

Commons/Crossway Commons Life Enrichment Calendar
Daily Activities and Events are also Displayed on Channel 992
July 2024

Monday, July 1

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-11:00 Open Swim-P
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Strength-FC
1:00 Cribbage-G
1:00-2:00 Bingo-AD
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Bible Study with Pastor Chuck-C
6:00 Open Knitting-B

Tuesday, July 2

8:15-9:00 Gentle Yoga-FC
9:00-10:00 Open Gym-FC
9:00-9:45 Open Swim-P
9:00 Virtual Chair Exercises-CH 991
10:00 NEWTRAX Transportation-FL
10:00 Catholic Service and Rosary-C
10:00-10:45 Aquatic Stretch-P
11:00-11:30 Chair Stretch- FC
11:00-12:00 Open Swim-P
1:00-2:00 Open Swim-P
1:30 "500" Cards-AR
2:00 Scheduled Stops-FL
2:00-3:00 Open Gym-FC
6:30 Movie: A few Good Men 1992 PG 2h
18m Thriller/Action Subtitles Cast: Tom
Cruise, Demi Moore, Jack Nicholson- T

Wednesday, July 3

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
11:00-11:30 Chair Strength-FC
1:00 Mexican Train-AR
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Chapel Service

Thursday, July 4

Happy 4th of July!!

Note Time-1:00 Movie: Sabrina 1954 PG
1h 53m Romance/Comedy Subtitles Cast:
Audrey Hepburn, William Holden,
Humphrey Bogart- T

Friday, July 5

8:00-9:00 Open Swim-P
9:00-9:45 Aquatic Aerobics-P
9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim
10:30 Scheduled Stops-FL
11:00-11:30 Chair Strength-FC
11:00 Prayer Group-G-**Canceled**
1:00 "500" Cards-G
1:00-3:00 Social Bridge-CL
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge
(See highlights for more details)
3:30 Writers Group-Terrace 3rd Floor
Lounge (See highlights for more details)

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Saturday, July 6

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

Sunday, July 7

4:00 Chapel Service-C

Monday, July 8

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-11:00 Open Swim-P
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Strength-FC
1:00 Cribbage-G
1:00-2:00 Bingo-AD
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Bible Study with Pastor Chuck-C
6:00 Open Knitting-B
6:00 Edward Jones Perspectives-CL

Tuesday, July 9

8:15-9:00 Gentle Yoga-FC
9:00-10:00 Open Gym-FC
9:00 Virtual Chair Exercises-CH 991
9:00-9:45 Open Swim-P
10:00 NEWTRAX Transportation-FL
10:00 Catholic Service and Rosary-C
10:00-10:45 Aquatic Stretch-P
11:00-12:00 Open Swim-P
11:00-11:30 Chair Stretch-FC
1:00-2:00 Open Swim-P
1:30 "500" Cards -AR
2:00-3:00 Open Gym-FC
2:00-3:00 Trishaw Ride-Door A (see highlights for more information)
2:00 Scheduled Stops-FL
2:30 Lutheran Communion and Service Sponsored by Incarnation Church-C
6:30 Movie: The Bucket List 2007 1h 37m
Comedy/Adventure Subtitles Cast: Jack Nicholson, Morgan Freeman-T

Wednesday, July 10

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
11:00-11:30 Chair Stretch-FC
1:00 Mexican Train Dominoes-AR
1:00 Food Meeting-G
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck-C
6:30 Entertainment-Pop Standard Social Club- (see highlights for more details)-RG.

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Thursday, July 11

8:15-9:00 Gentle Yoga-FC
9:00-9:45 Open Swim-P
9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH
10:00-10:45 Aquatic Stretch-P
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
1:00 Showing of Shadowlands-T (See highlights for more details)
1:00-2:00 Open Swim-P
1:15-1:45 Boxing Blast-FC
2:00-3:00 Open Gym-FC
6:30 Movie: On the Basis of Sex 2018
2h Drama based on real life. Subtitles Cast:
Felicity Jones, Armie Hammer, Sam Waterston - T

Friday, July 12

8:00-9:00 Open Swim-P
9:00-9:45 Aquatic Aerobics-P
9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
10:30 Scheduled Stops-FL
11:00 Prayer Group-G
11:00-11:30 Chair Strength-FC
11:00 Welcome Committee-CL
1:00 "500" Cards-G
1:00-3:00 Social Bridge-CL
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge
(See highlights for more details)

Saturday, July 13

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

Sunday, July 14

4:00 Sunday Chapel Service-C

Monday, July 15

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-11:00 Open Swim-P
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Strength-FC
1:00 Cribbage-G
1:00-2:00 Bingo-AD
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Bible Study-C
6:00 Open Knitting-B

