

**Arbor Life Enrichment**

**August 2022**

**Monday, August 1**

**AM:**

10:00 Virtual Chair Exercise- Canceled

11:15 Sit To Be Fit - A

**PM:**

1:30 Bingo - AD **Canceled**

6:00 Music Though Life DVD - A

**Tuesday, August 2**

**AM:**

9:00 Virtual Chair Exercise

10:00 Catholic Service – C

**PM:**

2:15 Yoga on the Rotunda Patio - RP

6:00 Balloon Badminton - A

**Wednesday, August 3**

**AM:**

10:00 Virtual Chair Exercise-CH 991

10:00 Planter watering on the Patio - A

11:15 Sit To Be Fit - A

**PM:**

3:00 Snack-N-Chat - A

6 :00 Music on the Patio - A

**Thursday, August 4**

**AM:**

10:00 Virtual Chair Exercise - CH 991

10:00 Jigsaw Puzzle - A

**PM:**

2:15 Open Gym with Wellness – FC

6:00 Susie Sing Along DVD - A

**Friday, August 5**

**AM:**

10:00 Virtual Chair Exercise-CH 991

10:15 Chapel with Pastor Keith - A

10:45 Sit To Be Fit – A

**PM:**

3:00 Snack-N-Chat - A

6:00 Music Thought life DVD- A

**Saturday, August 6**

**AM:**

10:00 Virtual Chair Exercise -CH 991

10:00 Water Flowers On The Patio - A

**PM:**

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night - A

**Sunday, August 7**

**AM:**

10:00 Reading The Sunday paper – A

**PM:**

3:00 Snack-N-Chat - A

3:30 Sunday Chapel Service on 991

6:00 Catholic Mass

EWTN Channel 291 – A

**Monday, August 8**

**AM:**

10:00 Virtual Chair Exercise-CH 991

10:00 Trishaw Rides with Jill – A

11:15 Sit To Be Fit - A

**PM:**

1:30 Bingo - AD

5:45 Music with Keralyn - A

## Tuesday, August 9

AM:

- 9:00 Virtual Chair Exercise
  - 10:00 Water Color Class with Jill - A
  - 10:00 Catholic Service – C
- PM:
- 2:15 Yoga on the Rotunda Patio - RP
  - 6:30 Wheel of Fortune CH 4 - A

## Wednesday, August 10

AM:

- 10:00 Virtual Chair Exercise-CH 991
  - 10:00 Baking with Jill - A
  - 11:15 Sit To Be Fit - A
- PM:
- 2:30 Corn Feed with Jill - A
  - 6:00 Jigsaw Puzzles - A

## Thursday, August 11

AM:

- 10:00 Virtual Chair Exercise - CH 991
  - 10:00 Morning Walks with Jill - A
- PM:
- 2:00 Entertainment: “Neil Diamond Show with Todd Anderson –RP**
  - 6:00 Scenic Drives DVD – A

## Friday, August 12

AM:

- 10:00 Virtual Chair Exercise-CH 991
  - 10:15 Chapel with Pastor Keith - A
  - 10:45 Sit To Be Fit – A
- PM:
- 2:30 Front Porch Iced Tea with Jill -A
  - 6:00 Music On The Patio - A

## Saturday, August 13

AM:

- 10:00 Virtual Chair Exercise-CH 991
  - 10:00 Color Pencil Drawing – A
- PM:
- 3:00 Snack-N-Chat - A
  - 6:00 Saturday Movie Night - A

## Sunday, August 14

AM:

- 10:00 Reading The Sunday paper – A
- PM:
- 3:00 Snack-N-Chat - A
  - 3:30 Sunday Chapel Service on 991
  - 6:00 Catholic Mass  
EWTN Channel 291 – A

## Monday, August 15

AM:

- 10:00 Virtual Chair Exercise-CH 991
  - 10:00 Pet Visit with Hazel and Kim - A
  - 11:15 Sit-To-Fit - A
- PM:
- 1:30 Bingo – AD
  - 6:00 Susie Sing Along - A

## Tuesday, August 16

AM:

- 9:00 Virtual Chair Exercise
  - 10:00 Outing with Jill - A
  - 10:00 Catholic Service – C
- PM:
- 2:15 Yoga on the Rotunda Patio - RP
  - 6:00 Badminton - A

### Wednesday, August 17

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Rose Gardens Visits with  
Summer Stretch Kids and Jill - A

PM:

2:30 Corn Shucking & Corn Feed  
with Jill - A

6:00 Wheel Of Fortune CH 4 - A

### Thursday, August 18

AM:

10:00 Virtual Chair Exercise - CH 991

10:00 Morning Walking Club with Jill - A

PM:

1:00 Jewelry Making Class - HCR

6:00 Susie Sing Along - A

### Friday, August 19

AM:

10:00 Virtual Chair Exercise-CH 991

10:15 Chapel with Pastor Keith - A

10:45 Sit To Be Fit – A

PM:

**2:00 Entertainment: Pop Standard  
Quartet** (See highlights for more details)

Rotunda Patio

6:30 Wheel of Fortune Ch 4 – A

### Saturday, August 20

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

### Sunday, August 21

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A

3:30 Sunday Chapel Service on 991

6:00 Catholic Mass  
EWTN Channel 291 – A

### Monday, August 22

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Color Pencil Art – A

11:15 Sit To Be Fit - A

PM:

1:30 Bingo – AD

5:45 Music with Keralyn - A

### Tuesday, August 23

AM:

9:00 Virtual Chair Exercise

10:00 Light House Painting Project  
With Jill - A

10:00 Catholic Service – C

PM:

