

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 (H) 9 am Doc. Appt. (O) 9:30 am Balance Fitness Exercise Class with Lori (F) 10:30 am Posture and Balance w/ Diane (F) 3:30 pm Wii Bowling (B) 7 pm Bridge (H) Tuesday Brain Builders	9 am Wii Bowling (B) 9 am Fallproof Training with Lori – fee based (F) 12:30 pm Swim Club (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	9 am Fallproof Training with Lori – fee based (F) 10:30 am Catholic Communion (CH) 10:30 am Posture and Balance w/ Diane (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
	<i>Quilts Inventoried</i> Exercise Classes w/ Weights 10 am Reader Pals (O) 12 pm New Residents Welcome Luncheon (C) 1:30 pm Welcome Reception for New Residents (H) 1	<u>1 pm Cottage Social with Meeting at 1:30 pm (F)</u> 3 pm Current Events (F) 5 pm Men's Club: Men & construction – what we've done and what we were thinking (F) 2	10:45 am Biblical Video Series the Stueckles (F) 1 pm Podiatrist Visit (N) <u>3 pm Entertainment Mtg (P)</u> 6:30 pm Miles Ewing: Piano Jazz Concert (L) 3	Exercise Classes w/ Weights 2 pm Fireside Social with Brain Games, Peppermint Schnapps, & Hot Cocoa (L) <u>3:30 pm Garden Mtg (P)</u> 6:30 pm Ham on Regal special pre-show for WSH (L) 4	1 pm Special Speaker: Joseph A. Billig, Touchmark Vice Pres. Architecture (F) 1:45 pm Creative Writing: Share your memories (H) 6:45 pm "Steel Magnolias" Spokane Civic Theatre (S) 6	11 am Alterations by Carol Scheller: bring your items in need of repair-fee based (H) 7 pm Saturday Night Movie "Amelia" (F) 6
11 am Sunday Brunch (4) 12:15 pm Music by Leone (L) 1:30 pm Worship Service: Joe Bruce, Hamblen Pres (F) MOD: Michaela Thompson 7	<i>Hanging of the Quilts</i> Exercise Classes w/ Bands 10 am Reader Pals (O) 12 pm WSH PEO Lunch (4) 2 pm Educational Movie: "Discovering Ireland, Pt 1" (F) 8	<i>Quilt Show Set-up</i> 12 pm Referral Group Luncheon (C) 3 pm Current Events with Betty (F) 9	<i>Quilt Show Set-up</i> <u>1 pm Catholic Mass (F)</u> <u>2 pm Dining Meeting (4)</u> <u>3 pm Welcome Meeting (P)</u> 6:30 pm Ham on Regal Show: \$8 tickets available at Betty's office (O) 10	<i>Final Quilt Show Set-up</i> Exercise Classes w/ Bands 2 pm Educational Movie: "Discovering Ireland, Pt 2" (F) 11	10 am – 4 pm Waterford's 11 th Annual Quilt Show: Two days of quilts, special presentations, and fun! (First Floor) 1 pm RSVP Appreciation Quilters Tea (O) 12	10 am – 4 pm Two Day Quilt Show (First Floor) 7 pm Saturday Night Movie "84 Charing Cross" (F) 7:15 pm "Ben Vereen – A Tribute to Sammy Davis Jr." SuperPops (O) 13
<i>Daylight Savings Begins</i> 12 pm Sunday Dinner (4) 1:30 pm Worship Service: Buck Keely, Crestline Baptist Church (F) MOD: Betty Doerschlag 4	Exercise Classes w/ Weights 10 am Health Comm. (B) <u>10:30 am Worship Mtg. (B)</u> 2 pm Health Seminar: "New Kids on the Block" Understanding WSH Home Health & Home Care (F) 5	<i>Owners Pick-up Quilts</i> 3 pm Current Events with Betty (F) 6:30 pm Haran Irish Dancers: Ages 6-18 (L) 16	<i>St. Patrick's Day</i> 10 am Hearing Aid Check (3rd Fl Conf Rm) 10:45 am Biblical Video (F) 3:30 pm Angus Scott Bagpipe Band & Dancers (L) 17	Exercise Classes w/ Weights 5 pm Birthday Social with Tom Cooper playing background music (L) 6 pm Celebrating the March Birthdays with Dinner (4) 18	10 am "Books are Fun" Spring Show – 10% of sales go to WSH Resident Council (L) 1:30 pm Creative Writing: Share your stories (H) 19	<i>1st Day of Spring</i> 7 pm Saturday Night Movie "Grumpier Old Men" (F) 7:15 pm "From the Golden City" Symphony Classics (O) 20
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Joyce O'Conner Magee, Manito United Methodist Church (F) MOD: Cindy Garvin 21	Exercise Classes w/ Bands 2 pm Educational Movie: "Out of Ireland: Story of Emigration to America, Part 1" (F) 2:30 pm Spokane City Bookmobile (H) 22	1 pm Columbia Hearing Aid Check (3rd Fl Conf) 3 pm Current Events (F) 4:30 – 5 pm & 6:30 – 7 pm Green Gable Children's Songs & Rhymes: 2-6 year olds (L) 23	1:30 pm Fireside Social with Brain Games, Baileys, and Coffee (L) 3 pm Educational Movie: "Out of Ireland: Story of Emigration to America, Part 2" (F) 24	Exercise Classes w/ Bands 10 am – 3 pm Avon Display and Sale (H) 5 pm Women's Society Dinner: with an Irish Harpist (4) 25	<i>No Posture & Balance (F)</i> <u>10 am Resident Council Meets: note name change (H)</u> 11 am Shopping D/N (O) 1 pm Friday Musicale (L) 4:30 pm No-Host Dinner at the Spaghetti Factory (S) 26	11 am Alterations by Carol Scheller: bring your items in need of repair-fee based (H) 7 pm Saturday Night Movie "The Music Man" (F) 27
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Kathy Sandusky, Manito Presbyterian Church (F) MOD: Sue Knott 28	Exercise Classes w/ Weights <u>10:30 am Resident Mtg (F)</u> 5 pm "Hats Off to Spring" Wear your best hat to dinner: prizes for the most creative, beautiful & funniest (4) 29	<i>NO Posture & Balance</i> 1:30 pm "Different Drummers" Book Reading by author, Lyle Hatcher: rated as a Best Seller (F) 3 pm Current Events with Betty (F) 30	<i>NO Swim Club today</i> 10 am Chewelah Casino: \$8 trip charge (O) 6:30 pm El Katif Concert Band (L) 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

March 2010

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