

July 2024

# The Lodge at Wolk Manor

Music  
 Health  
 Outings  
 Fun  
 Inspiration  
 Education  
 Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>All Activities are subject to change. Please see daily calendar for updates.</b></p>	8:00 ♦ Breakfast and Chronicles <b>1</b> 9:30 ♥ Strength Training 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ♠ Watermelon 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "This Is Us"	8:00 ♦ Breakfast and Chronicles <b>2</b> 9:30 ♥ Stretch it out 10:30 ♠ Name that Patriotic Tune! 12:00 Lunch 1:30 ♣ Crafting Corner 2:30 ♠ Peaches 3:00 ♥ Walking Club 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles <b>3</b> 9:30 ♥ Dancing 10:30 ♦ "Race" 12:00 Lunch 1:30 ♣ Painting Class 2:30 ♠ Veggie Tray 3:00 ♣ Roc Dogs 4:30 Dinner 6:00 ♠ "Purple Hearts"	8:00 ♦ Breakfast and Chronicles <b>4</b> 9:30 ♥ Seated Yoga 10:30 ♠ Gardening 12:00 Lunch 1:30 ♠ Independence Day Coloring 2:30 ♠ Patriotic Fruit Parfaits 3:00 ♦ Trivia 4:30 Dinner 6:00 ♠ TCM <b>Fourth of July</b>	8:00 ♦ Breakfast and Chronicles <b>5</b> 9:30 ♥ Chair Exercise 10:30 ♠ Balloon Tennis 12:00 Lunch 1:30 ♪ Music w/ Standard Time 2:30 ♠ Ice Cream Cart 3:00 ♠ Parachute 4:30 Dinner 6:00 ♠ Resident's Choice <b>Fun in the Sun Day</b>	8:00 Breakfast <b>6</b> 10:00 ♥ Stretch it out 12:00 Lunch 2:30 ♠ Nutrigrain Bars 3:00 ♠ Facetime w/ Family 4:30 Dinner 6:00 ♠ AGT	
	8:00 Breakfast <b>7</b> 10:00 ♥ Seated Yoga 12:00 Lunch 2:30 ♠ Sun-Chips 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Hallmark	8:00 ♦ Breakfast and Chronicles <b>8</b> 9:30 ♥ Strength Training 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Melinda 2:30 ♠ Brenda's Choice 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "This Is Us"	8:00 ♦ Breakfast and Chronicles <b>9</b> 9:30 ♥ Move & Groove 10:30 ♪ Music w/ John 12:00 ☀ Lunch at the Grill 1:30 ♦ Alphabet Game 2:30 ♠ Smoothies 3:00 ♥ Walking Club 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles <b>10</b> 9:30 ♥ Dancing 10:30 ♦ "Breaking Boundaries" 12:00 Lunch 1:00 ♣ Painting Class 2:30 ♠ Peanut Butter Crackers 3:00 ♣ David Orange Talks: Forgiveness & Heart Health 4:30 Dinner 6:00 ♠ "My All American"	8:00 ♦ Breakfast and Chronicles <b>11</b> 9:30 ♥ Chair Exercise 10:30 ♠ Gardening 12:00 Lunch 1:00 ☀ Bus Ride Picnic 1:30 ♪ Music w/ Donna 2:30 ♠ Cheez-Its 3:00 ♦ Trivia 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles <b>12</b> 9:30 ♥ Chair Exercise 10:30 ♠ Bucket Ball 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ♠ Fruit Cups 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Resident's Choice	8:00 Breakfast <b>13</b> 10:00 ♥ Move & Groove 12:00 Lunch 2:00 ♪ Side by Slide w/ Criss 2:30 ♠ Oreos 4:30 Dinner 6:00 ♠ AGT
