

Arbor Life Enrichment
April 2024

Monday, April 1

AM:

10:00 Movie of Choose - A

PM:

1:00 Bingo - **Canceled**

3:00 Snack-N-Chat - A

6:00 Wheel of Fortune Ch 4

Tuesday, April 2

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill - A

PM:

2:15 Yoga In the Arbor TV room – A

2:45 Snack-N-Chat - A

6:00 Balloon Volleyball - A

Wednesday, April 3

AM:

10:00 Manicures with Jill – A

10:00 Prep paper flowers with Jill - A

11:15 Sit to Be Fit - A

PM:

2:30 Creative Writing with Jill - A

3:30 Snack-N-Chat - A

6:00 Scenic Drive DVD - A

Thursday, April 4

AM:

10:00 Making paper flowers with Jill – A

PM:

2:15 Open Gym – FC

3:00 Snack-N-Chat - A

6:00 Puzzles – A

Friday, April 5

AM:

10:00 Domino with Jill - A

10:45 Chair Exercise - A

PM:

6:30 Wheel of Fortune Ch 4 – A

Saturday, April 6

AM:

10:00 Large Puzzles - A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, April 7

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, April 8

AM:

11:15 Sit-To-be -Fit – A

PM:

1:00 Bingo – AD

3:00 Snack-N-Chat - A

6:00 Music Through Life - A

Tuesday, April 9

AM:

10:00 Catholic Service– C

10:00 One on One visits with Jill - A

PM:

2:00 Waverly Singer

Spring Concert - AD

3:00 Snack-N-Chat - A

6:00 Balloon Volleyball - A

Wednesday, April 10

10:00 Arm Chair Travelers

The Scottish Highlands with Jill-A

11:15 Sit to Be Fit – A

12:00 Carbone's Pizza lunch-In- A

PM:

2:30 Community Service Project

Making hair barrettes for

A local Food shelter with Jill – A

6:30 Wheel of Fortune Ch 4

Thursday, April 11

AM:

10:00 library visits with Jill - A

PM:

2:15 Open Gym – FC

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

Friday, April 12

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

3:00 Snack-N-Chat - A

6:30 Wheel of Fortune Ch 4 – A

Saturday, April 13

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, April 14

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, April 15

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo – AD

3:00 Snack-N-Chat - A

6:00 Puzzles - A

Tuesday, April 16

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

2:15 Yoga In Conservatory – CON

2:45 Snack-N-Chat with Jill - CON

6:00 Balloon Volleyball - A

Wednesday, April 17

AM:

10:00 Water Painting Class with Jill - A

11:15 Sit to Be Fit - A

PM:

2:30 Dice Games with Jill - A

6:30 Wheel of Fortune Ch 4

Thursday, April 18

AM:

10:00 Word Games with Jill - A

PM:

2:15 Open Gym – FC

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

Friday, April 19

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

**2:00 Vocal Concert with
Jordan Micheals - AD**

3:30 Snack-N-Chat - A

6:30 Wheel of Fortune Ch 4 – A

Saturday, April 20

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, April 21

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, April 22

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo – AD

3:00 Snack-N-Chat - A

6:00 Puzzles - A

Tuesday, April 23

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

**2:00 Presentation: Saint John's Bible
and Mini Documentary** (See highlights
for more details) -AD

6:00 Balloon Volleyball - A

Wednesday, April 24

AM:

10:00 Build a Green House with Jill - A

11:15 Sit To Be Fit - A

PM:

2:30 Card Games with Jill- A

6:30 Wheel of Fortune Ch 4

Thursday, April 25

AM:

10:00 Manicures with Jill - A

PM:

2:00 **2:00 Entertainment: Mini Musical with Nautilus Music and Resident Delores Mixer--AD (See highlights for more details)**

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

Friday, April 26

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

1:15 Outing to Perkins for Pie with Jill - A

3:00 Snack-N-Chat - A

6:30 Wheel of Fortune Ch 4 - A

Saturday, April 27

AM:

10:00 Color Pencil Drawing - A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night - A

Sunday, April 28

AM:

10:00 Reading the Sunday paper - A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass

EWTN Channel 291 - A

Monday, April 29

AM:

11:15 Sit-To-Be Fit - A

PM:

1:00 Bingo - AD

3:00 Snack-N-Chat - A

6:00 Puzzles - A

Tuesday, April 30

AM:

10:00 Catholic Service - C

10:00 One on One visits with Jill

PM:

2:00 Entertainment: Pop Standard Social Club - AD

3:00 Snack-N-Chat with Jill - CON

6:00 Balloon Volleyball - A

Mondays 1:00 Bingo Please come and join us for live bingo in the auditorium. No Bingo on Monday, April 1 due to the Easter Holiday.

