

July 2022 Mews and Terrace Life Enrichment Calendar

Daily activities and Events are also displayed on Channel 992

Friday, July 1

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Pool Aerobics-P
10:00 Virtual Chair Exercise-**Canceled**
10:00 Balance and Strength Class-Rose Garden (**note venue change**)
10:30 Schedule Stops-FL
11:00-11:45 Prayer Meeting with Pastor Keith-G
11:00 Chair Exercises-FC
12:00 Schwan's Delivery/Take Orders-FL
1:00 Virtual Yoga-**Canceled**
1:00-2:00 Open Swim-P
2:00-3:00 Open Gym-FC
3:30 Writers Group-Canceled

Saturday, July 2

10:00 Chair Exercises-CH 991

Sunday, July 3

8:30 Bus to St. Mary of the Lake and United Methodist Church-On Hold
9:45 Bus to First Presbyterian- On Hold
3:30 Virtual Sunday Service-CH991
6:00 Catholic Mass on EWTN Channel 291 (note Channel)

Monday, July 4

Happy 4th of July!

Wellness and Life Enrichment Classes are canceled due to the Holiday

Tuesday, July 5

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 Chair Exercises- FC
11:00 Sawdusters Rehearsal-Canceled
1:15-2:15 Open Swim-P
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:30-3:00 Line Dancing-FC
4:00-5:00 Mews 400 Bldg. Social
4:00 First Floor Terrace Social-CL
6:30 Movie: Fisherman's Friend 2020 PG-13 1h 52m Comedy Subtitles-T

Wednesday, July 6

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
10:30 Documentary: TPT Out State Minnesota Red Wing and North Shore-CH991
11:00 Chair Exercises-FC
1:00-2:00 Open Swim-P
1:00 Virtual Yoga-CH 991
2:00 Chapel Service-C
2:00-3:00 Open Gym-FC
4:00-5:00 Mews 325 Bldg. Social

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Thursday, July 7

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
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
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie: Saving Mr. Banks 2013
PG 2h 5m Drama Subtitles-T
7:00 Entertainment: Swing Cats Sextet
(See highlights for more details) Rose
Garden

Friday, July 8

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-Canceled
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
1:30 Trishaw Rides-Front Patio (see
highlights for more details)
2:00-3:00 Open Gym-FC

Saturday, July 9

10:00 Virtual Chair Exercises-CH991
11:00-12:00 Meet & Greet Sponsored by
Friends of the DFL (See highlights for more
details)-AD

Sunday, July 10

8:30 Bus to St. Mary of the Lake and United
Methodist Church- On Hold
9:45 Bus to First Presbyterian-On Hold
3:30 Sunday Service-CH 991
6:00 Catholic Mass on EWTN
Channel 291 (note Channel)

Monday, July 11

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 Entertainment: MacPhail Hour
Presents: Harmonious Horns, Mike
Alexander, and Allison Akins-Rotunda Patio**
(See highlights for more details)
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

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Tuesday, July 12

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
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
4:00-5:00 Mews 400 Bldg. Social
4:30 Third Floor Terrace Social-CL
6:30 Movie: The Imitation Game
2014 PG-13 1h 54m Military Drama No
Subtitles-T

Wednesday, July 13

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
1:00-2:00 Open Swim-P
1:00 Virtual Yoga-CH 991
1:30 Food Meeting-Gallery (note new day
change)
2:00 Chapel Service-C
2:00-3:00 Open Gym-FC
4:00-5:00 Mews 325 Bldg. Social

Thursday, July 14

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
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
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie: West Side Story 2021 PG-
13 2h 36m Musical Subtitles-T

Friday, July 15

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**
11:00 Chair Exercises-FC
12:00 Schwan's Delivery/Take Orders-FL
1:00 Virtual Yoga-CH 991
1:00-2:00 Open Swim-P
2:00 Open Gym-FC
3:30 Writers Group-CL (See highlights for
more details)

Saturday, July 16

10:00 Virtual Chair Exercises-CH991

July 2022 Mews and Terrace Life Enrichment Calendar

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Sunday, July 17

8:30 Bus to St. Mary of the Lake and United Methodist Church- On Hold
9:45 Bus to First Presbyterian- On Hold
3:30 Sunday Service-CH 991
6:00 Catholic Mass on EWTN Channel 291 (note Channel)

Monday, July 18

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

Tuesday, July 19

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
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:30-3:00 Line Dancing-FC
3:00 Resident Council-AD
4:00 Second Floor Terrace Social
4:00-5:00 Mews 400 Bldg. Social
6:30 Movie: Maudie 2017 PG-13 Drama
1h 55m Subtitles-T

Wednesday, July 20

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
10:30 Documentary: TPT James J Hill-CH 991
11:00 Chair Exercises-FC
1:00-2:00 Open Swim-P
1:00 Virtual Yoga-CH 991
2:00 Chapel Service-C
2:00-3:00 Open Gym-FC
4:00-5:00 Mews 325 Bldg. Social

July 2022 Mews and Terrace Life Enrichment Calendar

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Thursday, July 21

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
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
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie: The Upside 2019
Subtitles PG-13 2h 6m Comedy Based on
Real Life-T

Friday, July 22

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-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
2:00 Open Gym-FC
**2:00 Entertainment: Nordic Music
Program** (see highlights for more details)-
AD

Saturday, July 23

10:00 Virtual Chair Exercises-CH991

Sunday, July 24

8:30 Bus to St. Mary of the Lake and United
Methodist Church- On Hold
9:45 Bus to First Presbyterian- On Hold
3:30 Sunday Service-CH 991
6:00 Catholic Mass on EWTN
Channel 291 (note Channel)

