

March 2026



Jewish Home
 LODGE AT WOLK MANOR
 MEMORY CARE

Music
 Health
 Outings
 Fun
 Inspiration
 Education
 Spirituality

Catherine Gilman, Activities Associate
 The Lodge at Wolk Manor,
 7000 Summit Circle Drive Rochester, NY 14618
 585-784-2359
cagilman@jewishhomeroc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
8:00 Breakfast 1 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 2 9:30 Strength Training 10:30 Sing w/ Joe at Wolk 12:00 Lunch 1:30 Music w/ Allen 2:30 Nutrigrain Bars 3:00 AGT 4:30 Dinner 6:00 Series: "Queen Cleopatra" Purim Begins at Sundown	8:00 Breakfast and Chronicles 3 9:30 Stretch it out 10:30 Crafting Corner 12:00 Lunch 1:30 Crafting Corner 2:30 Purim Party! 4:30 Dinner 6:00 Netflix Purim Ends at Sundown	8:00 Breakfast and Chronicles 4 9:30 Dancing 10:30 "Audrey" 12:00 Lunch 1:00 Painting Class 2:30 Fresh Cookies 3:00 Roc Dogs 4:30 Dinner 6:00 "You've Got Mail"	8:00 Breakfast and Chronicles 5 9:30 Seated Yoga 10:30 Trivia 12:00 Lunch 1:30 Broadway Bob 2:30 Milkshakes 3:00 Read Along: "Anne of Green Gables" 4:30 Dinner 6:00 TCM	8:00 Breakfast and Chronicles 6 9:30 Chair Exercise 10:30 Balloon Tennis 12:00 Lunch 1:30 Bingo 2:30 Hot Coco Bar 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Resident's Choice	8:00 Breakfast 7 10:00 Stretch it out 12:00 Lunch 2:30 Lorna Doones 3:00 Facetime w/ Family 4:30 Dinner 6:00 AGT		
8:00 Breakfast 8 10:00 Chair Exercise 12:00 Lunch 1:30 Music w/ Allen 2:30 Fruit Cups 3:00 Balloon Tennis 4:30 Dinner 6:00 Hallmark Daylight Saving Time	8:00 Breakfast and Chronicles 9 9:30 Strength Training 10:30 Sing w/ Joe at Wolk 12:00 Lunch 1:30 Music w/ Melinda 2:30 Birthday Social/SH 3:00 AGT 4:30 Dinner 6:00 Series: "Queen Cleopatra"	8:00 Breakfast and Chronicles 10 9:30 Move & Groove 10:30 Name That Tune 12:00 Lunch 1:30 Discussion 2:30 Fresh Fruit Cups 3:00 Brain Games 4:30 Dinner 6:00 Netflix	8:00 Breakfast and Chronicles 11 9:30 Dancing 10:30 "Queen of Chess" 12:00 Lunch 1:00 Painting Class 2:30 Fresh Cookies 3:00 David Orange Talks 4:30 Dinner 6:00 "Persuasion"	8:00 Breakfast and Chronicles 12 9:30 Chair Exercise 10:30 Music w/ Standard Time 12:00 Lunch at the Grill w/ Kit 1:30 Trivia 2:30 Milkshakes 3:00 Read Along: "Anne of Green Gables" 4:30 Dinner 6:00 TCM	8:00 Breakfast and Chronicles 13 9:30 Chair Exercise 10:30 Bucket Ball 12:00 Lunch 1:30 Bus Ride 2:30 Hot Coco 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Resident's Choice	8:00 Breakfast 14 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 15 10:00 Stretch it out 12:00 Lunch 2:30 Yogurt Cups 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Hallmark	8:00 Breakfast and Chronicles 16 9:30 Strength Training 10:30 Sing w/ Joe at Wolk 12:00 Lunch 1:30 Music w/ Allen 2:30 Lays Chips 3:00 AGT 4:30 Dinner 6:00 Series: "Queen Cleopatra"	8:00 Breakfast and Chronicles 17 9:30 Seated Yoga 10:30 Music w/ John 12:00 Lunch 1:30 Music w/ Bonnie 2:30 Shamrock Day Shindig! 4:30 Dinner 6:00 Netflix Shamrock Day	8:00 Breakfast and Chronicles 18 9:30 Dancing 10:30 "Call me Kate" 12:00 Lunch 1:00 Painting Class 2:30 Fresh Cookies 3:00 Roc Dogs 4:30 Dinner 6:00 "Lilly"	8:00 Breakfast and Chronicles 19 9:30 Stretch it out 10:30 Trivia 12:00 Lunch 1:30 Name That Tune 2:30 Tea & Cookies 3:00 Read Along: "Anne of Green Gables" 4:30 Dinner 6:00 TCM	8:00 Breakfast and Chronicles 20 9:30 Chair Exercise 10:30 Balloon Tennis 12:00 Lunch 1:30 Bingo 2:30 Smoothies 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Resident's Choice Spring Equinox	8:00 Breakfast 21 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 22 10:00 Move & Groove 12:00 Lunch 1:30 Music w/ Allen 2:30 Jello Cups 3:00 Ball Bounce 4:30 Dinner 6:00 Hallmark	8:00 Breakfast and Chronicles 23 9:30 Strength Training 10:30 Sing w/ Joe at Wolk 12:00 Lunch 1:30 Music w/ Melinda 1:00 Communion Services w/ Dcn Jeff 2:30 Sun Chips 3:00 Horticultural Therapy w/ Bambi 4:30 Dinner 6:00 Series: "Queen Cleopatra"	8:00 Breakfast and Chronicles 24 9:30 Chair Exercise 10:30 Music w/ John 12:00 Lunch 1:30 Discussion 2:30 Fresh Fruit Cups 3:00 Brain Games 4:30 Dinner 6:00 Netflix	8:00 Breakfast and Chronicles 25 9:30 Dancing 10:30 "Mercury 13" 12:00 Lunch 1:00 Painting Class 2:30 Fresh Cookies 3:00 Jewish Education w/ Silvana 4:30 Dinner 6:00 "A League Of Their Own"	8:00 Breakfast and Chronicles 26 9:30 Move & Groove 10:30 Music w/ Standard Time 12:00 Take Out Lunch (Pizza & Wings) 1:00 Armchair Travels w/ Beth 2:30 Tea & Cookies 3:00 Read Along: "Anne of Green Gables" 4:30 Dinner 6:00 TCM	8:00 Breakfast and Chronicles 27 9:30 Chair Exercise 10:30 Bucket Ball 12:00 Lunch 1:30 Bus Ride 2:30 Smoothies 3:00 Puzzles/Coloring 4:30 Dinner 6:00 Resident's Choice	8:00 Breakfast 28 10:00 Chair Exercise 12:00 Lunch 2:00 Side by Slide w/ Criss 2:30 Oreos 4:30 Dinner 6:00 AGT		
8:00 Breakfast 29 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 30 9:30 Strength Training 10:30 Sing w/ Joe at Wolk 12:00 Lunch 1:30 Music w/ Allen 2:30 Nutrigrain Bars 3:00 AGT 4:30 Dinner 6:00 Series: "Queen Cleopatra"	8:00 Breakfast and Chronicles 31 9:30 Stretch it out 10:30 Music w/ Bonnie 12:00 Lunch 1:30 Crafting Corner 2:30 Veggie & Cheese 3:30 Christian Worship Services 4:30 Dinner 6:00 Netflix	<p style="text-align: center;">All Activities are subject to change. Please see daily calendar for updates.</p>					