



♣ Inspiration ♦ Education ∞ Spirituality

Catherine Gilman, Activities Associate The Lodge at Wolk Manor, 7000 Summit Circle Drive Rochester, NY 14618 585-341-2311

cagilman@jewishhomeroc.org

	MEMORY C	ARE			cagilman@jewishhomeroc.org	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Activities are subject to change. Please see daily calendar for updates.	### HAPPY ## INDEPENDENCE CLOY	8:00 ♦ Breakfast and Chronicles 9:30 ♥ Stretch it out 10:30 Ŋ Music w/ John 12:00 Lunch 1:30 ♣ Crafting Corner 2:30 ♠ Fruit Platter 3:00 ♠ Brain Games 4:30 Dinner 6:00 ♠ Netflix	9:30 Dancing 10:30 May Hauguste Renior" 10:30 Walking Club 12:00 Lunch 1:00 Painting Class 2:30 Fresh Cookies 3:00 Roc Dogs 4:30 Dinner 6:00 MA Little Chaos"	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Seated Yoga 10:30 ∬ Music w/ Standard Time 12:00 Lunch 1:30 ∬ Music w/ Donna 2:30 ♠ Sun Chips 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ TCM	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Chair Exercise 10:30 ◆ Red White & Blue Trivia 12:00 Lunch 1:30 ♣ Patriotic Craft 2:30 ♠ 4 th of July Party 3:00 ♠ Firework Coloring 4:30 Dinner 6:00 ♠ "A Few Good Men" 4 th of July	8:00 Breakfast 10:00 V Stretch it out 12:00 Lunch 2:30 A Jello Cups 3:00 A Facetime w/ Family 4:30 Dinner 6:00 A AGT
8:00 Breakfast 10:00 Seated Yoga 12:00 Lunch 2:30 Yogurt Cups 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Hallmark	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Strength Training 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ▲ Birthday Social/PM 3:00 ▲ Gardening 4:30 Dinner 6:00 ▲ "Find Me In Paris"	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Move & Groove 10:30 ௺ Music w/ Standard Time 12:00 Lunch 1:30 ௺ Music w/ Bonnie 2:30 ♠ Veggie & Cheese Tray 3:00 ♠ Brain Games 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles 9:30 ♥ Dancing 10:30 ♦ "Anelka Misunderstood" 10:30 ♥ Walking Club 12:00 Lunch 1:00 ♣ Painting Class 2:30 ♠ Fresh Cookies 3:00 ♣ David Orange Talks 4:30 Dinner 6:00 ♠ "To Catch A Thief"	9 8:00 ♦ Breakfast and Chronicles 9:30 ♥ Chair Exercise 10:30 ♦ Trivia 12:00 ★ Lunch at the Grill 1:30 Ŋ Music w/ Donna 2:30 ♠ Nutrigrain Bars 3:00 Ŋ Singing in the Sunshine 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles 9:30 ♥ Chair Exercise 10:30 ♠ Bucket Ball 12:00 Lunch 1:30 ♣ Bus Ride 2:30 ♠ Ice Cream Social (Vanilla) 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Resident's Choice	8:00 Breakfast 10:00 V Move & Groove 12:00 Lunch 2:00 J Side by Slide w/ Criss 2:30 Fruit Cups 4:30 Dinner 6:00 AGT
8:00 Breakfast 10:00 ♥ Chair Exercise 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ♣ Jello Cups 3:00 ♥ Balloon Tennis 4:30 Dinner 6:00 ♣ Hallmark	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Strength Training 10:30 Ŋ Sing w/ Joe at Wolk 12:00 Lunch 1:30 Ŋ Music w/ Melinda 2:00 Communion Services w/ Dcn Jeff 2:30 ♠ Milkshakes 3:00 ♠ Gardening 4:30 Dinner 6:00 ♠ "Find Me In Paris"	8:00 • Breakfast and Chronicles 9:30 • Seated Yoga 10:30 • Brain Games 12:00 Lunch 1:30 • Tie Dye! 2:30 • Fruit Platter 3:00 • AGT 4:30 Dinner 6:00 • Netflix	8:00 • Breakfast and Chronicles 9:30 • Dancing 10:30 • Painting Class 10:30 • Walking Club 12:00 Lunch 1:00 • "Seasons" 2:30 • Fresh Cookies 3:00 • Roc Dogs 4:30 Dinner 6:00 • "The Three Musketeers"	8:00 ♦ Breakfast and Chronicles 9:30 ♥ Stretch it out 10:30 ♦ Trivia 12:00 Lunch 1:30 Ŋ Music w/ Donna 2:30 ♠ Sun Chips 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ TCM	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Chair Exercise 10:30 ⊅ Music w/ Standard Time 12:00 Lunch 1:30 ◆ Balloon Tennis 2:30 ◆ Ice Cream Cart (Sorbet) 3:00 ◆ Puzzles/Coloring 4:30 Dinner 6:00 ◆ Resident's Choice	8:00 Breakfast 10:00 Seated Yoga 12:00 Lunch 2:30 Cheez Its 3:00 Facetime w/ Family 4:30 Dinner 6:00 AGT
8:00 Breakfast 10:00 Stretch it out 12:00 Lunch 2:30 Fruit Cups 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Hallmark	8:00 ◆ Breakfast and Chronicles 21 9:30 ▼ Strength Training 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ◆ Smoothies 3:00 ◆ Horticultural Therapy w/ Bambi 4:30 Dinner 6:00 ◆ "Find Me In Paris"	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Chair Exercise 10:30 ⊅ Music w/ John 12:00 Lunch 1:30 ♠ Board Games Outside 2:30 ♠ Veggie and Cheese Tray 3:30 ○ Christian Worship Services 4:30 Dinner 6:00 ♠ Netflix	8:00 • Breakfast and Chronicles 9:30 • Dancing 10:30 • "Mark Cavendish: Never Enough 10:30 • Walking Club 12:00 Lunch 1:00 • Painting Class 2:30 • Fresh Cookies 3:00 • Jewish Education w/ Silvana 4:30 Dinner 6:00 • "Chocolat"	9:30♥Move & Groove	8:00 Breakfast and Chronicles 9:30 Chair Exercise 10:30 Bucket Ball 12:00 Lunch 1:30 Bus Ride 2:30 Ce Cream Social (Vanilla) 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Resident's Choice	8:00 Breakfast 10:00 ♥ Chair Exercise 12:00 Lunch 2:00 ♪ Side by Slide w/ Criss 2:30 ♠ Yogurts Cups 4:30 Dinner 6:00 ♠ AGT
8:00 Breakfast 10:00 ♥ Move & Groove 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ♠ Cheez Its 3:00 ♥ Ball Bounce 4:30 Dinner 6:00 ♠ Hallmark	8:00 ◆ Breakfast and Chronicles 28 9:30 ▼ Strength Training 10:30 Ĵ Sing w/ Joe at Wolk 12:00 Lunch 1:30 Ĵ Music w/ Melinda 2:30 ♠ Milkshakes 3:00 ♠ Gardening 4:30 Dinner 6:00 ♠ "Find Me In Paris"	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Stretch it out 10:30	9:30 ♥ Dancing 10:30 ♥ Walking Club 12:00 Lunch 1:30 ♦ "Claude Monet" 2:30 ♣ Lorna Doones	8:00 ◆ Breakfast and Chronicles 9:30 ▼ Seated Yoga 10:30 ◆ Trivia 12:00 Lunch 1:30 Ŋ Music w/ Donna 2:30 ♠ Sun Chips 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ TCM	HAPPY SUUMER!	