Monday, July 25

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

July 2022 Mews and Terrace Life Enrichment Calendar

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Tuesday, July 26

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
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
**2:00 Entertainment: Jim Kirkendell
Guitar and Voice** (See highlights for more details)-Rotunda Patio
2:30-3:00 Line Dancing-FC
4:00-5:00 Mews 400 Bldg. Social
6:30 Movie: Top Gun 1986 PG 1h 49m
Action/ Romantic Drama Subtitles-T

Wednesday, July 27

**Wellness Classes are Canceled due to
Training**
10:00 Virtual Chair Exercise-CH 991
11:00 Sit to be Fit with Julie-FC
1:00 Virtual Yoga-CH 991
2:00 Chapel Service-C
4:00-5:00 Mews 325 Bldg. Social

Thursday, July 28

**Wellness Classes are Canceled due to
Training**
9:00 Tai Chi-FC
10:00 Virtual Chair Exercise-CH 991
11:00 Sit to be Fit with Julie-FC
1:00 Bridge-CL
3:00 Friends of the Library-G
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie: Marty 1955 NR 1h 30m
Romance Classic CC-T

Friday, July 29

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
1:00 Virtual Yoga-CH 991
1:00-2:00 Open Swim-P
2:00 Open Gym-FC

Saturday, July 30

10:00 Virtual Chair Exercises-CH991

Sunday, July 31

8:30 Bus to St. Mary of the Lake and United
Methodist Church- On Hold
9:45 Bus to First Presbyterian- On Hold
3:30 Sunday Service-CH 991
6:00 Catholic Mass on EWTN
Channel 291 (note Channel)

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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, July 4th due to the Holiday and the 11th we have entertainment instead) 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

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 July 1st, 15th, and 29th.

Schedule Stops are Tuesdays at 2:00pm and Fridays at 10:30am No Schedule stops on Friday, July 8th, and July 22nd. 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, July 15, 3:30 Writers Group They will meet the 1st and 3rd Friday of each month. Everyone Welcome! **July 1st class** cancelled due to the Holiday. A sign-up sheet will be in the library. Club Room

Friday, July 1, 8, 15, 22, and 29 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

July 2022 Mews and Terrace Life Enrichment Calendar

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HIGHLIGHTS

Thursdays, July 7, 14, 21, and 28, 1:00 Bridge This bridge is considered “fun bridge”. This will be held each Thursday of the month. Club Room

Thursday, July 7, 7:00 Entertainment: The Swing Cats Sextet

The Swing Cats Sextet is our 3 horn band performing familiar American Songbook songs from the 20s to 50s, including traditional jazz, swing, Latin arrangements. We have Charles Kemper on keys and vocals, and back him with 2 saxes, trumpet, bass and drums! Rose Garden

Friday, July 8, 1:30 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

Saturday, July 9, 11:00-12:00 Speaker Meet & Greet Jeanne Hendricks, Candidate for U.S. Congress. Sponsored by Friends of the DFL. All are Welcome to Attend-AD

July 2022 Mews and Terrace Life Enrichment Calendar

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HIGHLIGHTS

Monday, July 11, 2:00 Entertainment: MacPhail Hour Presents Harmonious Horns; Mike Alexander and Allison Akins

One of the most in-demand freelance musicians in the Midwest, horn player **MIKE ALEXANDER** is known for his versatility as a solo, chamber, orchestral, and commercial musician. Mike was appointed Principal horn of the Minnesota Opera Orchestra in 2019, and performs regularly with the Minnesota Orchestra, Saint Paul Chamber Orchestra as well as opera and ballet pits throughout Minnesota. Outside of classical music, Mike has played in touring Broadway productions ranging from West Side Story to My Fair Lady, and has performed with a myriad of musical acts including Evanescence, Josh Groban, Weird Al Yankovic, and Mannheim Steamroller. Alexander holds a master's degree in performance from the New England Conservatory, and a bachelor's in horn performance with Artist Diploma from the Eastman School of Music.

Although the majority of **ALLISON AKINS** work at MacPhail is comprised of managing the Sing, Play, Learn! early childhood music program at MacPhail, Allison is an accomplished horn player. Akins has a master's degree in Horn Performance and Literature from the Eastman School of Music, in addition to her undergraduate performance degree from the University of Kansas. An avid performer, she has worked with the Kansas City Symphony, Rochester (NY) Philharmonic, Portland (ME) Symphony as well as national tours of Tony Award-winning musicals Billy Elliot and Mary Poppins. Current freelance work has included collaborations with local ensembles including VocalEssence, Oratorio Society, Magnum Chorum and Itasca Symphony Orchestra. Allison also remains an active member of Chione Woodwind Quintet and serves as their treasurer.

Rotunda Patio (weather permitting otherwise in the auditorium)

Monday, July 11, 6:00pm Edward Jones Perspectives

Everyone Welcome! -Club Room

Monday, July 18, 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

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HIGHLIGHTS

Friday, July 22, 2:00 Entertainment: Nordic Music Program The performers are Kristina Lantz, violin, Erika Lantz, soprano and Melanie Ohnstad, piano-Auditorium

Tuesday, July 26, 2:00 Entertainment: Jim Kirkendall

Jim is a veteran entertainer who performs different styles of music during a fun set that offers the audience an engaging variety of music. He has performed extensively throughout the United States and Canada.

Jim presents selections of original material as well as favorite covers from the likes of John Denver, Elvis, The Beatles etc and a lot of well-known sing-a-longs.

Jim performs with both six and twelve string guitars and a smooth vocal style that seamlessly interweaves country, folk and Americana during his performance.

Rotunda Patio

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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.**