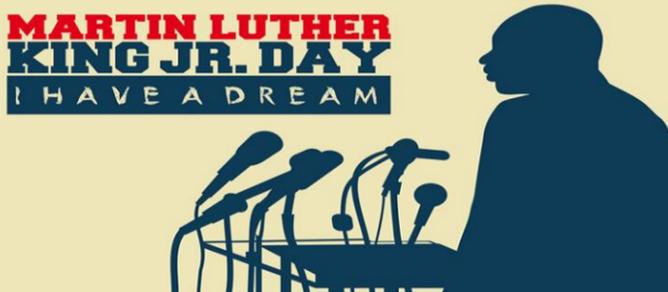


January 2026

Live Music  
 Health  
 Outings  
 Fun  
 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](mailto:cagilman@jewishhomeroc.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>All Activities are subject to change. Please see daily calendar for updates.</b></p>					<p>8:00 ♦ Breakfast and Chronicles 1</p> <p>9:30 ♥ Seated Yoga</p> <p>10:30 ♠ "The Illusionist"</p> <p>12:00 Lunch</p> <p>1:30 ♠ Board Games</p> <p>2:30 ♠ Smoothies</p> <p>3:00 ♠ "Titanic"</p> <p>4:30 Dinner</p> <p>6:00 ♠ TCM</p> <p><b>New Year's Day!</b></p>	<p>8:00 ♦ Breakfast and Chronicles 2</p> <p>9:30 ♥ Chair Exercise</p> <p>10:30 ♪ Music w/ Standard Time</p> <p>12:00 Lunch</p> <p>1:30 ♠ Bingo</p> <p>2:30 ♠ Hot Coco Bar</p> <p>3:00 ♠ Puzzles/Coloring</p> <p>4:30 Dinner</p> <p>6:00 ♠ Resident's Choice</p>	<p>8:00 Breakfast 3</p> <p>10:00 ♥ Stretch it out</p> <p>12:00 Lunch</p> <p>2:30 ♠ Yogurt Cups</p> <p>3:00 ♠ Facetime w/ Family</p> <p>4:30 Dinner</p> <p>6:00 ♠ AGT</p>
	<p>8:00 Breakfast 4</p> <p>10:00 ♥ Seated Yoga</p> <p>12:00 Lunch</p> <p>2:30 ♠ Sun Chips</p> <p>3:00 ♠ Puzzles/Coloring</p> <p>4:30 Dinner</p> <p>6:00 ♠ Hallmark</p>	<p>8:00 ♦ Breakfast and Chronicles 5</p> <p>9:30 ♥ Strength Training</p> <p>10:30 ♪ Sing w/ Joe at Wolk</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Allen</p> <p>2:30 ♠ Lays Chips</p> <p>3:00 ♠ AGT</p> <p>4:30 Dinner</p> <p>6:00 ♠ Series: "The West Wing"</p>	<p>8:00 ♦ Breakfast and Chronicles 6</p> <p>9:30 ♥ Stretch it out</p> <p>10:30 ♪ Music w/ John</p> <p>12:00 Lunch</p> <p>1:30 ♣ Crafting Corner</p> <p>2:30 ♠ Fresh Fruit Cups</p> <p>3:00 ♠ Brain Games</p> <p>4:30 Dinner</p> <p>6:00 ♠ Netflix</p>	<p>8:00 ♦ Breakfast and Chronicles 7</p> <p>9:30 ♥ Dancing</p> <p>10:30 ♦ "A Life on Our Planet"</p> <p>12:00 Lunch</p> <p>1:00 ♣ Painting Class</p> <p>2:30 ♠ Fresh Cookies</p> <p>3:00 ♣ Roc Dogs</p> <p>4:30 Dinner</p> <p>6:00 ♠ "Cast Away"</p>	<p>8:00 ♦ Breakfast and Chronicles 8</p> <p>9:30 ♥ Chair Exercise</p> <p>10:30 ♦ Trivia</p> <p>12:00 ☀ Lunch at the Grill</p> <p>1:30 ♪ Music w/ Bonnie</p> <p>2:30 ♠ Milkshakes</p> <p>3:00 ♦ Read Along: "King: A Life"</p> <p>4:30 Dinner</p> <p>6:00 ♠ TCM</p>	<p>8:00 ♦ Breakfast and Chronicles 9</p> <p>9:30 ♥ Chair Exercise</p> <p>10:30 ♠ Balloon Tennis</p> <p>12:00 Lunch</p> <p>1:30 ☀ Bus Ride</p> <p>2:30 ♠ Hot Coco Bar</p> <p>3:00 ♠ Puzzles/Coloring</p> <p>4:30 Dinner</p> <p>6:00 ♠ Resident's Choice</p>	<p>8:00 Breakfast 10</p> <p>10:00 ♥ Move &amp; Groove</p> <p>12:00 Lunch</p> <p>2:00 ♪ Side by Slide w/ Criss</p> <p>2:30 ♠ Oreos</p> <p>4:30 Dinner</p> <p>6:00 ♠ AGT</p>
