦ Breakfast and Chronicles 7 9:30 ♥ Stretch it out 10:30 ♦ Crossword/Word Search 12:00 Lunch 1:30 ♥ Balloon Tennis 2:00 ♠ Lorna Doone 3:00 ♦ Trivia 4:30 Dinner 6:00 ♦ Jewish Education w Silvana	8:00 ♦ Breakfast and Chronicles 8 9:30 ♥ Stretch it out 10:30 ♦ Making North America 12:00 Lunch 1:30 ♠ Nail Day 2:00 ♠ Veggie Tray w/ Hummus 3:00 ♥ Ball Bounce 4:30 Dinner 6:00 ♠ Movie: "Casablanca"	8:00 ♦ Breakfast and Chronicles 9 9:30 ♥ Chair Exercise 10:30 ♣ Cards for Family 12:00 Lunch 1:30 ♪ Music w/ Donna 2:00 ♠ Peanut Butter Crackers 3:00 ♦ Trivia 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles 10 9:30 ♥ Seated Yoga 10:30 ♠ Bucket Ball 12:00 Lunch 1:30 ☀ Bus Ride 2:00 ♠ Pears 3:00 ♠ Craft Day (Veteran's Day) 4:30 Dinner 6:00 ♠ Resident's Choice	<b>Veteran's Day</b> 11 8:00 Breakfast 10:00 ♥ Move & Groove 12:00 Lunch 2:00 ♪ Side by Side w/ Criss 2:30 ♠ Assorted Muffins 4:30 Dinner 6:00 ♠ AGT
8:00 Breakfast 10:00 ♥ Chair Exercise 12:00 Lunch 2:00 ♠ Cheese and Crackers 3:00 ♥ Balloon Tennis 4:30 Dinner 6:00 ♠ Hallmark	8:00 ♦ Breakfast and Chronicles 13 9:30 ♥ Seated Yoga 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Melinda 2:00 ♠ Yogurts Cups 3:00 ♪ Music with Sophie 4:30 Dinner 6:00 ♠ Series: "The War"	8:00 ♦ Breakfast and Chronicles 14 9:30 ♥ Move & Groove 10:30 ♦ I Spy Foods 12:00 ☀ Lunch at the Grill 1:00 ♣ Painting Class 2:00 ♠ Popcorn 3:00 ♥ Ball Bounce 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles 15 9:30 ♥ Move & Groove 10:30 ♦ Henry Ford 12:00 Lunch 1:30 ♠ Craft Day 2:00 ♠ Milkshakes 3:00 ♣ Roc Dogs 4:30 Dinner 6:00 ♠ Movie "Curly Top"	8:00 ♦ Breakfast and Chronicles 16 9:30 ♥ Stretch it out 10:30 ♣ Cards for Family 12:00 Lunch 1:30 ♪ Music w/ Donna 2:00 ♠ Fruit Cups 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles 17 9:30 ♥ Chair Exercise 10:30 ♠ Bucket Ball 12:00 Lunch 1:30 ♪ Music w/ Allen 2:00 ♠ Sun Chips 3:00 ♦ Crossword/Word Search 4:30 Dinner 6:00 ♠ Resident's Choice	8:00 Breakfast 10:00 ♥ Seated Yoga 12:00 Lunch 2:00 ♠ Birthday Social/EW 3:00 ♠ Facetime w/ Family 4:30 Dinner 6:00 ♠ AGT
8:00 Breakfast 10:00 ♥ Stretch it out 12:00 Lunch 2:00 ♠ Chips and Salsa 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Hallmark	8:00 ♦ Breakfast and Chronicles 20 9:30 ♥ Chair Exercise 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♦ Crossword/Word Search 2:00 ♠ Jello Cups 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "The War"	8:00 ♦ Breakfast and Chronicles 21 9:30 ♥ Seated Yoga 10:30 ♠ Bean Bag Toss 12:00 Lunch 1:30 ♠ Puzzles/Coloring 2:00 ♠ Fruit Platter 3:00 ♥ Balloon Tennis 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles 22 9:30 ♥ Seated Yoga 10:30 ♦ Impressionists 12:00 Lunch 1:30 ♠ Nail Day 2:00 ♠ Bavarian Pretzels 3:00 ♠ Board/Card Games 4:30 Dinner 6:00 ♠ Movie: "The Maltese Falcon"	<b>Thanksgiving</b> 23 8:00 ♦ Breakfast and Chronicles 9:30 ♥ Move & Groove 10:30 ♦ I Spy Foods 12:00 Lunch 2:00 ♠ Assorted Cheesecake 3:00 ♦ Trivia 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles 24 9:30 ♥ Stretch it out 10:30 ♠ Bucket Ball 12:00 Lunch 1:30 ☀ Bus Ride 2:00 ♠ Veggie Tray 3:00 ♠ Bean Bag Toss 4:30 Dinner 6:00 ♠ Resident's Choice	8:00 Breakfast 10:00 ♥ Chair Exercise 12:00 Lunch 2:00 ♪ Side by Side w/ Criss 2:30 ♠ Cheese and Crackers 4:30 Dinner 6:00 ♠ AGT
8:00 Breakfast 10:00 ♥ Move & Groove 12:00 Lunch 2:00 ♠ Rice Pudding 3:00 ♥ Ball Bounce 4:30 Dinner 6:00 ♠ Hallmark	8:00 ♦ Breakfast and Chronicles 27 9:30 ♥ Stretch it out 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Melinda 2:00 ♠ Goldfish Crackers 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "The War"	8:00 ♦ Breakfast and Chronicles 28 9:30 ♥ Chair Exercise 10:30 ♠ Board/Card Games 12:00 ☀ Lunch in the GR 1:00 ♣ Painting Class 2:00 ♠ Assorted Fruit Tarts 3:00 ♦ Trivia 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles 29 9:30 ♥ Chair Exercise 10:30 ♦ Explained on Netflix 12:00 Lunch 1:30 ♠ Craft Day 2:00 ♠ Peanut Butter Crackers 3:00 ♦ Zoo Mobile 4:30 Dinner 6:00 ♠ Movie: "Casper"	8:00 ♦ Breakfast and Chronicles 30 9:30 ♥ Seated Yoga 10:30 ♣ Cards for Family 12:00 Lunch 1:00 ♣ Armchair Travels w/ Beth 2:00 ♠ Assorted Danish 3:00 ♥ Ball Bounce 4:30 Dinner 6:00 ♠ TCM	<p style="text-align: center;"><b>All Activates are subject to change. Please see daily calendar for updates.</b></p>	