

August 2022 Commons Life Enrichment Calendar

Daily activities and Events are also displayed on Channel 992

Monday, August 1

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
9:00 Pool Aerobics-P
10:00 Balance and Strength Class-AD
10:00 Virtual Chair Exercises-CH 991
11:00 Chair Exercises-FC
1:00 Virtual Yoga-CH 991
1:30 Bingo-Canceled
2:00-3:00 Open Gym-FC
3:00 Bible Study with Pastor Keith-CL
(note time change)
6:00 Open Knitting-Bistro Area

Tuesday, August 2

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
9:00 Virtual Chair Exercise-CH 991
10:00 Catholic Service/Communion-C
10:00 Boxing Class-FC
11:00 Sawdusters Rehearsal-C
11:00 Chair Exercises- FC
1:15-2:15 Open Swim-P
1:30 "500" Cards-AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:30-3:00 Line Dancing-FC
6:30 Movie: Saving Mr. Banks 2013
PG 2h 5m Drama Subtitles -T

Wednesday, August 3

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
9:00 Pool Aerobics-P
10:00 Balance and Strength Class-AD
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercises-FC
1:00 Mexican Train Dominoes with Claire-AR
1:00-2:00 Open Swim-P
1:00 Virtual Yoga-CH 991
1:15 Aquatic Stretch-P (new class)
2:00 Chapel Service-C
2:00-3:00 Open Gym-FC

Thursday, August 4

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
10:00 Virtual Chair Exercise-CH 991
10:00 Cardio Mix-FC (New Class)
11:00 Chair Exercises-FC
1:00 Bridge-CL
1:15-2:15 Open Swim-P
2:00-3:00 Open Gym-FC
2:30-3:00 Line Dancing-FC
6:30 Movie: Driving Miss Daisy 1989
PG 1h 39m Drama Subtitles -T

August 2022 Commons Life Enrichment Calendar

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Friday, August 5

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Pool Aerobics-P
10:00 Virtual Chair Exercise-CH 991
10:00 Balance and Strength Class-AD
10:30 Schedule Stops-FL
11:00 Chair Exercises-FC
11:00-11:45 Prayer Meeting with Pastor Keith-G
1:00 Virtual Yoga-CH 991
1:00-2:00 Open Swim-P
1:15 Aquatic Stretch-P (New Class)
2:00-3:00 Open Gym-FC
3:30 Writers Group-CL (See highlights for more details)

Saturday, August 6

10:00 Virtual Chair Exercises-CH991

Sunday, August 7

4:00 Sunday Chapel Service with Pastor Keith Everyone Welcome! -C (New)

Monday, August 8

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
9:00 Pool Aerobics-P
10:00 Balance and Strength Class-AD
10:00 Trishaw Rides-FP
10:00 Virtual Chair Exercises-CH 991
11:00 Chair Exercises-FC
1:00 Virtual Yoga-CH 991
1:30 Bingo-AD
2:00-3:00 Open Gym-FC
3:00 Bible Study with Pastor Keith-CL
(note time change)
6:00 Open Knitting-Bistro Area
6:00 Edward Jones Perspectives-CL

Tuesday, August 9

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
9:00 Virtual Chair Exercise-CH 991
10:00 Catholic Service/Communion-C
10:00 Boxing Class-FC
11:00 Sawdusters Rehearsal-C
11:00 Chair Exercises- FC
1:15-2:15 Open Swim-P
1:30 "500" Cards-AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:30 Lutheran Communion and Service-C
2:30-3:00 Line Dancing-FC
6:30 Movie: Julie & Julia 2009 PG-13 2h 3m Real Life Comedy Subtitles -T

August 2022 Commons Life Enrichment Calendar

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Wednesday, August 10

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
9:00 Pool Aerobics-P
10:00 Balance and Strength Class-AD
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercises-FC
1:00 Mexican Train Dominoes with Claire-AR
1:00-2:00 Open Swim-P
1:00 Virtual Yoga-CH 991
1:15 Aquatic Stretch-P (New Class)
1:30 Food Meeting-Gallery (note new day change)
2:00 Chapel Service-C
2:00-3:00 Open Gym-FC

