

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

Wednesday, May 1

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 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

Thursday, May 2

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 991
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 Golf Fit-FC
2:00-3:00 Open Gym-FC
6:30 Movie: Seabiscuit 2003 PG-13 2h 21m
Subtitles Drama Based on Real life - T

Friday, May 3

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
11:00-11:30 Chair Strength-FC
11:00-3:00 Taylor Marie Fashions (See highlights for more details)-CL
11:00 Prayer Group-G
11:00-11:30 Chair Strength-FC
1:00 "500" Cards-G
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)

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

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Monday, May 6

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
1:00-2:00 The Empire Builder - James J. Hill and the Great Northern Railway The documentary series-T (See highlights for more details)
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
6:00 Edward Jones Perspectives-CL
(Note Day Change)

Tuesday, May 7

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
11:00-12:00 Virtual Event, Award-Winning Author Lecture Series (See highlights for more details)-T
11:00-11:30 Chair Stretch- FC
11:00-12:00 Open Swim-P
1:00-2:00 Open Swim-P
1:15-1:45 Advance Balance-FC
1:30 "500" Cards-AR
2:00 Scheduled Stops-FL
2:00-3:00 Open Gym-FC
6:30 Movie: The King and I 1956 G 2h
13m Musical/Romance, no subtitles T

Wednesday, May 8

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
1:00 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

Thursday, May 9

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 991
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 Golf Fit-FC
2:00-3:00 Open Gym-F
6:30 Movie: Otherhood 2019 Rated R
1h 40m Subtitles Comedy based on a book -
T

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Friday, May 10

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
11:00 Welcome Committee-CL
1:00 "500" Cards-G
New-1:00-3:00 Social Bridge-CL (See highlights for more details)
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, 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 Mother's Day!
4:00 Chapel Service-C

Monday, May 13

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-Canceled
1:00-2:00 The Empire Builder - James J. Hill and the Great Northern Railway The documentary series-T (See highlights for more details)
1:15-2:15 Strength and Cardio-FC
2:00pm-3:00pm Women's Day Celebration, Entertainment by the Malt Shop Melodies-Auditorium (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: Don Irwin, Piano-AD (See highlights for more details)

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Tuesday, May 14

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
1:15-1:45 Advanced Balance-FC
1:30 "500" Cards -AR
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-Canceled
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
Subtitles-T

Wednesday, May 15

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
10:30 Crafters Group-CL (See highlights
for more details)
11:00-11:30 Chair Stretch-FC
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**

Thursday, May 16

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

Friday, May 17

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
New-1:00-3:00 Social Bridge-CL (See
highlights for more details)
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, May 18

10:00 Virtual Chair Exercises-CH991

1:00 "500" Cards-G

**2:00 Entertainment: The Cloudberries-
American Swedish Institute Women's
Choir** (See highlights for more details) AD

Sunday, May 19

4:00 Sunday Chapel Service-C

Monday May 20

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-Canceled

**1:00-2:00 The Empire Builder - James J.
Hill and the Great Northern Railway** The
documentary series-T

1:15-2:15 Strength and Cardio-FC

2:00-3:00 Open Gym-FC

2:00 Bible Study-Club Room (**note venue
change**)

**2:00 Entertainment: Waverly Gardens'
Sawdusters**-AD (See highlights for more
details)

6:00 Open Knitting-B

Tuesday, May 21

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

1:15-1:45 Advanced Balance-FC

1:30 "500" Cards -AR

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 Theory of Everything
2014 PG-13 2h 3m Drama-T

Wednesday, May 22

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

**6:30 Entertainment: Waverly Gardens'
Sawdusters**-AD (See highlights for more
details)

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Thursday, May 23

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 NEW Boxing-FC
2:00-3:00 Open Gym-FC
3:00 Library Committee-CL
6:30 Movie: Scoop 2024 TV-14 h 42m
Drama Based on Real Life Subtitles -T

Friday, May 24

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
New-1:00-3:00 Social Bridge-CL (See highlights for more details)
1:15-2:15 Strength and Cardio-FC
2:00 Memorial Day Program-AD (see highlights for more details)
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge

Saturday, May 25

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

Sunday, May 26

4:00 Sunday Chapel Service-C

Monday, May 27

No Life Enrichment or Wellness Classes
Due to the Memorial Day Holiday.

Tuesday, May 28

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
1:15-1:45 Advanced Balance-FC
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: The Book Thief
2013 PG-13 2h 11m Drama Subtitles-T

Wednesday, May 29

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 Readers Theater-2nd Floor Terrace
Lounge

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Thursday, May 30

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 New: Boxing-FC
2:00-3:00 Open Gym-FC
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

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
New-1:00-3:00 Social Bridge-CL (See
highlights for more details)
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge

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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 May 20 due to entertainment.

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

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

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HIGHLIGHTS

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

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

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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, 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. Cake and Refreshments will be served. Auditorium

Monday, May 13, 6:30pm Entertainment: 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 Cloudberryes American Swedish Institute Cloudberryes A Women's Choir" Residents, Eleanor and Len Pears on's daughter is in the choir. The Cloudberryes are an affiliate of the American Swedish Institute and support the ASI thru membership and providing entertainment. The choir performs 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. Auditorium

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Monday, May 20, 2:00 Entertainment: The Sawdusters This 1st show is for Arbor, Gables, Hearth, and anyone else who is unable to make the 2nd show on Wednesday, May 22, at 6:30pm

The Sawduster consist of residents from Waverly Gardens' woodshop except for Mary, the pianist (they made an exception for her!). The Sawdusters play oldies, upbeat, and many humorous songs. Auditorium

Wednesday, May 22, 6:30 Entertainment: The Sawdusters This 2nd Show is for Terrace, Commons, Common Crossway, Mews and anyone else who is unable to make the 1st show on Monday, May 20 at 2:00pm. Auditorium

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 Waverly Gardens 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

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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.**