Hello everyone!

We have a fantastic month ahead! We are going to kick off the month with a celebration for Black History month on Wednesday, February 5. Julius Jackson will present on the life and historical importance of Frederick Douglas. We will then enjoy a soul food luncheon consisting of fried chicken, potato salad, collard greens, mac and cheese, just to name of few menu items! $5 suggested contribution.

We are so excited to share the news...we are bringing back monthly community dinner events beginning in February! Mark your calendars for Wednesday, February 12 3:00 - 6:00 pm to celebrate Valentine’s Day. Music, dancing, delicious food and friends will highlight this wonderful evening! $5 suggested contribution.

Join us for a Valentine’s Day party (February 14). Jim Lane will provide the musical entertainment! Do not forget to wear your dancing shoes, come hungry and be prepared to have fun! $5 suggested contribution.

Looking forward to seeing you in February!
The Wolk Café Staff
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>
| 10:15am **Matter of Balance**  
10:30am Wii  
1:30pm **Ukulele Club** | 10:30am **Prize Bingo Lifespan Day Program visits!**  
1:00pm Technology Class w/ Ellen or Kris | 9:00am Eldersource  
10:30am **Black History Month Celebration!**  
12:00pm Soul Food Luncheon $5  
1:00pm Movie: Malcolm X | 10:00am **Trip: Walmart - Webster**  
10:30am **Nickle Bingo**  
1:00pm Dulcimer Practice | 10:30am **Nutrition Class** w/Iluminda  
1:00pm Friday Movie: **The Sum of All fears** |
| 10      | 11      | 12        | 13       | 14     |
| 10:15am **Matter of Balance**  
10:30am Wii  
1:30pm **Ukulele Club** | 10:30am **Nickle Bingo**  
10:30am Cards/Games  
1:00pm **Art Project** w/ Ellen | 9:00am Eldersource  
10:30am **Zumba** class with Rosalind  
10:30am **Card Class** w/ Ellen DiStefano $3  
3:00pm **Valentine’s Dinner Event!**  
Music by Mike Sidoti  
$5 ♥ ♥ ♥ | 10:30am **Presentation:**  
Gilda’s Club  
Cancer 101  
1:00pm Dulcimer Practice | 10:30am Valentines Party!  
Music by Jim Lane  
$5 ♥ ♥ ♥  
1:00pm Friday Movie: **Son of the Mask** |
| 17      | 18      | 19        | 20       | 21     |
| 10:15am **Matter of Balance**  
10:30am Wii  
1:30pm **Ukulele Club** | 10:00am February Birthday Celebration!  
10:30am **Nickle Bingo**  
10:30am Cards/Games  
1:00pm **Art Class** with LaMar $3 | 9:00am Eldersource  
10:30am **Zumba** class with Rosalind  
10:30am **Music** w/Lizzy  
“National Chocolate Mint Day” Mints for everyone!! | 10:00am **Trip:**  
*Aldi’s – Winton Rd*  
10:30am **Nickle Bingo**  
1:00pm Dulcimer Practice | 10:30am **Nutrition Class** w/Iluminda  
1:00pm Friday Movie: **Runaway Jury** |
| 24      | 25      | 26        | 27       | 28     |
| 10:15am **Matter of Balance**  
10:30am Wii  
1:30pm **Ukulele Club** | 10:30am **Mardi Gras Party! ✾ ✾ ✾**  
1:00pm Spiritual Gathering | 9:00am Eldersource  
10:30am **Urban Line Dancing**  
10:30am **Music** w/Lizzy  
1:00pm **Canvas painting class w/ Michelle** $3 | 10:00am **Trip:**  
Susan B. Anthony House $10  
10:30am **Nickle Bingo**  
1:00pm Dulcimer Practice | 10:30am **Nutrition Class** w/ Iluminda  
1:00pm Friday Movie: **Rebel Without A Cause** |
# February Program Highlights

## Matter of Balance
**Monday, February 3, 10, 17, 24 10:15 am**
Led by trained facilitators, this 8-week program is designed to help older adults reduce the fear of falling and increase activity levels.

## Wii Games
**Monday, February 3, 10, 17, 24 10:30 am**
Try your hand at Wii bowling, golf or tennis!

## Ukulele Club
**Monday, February 3, 10, 17, 24 1:30 - 2:30 pm**
This group meets each Monday to play music together. Anyone can join, even with another instrument.

## Prize Bingo
**Tuesday, February 4 10:30 am**
Keep your nickels at home, today we play for prizes!

## Technology Class with Ellen or Kris
**Tuesday, February 3 1:00 pm**
Do you have any computer questions? Are you struggling with your cell phone? Ellen and or Kris will be holding a question and helpful answer session. Please sign-up, class limited to 4 participants.

## Eldersource Care Manager
**Wednesdays, February 5, 12, 19 & 26 9:00 am - noon**
Kristen Julian will be available by appointment to assist you with paperwork, benefit eligibility and more. Please sign-up at reception desk.