Thursday, August 11

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
10:00 Virtual Chair Exercise-CH 991
10:00 Cardio Mix-FC (New Class)
11:00 Chair Exercises-FC
1:00 Bridge-CL
1:15-2:15 Open Swim-P
2:00-3:00 Open Gym-FC
2:00 Entertainment: Todd Anderson
"Neil Diamond Show"-Rotunda Patio (See highlights for more details)
2:30-3:00 Line Dancing-FC
6:30 Movie: The King's Speech 2010
Rated R 1h 59m Drama Subtitles -T

Friday, August 12

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Pool Aerobics-P
10:00 Virtual Chair Exercise-CH 991
10:00 Balance and Strength Class-AD
10:30 Schedule Stops-FL
11:00 Chair Exercises-FC
11:00-11:45 Prayer Meeting with Pastor Keith-G
12:00 Schwan's Delivery/Take Orders-FL
1:00 Virtual Yoga-CH 991
1:00-2:00 Open Swim-P
1:15 Aquatic Stretch-P (New Class)
2:00-3:00 Open Gym-FC

Saturday, August 13

10:00 Virtual Chair Exercises-CH991

Sunday, August 14

4:00 Sunday Chapel-C (New)
6:00 Catholic Mass on EWTN
Channel 291 (note Channel)

August 2022 Commons Life Enrichment Calendar

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Monday, August 15

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
9:00 Pool Aerobics-P
10:00 Balance and Strength Class-AD
10:00 Virtual Chair Exercises-CH 991
11:00 Chair Exercises-FC
1:00 Virtual Yoga-CH 991
1:30 Bingo-AD
2:00-3:00 Open Gym-FC
3:00 Bible Study with Pastor Keith-CL
(note time change)
6:00 Open Knitting-Bistro Area

Tuesday, August 16

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
9:00 Virtual Chair Exercise-CH 991
10:00 Catholic Service/Communion-C
10:00 Boxing Class-FC
11:00 Sawdusters Rehearsal-C
11:00 Chair Exercises- FC
1:15-2:15 Open Swim-P
1:30 "500" Cards-AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:30-3:00 Line Dancing-FC
3:00 Resident Council-AD
6:30 Movie West Side Story 1961 NR
Musical 2h 32m Subtitles-T

Wednesday, August 17

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
9:00 Pool Aerobics-P
10:00 Balance and Strength Class-AD
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercises-FC
1:00 Mexican Train Dominoes with Julie-AR
1:00-2:00 Open Swim-P
1:00 Virtual Yoga-CH 991
1:15 Aquatic Stretch-P (New Class)
2:00 Chapel Service-C
2:00-3:00 Open Gym-FC

Thursday, August 18

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
10:00 Virtual Chair Exercise-CH 991
10:00 Cardio Mix-FC (New Class)
11:00 Chair Exercises-FC
1:00 Bridge-CL
1:00 Jewelry Making Class-HCR (See highlights for more details)
1:15-2:15 Open Swim-P
2:00-3:00 Open Gym-FC
2:30-3:00 Line Dancing-FC
3:00 Friends of the Library-G (note day change)
6:30 Movie: The Terminal 2004
Subtitles PG-13 **2h 8m Romantic Comedy CC-T**

August 2022 Commons Life Enrichment Calendar

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Friday, August 19

8:00-9:00 Open Gym-FC

8:00-9:15 Open Swim-P

9:00 Pool Aerobics-P

10:00 Virtual Chair Exercise-CH 991

10:00 Balance and Strength Class-AD

10:30 Schedule Stops-FL

11:00-11:45 Prayer Meeting with Pastor Keith-G (See highlights for more details)

11:00 Chair Exercises-FC

11:00 Welcoming Committee-CL

1:00 Virtual Yoga-CH 991

1:00-2:00 Open Swim-P

1:15 Aquatic Stretch-P (New Class)

2:00 Entertainment: Pop Standard Quartet including Kathi LaValle (See highlights for more details)-RP

2:00 Open Gym-FC

3:30 Writers Group-CL (See highlights for more details)

Monday, August 22

8:00-9:00 Open Gym-FC

8:00-9:15 Open Swim-P

9:00 Chair Yoga-FC

9:00 Pool Aerobics-P

10:00 Balance and Strength Class-AD

10:00 Virtual Chair Exercises-CH 991

11:00 Chair Exercises-FC

1:00 Virtual Yoga-CH 991

1:30 Bingo-AD

2:00-3:00 Open Gym-FC

3:00 Bible Study with Pastor Keith-CL
(note time change)

