

Hearth Life Enrichment Calendar

May 2024

Wednesday, May 1

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 Julie-AR
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck-C

Thursday, May 2

9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Stretch Exercises-FC
1:00 Bridge 3rd Floor Terrace Lounge
2:00-3:00 Open Gym - FC
6:30 Movie: Seabiscuit
2003 PG-13 2h 21m Subtitles Drama - T

Friday, May 3

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
11:00-3:00 Taylor Marie Fashions (See highlights for more details)-CL
1:00 “500” Cards-G
2:00-3:00 Open Gym-FC
3:30 Writers Group-Terrace 3rd Floor Lounge (See highlights for more details)

Saturday, May 4

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

Sunday, May 5

4:00 Sunday Chapel Service Special Music by St. Croix Sacred Ensemble-C

Monday, May 6

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
1:00-2:00 The Empire Builder - James J. Hill and the Great Northern Railway The documentary series-T (See highlights for more details)
2:00-3:00 Open Gym-FC
2:00 Bible Study- C
6:00 Open Knitting - B
6:00 Edward Jones Perspectives-CL
(Note Day Change)

Tuesday, May 7

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
11:00-12:00 Virtual Event, Award-Winning Author Lecture Series (See highlights for more details)-T
1:30 “500” Cards-AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Bus Stops – FL
6:30 Movie: The King and I
1956 G 2h 13M Musical/Romance, no subtitles -T

Wednesday, May 8

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
1:00 Food Committee Meeting-G
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck- C

Thursday, May 9

9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Stretch Exercises-FC
1:00 Bridge 3rd Floor Terrace
2:00-3:00 Open Gym - FC
6:30 Movie: Otherhood
2019 R 1h 40m Subtitles Comedy - T

Friday, May 10

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
1:00 "500" Cards-G
2:00-3:00 Open Gym-FC
**2:00pm-3:00pm Women's Day
Celebration, Entertainment by the Malt
Shop Melodies-Auditorium (See highlights
for more details)**

Saturday, May 11

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

Sunday, May 12

HAPPY MOTHERS DAY
4:00 Sunday Chapel Service-C

Monday, May 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 Cribbage-G
1:00- 2:00 Bingo – AD
**1:00-2:00 The Empire Builder - James J.
Hill and the Great Northern Railway** The
documentary series-T (See highlights for
more details)
2:00-3:00 Open Gym-FC
2:00 Bible Study- Club Room (**note venue
change**)
6:00 Open Knitting – B
**6:30 Entertainment:
Piano Concert with Don Irwin - AD**

Tuesday, May 14

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
2:30 Lutheran Communion and Service
Sponsored by Incarnation Church-C
**6:30 Movie: Divine Secrets of the Ya-Ya
Sisterhood** 2002 1h 56m Drama PG-13

Wednesday, May 15

9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
10:30 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 with Pastor Chuck -C

Thursday, May 16

9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Stretch Exercises-FC
1:00 Bridge- 3rd Floor Terrace Lounge
1:15-1:45 New: Boxing-FC
1:00-2:00 The Empire Builder - James J. Hill and the Great Northern Railway The documentary series-T (See highlights for more details)
2:00-3:00 Open Gym-FC
3:00 Assisted Living Resident Council-AR
6:30 Movie: Hidden Figures
2016 2h 7m PG Drama based on real life Subtitles-T

Friday, May 17

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
New-1:00-3:00 Social Bridge-CL (See highlights for more details)
2:00-3:00 Open Gym-FC
3:30 Writers Group-Terrace 3rd Floor Lounge (See highlights for more details)

Saturday, May 18

10:00 Virtual Chair Exercises-CH991
1:00 "500" Cards-G
1:30 Entertainment: Cloudberryes
Women Swedish Choir Concert - AD