## Black History Month Celebration, Soul Food Luncheon!
**Wednesday, February 5 10:30 am**
**Luncheon 12:00pm $5 Suggested Contribution**
Join us as we celebrate Black History Month! Julius Jackson will present the historical importance of Frederick Douglas. We will also enjoy delish cultural food: fried chicken, mac salad, collard greens, corn bread and more! Please sign-up in advance for this special event.

## Movie
**Wednesday, February 5 12:45pm**
We will be featuring the movie *Malcolm X.*

## Nickle Bingo
**Thursday, February 6, 20, 27 10:30 am**
**Tuesday, February 11, 18, 10:30 am**
Nickle Bingo, each game will be .5 cents a board. Money will be collected at the beginning of each game. Maximum number of boards per game is four.

## Dulcimer Practice
**Thursday, February 6, 13, 20, 27 1:00 - 2:30 pm**
Rich Towsley leads this fantastic group! The dulcimer group has been meeting for years, practicing and playing concerts at various adult homes and events throughout the county.

## Nutrition Class
**Friday, February 7, 21 & 28 10:30 am**
We are happy to announce that Iluminada from Cornell Cooperative is returning for a four-week session of nutrition classes. Everyone always enjoys Iluminada’s classes that usually end with a healthy snack! Sign up required. Class limited to 10

## Cards and Games
**Tuesday, February 11 & 18 10:30 am**
Interested in playing games or cards? We have a good selection of both! Skip Bo, Farkle, Domino’s just to name a few!

## Art Project with Ellen
**Tuesday, February 11 1:00 pm**
Join in the fun of making an art project. All supplies provided. Please sign-up!

## Zumba
**Wednesday, February 12 & 19 10:30 - 11:30 am**
Join Rosalind Walker for Zumba classes. She has a passion for exercise and can modify exercises to suit everyone. Rosalind also brings the best music!
Card Making with Ellen DiStefano  
Wednesday February 12 10:30 – 11:50 am  
Ellen Di Stefano will be instructing how to make Valentines Day cards. All supplies provided. Sign-up required. **$3 Suggested Contribution.**

Valentine’s Day Dinner Event!  
**Wednesday, February 12 3:00 – 6:00 pm**  
Join us for our first of monthly dinner event! This month is a Valentines themed dinner, so wear your red, pink, white and don’t forget your dancing shoes! Mike Sidoti will entertain us with his musical talents, singing sweet songs for Valentine’s day! Dinner will be served at 4:30 pm. Registration required. **$5 suggested contribution**

Presentation: Cancer 101  
**Thursday, February 13 10:30 – 11:30 am**  
Melinda Merante, CEO of Gilda’s Club will provide an overview on cancer. She will also share valuable information on screenings and the positive strides made in the treatment of cancer.

Valentine’s Day Party!  
**Friday, February 14 10:30 am**  
Party, party, party!! Jim Lane will be here to entertain us with some wonderful love songs as we snack on delicious Valentine’s treats. Sign-up is required. **$5.00 suggested contribution (includes lunch)**

February Birthday Celebration!  
**Tuesday, February 18 10:00 – 10:30 am**  
Attention all members who have birthdays in February, join us as we celebrate you!

Art Class with LaMar Jackson  
**Tuesday, February 18 1:00 - 3:00 pm**  
We are so happy that La Mar Jackson is back to instruct art classes! He brings such creative energy! All supplies will be provided along with refreshments. If you have not taken his class of his, you will not be disappointed! **$3 Sugg. contribution**

Music with Lizzy  
**Wednesday, February 19 & 26 10:30 - 11:30 am**  
Join Lizzy as she gets out the bells, plays her guitar and beautiful music happens.

Marti Gras Party!  
**Tuesday, February 25 10:30 am**  
Come on in and celebrate “Fat Tuesday.” We’ll have beads, masks and treats on hand for this celebration marking the Christian observance of Lent.

Spiritual Gathering  
**Tuesday, February 25 1:00pm**  
There is an interest for a Bible study or religious group to be formed. Please sign-up for this gathering. We will discuss the format of the group, possible name change and if there is an interest for a volunteer facilitator for the group. Refreshments provided.

Urban Line Dance  
**Wednesday, February 26 10:30am**  
Line dance instructor Patricia Woody returns to teach another line dance class! She shows you the steps, turns on her music and viola, you are dancing.

Canvas Painting with Michelle Cardulla  
**Wednesday February 26 1:00 - 3:00 pm**  
Join in on this “make and take” canvas painting class! All supplies will be provided. Sign-up, space is limited. **$3 Suggested Contribution**

Find us on Facebook

---

**February Program Highlights**

**Movies begin at 1:00 pm,**  
**refreshments are provided!**

- February 7: The Sum of all Fears
- February 14: Son of the Mask
- February 21: Runaway Jury
- February 28: Rebel Without A Case
**Thursday Trips**

Thursday, February 6 Walmart - Webster
Thursday, February 13 **No trip**
Thursday, February 20 Aldi’s – Winton Road
Thursday, February 27 Susan B. Anthony House (11:00am tour will return for a late lunch)** $10 admission fee**
- Please up at the reception desk by Monday of the scheduled trip week.
- $2.00 suggested contribution.
- Trips are limited to 15 riders.
- Van departs at 10:00am (exception: Susan B. tour).