Tuesday, April 9, 2:00pm Waverly Gardens Singers Spring Concert- This 1st show is for Arbor, Gables, Hearth, and anyone else who is unable to make the 2nd show on Thursday, April 11, at 6:30pm. Julie Quinn-Kiernan, Director Mary Leonard, Accompanist, The Waverly Singers is comprised of 25 Waverly Gardens Residents. Auditorium

Friday, April 19, 2:00pm Entertainment: Jordan Michaels vocalist, big band/Broadway/classics Jordan also performs at Lunds and Byerly's Auditorium

Tuesday, April 23, 2:00pm Display and short documentary of the St. John's Bible Saint John's Bible is the first illuminated, handwritten Bible commissioned by a Benedictine Monastery in 500 years. It was created in a partnership of Saint John's Abbey and University with Donald Jackson, Senior Scribe to the British Crown. It took ten years to complete from 2000 to 2010.

The Heritage Edition, which we will be bringing, is a full-scale, fine art edition of The Saint John's Bible. Each page of the Heritage Edition was color-matched to the original manuscript. There are 299 Heritage Editions distributed globally. The purpose of The Saint John's Bible is to ignite the spiritual imagination of people of all faith journeys around the world through the illuminations. In our time together, we will discuss the history and making of The Saint John's Bible, and then practice the process of Visio Divina using a few illuminations from the Bible to ignite the spiritual imagination of the participants.

The DVD will be shown and then discuss it afterwards. There are scenes from the place in Wales where the work was done including how a quill is made, how

Thursday, April 25, 2:00pm Mini Musical with Nautilus Music and Resident Delores Mixer- Originally part of a program with the Minnesota Opera, Nautilus Music-Theater separated and changed their name in 1996 and moved to their Lowertown St. Paul studio theater, where they remain today. Their focus is to develop best practices for telling stories through music, whether as American opera, musical theater, or alternative avant-garde work. Pleased to be partnering with Waverly Gardens thanks to two generous donors, Nautilus has created a “mini musical” using **Terrace resident, Delores Mixer** and her expansive life experience, to form this work. Delores, who will turn 102 in July, was an eager participant in sharing her artwork, life stories and her curiosity on how this could possibly be developed based on her life! After the performance Nautilus staff and Delores Mixer will be available to answer questions and explain the process to create this music piece. - Auditorium

Tuesday, April 30, 2:00pm Entertainment: The Pop Standards Social Club Quartet includes Charles Kemper on keys and vocals, (PHD in piano performance, and organist at Calvary Church in Roseville), Rich Manik on sax (Masters in Music Ed and performance, and performs in several professional shows in our 5 state area, including the Chanhassen, Dakota Club, and Crooners), Kathi LaValle on sax, (sax player in several groups for 55 years), and drummer, Joe Steinger, (an original member of the Café Accordion Orchestra for 25 years, touring Vienna, Austria, and playing at Lincoln Center in New York.) Auditorium

Activity Descriptions:

Remember to use Channel 992 and 991 on your TV to check and watch the activities and events happening throughout the day. **Channel 992** broadcasts the schedule of daily activities and events. **Channel 991** is where to watch Virtual Chair Exercise classes and other programs when posted.

Auditorium (Ground Level)	G=Gallery (Next to conservatory)
AR= <i>Commons Activity Room (2nd Floor)</i>	GC= <i>Garden Court Dining (Across from Dining Room)</i>
B= <i>Bistro</i>	HCR= <i>Hearth Community Room (first floor)</i>
C= <i>Chapel (Ground Level)</i>	L= <i>Library (First Floor)</i>
CL= <i>Club Room (Across from Library)</i>	T= <i>Movie Theatre (Ground Level)</i>
CON= <i>Conservatory</i>	NG= <i>North Gables (Ground Level)</i>
FL= <i>Front Lobby</i>	R = <i>Rotunda (Ground Level)</i>
FC= <i>Fitness Center (Ground Level)</i>	RG= <i>Rose Garden</i>
FP= <i>Front Patio</i>	
CH991= <i>in-house Virtual Channel-991</i>	

Any question please contact Jill Hanson at *4061 Programs are subject to change and cancellation.