



## Lifespan's Wolk Café

## Café Hours

## Breakfast

## Lunch

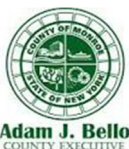
**Address/Phone**

25 Franklin St.  
Sibley Square Building  
585-232-3280




LIFESPAN WELCOMES EVERYONE

## Sign up with Joan for outings & pot luck!





# Lifespan's Wolk Café - February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CELEBRATING BLACK HISTORY MONTH</b> 			<b>1</b> <b>10:15 am</b> Exercise class with Mickey  <b>12:15 pm</b> Quarter Bingo With George	<b>2</b> <b>10:15 am</b> Watercolor Class with Carol <b>12:15 pm</b> Here2There Transportation Portal with Maureen, Lifespan
<b>5</b> <b>10:15-11:45 am</b> Mini Chair Massage with Danielle <b>10:15 am</b> Harriet Tubman Jerry Bennett: <b>12 pm</b> Virtual Concert <b>12:30 pm</b> Foodlink Curbside Market	<b>6</b> <b>10:15 am</b>  Purple Sneakers <b>12:15 pm</b> Nickel Bingo with George	<b>7</b> <b>9 am - 12 pm</b> Jeff: Care Manager <b>10:30 am</b> Balance Class with Barb <b>11:45 am</b> Wellness Talk with Marty <b>1 pm</b> Walking Group!	<b>8</b> <b>10:15 am</b> Exercise class with Mickey  <b>12:15 pm</b> Quarter Bingo With George	<b>9</b> <b>10:15 am</b> Daniel Jones Technology Seminar: Everything Email <b>12:15 pm</b> Feet and Footwear for a Healthy You: Paradigm Wellness & Footwear
<b>12</b> <b>10:15 am</b> Chair Yoga <b>12:15 pm</b> Finger Lakes Clinical Research Memory Screen <b>12:30 pm</b> Foodlink Curbside Market	<b>13</b> <b>10:15 am</b>  Purple Sneakers <b>12:15 pm</b> Nickel Bingo with George	<b>14</b> <b>9 am - 12 pm</b> Jeff: Care Manager <b>10 am Outing!</b> Goodwill Clearance Center \$2 for MM <b>12:15 pm</b> Candy Exchange <b>1 pm</b> Walking Group!	<b>15</b> <b>10:15 am</b> Exercise class with Mickey  <b>12:15 pm</b> Quarter Bingo With George	<b>16</b> <b>10:30 am</b> 1x1 Technology Sessions with Daniel Jones <b>12:15 pm</b> Art Class: Patterned Paper Making
<b>19</b> <b>10:15 am</b> Chair Yoga <b>12 pm</b> Solar Eclipse Presentation with Jim, NASA Ambassador	<b>20</b> <b>10:15 am</b>  Purple Sneakers <b>12:15 pm</b> Nickel Bingo with George	<b>21</b> <b>9 am - 12 pm</b> Jeff: Care Manager <b>10 am</b> Fall Prevention Prize Bingo <b>12:15 pm</b> Self Care Talk with Liz, MHA <b>1 pm</b> Walking Group!	<b>22</b> <b>10:15 am</b> Exercise class with Mickey  <b>12:15 pm</b> Quarter Bingo With George	<b>23</b> <b>10:15 am</b> Café Council <b>11:30 am \$5</b> Soul Food Potluck! Sign up required <b>12:15 pm</b> Cyanotypes with Donald Hyatt, ROC Librarian
<b>26</b> <b>10:30 am</b> Teaching Kitchen with Lora, Foodlink <b>12:15 pm</b> ROC Library Short Story Discussion <b>12:30 pm</b> Foodlink Curbside Market	<b>27</b> <b>10:15 am</b>  Purple Sneakers <b>12:15 pm</b> Nickel Bingo with George	<b>28</b> <b>9 am - 12 pm</b> Jeff: Care Manager <b>10 am Outing!</b> Cracker Barrel, \$2 for MM <b>1 pm</b> Walking Group!	<b>29</b> <b>10:15 am</b> Exercise class with Mickey  <b>12:15 pm</b> Prize Bingo with George & Birthday Celebration! 	