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Tuesday, July 16

8:15-9:00 Gentle Yoga-FC
9:00-10:00 Open Gym-FC
9:00 Virtual Chair Exercises-CH 991
9:00-9:45 Open Swim-P
10:00 NEWTRAX Transportation-FL
10:00 Catholic Service and Rosary-C
10:00-10:45 Aquatic Stretch-P
11:00-12:00 Open Swim-P
11:00-11:30 Chair Stretch- FC
1:00-2:00 Open Swim-P
1:30 "500" Cards-AR -Without Julie
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
3:00-4:00 Resident Council all Campus-AD
6:30 Movie: The Wedding Planners 2001
PG-13 1h 43m Romantic Comedy Subtitles.
Cast: Jennifer Lopez, Matthew
McConaughey - T

Wednesday, July 17

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
11:00-11:30 Chair Stretch-FC
1:15-2:15 Strength and Cardio-FC
1:00 Mexican Train Dominoes-Without
Julie-AR
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck-C

Thursday, July 18

8:15-9:00 Gentle Yoga-FC
9:00-9:45 Open Swim-P
9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH
10:00-10:45 Aquatic Stretch-P
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
1:00-2:00 Open Swim-P
1:15-1:45 Boxing Blast-FC
2:00 Entertainment-Tom Paquin (see
highlighted area for more information) -RP
2:00-3:00 Open Gym-FC
3:00 Assisted Living Resident Council-CL
(see highlights for more details)
6:30 Movie: We Bought a Zoo 2011 PG-13
2h 4m Family/Comedy Subtitles Cast: Matt
Damon, Colin Ford, Maggie Elizabeth Jones,
Scarlett Johansson -T

Friday, July 19

8:00-9:00 Open Swim-P
9:00-9:45 Aquatic Aerobics-P
9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
10:30 Scheduled Stops-FL
11:00 Prayer Group-G
11:00-11:30 Chair Strength-FC
1:00 "500" Cards-G
1:00-3:00 Social Bridge-CL
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge
3:30 Writers Group-Terrace 3rd Floor
Lounge (See highlights for more details)

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Saturday, July 20

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

Sunday, July 21

4:00 Sunday Chapel Service-C

Monday, July 22

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-11:00 Open Swim-P
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Strength-FC
1:00 Cribbage-G

1:00-2:00 Bingo-AD

1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Bible Study with Pastor Chuck-C
6:00 Open Knitting-B

Tuesday, July 23

8:15-9:00 Gentle Yoga-FC
9:00-10:00 Open Gym-FC
9:00 Virtual Chair Exercises-CH 991
9:00-9:45 Open Swim-P
10:00 NEWTRAX Transportation-FL
10:00 Catholic Service and Rosary-C
10:00-10:45 Aquatic Stretch-P
11:00-12:00 Open Swim-P
11:00-11:30 Chair Stretch- FC
1:00-2:00 Open Swim-P
1:30 "500" Cards -AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:00-3:00 Trishaw Rides-Door A (see highlights for more information)
6:30 Movie: Ocean's Eleven 2001 PG-13
1h 56m Subtitles Cast: George Cooney, Julia Roberts, Matt Damon, Brad Pitt -T

Wednesday, July 24

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
11:00-11:30 Chair Stretch-FC
1:15-2:15 Strength and Cardio-FC
1:00 Mexican Train Dominoes-AR
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck-C
3:00 note time- Entertainment- Mark & Lisa Flora- RP (see highlights for more information)

Thursday, July 25

8:15-9:00 Gentle Yoga-FC
9:00-9:45 Open Swim-P
9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH
10:00-10:45 Aquatic Stretch-P
11:00 PHS Virtual Scholars- The Science of Sleep & Stress -T
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
1:00-2:00 Open Swim-P
1:15-1:45 Tai Chi Class-FC
2:00-3:00 Open Gym-FC
3:00 Library Committee-CL
6:30 Movie: The Queen 2006 PG-13 1h 43m Documentary/Drama Subtitles Cast: Helen Mirren, Michael Sheen, James Cromwell Lex Jennings -T

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Friday, July 26

8:00-9:00 Open Swim-P
9:00-9:45 Aquatic Aerobics-P
9:00-10:00 Open Gym-FC
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
10:30 Scheduled Stops-FL
11:00 Prayer Group-G
11:00-11:30 Chair Strength-FC
1:00 "500" Cards-G
1:00-3:00 Social Bridge-CL
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge
5:00 Summer Olympics 2024 Open Ceremony Ch 11 NBC

Saturday, July 27

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

Sunday, July 28

4:00 Sunday Chapel Service-C

Monday, July 29

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-11:00 Open Swim-P
10:00 Virtual Chair Exercises-CH 991
11:00-11:30 Chair Strength-FC
1:00 Cribbage-G
1:00-2:00 Bingo-AD
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Bible Study with Pastor Chuck-C
2:00 Entertainment: Loose Change Barbershop Quartet- RP (see highlights for more information)
6:00 Open Knitting-B

