

Waterford on South Hill – Life Enrichment / Wellness Daily Events



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|---|
| Personal Walking Program (Hallways & Outside) 1:30 pm Worship Service (F) 3 pm Table Games (H) 3 pm Matinee movie (F) | 9 am Strengthening Exercise Class with Lori (F) 9:30 am Wii Golf (B) 1 pm Yarn Crafters (P) 1 pm Men's Bridge (A) 3 pm Piano by Jeanie (L) 3 pm Scrabble Club (P) 7 pm Pinochle (H) | 8 am "Cup of Tai Chi" Exercise Class with Lori (F) 9 am Doc. Appt. (O) 9:30 am Balance Fitness Exercise Class with Lori (F) 10:30 am Posture and Balance w/ JoAnn (F) 3:30 pm Wii Bowling (B) 7 pm Bridge (H) Tuesday Brain Builders | 12:30 pm Swim Club w/ JoAnn (O) 1 pm Bridge (H) 2 pm Rosary (CH) 7 pm Bingo (H) | 8 am "Cup of Tai Chi" Exercise Class w/ Lori (F) 9 am Doc. Appt. (O) 9 am Wellness Clinic (WSH Nurse Practitioner Office) 9:30 am Aerobic & Strengthening Exercise Combo Class w/ Lori (F) 10 am WSH Quilters (CR) 2 pm Grocery Shopping (O) 2:30 pm Piano w/Murthe (L) | 10:30 am Posture and Balance w/ JoAnn (F) 2 pm Popcorn (CS) 7 pm Open Poker Night (B) | Personal Walking Program am & pm (Hallways & Outside) 3 pm Spite & Malice Game (P) |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|---|
| | | | | Exercise Class w/ Bands 2:30 pm Root Beer Float Party (CS Hallway) 3:30 pm Garden Mtg (P) | 9 am Centennial Walk (O) 10:30 am Communion (CH) 6:30 pm Patriotic Show by Doug Scott & Mary Clark: Celebrating Independence Day (L) | 7 pm Movie "Yankee Doodle Dandy" (F) |
| Independence Day 12 pm 4 th of July BBQ (4) 1:30 pm Worship Service: Joe Bruce, Hamblen Presbyterian Church (F) MOD: Jeff Bair 4 | Exercise Class w/ Weights 2:30 pm Ice Cream Bar Social w/ 4 Seasons Staff (4P) 3 pm "John and Abigail Adams: Love and Liberty" Documentary (F) 5 | <u>1 pm Entertainment Mtg (P)</u> 3 pm Current Events with Chelsie (F) 5 pm Men's Club "The Hat's We Wore: wear your favorite hat and be ready to share it's story" (F) 6 | 10:15 Lunch & Tour of the Deer Lake Salvation Army Camp, Free Lunch (O) 1 pm Podiatrist Visit (N) 3 pm "Founding Brothers, Part 1" Documentary (F) 7 | Exercise Class w/ Weights 12 pm Pianist Appreciation Luncheon: by invitation (Crystal Room) 6:30 pm Mike Twitchell Jazz Performance: Back by Popular Demand (L) 8 | 9 am Centennial Walk (O) 10:30 am Communion (CH) 3 pm "Founding Brothers, Part 1" Documentary (F) 4:30 – 7 pm Open House Cottage Resident's Block Party & BBQ (Ctg 1609) 9 | <i>Open House Cottage 1609</i> 7 pm Movie "Invictus" (F) 10 |
| 11 am Sunday Brunch (4) 12 pm Piano by Leone (4) 1:30 pm Worship Service: Buck Keely, Crestline Baptist Church (F) MOD: Jeff Wolpert 11 | Exercise Class w/ Bands 12 pm WSH PEO Lunch (4) 12 pm New Residents Welcome Luncheon: Reception at 1:30 pm (C/H) 3 pm "Elizabeth C. Stanton & Susan B. Anthony: Part 1" 12 | 3 pm Current Events with Betty (F) 4 pm Historic Davenport Hotel: Early Bird Dinner Special \$15, No-host (O) 13 | <u>2 pm Dining Meeting (L)</u> <u>3 pm Welcome Meeting (P)</u> 3 pm "Elizabeth C. Stanton & Susan B. Anthony: Pt 2" 6 pm Mozart on a Summer's Eve, No-host: \$25 - Contact Marie McGough (O) 14 | Exercise Class w/ Bands 5 pm Birthday Social w/ music by Tom Cooper (L) 6 pm Celebrating July Birthdays with Dinner (4) 15 | 9 am Centennial Walk (O) 10:30 am Communion (CH) 3 pm "Elizabeth C. Stanton & Susan B. Anthony: Pt 3" 4 pm "Cinderella" Coeur d'Alene Summer Theatre & Dinner Out, Restaurant TBA (O) 16 | 11 am Alterations by Carol: Bring items for repair (P) (Next scheduled appt. will be in September 2010) 7 pm Movie "When in Rome" (F) 17 |
