

April 2024 Terrace and Mews Life Enrichment Calendar

Daily Activities and Events are also displayed on Channel 992

Monday, April 1

Wellness Classes are Canceled due to the Easter Holiday

1:00 Cribbage-G

1:00-2:00 Bingo-Canceled

2:00 Bible Study-C

4:00-5:00 Waverly Gardens Singers Rehearsal-C

6:00 Open Knitting-Canceled

Tuesday, April 2

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 Catholic Service and Rosary-C

10:00-10:30 Balance and Stretch-FC

10:00-10:45 Aquatic Stretch-P

10:00 NEWTRAX Transportation-FL (See highlights for more details)

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

2:00-3:00 Open Gym-FC

2:00 Scheduled Stops-FL

4:00-5:00 Mews 400 Bldg. Social

4:00-5:00 First Floor Terrace Social

6:30 Movie: Legal Eagles 1986 PG 1h 55m
Romantic Comedy Subtitles -T

Wednesday, April 3

8:00-9:00 Open Swim-P

9:00-9:45 Aquatic Aerobics-P

9:00-10:00 Open Gym-FC

10:00-10:30 Balance and Strength-AD

10:00 Virtual Chair Exercises-CH 991

10:00-11:00 Open Swim-P

11:00-11:30 Chair Strength-FC

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

2:00-3:00 Open Gym-FC

2:00 Chapel Service-Canceled

rescheduled for Thursdays at 10:30

3:00 Readers Theater-2nd Floor Terrace Lounge

4:00-5:00 Mews 325 Bldg. Social

Thursday, April 4

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

10:00-10:30 Balance and Stretch-FC

10:00-10:45 Aquatic Stretch-P

New 10:30 Chapel Service-C

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

NEW 1:15-1:45 Golf Fit-FC

2:00-3:00 Open Gym-FC

4:00-5:00 Mews 525 Bldg. Social

6:30 Movie: Moneyball 2011 2h 13m
Sports Drama-T

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Friday, April 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
10:00-10:30 Balance and Strength-AD
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
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge
(See highlights for more details)

Saturday, April 6

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

Sunday, April 7

4:00 Sunday Chapel Service-C

Monday, April 8

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-10:30 Balance and Strength-AD
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
4:00-5:00 Waverly Gardens Singers
Rehearsal-C
6:00 Open Knitting-B
6:00 Edward Jones Perspectives-CL

Tuesday, April 9

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 Catholic Service and Rosary-C
10:00-10:30 Balance and Stretch-FC
10:00-10:45 Aquatic Stretch-P
10:00 NEWTRAX Transportation-FL (See
highlights for more details)
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim
1:00-2:00 Open Swim-P
1:15-1:45 Advanced Balance-FC
2:00 Scheduled Stops-FL
2:00-3:00 Open Gym-FC
**2:00 Waverly Gardens Singers Spring
Concert** (See highlights for more details)
AD
2:30 Lutheran Service Sponsored by
Incarnation Church-**Canceled-Rescheduled
for 4/16 at 1:00pm**
4:00-5:00 Mews 400 Bldg. Social
4:30-5:30 Third Floor Terrace Social
6:30 Movie: Falling for Figaro 2021
1h 44m Music/British Romantic Comedy
Subtitles-T

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Wednesday, April 10

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-10:30 Balance and Strength-AD
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
11:00-11:30 Chair Strength-FC
1:15-2:15 Strength and Cardio-FC
1:00 Food Meeting-G (note new time)
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
4:00-5:00 Mews 325 Bldg. Social

Thursday, April 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 991
10:00-10:30 Balance and Stretch-FC
10:00-10:45 Aquatic Stretch-P
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
11:00 Welcome Committee-Canceled
1:00 Bridge-3rd Floor Terrace
1:00-2:00 Open Swim-P
1:15-1:45 Advanced Balance-FC
2:00-3:00 Open Gym-FC
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie: The Imitation Game 2014
PG-13 1 53m Drama based on real life
Subtitles-T
**6:30 Entertainment: Waverly Gardens
Singers Spring Concert-AD** (See
highlights for more details)