3:30 Meet and Greet the New Choir

Director, Julie Quinn Kiernan Everyone is Welcome! (See highlights for more details)
AD

6:00 Open Knitting-Bistro Area

6:30 Entertainment: Sonja Grimes' Piano Students (See highlights for more details)
-AD

Saturday, August 20

10:00 Virtual Chair Exercises-CH991

Sunday, August 21

4:00 Sunday Chapel Service-C (New)

6:00 Catholic Mass on EWTN
Channel 291 (note Channel)

August 2022 Commons Life Enrichment Calendar

Daily activities and Events are also displayed on Channel 992

Tuesday, August 23

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
9:00 Virtual Chair Exercise-CH 991
10:00 Catholic Service/Communion-C
10:00 Boxing Class-FC
11:00 Sawdusters Rehearsal-C
11:00 Chair Exercises- FC
1:15-2:15 Open Swim-P
1:30 "500" Cards-AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:00 Lighthouse Painting Class-FC (See highlights for more details)
2:30-3:00 Line Dancing-Canceled
3:00 Ramsey County Pop-up' Library here at Waverly! (See highlights for more details)-CL
6:30 Movie: King Richard 2021 Subtitles PG-13 2h 25m Drama CC-T

Wednesday, August 24

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
9:00 Pool Aerobics-P
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercises-FC
1:00 Mexican Train Dominoes with Julie-AR
1:00 Virtual Yoga-CH 991
1:15 Aquatic Stretch-P (New Class)
2:00 Chapel Service-C

Thursday, August 25

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
8:15-9:00 Gentle Yoga-FC
9:00 Tai Chi-FC
10:00 Virtual Chair Exercise-CH 991
10:00 Cardio Mix-FC (New Class)
11:00 Chair Exercise-FC
1:00 Bridge-CL
1:15-2:15 Open Swim-Canceled
1:30-3:30 Waverly Gardens Fair Everyone is welcome! (See highlights for more details)-Employee Parking Lot-Door E and F
2:00-3:00 Open Gym-Canceled
2:30-3:00 Line Dancing-Canceled
6:30 Movie: Apollo 13 1995 PG 2h 20m Drama based on Real Life Subtitles -T

Friday, August 26

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Pool Aerobics-P
10:00 Virtual Chair Exercise-CH 991
10:00 Balance and Strength Class-AD
10:30 Schedule Stops-FL-Canceled
11:00-11:45 Prayer Meeting with Pastor Keith-G (See highlights for more details)
11:00 Chair Exercises-FC
1:00 Virtual Yoga-CH 991
1:00-2:00 Open Swim-P
1:15 Aquatic Stretch-P (New Class)
2:00 Open Gym-FC

August 2022 Commons Life Enrichment Calendar

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Saturday, August 27

10:00 Virtual Chair Exercises-CH991

Sunday, August 28

4:00 Sunday Chapel Service-C (New)

6:00 Catholic Mass on EWTN
Channel 291 (note Channel)

Monday, August 29

8:00-9:00 Open Gym-FC

8:00-9:15 Open Swim-P

9:00 Chair Yoga-FC

9:00 Pool Aerobics-P

10:00 Balance and Strength Class-AD

10:00 Virtual Chair Exercises-CH 991

11:00 Chair Exercises-FC

1:00 Virtual Yoga-CH 991

1:30 Bingo-AD

2:00-3:00 Open Gym-FC

3:00 Bible Study with Pastor Keith-CL

(note time change)

6:00 Open Knitting-Bistro Area

Tuesday, August 30

8:00-9:00 Open Gym-FC

8:00-9:15 Open Swim-P

8:15-9:00 Gentle Yoga-FC

9:00 Tai Chi-FC

9:00 Virtual Chair Exercise-CH 991

10:00 Catholic Service/Communion-C

10:00 Boxing Class-FC

11:00 Sawdusters Rehearsal-C

11:00 Chair Exercises- FC

1:15-2:15 Open Swim-P

1:30 "500" Cards & other Card Games-AR

2:00-3:00 Open Gym-FC

2:00 Scheduled Stops-FL

2:00 Entertainment: Mary Hall Guitar and
Voice (See highlights for more details)-RP