Sunday, May 19

4:00 Sunday Chapel Service-C

Monday, May 20

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 Canceled
1:00-2:00 The Empire Builder - James J. Hill and the Great Northern Railway The documentary series-T
2:00 Entertainment: Waverly Gardens Sawduster's Spring Concert - AD
2:00-3:00 Open Gym-FC
2:00 Bible Study- Club Room (**note venue change**)
6:00 Open Knitting – B

Tuesday, May 21

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
3:00-4:00 Resident Council all Campus- AD
6:30 Movie: The Theory of Everything
2014 PG-13 2h 3m Drama based on real life Subtitles -T 2:00 Scheduled Bus Stops – FL

Wednesday, May 22

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 with Pastor Chuck- C
6:30 Sawduster's Spring Concert - AD

Thursday, May 23

9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Stretch Exercises-FC
1:00 Bridge- 3rd Floor Terrace Lounge
1:15-1:45 NEW: Boxing-FC
2:00-3:00 Open Gym-FC
3:00 Library Meeting-CL
6:30 Movie: Scoop
2024 TV-14 1h 42m Drama based on real
life Subtitles-T

Friday, May 24

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
New-1:00-3:00 Social Bridge-CL (See
highlights for more details)
2:00-3:00 Open Gym-FC
2:00 Memorial Day Service - A

Saturday, May 25

10:00 Virtual Chair Exercises-CH991
1:00 "500" Cards-G
1:00 Singing in the Rain
1952 G 1h 43m Musical Comedy No
Subtitles - T

Sunday, May 26

4:00 Sunday Chapel Service – C

Monday, May 27

HAPPY MEMORIAL DAY

Wellness and Life Enrichment

Closed for the holiday

Tuesday, May 28

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
6:30 Movie: The Book Thief
2013 PG-13 2h 11m Wartime Drama
Subtitles - T

Wednesday, May 29

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 with Pastor Chuck- C
3:00 Readers Theater (See highlights for
more details)-2nd Floor Terrace Lounge

Thursday, May 30

9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Stretch Exercises-FC
1:00 Bridge- 3rd Floor Terrace Lounge
1:15-1:45 New: Boxing-FC
2:00-3:00 Open Gym-FC
**2:00:Entertainment: Assisted Living
Waverly Gardens Senior Prom 2024** (see
highlights for details)
6:30 Movie: Singing in the Rain
1952 G 1h 43m Musical Comedy No
Subtitle-T
**6:30-8:30 Senior Prom Entertainment by
CODA-AD** (see highlights for more details)

Friday, May 31

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

New-1:00-3:00 Social Bridge-CL

(See highlights for more details)

2:00-3:00 Open Gym-FC

HIGHLIGHTS

Movies: Tuesdays and Thursdays 6:30pm

Saturday, May 25, 1:00pm-one time a month-Theatre
CC-Closed Caption

Mondays 1:00 Bingo Please come and join us for live bingo in the auditorium.
No Bingo on Monday, May 13 and 20 due to entertainment.

Scheduled Stops Tuesdays at Fridays at 10:30am Fridays they go anywhere within a 10-mile radius from Waverly Gardens. The other option is to use NewTrax Transportation. Sign-up at the Front Desk. Any questions call Julie 651-765-4062
No Scheduled Stops on Tuesday, May 14.

Tuesday, May 7, 14, 21 and 28 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

Friday, May 3, 10, 17, 24 and 31, 2:00-4:00 MahJong

MahJong is a resident-led game. The group is looking for players who have already played. But they are willing to teach if you are willing to learn. Contact Julie with questions or if you want to play. *4062 or 651-765-4062

Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. 2nd Floor Terrace

Monday, May 6, 13, and 20 and Thursday, May 16th 1:00-2:00pm

The Empire Builder - James J. Hill and the Great Northern Railway The documentary series, *The Empire Builder - James J. Hill and the Great Northern Railway*, tells the story of Jim Hill's life. From his childhood in Ontario Canada, through his many business ventures in America, he was one of the most accomplished men of his time. This four-hour, four segment documentary chronicles Mr. Hill's life, and tells the story of a very complex and intense man, who is unknown to most present-day Americans. This documentary elevates Mr. Hill to his justly deserved position in the rich history of America. **Sponsored by the Hill Farm Historical Society, there will be time for questions after each series.**