Friday, April 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
10:00-10:30 Balance and Strength-AD
10:00-11:00 Open Swim-P
10:30 Scheduled Stops-FL
11:00-11:30 Chair Strength-FC
11:00 Prayer Group-G
11:00 Welcome Committee-Canceled
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)
**2:00 Reshowing Movie: The Imitation
Game** 2014 PG-13 1h 53m Drama based on
real life subtitles-T
3:30 - Writers Group-Terrace 3rd Floor
Lounge (See highlights for more details)

Saturday, April 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, April 14

4:00 Chapel Service-C

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Monday, April 15

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-10:30 Balance and Strength-AD
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
1:00-1:45 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

Tuesday, April 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
10:00-10:30 Balance and Stretch-FC
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
1:00 Lutheran Communion and Service
Sponsored by Incarnation Church (**NOTE time and date change**)-C
1:15-1:45 Advanced Balance-FC
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
3:00-4:00 Resident Council all Campus-AD
4:00-5:00 Mews 400 Bldg. Social
4:30-5:30 Second Floor Terrace Social
6:30 Movie: Wonder 2017 1h 43m
Drama/Coming of age PG Subtitles-T

Wednesday, April 17

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-10:30 Balance and Strength-AD
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
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck-C
3:00 Readers Theater (See highlights for more details)-2nd Floor Terrace Lounge
4:00-5:00 Mews 325 Bldg. Social

Thursday, April 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
10:00-10:30 Balance and Stretch-FC
10:00-10:45 Aquatic Stretch-P
New 10:30 Chapel Service-C
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 Advanced Balance-FC
2:00-3:00 Open Gym-FC
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie: The Kings Speech 2010 1h 58m **Rated-R** (for profanity) British Drama
Subtitles-T

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Friday, April 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
10:00-10:30 Balance and Strength-AD
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
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge
(See highlights for more details)
2:00 Entertainment: Jordan Michael
vocalist (See highlights for more details) -
AD

Saturday, April 20

10:00 Virtual Chair Exercises-CH991
1:00 "500" Cards-G
1:00 Movie: - Grumpy Old Men 1993
PG-13 1h 43m Romantic Comedy
No Subtitles- T

Sunday, April 21

4:00 Sunday Chapel Service-C

Monday April 22

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-10:30 Balance and Strength-AD
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

Tuesday, April 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
10:00-10:30 Balance and Stretch-FC
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
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
**2:00 Presentation: Saint John's Bible and
Mini Documentary** (See highlights for
more details) -AD
4:00-5:00 Mews 400 Bldg. Social
6:30 Movie: Secondhand Lions 2003 PG
1h 51m Family Comedy Subtitles -T

April 2024 Terrace and Mews Life Enrichment Calendar

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Wednesday, April 24

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-10:30 Balance and Strength-AD
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
2:00-3:00 Open Gym-FC
2:00 Chapel Service with Pastor Chuck-C
3:00 Readers Theater-2nd Floor Terrace Lounge
4:00-5:00 Mews 325 Bldg. Social

Thursday, April 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
10:00-10:30 Balance and Stretch-FC
10:00-10:45 Aquatic Stretch-P
10:30 Holy Thursday Service-C
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
2:00-3:00 Open Gym-FC
2:00 Entertainment: Mini Musical with Nautilus Music and Resident Delores Mixer (See highlights for more details) -AD
3:00 Library Meeting-CL
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie: The Music Man 1961 G 2h
31m No Subtitles-T

Friday, April 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
10:00-10:30 Balance and Strength-AD
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
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 MahJong-2nd Floor Terrace Lounge

Saturday, April 27

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

Sunday, April 28

4:00 Sunday Chapel Service-C

Monday April 29

8:00-9:00 Open Swim-P
9:00-10:00 Open Gym-FC
9:00-9:45 Aquatic Aerobics-P
10:00-10:30 Balance and Strength-AD
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
4:00-5:00 Waverly Singers Rehearsal-C
6:00 Open Knitting-B