	<p>8:00 Breakfast 11</p> <p>10:00 ♥ Chair Exercise</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Allen</p> <p>2:30 ♠ Fruit Cups</p> <p>3:00 ♥ Balloon Tennis</p> <p>4:30 Dinner</p> <p>6:00 ♠ Hallmark</p>	<p>8:00 ♦ Breakfast and Chronicles 12</p> <p>9:30 ♥ Strength Training</p> <p>10:30 ♪ Sing w/ Joe at Wolk</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Melinda</p> <p>2:30 ♠ Nutrigrain Bars</p> <p>3:00 ♠ AGT</p> <p>4:30 Dinner</p> <p>6:00 ♠ Series: "The West Wing"</p>	<p>8:00 ♦ Breakfast and Chronicles 13</p> <p>9:30 ♥ Move &amp; Groove</p> <p>10:30 ♪ Music w/ John</p> <p>12:00 Lunch</p> <p>1:30 ♠ Name that Tune</p> <p>2:30 ♠ Veggie &amp; Cheese</p> <p>3:00 ♠ Brain Games</p> <p>4:30 Dinner</p> <p>6:00 ♠ Netflix</p>	<p>8:00 ♦ Breakfast and Chronicles 14</p> <p>9:30 ♥ Dancing</p> <p>10:30 ♦ "The New Yorker at 100"</p> <p>12:00 Lunch</p> <p>1:00 ♣ Painting Class</p> <p>2:30 ♠ Fresh Cookies</p> <p>3:00 ♣ David Orange Talks</p> <p>4:30 Dinner</p> <p>6:00 ♠ "Enola Holmes"</p>	<p>8:00 ♦ Breakfast and Chronicles 15</p> <p>9:30 ♥ Stretch it out</p> <p>10:30 ♪ Music w/ Standard Time</p> <p>12:00 Lunch</p> <p>1:30 ♦ Trivia</p> <p>2:30 ♠ Smoothies</p> <p>3:00 ♦ Read Along: "King: A Life"</p> <p>4:30 Dinner</p> <p>6:00 ♠ TCM</p>	<p>8:00 ♦ Breakfast and Chronicles 16</p> <p>9:30 ♥ Chair Exercise</p> <p>10:30 ♠ Balloon Tennis</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Bonnie</p> <p>2:30 ♠ Hot Coco Bar</p> <p>3:00 ♠ Puzzles/Coloring</p> <p>4:30 Dinner</p> <p>6:00 ♠ Resident's Choice</p>	<p>8:00 Breakfast 17</p> <p>10:00 ♥ Seated Yoga</p> <p>12:00 Lunch</p> <p>2:30 ♠ Jello Cups</p> <p>3:00 ♠ Facetime w/ Family</p> <p>4:30 Dinner</p> <p>6:00 ♠ AGT</p>
	<p>8:00 Breakfast 18</p> <p>10:00 ♥ Stretch it out</p> <p>12:00 Lunch</p> <p>2:30 ♠ Oreos</p> <p>3:00 ♠ Puzzles/Coloring</p> <p>4:30 Dinner</p> <p>6:00 ♠ Hallmark</p>	<p>8:00 ♦ Breakfast and Chronicles 19</p> <p>9:30 ♥ Strength Training</p> <p>10:30 ♪ Sing w/ Joe at Wolk</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Allen</p> <p>2:30 ♠ Lays Chips</p> <p>3:00 ♠ Horticultural Therapy w/ Bambi</p> <p>4:30 Dinner</p> <p>6:00 ♠ Series: "The West Wing"</p> <p><b>Martin Luther King Day</b></p>	<p>8:00 ♦ Breakfast and Chronicles 20</p> <p>9:30 ♥ Seated Yoga</p> <p>10:30 ♦ Discussion</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Bonnie</p> <p>2:30 ♠ Fresh Fruit Cups</p> <p>3:00 ♠ Brain Games</p> <p>4:30 Dinner</p> <p>6:00 ♠ Netflix</p>	<p>8:00 ♦ Breakfast and Chronicles 21</p> <p>9:30 ♥ Dancing</p> <p>10:30 ♦ "Brother Outsider: The Life of Bayard Rustin"</p> <p>12:00 Lunch</p> <p>1:00 ♣ Painting Class</p> <p>2:30 ♠ Fresh Cookies</p> <p>3:00 ♣ Roc Dogs</p> <p>4:30 Dinner</p> <p>6:00 ♠ "Barry"</p>	<p>8:00 ♦ Breakfast and Chronicles 22</p> <p>9:30 ♥ Move &amp; Groove</p> <p>10:30 ♪ Music w/ Standard Time</p> <p>12:00 ☀ Lunch in the GR (Chinese)</p> <p>1:00 ♣ Armchair Travels w/ Beth</p> <p>2:30 ♠ Milkshakes</p> <p>3:00 ♦ Read Along: "King: A Life"</p> <p>4:30 Dinner</p> <p>6:00 ♠ TCM</p>	<p>8:00 ♦ Breakfast and Chronicles 23</p> <p>9:30 ♥ Chair Exercise</p> <p>10:30 ♠ Balloon Tennis</p> <p>12:00 Lunch</p> <p>1:30 ☀ Bus Ride</p> <p>2:30 ♠ Hot Coco Bar</p> <p>3:00 ♠ Puzzles/Coloring</p> <p>4:30 Dinner</p> <p>6:00 ♠ Resident's Choice</p>	<p>8:00 Breakfast 24</p> <p>10:00 ♥ Chair Exercise</p> <p>12:00 Lunch</p> <p>2:00 ♪ Side by Slide w/ Criss</p> <p>2:30 ♠ Sun Chips</p> <p>4:30 Dinner</p> <p>6:00 ♠ AGT</p>
	<p>8:00 Breakfast 25</p> <p>10:00 ♥ Move &amp; Groove</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Allen</p> <p>2:30 ♠ Yogurt Cups</p> <p>3:00 ♥ Ball Bounce</p> <p>4:30 Dinner</p> <p>6:00 ♠ Hallmark</p>	<p>8:00 ♦ Breakfast and Chronicles 26</p> <p>9:30 ♥ Strength Training</p> <p>10:30 ♪ Sing w/ Joe at Wolk</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ Melinda</p> <p>1:00 ♣ Communion Services w/ Dcn Jeff</p> <p>2:30 ♠ Lorna Doones</p> <p>3:00 ♠ AGT</p> <p>4:30 Dinner</p> <p>6:00 ♠ Series: "The West Wing"</p>	<p>8:00 ♦ Breakfast and Chronicles 27</p> <p>9:30 ♥ Chair Exercise</p> <p>10:30 ♣ Crafting Corner</p> <p>12:00 Lunch</p> <p>1:30 ♪ Music w/ The Road Less Traveled</p> <p>2:30 ♠ Veggie &amp; Cheese</p> <p>3:30 ♣ Christian Worship Services</p> <p>4:30 Dinner</p> <p>6:00 ♠ Netflix</p> <p><b>International Holocaust Remembrance Day</b></p>	<p>8:00 ♦ Breakfast and Chronicles 28</p> <p>9:30 ♥ Dancing</p> <p>10:30 ♦ "Down Fall: The Case Against Boeing"</p> <p>12:00 Lunch</p> <p>1:00 ♣ Painting Class</p> <p>2:30 ♠ Fresh Cookies</p> <p>3:00 ♣ Jewish Education w/ Silvana</p> <p>4:30 Dinner</p> <p>6:00 ♠ "The Life List"</p>	<p>8:00 ♦ Breakfast and Chronicles 29</p> <p>9:30 ♥ Seated Yoga</p> <p>10:30 ♪ Music w/ Standard Time</p> <p>12:00 Lunch</p> <p>1:30 ♦ Trivia</p> <p>2:30 ♠ Smoothies</p> <p>3:00 ♦ Read Along: "King: A Life"</p> <p>4:30 Dinner</p> <p>6:00 ♠ TCM</p>	<p>8:00 ♦ Breakfast and Chronicles 30</p> <p>9:30 ♥ Chair Exercise</p> <p>10:30 ♠ Balloon Tennis</p> <p>12:00 Lunch</p> <p>1:30 ♠ Bingo</p> <p>2:30 ♠ Birthday Social/LP</p> <p>3:00 ♠ Puzzles/Coloring</p> <p>4:30 Dinner</p> <p>6:00 ♠ Resident's Choice</p>	<p>8:00 Breakfast 31</p> <p>10:00 ♥ Stretch it out</p> <p>12:00 Lunch</p> <p>2:30 ♠ Fruit Cups</p> <p>3:00 ♠ Facetime w/ Family</p> <p>4:30 Dinner</p> <p>6:00 ♠ AGT</p>