Theater

Tuesday, May 7, 11:00am-12:00pm Virtual Event Award-Winning Author Lecture Series Abraham Verghese is both Vice Chair at Stanford University School of Medicine and an international best-selling author. He is best known for the sweeping epic, *Cutting for Stone*, which captivated the world, spending more than two years on the *New York Times* bestseller list. The enthralling, cross-cultural family saga explores the intersections of Africa and America, doctors and patients, and exile and home. Since then, he has authored critically acclaimed work exploring themes of family and medicine such as *The Tennis Partner* and *My Own Country*, which was a finalist for the National Book Critics Circle Award. His long-awaited latest novel, *The Covenant of Water*, spans 70 years, following three generations of a family from South India's Malabar Coast that suffers a peculiar affliction: in every generation, at least one person dies by drowning—and in their home, water is everywhere. Theater

Monday May 13th, 2:00pm Women's Day Celebration for Assisted Living and Gables Women. Performance by Malt Shop Melodies, The Ultimate 50's & 60's Music Experience with Steve and Kristen. Auditorium

Friday, May 10, 17, 24, and 31, 1:00pm-3:00pm Social Bridge Please join us for a fun and social time of Bridge! Open to Bridge players of all skill levels. Meeting every Friday starting May 10th. For questions contact Julie Williams 651-765-4062. Club Room

Saturday, May 11, 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.

Monday, May 13, 6:30pm Entertainment: Don Irwin: Don Irwin, Pianist Don Irwin's works have become known around the world. His music is uniquely fused with varying blends and textures acquired through his travels and experiences in diverse world cultures. His beautiful melodies, sweeping ranges, unique sounds, and exotic rhythms are intertwined to form what has become the Don Irwin signature. If interested Don will be selling his CD's again this year.

Wednesday, May 15, 10:30am-12:00pm 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, May 16, 3:00pm-4:00pm Assisted Living Resident Council Come join other Assisted Living Residents to voice your concerns, opinions, praise or ask questions. Club Room

Saturday, May 18, 2:00 Entertainment: The Cloudberrries
AMERICAN SWEDISH INSTITUTE CLOUDBERRIES A Women's Choir"
Terrace residents, Eleanor and Len Pearson's daughter is in the choir. The Cloudberrries are an affiliate of the American Swedish Institute and support the ASI thru membership and providing entertainment. Formation of the choir was in 2006. The choir performs at the American Swedish Institute for Midsommar. During the Christmas Season they perform at "Music in the Mansion" and the Julmarknad also held at the American Swedish Institute. Music repertoire focuses on Swedish music (sung in Swedish) from traditional folk, joiks (songs of the Sami of Northern Europe), medieval/religious and modern (popular/Abba). Membership is open to all women from teens and up. It is not a requirement to know the Swedish language, but members are to have an interest in learning to sing in Swedish and to have fun.
Auditorium

Monday, May 20, 2:00 Entertainment: The Waverly Gardens Sawdusters

Wednesday, May 22, 6:30 Entertainment: The Waverly Gardens Sawdusters

Friday, May 24, 2:00pm Memorial Day Program Waverly Gardens

will be honoring those who lost their lives while serving their country.

Veteran Charles Tressler, former Gables resident's son, will share a message, and trumpeter Kyle Burbey will be performing, The Last Post and Taps. Helen Olson will play piano on our closing song, God Bless America, for all to sing. Forest Lake VFW Post 4210 will be posting colors. Auditorium

Tuesday, May 28, 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

Wednesday, May 29 only this month, 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. Second Floor Terrace Lounge

Thursday, May 30, 6:30pm-8:30pm Senior Prom with entertainment by CODA

Come join us as a group, couple, or solo. This Semi-Formal attire admired but not required. The night will include dancing (optional), listening to beautiful music, and enjoying refreshments and desserts. 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.

***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.*