

## Hearth Life Enrichment Calendar

### March 2024

#### Friday, March 1

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises-FC  
11:00 Prayer Group -G  
**11:00-3:00 Taylor Marie's Fashions-CL**  
(See highlights for more details)  
1:00 "500" Cards-G  
2:00-3:00 Open Gym-FC  
3:30 Writers Group-Terrace 3<sup>rd</sup> Floor  
Lounge (See highlights for more details)  
2:30 Going To The Movies with Jill – T

#### Saturday, March 2

10:00 Virtual Chair Exercises-CH991  
1:00 "500" Cards-G

#### Sunday, March 3

4:00 Sunday Chapel Service–C

#### Monday, March 4

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises–FC  
1:00 Cribbage–G  
1:00 – 2:00 Bingo- **Canceled**  
2:00-3:00 Open Gym-FC  
2:00 Bible Study- AD  
**4:00 Waverly Singer Rehearsal - C**  
6:00 Open Knitting – B

#### Tuesday, March 5

9:00-10:00 Open Gym-FC  
9:00 Virtual Chair Exercises-CH 991  
10:00 Catholic Service & Rosary–C  
**10:00 NEWTRAX Transportation-FL**  
(See highlights for more details)  
11:00-11:30 Chair Stretch Exercises-FC  
**1:00-2:00 Transportation to vote** for  
Presidential Primary Election-FL (See  
highlights for more details)  
**1:00 Associated Hearing Clinic-CL** (See  
highlights for more details)  
1:30 "500" Cards No Julie -AR  
2:00-3:00 Open Gym-FC  
**6:30 Movie: The Hill**, 2023 PG 2h 6m  
Sports Drama Based on Real life. Subtitles T

#### Wednesday, March 6

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 99  
11:00-11:30 Chair Strength Exercises-FC  
1:00 Mexican Train Dominoes No Julie-AR  
2:00-3:00 Open Gym-FC  
**2:00 Chapel Service-Canceled**  
**rescheduled for Thursdays at 10:30am**  
3:00 Readers Theater (See highlights for  
more details) - 2<sup>nd</sup> Floor Terrace Lounge

#### Thursday, March 7

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises–CH 991  
**New 10:30 Chapel Service-C**  
11:00-11:30 Chair Stretch Exercises-FC  
1:00 Bridge 3<sup>rd</sup> Floor Terrace Lounge  
2:00-3:00 Open Gym - FC  
**6:30 Movie: Apollo 13**  
1995 PG 2h 19m Drama based on real life.  
Subtitles-T

### **Friday, March 8**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Stretch Exercises-FC  
11:00 Prayer Group -G  
**11:00-11:45 Presentation: Fall Prevention Education-AD** (See highlights for more details)  
1:00 "500" Cards-G  
2:00-3:00 Open Gym-FC

### **Saturday, March 9**

**9:00-12:00 Family Swim-P**  
(See highlights for more details)  
10:00 Virtual Chair Exercises-CH991  
1:00 "500" Cards-G

### **Sunday, March 10**

**Daylight Saving Time Begins  
Spring Ahead!**  
4:00 Sunday Chapel Service-C

### **Monday, March 11**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises-FC  
1:00 Cribbage-G  
1:00- 2:00 Bingo – AD  
2:00-3:00 Open Gym-FC  
2:00 Bible Study- C  
**4:00 Waverly Singer Rehearsal - C**  
6:00 Open Knitting - B  
**6:00 Edward Jones Perspectives-CL**

### **Tuesday, March 12**

9:00-10:00 Open Gym-FC  
9:00 Virtual Chair Exercises-CH 991  
10:00 Catholic Service & Rosary-C  
**10:00 NEWTRAX Transportation-FL**  
(See highlights for more details)  
11:00-11:30 Chair Stretch Exercises-FC  
1:30 "500" Cards-AR  
2:00-3:00 Open Gym-FC  
**2:30 Lutheran Communion and Service  
Sponsored by Incarnation Church-C**  
**6:30 Movie: Gifted Hands**  
2009 PG 1h 30m Social issue drama based on real life, Subtitles-T