| 12 pm Sunday Dinner (4) 1:30 pm Worship Service: Flora Bowers, Manito United Methodist Church (F) MOD: Cindy Garvin 18 | Exercise Class w/ Weights <u>10:30 am Worship Mtg. (B)</u> 3 pm "Eyes on the Prize: America's Civil Rights Years" Episode 1 & 2 (F) 6:30 pm JJ Dion's Musical Medley (L) 19 | 10 am – 3 pm Avon Product Display & Sale (L) 1:30 pm Travelogue by Murthe "European Tour & Passion Play, Part 2" (F) 3 pm Current Events with Betty (F) 20 | 9 am Fall Recovery Class: Fee based, contact Lori (F) 10 am Hearing Aid Check (3rd Fl Conf Rm) 10 am Shop the Main Market: Specialty foods/drinks (O) 3 pm "Eyes on the Prize" Episode 3 & 4 (F) 21 | Exercise Class w/ Weights 11 am Lunch at Domini's Restaurant, No-host (O) 3 pm Guava Sea Breeze Cocktails & Brain Games with Betty (L) 22 | 9 am Centennial Walk (O) <u>10 am Resident Council Officers Meeting (P)</u> 10:30 am Catholic Communion (CH) 11 am Mall Shopping (O) 3 pm "Eyes on the Prize" Episode 5 & 6 (F) 23 | 7 pm Movie "Double Jeopardy" (F) 24 |
| 12 pm Sunday Dinner (4) 1:30 pm Worship Service: Kathy Sandusky, Manito Presbyterian Church (F) MOD: Sue Nott 25 | Exercise Class w/ Bands <u>10:30 am Resident Mtg (F)</u> 2 pm Huckleberry Sundae Party (CS Hallway) 2:30 pm Bookmobile (H) 26 | 3 pm Current Events with Betty (F) 4 pm Historic Davenport Hotel: Safari Room Special, ½ price drinks & food, No-host (O) 6:30 pm Diane Copeland Musical Performance (L) 27 | 9 am Fall Recovery Class: Fee based, contact Lori (F) 10 am Chewelah Casino: \$8 trip charge (O) 10 am - 3 pm Books Are Fun® Summer Show (L) (10% of sales are given to the Resident Council Fund) 28 | Exercise Class w/ Bands 10 am – 3 pm Cookie Lee Jewelry Display & Sale (L) 5 pm Ladies Friendship Circle (4) 29 | 9 am Centennial Walk (O) 10:30 am Communion (CH) 4 pm "Pump Boys and Dinettes" Coeur d'Alene Summer Theatre & Dinner Out, Restaurant TBA (O) 30 | 7 pm Movie "You've Got Mail" (F) 31 |

Key

- (4) - Four Seasons Dining Room
- (4P) - Four Seasons Patio
- (B) - Barbed Wire Room
- (C) - Crystal Room
- (CH) - Chapel
- (CR) - 4th Floor Craft Room
- (CS) - Coffee Shop
- (F) - Forum
- (FC) - Fitness Club
- (H) - Hoyle® Game Room
- (L) - Lobby
- (O) - Off Campus
- (P) - Parlor
- (PL) - Parking Lot
- (N) - 3rd Floor Nurses Station
- (SNL) - Skilled Nursing Lobby

Meal Times

- Lunch 11 am – 1 pm
- Light Lunch 1 pm – 4:30 pm
- Dinner 4:30 pm – 6:30 pm

Scheduled Transportation

Sign up in the Activities Book

Doctor Appointments:

- Tuesdays 9 am – 3 pm
- Thursdays 9 am – 3 pm

Grocery Shopping:

- Thursdays 2 pm

July 2010

Please call the Life Enrichment/Wellness Department regarding schedule questions at 509-321-8200.