2:30-3:00 Line Dancing-FC

6:30 Movie: The Magic of Belle Isle 2012

PG 1h 49m Drama CC -T

Wednesday, August 31

8:00-9:00 Open Gym-FC

8:00-9:15 Open Swim-P

9:00 Chair Yoga-FC

9:00 Pool Aerobics-P

10:00 Balance and Strength Class-AD

10:00 Virtual Chair Exercise-CH 991

11:00 Chair Exercises-FC

1:00 Mexican Train Dominoes with Julie-AR

1:00-2:00 Open Swim-P

1:00 Virtual Yoga-CH 991

1:15 Aquatic Stretch-P (New Class)

2:00 Chapel Service-C

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HIGHLIGHTS

Movies: 6:30pm Tuesday and Thursdays Movies-Theater

Pop and popcorn will be served!

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

(No bingo on Monday, August 1)

Auditorium

Off-Site Sunday Services-On Hold

8:30 Bus to St. Mary of the Lake and White Bear Lake United Methodist Church and 9:45 Bus to First Presbyterian Sign-up at the front desk. Contact Julie *4062 with any questions. Front Lobby

Schedule Stops are Tuesdays at 2:00pm and Fridays at 10:30am

No Schedule stop on Friday, August 26. Tuesdays they go to Cub and Fridays they go anywhere within a 10-mile radius from Waverly Gardens. Sign-up at the Front Desk

Friday, August 5 and 19, 3:30 Writers Group They will meet the 1st and 3rd Friday of each month. Everyone Welcome! A sign-up sheet will be in the library. Club Room

Friday, August 5, 12, 19, and 26 11:00-11:45 Pray Meeting Will be held every Friday at 11:00. Prayer will be led by Pastor Keith, all are welcome. Contact Pastor Keith with any questions *4014
Gallery

Monday, August 8, 6:00pm Edward Jones Perspectives

Everyone Welcome! Club Room

August 2022 Commons Life Enrichment Calendar

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HIGHLIGHTS

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

Friday August 12 and 26 11:00 Schwan's Delivery/Take Orders They visit Waverly Gardens every other Friday. They have booklets for same day ordering but will also take orders and delivery them on their next scheduled date. Front Lobby

Thursday, August 18, 1:00 Jewelry Making 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

August 2022 Commons Life Enrichment Calendar

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HIGHLIGHTS

Monday, August 22, 3:30 Meet and Greet the New Choir Director, Julie Quinn Kiernan Everyone is Welcome! Julie was highly recommended from one of our Choir members Jackie Jones and friends with Resident Lou Gottwalt. You will have an opportunity to meet with her and find out more about her and the direction the choir will be going.

Auditorium

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

Tuesday, August 23, 2:00 Lighthouse Painting Class All Assisted Livings areas in Presbyterian Homes will be competing for the best painting. It is just for fun, so don't let that discourage you from joining the class. The class is free, and all materials will be provided. Jill and I will be your instructors. Sign up at the Wellness Center. Limited Space. -Fitness Center

Tuesday, August 23, 3:00 Ramsey County Library (RCL) is bringing to Waverly, what they call, 'pop-up' library! The goal is to inform residents of RCL services, like mail order books, cd's, movies etc through USPS, Libby (on-line RCL services). In addition, they will assist residents with obtaining a Library Card on-site at Waverly. This is a free device to Waverly and will provide on-going as needed! Resident Darlene Sukup and the Library Committee will be heading this project.

Club Room

August 2022 Commons Life Enrichment Calendar

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HIGHLIGHTS

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.

Instead of Golf Cart rides this year, Trishaw Rides will be given at the fair. If you haven't taken a ride, I think you should, you won't be disappointed! Everyone needs to sign a Liability Waive prior to ride.

August 2022 Commons Life Enrichment Calendar

Daily activities and Events are also displayed on Channel 992

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 the activities and events including some entertainment, exercise classes and religious programs.

***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

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

RP=Rotunda Patio

Any questions about this calendar please call Julie Williams, Life Enrichment Director at *4062.

***Programs are subject to change and cancellation.**