2:15 Yoga on the Rotunda Patio - RP

6:30 Wheel of Fortune Ch 4 - A

### Wednesday, August 24

AM:

10:00 Virtual Chair Exercise-CH 991

10:30 TPT MN State Fair Documentary  
with Jill - T

11:15 Sit To Be Fit - A

PM:

2:30 Arbor Residents Meeting with Jill - A

6:00 Jigsaw Puzzles - A

### **Thursday, August 25**

AM:

10:00 Virtual Chair Exercise - CH 991

10:00 Making Handheld Fan's  
For the Waverly Fair - A

PM:

**1:30-3:30 Waverly Gardens Fair**  
**In the back Parking Lot**

6:00 Music on the patio – A

### **Friday, August 26**

AM:

10:00 Virtual Chair Exercise-CH 991

10:15 Chapel with Pastor Keith - A

10:45 Sit To Be Fit – A

PM:

3:00 Snack-N-Chat - A

6:30 Wheel of Fortune Ch 4 – A

### **Saturday, August 27**

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Color Pencil Drawing – A

PM:

2:30 Activities with Tavery - A

6:00 Saturday Movie Night – A

### **Sunday, August 28**

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A

3:30 Sunday Chapel Service on 991

6:00 Catholic Mass

EWTN Channel 291 – A

### **Monday, August 29**

AM:

10:00 Virtual Chair Exercise-CH 991

11:15 Sit-To-Be-Fit- A

PM:

1:30 Bingo - AD

5:45 Music with Keralyn – A

### **Tuesday, August 30**

AM:

9:00 Virtual Chair Exercise

10:00 Manicure with Jill - A

10:00 Catholic Service – C

PM:

**2:00 Entertainment:**

**Guitar Concert with Mary Hall - AD**

6:00 Balloon Volley Ball - A

### **Wednesday, August 31**

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Baking with Jill - A

11:15 Sit To Be Fit with Jill - A

PM:

2:30 Manicures with Jill - A

6:00 Scenic Drive DVD - A

# August Highlights

**Mondays 1:30 Bingo** Please come and join us for live bingo in the auditorium. Auditorium

**Monday, August 8, 10:00 Trishaw Rides** Come join us for a ride around our campus with trained staff. Enjoy the fresh air while riding in the front of our new Trishaw bike. Everyone needs to sign a Liability Waive prior to bike ride.  
Front Patio

**Thursday, August 11, 2:00 Entertainment: Todd Anderson's Neil Diamond Show** Todd captures the essence and vocals of Neil Diamond in this showcase of his hit songs. You'll be captivated by the tender notes of "You Don't Bring Me Flowers Anymore," feel the energy as you sing along with "Sweet Caroline," and be fascinated with the anecdotal trivia Todd shares about each song.  
Rotunda Patio

**Thursday, August 18, 1:00 Jewelry Class** Interested in designing jewelry. Emily wants to volunteer her time today to see if there is an interest in jewelry making. The class is free. Emily is creative and loves teaching her work with jewelry. She will work with you to make a bracelet, earrings or necklace. Let's Get Creative!  
Hearth Community Room

**Friday, August 19, 2:00 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.)  
Rotunda Patio

**Monday, August 22, 6:30 Entertainment: Piano Students Recital from University of Northwestern-St. Paul.** Sara Grimes (daughter of resident Helen Olson) Will have a few of her piano students perform an informal end-of-summer recital.

Auditorium

**Thursday, August 25, 1:30-3:30 Waverly Gardens Fair, Everything is Free! Come enjoy the Music by Chuck Thiel and the Jolly Ramblers, Food and Fun! Everyone is Welcome as of now unless COVID numbers increase in Ramsey County then Families may not be invited.**

**Band:** Chuck Thiel, plays concertina and leads vocals, is a second-generation member with the band since 1962 and full-time member in 1968.

Jason is third generation and started with the band in 1989 and became a full-time member in 1995. Starting on drums, he transitioned to keyboard and plays trumpet. He also sings harmony with Chuck on many songs and takes the lead on a few more.

Christian ministry through music is still a major part of their annual schedule. The band has released five Christian CD's and has been at many churches annually for 20-25+ years.

At the same time, Generations II-III-IV are transitioning to a show band. Polkas (and an occasional waltz) are still a vital part of their show, but there is so much more from Country Classics to 50's to Country Rock and even a little folk music.

**Food** by Mark Schwope's food truck and Waverly Gardens Culinary Team. The Fair Food

Includes Snow Cones, Mini Donuts, Cotton Candy, Mini-Corndogs, and Cheese Curds.

### **Games and Booths**

Dunk Tank (try your hand at dunking Dan Erickson or Pastor Keith), Pop Bottle Toss, Giant Kerplunk, Basketball, Spin it to Win it, and Water Target Game.

Face Painting from Maund Entertainment, Inc.

Crazy Hair Booth: The Designers again this year will be Lace and Kelly from our Beauty Shop. They do a crazy good job.

*AD= Auditorium (Ground Level)*

*AR= Commons Activity Room (2nd Floor)*

*B= Bistro*

*C= Chapel (Ground Level)*

*CL= Club Room (Across from Library)*

*CON= Conservatory*

*FL= Front Lobby*

*FC= Fitness Center (Ground Level)*

*FP= Front Patio*

*CH991= in-house Virtual Channel-991*

*G= Gallery (Next to conservatory)*

*GC= Garden Court Dining (Across from Dining Room)*

*HCR= Hearth Community Room (first floor)*

*L= Library (First Floor)*

*T= Movie Theatre (Ground Level)*

*NG= North Gables (Ground Level)*

*R = Rotunda (Ground Level)*

*RG= Rose Garden*

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