### **Wednesday, March 13**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises -FC  
1:00 Mexican Train Dominoes No Julie -AR  
1:30 Food Committee Meeting-G  
2:00-3:00 Open Gym-FC  
**2:00 Chapel Service-Canceled  
rescheduled for Thursdays at 10:30am**  
3:00 Readers Theater (See highlights for more details)-2<sup>nd</sup> Floor Terrace Lounge

### **Thursday, March 14**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
**New 10:30 Chapel Service-C**  
11:00-11:30 Chair Stretch Exercises-FC  
1:00 Bridge 3<sup>rd</sup> Floor Terrace  
2:00-3:00 Open Gym - FC  
**6:30 Movie: The Lady in the Van**  
2015 PG-13 1h 44m Comedy/Drama based on real life Subtitles. -T

### **Friday, March 15**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises -FC  
11:00 Prayer Group -G  
**11:00-12:00 Virtual Event: Award-Winning Author Lecture Series-T** (See highlights for more details)  
1:00 “500” Cards-G  
**2:00-3:00 Entertainment: Don Irwin-AD**  
(See highlights for more details)  
**3:00-4:00 St. Patrick’s Day Ice Cream Social-Rotunda** (See highlights for more details)  
2:00-3:00 Open Gym-FC  
3:30 Writers Group-Terrace 3<sup>rd</sup> Floor Lounge (See highlights for more details)

### **Saturday, March 16**

10:00 Virtual Chair Exercises-CH991  
1:00 “500” Cards-G

### **Sunday, March 17**

4:00 Sunday Chapel Service–C

### **Monday, March 18**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises-FC  
1:00 Cribbage–G  
1:00- 2:00 Bingo – AD  
2:00-3:00 Open Gym-FC  
2:00 Bible Study- C  
**4:00 Waverly Singer Rehearsal - C**  
6:00 Open Knitting - B

### **Tuesday, March 19**

9:00-10:00 Open Gym-FC  
9:00 Virtual Chair Exercises-CH 991  
10:00 Catholic Service & Rosary–C  
**10:00 NEWTRAX Transportation-FL**  
(See highlights for more details)  
11:00-11:30 Chair Stretch Exercises-FC  
1:30 “500” Cards -AR  
2:00-3:00 Open Gym-FC  
2:00 Scheduled Bus Stops – FL  
**2:00-3:00 Cybersecurity Presentation:**  
How to Stay Safe Online-T (See highlights for more details)  
3:00-4:00 Resident Council all Campus-AD  
**6:30 Movie: The Quiet Man** 1952 NR 2h 9m NO SUBTITLES -T

### **Wednesday, March 20**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
**10:45 Crafters Group-CL**  
(See highlights for more details)  
11:00-11:30 Chair Strength Exercises-FC  
1:00 Mexican Train Dominoes -AR  
2:00-3:00 Open Gym-FC  
**2:00 Chapel Service-Canceled**  
**rescheduled for Thursdays at 10:30**  
3:00 Readers Theater (See highlights for more details) 2<sup>nd</sup> Floor Terrace Lounge

### **Thursday, March 21**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises–CH 991  
**New 10:30 Chapel Service-C**  
11:00-11:30 Chair Stretch Exercises-FC  
1:00 Bridge- 3<sup>rd</sup> Floor Terrace Lounge  
2:00-3:00 Open Gym-FC  
**3:00 Assisted Living Resident Council-AR**  
**6:30 Movie: Marshall**  
2017 PG-13 1h 58m Courtroom Drama based on real life. Subtitles-T

### **Friday, March 22**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Stretch Exercises-FC  
11:00 Prayer Group - G  
1:00 "500" Cards-G  
**3:00 Library Meeting-Club Room**  
2:00-3:00 Open Gym-FC  
2:30 Going To The Movies With Jill – T

### **Saturday, March 23**

10:00 Virtual Chair Exercises-CH991  
1:00 "500" Cards-G  
**1:00 Movie: NOTE NEW TIME**  
**POMS** 2019 PG-13 1h 30m Comedy  
Subtitles - T

### **Sunday, March 24**

4:00 Sunday Chapel Service–C

### **Monday, March 25**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises-FC  
1:00 Cribbage–G  
1:00 – 2:00 Bingo – **Canceled**  
2:00-3:00 Open Gym-FC  
2:00 Bible Study- **Canceled**  
**2:00 Entertainment:** Readers Theater "Life at Waverly Gardens" (See highlights for more details) AD  
**4:00 Waverly Singer Rehearsal - C**  
6:00 Open Knitting - B