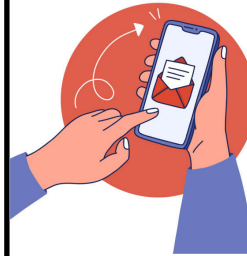
## Wolk Café Program Highlights February 2024

**Teaching Kitchen  
with Lora of  
Foodlink**  
Monday, February 26  
10:30 am



**\*Limited to 4 students,  
sign up in the program binder!\***

**Foodlink Curbside Market!**  
Mondays, 12:30 - 1:30 pm

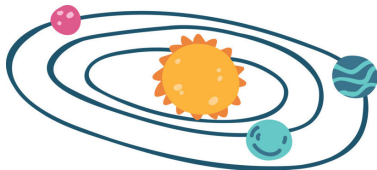


**Technology Seminar:  
Everything Email  
with Daniel Jones**  
Friday, February 9  
10:15 am

**1:1 Technology Sessions**  
Friday, February 16  
10:30 am

**Please sign up in the program  
binder. Space is limited!**

**Solar Eclipse Presentation  
with Jim Porter,  
NASA Solar System Ambassador**  
Monday, February 19, 12 pm



**Harriet Tubman  
History Talk with  
Jerry Bennett**  
Monday,  
February 5  
10:15 am



**Feet and Footwear for a  
Healthy You:  
Paradigm Wellness & Footwear**  
Friday, February 9, 12:15 pm



**ROC Library  
Short Story Discussion  
with Ron Freitag**  
Monday, February 26, 12:15 am





## Lunch Club 60 Menu: February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
5 Swiss Steak Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Mandarin Oranges Brownie	6 Pork Riblet Baked Potato w/ Sour Cream Green Beans Fresh Apple Ice Cream	7 Pub Burger on a Bun w/ Catsup, Mustard & Relish Lettuce & Onion Split Pea Soup Saltines (1 Packet) Tropical Fruit Mix	8 Sweet & Sour Pork Rice Broccoli Wheat Dinner Roll Petite Banana Cookie	9 Chicken Parmesan Pasta w/Sauce Brussels Sprouts Italian Bread Peaches
12 Swedish Meatballs served over Rice Lima Beans Whole Wheat Bread Pears Apple Juice	13 Chicken Salad on 12-Grain Bread w/ Lettuce & Tomato Pea & Cheese Salad Clementines	14 Macaroni & Cheese Stewed Tomatoes Swiss Blend Veg Fresh Apple Bran Muffin	15 Grilled Chicken Breast Mashed Sweet Potatoes Spinach Wheat Dinner Roll Trail Mix Orange Juice	16 Fish Filet on a Bun w/ Lettuce, Tomato & Tartar Sauce Boiled Potatoes Corn Applesauce
19 Breaded Chicken Patty with Mayo on a Bun Minestrone Soup Saltines (1 Packet) Yellow Squash Fruit Cocktail	20 Stuffed Shells w/Sauce Tossed Salad w/Italian Dressing Succotash Wheat Dinner Roll Pineapples Sherbet	21 Meatloaf w/Gravy Boiled Potatoes Carrots Wheat Dinner Roll Fresh Orange Cookie	22 Chicken Fajita Salad w/Ranch Dressing Black Bean & Corn Salsa Tortilla Chips Pears Pie	23 *Soul Food Potluck!
26 Chicken Piccata Mashed Winter Squash Spinach Wheat Dinner Roll Apricots Cake	27 Chicken ala King served over Biscuit Peas Wax Beans Petite Banana	28 Ground Beef Tacos w/ Cheddar Cheese, Lettuce, Tomato Picante Sauce & Sour Cream Tortillas (2 each) Chuckwagon Corn Peaches	29 Salisbury Steak w/ Gravy Boiled Potatoes Mixed Vegetables Wheat Dinner Roll Fresh Apple Grape Juice	1 Seafood Salad on a Croissant w/ Lettuce & Tomato Spinach Lentil Soup Saltines (1 Packet) Mandarin Oranges

*All meals served with milk - Soup served with crackers.*

*Certified by Jackie Williams, RD - 12/27/23*

\*Indicates meal is not provided by Office for the Aging Program

No eligible person shall be denied benefits or subjected to discrimination under the program or activity receiving any federal, state or county funding. This included but is not limited to race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran, and/or military status, immigrant status creed, domestic violence victim status, criminal history, gender identity, gender predisposition, or carrier status. This program is funded by participant's contributions, US Administration on Aging, NY State Office of the Aging, NY State Department of Health, Monroe County Department of Health/Office of the Aging and Lifespan of Greater Rochester Inc.