	8:00 Breakfast <b>14</b> 10:00 ♥ Chair Exercise 12:00 Lunch 2:30 ♠ Jello Cups 3:00 ♪ Music w/ Sophie 4:30 Dinner 6:00 ♠ Hallmark	8:00 ♦ Breakfast and Chronicles <b>15</b> 9:30 ♥ Strength Training 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Standard Time 2:30 ♠ Milkshakes 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "This Is Us"	8:00 ♦ Breakfast and Chronicles <b>16</b> 9:30 ♥ Seated Yoga 10:30 ♪ Music w/ Bonnie 12:00 Lunch 1:30 ♣ Crafting Corner 2:30 ♠ Goldfish Crackers 3:00 ♥ Walking Club 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles <b>17</b> 9:30 ♥ Dancing 10:30 ♣ Painting Class 12:00 Lunch 1:30 ♦ "Remembering Gene Wilder" 2:30 ♠ Cheesecake 3:00 ♣ Roc Dogs 4:30 Dinner 6:00 ♠ "American Symphony"	8:00 ♦ Breakfast and Chronicles <b>18</b> 9:30 ♥ Stretch it out 10:30 ♠ Gardening 12:00 Lunch 1:30 ♪ Music w/ Donna 2:30 ♠ Veggie Tray 3:00 ♦ Trivia 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles <b>19</b> 9:30 ♥ Chair Exercise 10:30 ♠ Balloon Tennis 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ♠ Pears 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Resident's Choice	8:00 Breakfast <b>20</b> 10:00 ♥ Seated Yoga 12:00 Lunch 2:30 ♠ Cupcakes 3:00 ♠ Facetime w/ Family 4:30 Dinner 6:00 ♠ AGT <b>International Cake Day</b>
	8:00 Breakfast <b>21</b> 10:00 ♥ Stretch it out 12:00 Lunch 2:30 ♠ Ice Cream Cart 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Hallmark <b>National Ice Cream Day</b>	8:00 ♦ Breakfast and Chronicles <b>22</b> 9:30 ♥ Strength Training 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Melinda 2:30 ♠ Veggie Tray 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "This Is Us"	8:00 ♦ Breakfast and Chronicles <b>23</b> 9:30 ♥ Chair Exercise 10:30 ♪ Music w/ John 12:00 ☀ Lunch in the GR (Moe's) 1:30 ♦ Cranium Crunches 2:30 ♠ Thumbprint Cookies 3:30 ☉ Christian Worship Services 4:30 Dinner 6:00 ♠ Netflix <b>Jelly and Jam Day</b>	8:00 ♦ Breakfast and Chronicles <b>24</b> 9:30 ♥ Dancing 10:30 ♦ "The Redeem Team" 12:00 Lunch 1:00 ♣ Painting Class 2:30 ♠ Peaches 3:00 ♠ Rolling up Pizza 4:30 Dinner 6:00 ♠ "Biking Border"	8:00 ♦ Breakfast and Chronicles <b>25</b> 9:30 ♥ Move & Groove 10:30 ♠ Gardening 12:00 Lunch 1:30 ♪ Music w/ Donna 2:30 ♠ Lorna Doone 3:00 ♦ Trivia 4:30 Dinner 6:00 ♠ TCM	8:00 ♦ Breakfast and Chronicles <b>26</b> 9:30 ♥ Chair Exercise 10:30 ♠ Bucket Ball 12:00 Lunch 1:30 ☀ Bus Ride 2:30 ♠ Sun-Chips 3:00 ♠ Puzzles/Coloring 4:30 Dinner 6:00 ♠ Olympic Opening Ceremonies <b>Summer Olympics Start</b>	8:00 Breakfast <b>27</b> 10:00 ♥ Chair Exercise 12:00 Lunch 2:00 ♪ Side by Slide w/ Criss 2:30 ♠ Fruit Cups 4:30 Dinner 6:00 ♠ AGT
8:00 Breakfast <b>28</b> 10:00 ♥ Move & Groove 12:00 Lunch 2:30 ♠ Yogurt Cups 3:00 ♥ Ball Bounce 4:30 Dinner 6:00 ♠ Hallmark	8:00 ♦ Breakfast and Chronicles <b>29</b> 9:30 ♥ Strength Training 10:30 ♪ Sing w/ Joe at Wolk 12:00 Lunch 1:30 ♪ Music w/ Allen 2:30 ♠ Popcorn Cart 3:00 ♠ Bingo 4:30 Dinner 6:00 ♠ Series: "This Is Us"	8:00 ♦ Breakfast and Chronicles <b>30</b> 9:30 ♥ Stretch it out 10:30 ♪ Music w/ Bonnie 12:00 Lunch 1:30 ♣ Crafting Corner 2:30 ♠ Cheese and Crackers 3:00 ♥ Walking Club 4:30 Dinner 6:00 ♠ Netflix	8:00 ♦ Breakfast and Chronicles <b>31</b> 9:30 ♥ Dancing 10:30 ♦ "Sprint" 12:00 Lunch 1:30 ♠ Tea Party! 3:00 ♣ Art Workshop 4:30 Dinner 6:00 ♠ "Under the Amalfi Sun"				