Tuesday, July 30

8:15-9:00 Gentle Yoga-FC
9:00-10:00 Open Gym-FC
9:00 Virtual Chair Exercises-CH 991
9:00-9:45 Open Swim-P
10:00 NEWTRAX Transportation-FL
10:00 Catholic Service and Rosary-C
10:00-10:45 Aquatic Stretch-P
11:00-12:00 Open Swim-P
11:00-11:30 Chair Stretch- FC
1:00-2:00 Open Swim-P
1:30 "500" Cards -AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
3:00-4:00 Assisted Living Social-CL (see highlights for more details)
6:30 Movie: Oklahoma 1955 G 2h 25m
Musical/Western No Subtitles Cast: Gordon MacRae, Shirley Jones, Rod Steiger, Gloria Grahame, Gene Nelson, Eddie Albert -T

Wednesday, July 31

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
11:00-11:30 Chair Stretch-FC
11:00 Replay of the Wedding Celebration/Fashion Show that was on 6/27/24 -T/CH 991 (see highlights for more details)
1:00 Mexican Train Dominoes-AR
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck-C
3:00 Readers Theater-2nd Floor Terrace Loung

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HIGHLIGHTS

Movies: Tuesdays and Thursdays 6:30pm

Thursday July 4, special time 1:00pm -Theatre
CC-Closed Caption

Mondays 1:00 Bingo Please come and join us for live bingo in the auditorium.
No bingo on Monday, July 29 due to entertainment. Auditorium

Scheduled Stops Tuesdays at 2:00pm and Fridays at 10:30am Tuesdays they go to Cub and 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

Tuesday, July 2, 9, 16, 23 and 30 at 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, July 5, 12, 19 and 26, 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

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HIGHLIGHTS

Friday, July 5, 12, 19 and 26, 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. For questions contact Julie Williams 651-765-4062. Club Room

Tuesdays, July 9 and 23 2:00-3:00 Trishaw Ride- Come join us for a ride around our campus with trained staff. Enjoy the fresh air while riding in the front of our Trishaw bike. Everyone needs to sign a Liability Waiver prior to the bike ride, and we will have them on hand. Front Patio/Door A

Wednesday, July 10, 6:30-7:30 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.) Rose Garden

Thursday, July 11, 1:00 Shadowlands Showing of Shadowlands as a conclusion of the Grief Observed Book Club. Everyone Welcome. Theater

Saturday, July 13, 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.

Thursday, July 18, 2:00pm Entertainment: Tom Paquin Guitar and Voice-Auditorium

Thursday, July 18, 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

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Wednesday, July 24, 3:00pm (Note Time) Entertainment: Mark and Lisa Flora
The Floras are a husband & wife singing duo with decades of performing experience. The constant call of Gospel and Americana music has brought them into a rewarding life of singing for a living. The Floras have performed at many state fairs, county fairs, theaters, churches, city events, private parties, assisted/senior living centers and funerals. They enjoy it all. Rotunda Patio

Thursday, July 25, 11:00am-12:00pm Virtual Talk by Jessica Payne The Science of Sleep and Stress OVERVIEW | What's going on in your head while you sleep? If you ever thought sleep was just downtime between one task and the next, think again. The fact is, your brain pulls an all-nighter when you hit the hay. Many regions of the brain – especially those involved in learning, processing information, and emotion – are actually more active during sleep than when you're awake. Professor Payne's research has focused on what types of information are submitted to memory, and has been instrumental in better understanding how the brain stores the information. **ABOUT THE PRESENTER** | Jessica Payne is the Nancy O'Neill Collegiate Chair and Professor of Psychology at the University of Notre Dame, where she directs the Sleep, Stress, and Memory Lab. Her course, The Sleeping Brain, routinely sports a waitlist because of its immense popularity among Notre Dame students. In 2012, Professor Payne received the Frank O'Malley Undergraduate Teaching Award. She is also a two-time recipient of the Distinction in Teaching Award and won the Award for Teaching Excellence at Harvard University's Derek Bok Center. Theater

Monday, July 29, 2:00 Entertainment: Loose Change-Barbershop Quartet Lou Gottwalt (is a Resident in the Terrace), Keith, Tony and Grant will sing many old favorites like Goodbye My Coney Island Baby, Lazy River, and Caroline. Rotunda Patio

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Tuesday, July 30, 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, July 31 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

Looking for Residents interested in sharing their expertise on a subject of choice. Presentations – with or without slide show - should be 45minutes to an hour. Contact Julie (*4062) 651-765-4062.

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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.**