**Coming in March**

- Monday March 6 - Tai Chi begins through mid-May.
- Tuesday March 17 - Presentation from Rosemary Irwin: “Looking back at the 1920’s”. A 100-year anniversary perspective.
- Wednesday March 18 - St. Patrick’s Day Party!
- Thursday, March 26 - Friday, March 27 Pop Up Store, Café Fundraiser!

*“Like” us on Facebook: Lifespan Wolk Café at Sibley Square*

---

**Resource Center**

**Hours of Operation**
Monday-Friday 8:30am - 3:00pm

**Contact Information:**

JoeEthel Williams
Administrative Assistant
jwilliams@lifespanrochest.org

Ernestine Goods
Administrative Trainee

Irving Dunaway
Kitchen Coordinator
idunaway@lifespanrochester.org

Norma Forbes - Kitchen Trainee
Shad Fuller – Kitchen Trainee

Ellen Apetz
Program Coordinator
eapetz@lifespanrochester.org

Kris Santillo
Program Director
ksantillo@lifespanrochester.org

---

No eligible person shall be denied benefits or subjected to discrimination under and program or activity receiving any Federal, State or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition, or carrier status. This program is funded by participants contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Department of Health Monroe County Department of Human Services/Office for the Aging and Lifespan of Greater Rochester.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet &amp; Sour Meatballs served over Brown Rice Cauliflower Carrots Rye Bread Apricots</td>
<td>BBQ Chicken 1/4 Cabbage Beef Soup Spinach Corn Muffin Fruited Gelatin w/Whipped Topping</td>
<td>Black History Month Celebration, Soul Food Luncheon! $5 Suggested Contribution</td>
<td>Potato Crusted Tilapia w/Tartar Sauce Minestrone Peas Wheat Dinner Roll Petite Banana</td>
<td>Braised Pork Chop w/Gravy Au Gratin Potatoes Winter Squash Pumpernickel Bread Warm Applesauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stuffed Cabbage Steamed Potatoes Corn Marble Rye Bread Peaches</td>
<td>Broccoli Cheese Quiche Vegetable Soup Peas Dinner Roll Mandarin Oranges</td>
<td>Fajita Chicken w/ Cheese, Lettuce, Tomato, Sauce &amp; Sour Cream Tortilla Chips Mexican Bean Soup Pears</td>
<td>BBQ Pulled Pork served over Baked Potato w/Shredded Cheese &amp; Sour Cream Brussels Sprouts Wheat Bread Fresh Apple</td>
<td>Happy Valentine’s Day Steak Diane w/Mushroom Sauce Twice Mashed Potato Malibu Blend Vegetables Dinner Roll Double Chocolate Cookie</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special Lunch: Pizza and Tossed Salad $3.50 Suggested Contribution</td>
<td>Italian (Chicken) Sausage Pasta &amp; Sauce Grape Juice Wax Beans Mixed Vegetables Italian Bread Applesauce</td>
<td>Hot Roast Beef Sandwich w/Gravy Tomato Florentine Soup Cauliflower Marble Rye Bread Petite Banana</td>
<td>Oven Browned Rosemary Chicken 1/4 Navy Bean Soup California Blend Vegetables Corn Muffin Lemon Pudding w/Whipped Topping</td>
<td>Stuffed Pepper Mashed Potatoes Corn 12 Grain Bread Peaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Cordon Bleu Mashed Potatoes &amp; Gravy Broccoli Wheat Bread Mandarin Oranges</td>
<td>Individual Meat Loaf w/Vegetable Gravy Scalloped Potatoes Brussels Sprouts Marble Rye Bread Pears</td>
<td><strong>Ash Wednesday</strong> Breaded Haddock w/Tartar Sauce Coleslaw Mixed Vegetables Wheat Bread Pineapple</td>
<td>Pub Burger w/Catsup, Mustard, Relish, Onion, Lettuce &amp; Tomato Vegetable Soup Peaches</td>
<td>Veggie 'Meat'balls w/Pasta &amp; Sauce Tossed Lettuce Salad Italian Dressing Wax Beans Italian Bread Fruited Gelatin w/Whipped Topping</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Lunch served at 12:00pm! $3.50 Suggested Contribution | Join us for breakfast daily! Monday - Friday 8:45 - 10:30am $3.50 Suggested Contribution | All meals served with milk. Soup served with crackers. | | }

Certified by Mary Apps, MS, RD, CDN, 11/15/19