### **Tuesday, March 26**

9:00-10:00 Open Gym-FC  
9:00 Virtual Chair Exercises-CH 991  
10:00 Catholic Service & Rosary–C  
10:00 NEWTRAX Transportation-FL  
11:00-11:30 Chair Stretch Exercises-FC  
1:30 "500" Cards -AR  
2:00-3:00 Open Gym-FC  
2:00 Scheduled Bus Stops – FL  
**3:00-4:00 Assisted Living Social-CL-** (See highlights for more details)  
**6:30 Movie: Under the Tuscan Sun**  
2019 PG-13 1h 53m Romantic Comedy -T

### **Wednesday, March 27**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises-CH 991  
11:00-11:30 Chair Strength Exercises-FC  
1:00 Mexican Train Dominoes -AR  
2:00-3:00 Open Gym-FC  
2:00 Chapel Service - **Canceled**  
3:00 Readers Theater (See highlights for more details)-2<sup>nd</sup> Floor Terrace Lounge

### **Thursday, March 28**

9:00-10:00 Open Gym-FC  
10:00 Virtual Chair Exercises–CH 991  
**10:30 Holy Thursday Service-C**  
11:00-11:30 Chair Stretch Exercises-FC  
1:00 Bridge- 3<sup>rd</sup> Floor Terrace Lounge  
2:00-3:00 Open Gym-FC  
**6:30 Movie: Easter Parade**  
1948 G 1h 47m Musical/Romance- T

**Friday, March 29**

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

11:00-11:30 Chair Stretch Exercises-FC

11:00 Prayer Group with Pastor Chuck - G

1:00 "500" Cards-G

**2:00 Good Friday Service-C**

2:00-3:00 Open Gym-FC

**Saturday, March 30**

10:00 Virtual Chair Exercises-CH991

1:00 "500" Cards-G

**Sunday, March 31**

**HAVE A BLESSED EASTER SUNDAY**

4:00 Easter Sunday Chapel Service – C

# MARCH HIGHLIGHTS

**Movies:** Tuesdays and Thursdays 6:30pm. Saturday, March 23, 1:00pm-one time a month-CC-Closed Caption - Theater

**Mondays 1:00 Bingo** Please come and join us for live bingo in the auditorium. No Bingo on Monday, March 4, and March 25 due to entertainment.

**Friday, March 1, 11:00-3:00 TAYLOR MARIE'S Fashions** Your fashion. Your style. Your place. Join us for a fall fashion show in your own community. Taylor Marie's is a mobile clothing store that specializes in fashion shows, fundraisers, and shopping events. We bring the shopping experience directly into your community. Affordable and fashionable clothing ranging from 2 petite to 3x. our accessory table is fun, reasonable priced with many one-of-a-kind items. The attendees are sure to have an enjoyable experience that will make them anticipate our next visit. We are proudly owned by women for women. - Clubroom

**Tuesday, March 5, 12, 19 and 26 10:00am NewTrax Transportation** is a program supported by MN. Department of Human Services. Our bus loop is called Shoreview-Arden Hills-North Oaks area Loop.

This wheelchair accessible bus will pick up first at Waverly Gardens at 10:00am and the process to other senior communities. Then drop off residents at local destinations on the route. Destinations include Walgreens-HWY 96, Van Hason's, Kowalski's, HealthPartners, Trader Joe's, YMCA, Cub Foods and other stops along the route may be requested. Once you are picked up, let the driver know which stop you wish to visit. You will have approximately 1 hour at your destination once you are dropped off. Your driver will communicate about what time they will return for your ride home.

For more information contact Julie Williams \*4062 or NewTrax 651-846-9302

**Tuesday, March 5, 1:00-2:00 Presidential Primary Election** Anyone interested in voting, Waverly Gardens bus will transport to and from The North Oak Golf Club (P-2) 54 East Oaks Road, North Oaks, MN. 55127 - Front Lobby

**Tuesday, March 5, 1:00 Associated Hearing Clinic- Everyone Welcome! Please Note the Changes in their Process** Associated Hearing will first serve their existing customers who have previously used their service to purchase hearing aids from either Associated Hearing of Maplewood or Shoreview Sound Point Audiology Clinic. Others are welcome but there will be a fee for service of **hearing aid cleaning and check. They will still provide otoscopic evaluations, batteries for purchase and hearing aid information.** Any questions contact Julie at \*4062 or 651-765-4062 Club Room

**Wednesday, March 6, 13, 20, and 27, 3:00pm Readers Theater - No Memorization-No Prior Experience!** Join us for sessions of laughter and fun. Drama can be easy, fun, and entertaining. This class will spark your creativity and fulfill your life! Led by Terrace resident, Lynne Newbauer. Previously, assistant director of the Oro Valley Community Theatre, and director of the SCOV Theatre in Arizona. Call Lynne with questions \*6588. **They will have a performance on Monday, March 25, 2:00pm in auditorium. Come check it out!** - Second Floor Terrace Lounge

**Friday, March 8, 11:00-11:45 Fall Prevention Education** Tria Orthopedics will be giving a short educational session on how to prevent falls. There will be cookies and time for questions. We hope to see you there! Auditorium

**Saturday, March 9, 9:00-12:00 Family Swim** Family Swim will be held every second Saturday of the month. No reservations required. A lifeguard will be duty. If you have any questions, contact the Wellness Center at 651-765-4060-Pool.

**Friday, March 15, 11:00-12:00 Virtual Event: Award-Winning Author Lecture Series Geraldine Brooks** Dive into the world of Pulitzer Prize-winning author, Geraldine Brooks. Join us for a literary evening to experience historical fiction at its finest. Theater

**Friday, March 15, 2:00-3:00 Entertainment: Don Irwin** 100-year anniversary of Rhapsody in Blue piano concert. Auditorium

**Friday, March 15, 3:00-4:00 St. Patrick's Day Ice Cream Social** join us for a wee bit of ice cream and a lot of Irish cheer! Rotunda

**Tuesday, March 19, 2:00-3:00 Cybersecurity Presentation: How to Stay Safe Online** Presenter, Roger Hagedorn CISSP and former Senior Security Analyst for the City of Minneapolis will help explain about Spam, Phishing and other related scams. Learn how to spot a phish, smish or vish and what to do when you receive one. Theater

**Wednesday, March 20, 10:45-12:00 Crafters Group** Everyone Welcome! Come join Resident Donna Boyum in making an easy craft, no sewing, knitting, or crocheting. The supplies will be provided. Club Room

**Thursday, March 3:00 Assisted Living Resident Council** Come join other Assisted Living Residents to voice your concerns, opinions, praises or ask questions. -Commons Activity Room

**Monday, March 25, 2:00 Entertainment: Readers Theater** "Life at Waverly Gardens" Short skids and funny anecdotes on aging and life at Waverly. Readers Theater have been meeting every Wednesday for the past couple of months. The group consist of all Waverly residents and led by Lynne Newbauer.

**Tuesday, March 26, 3:00-4:00 Assisted Living Social Hour** This EVENT is for all Assisted Living Residents, Commons, Crossway Commons and Hearth. Come and meet your neighbors. Refreshments and goodies will be served. Call Julie \*4062 with any questions. Club Room

**Holy Week Schedule:** Holy Thursday Service, March 28, 10:30am

Good Friday Service, March 29, 2:00pm

Easter Sunday Service, March 31, 4:00pm



## **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.

**\*Movie Picks:** If you like to be involved with the movie selections we show on campus, please contact Julie \*4062. Suggestions are taken at any time.

**\*For descriptions on our wellness classes, please see the Wellness Center Calendar located at the Reception Desk or the Wellness Center.**

### **Room Codes:**

AD=Auditorium (Ground Level)

AR=Commons Activity Room (2nd Floor)

B= Bistro

C=Chapel (Ground Level)

CL=Club Room (Across from Library)

CON=Conservatory

FC=Fitness Center (Ground Level)

FL=Front Lobby

FP=Front Patio

G=Gallery (Across from Conservatory)

GC=Garden Court Dining (Across from Dining Room)

HCR=Hearth Community Room (First Floor)

L=Library (First Floor)

NG=North Gables (Ground Level)

P=Pool (Ground Level)

R=Rotunda (Ground Level)

RG=Rose Garden

RP=Rotunda Patio

T=Movie Theater (Ground Level)

CH991=In-house Virtual Channel 991

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