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Tuesday, April 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

10:00-10:30 Balance and Stretch-FC

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

2:00-3:00 Open Gym-FC

2:00 Scheduled Stops-FL

2:00 Entertainment: The Pop Standards Social

Club Quartet (See highlights for more details) -AD

4:00-5:00 Mews 400 Bldg. Social

6:30 Movie: 27 Dresses 2008 PG-13 1h 50m Romantic Comedy Subtitles-T

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HIGHLIGHTS

Movies: Tuesdays and Thursdays 6:30pm

Friday, April 12, 2:00 Rerun of the Thursday April 11th movie

Saturday, April 20, 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, April 1 due to the Easter Holiday.

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, April 2, 9, 16, 23 and 30, 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

April 2024 Terrace and Mews Life Enrichment Calendar

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HIGHLIGHTS

Wednesday, April 3, 10, 17 and 24, 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

Friday, April 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

Tuesday, April 9, 2:00pm Waverly Gardens Singers Spring Concert- This 1st

show is for Arbor, Gables, Hearth, and anyone else who is unable to make the 2nd show on Thursday, April 11, at 6:30pm. Julie Quinn-Kiernan, Director

Mary Leonard, Accompanist, The Waverly Singers is comprised of 25 Waverly Gardens Residents. Auditorium

Thursday, April 11, 6:30 Entertainment: Waverly Singers Choir Concert This

2nd Show is for Terrace, Commons, Common Crossway, Mews and anyone else who is unable to make the 1st show on Tuesday, April 9 at 2:00pm, Julie Quinn-Kiernan,

Director Mary Leonard, Accompanist, The Waverly Singers is comprised of 25 Waverly Gardens Residents. Auditorium

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HIGHLIGHTS

Thursday, April 11, 6:30 Entertainment: Waverly Singers Choir Concert This 2nd Show is for Terrace, Commons, Common Crossway, Mews and anyone else who is unable to make the 1st show on Tuesday, April 9 at 2:00pm, Julie Quinn-Kiernan, Director Mary Leonard, Accompanist, The Waverly Singers is comprised of 25 Waverly Gardens Residents. Auditorium

Saturday, April 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.

Wednesday, April 17, 10:30-12:00 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

Friday, April 19, 2:00pm Entertainment: Jordan Michaels vocalist, big band/Broadway/classics Jordon also performs at Lunds and Byerly's Auditorium

Tuesday, April 23, 2:00pm Display and short documentary of the St. John's Bible Saint John's Bible is the first illuminated, handwritten Bible commissioned by a Benedictine Monastery in 500 years. It was created in a partnership of Saint John's Abbey and University with Donald Jackson, Senior Scribe to the British Crown. It took ten years to complete from 2000 to 2010.

The Heritage Edition, which we will be bringing, is a full-scale, fine art edition of The Saint John's Bible. Each page of the Heritage Edition was color-matched to the original manuscript. There are 299 Heritage Editions distributed globally.

The purpose of The Saint John's Bible is to ignite the spiritual imagination of people of all faith journeys around the world through the illuminations. In our time together, we will discuss the history and making of The Saint John's Bible, and then practice the process of Visio Divina using a few illuminations from the Bible to ignite the spiritual imagination of the participants.

The DVD will be shown and then discuss it afterwards. There are scenes from the place in Wales where the work was done including how a quill is made, how they make ink and how gold is applied. Presenter: Grant Rykken.gdrykken@gmail.com
Auditorium

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HIGHLIGHTS

Thursday, April 25, 2:00pm Mini Musical with Nautilus Music and Resident Delores Mixer- Originally part of a program with the Minnesota Opera, Nautilus Music-Theater separated and changed their name in 1996 and moved to their Lowertown St. Paul studio theater, where they remain today. Their focus is to develop best practices for telling stories through music, whether as America opera, musical theater, or alternative avant-garde work. Pleased to be partnering with Waverly Gardens thanks to two generous donors, Nautilus has created a “mini musical” using **Terrace resident, Delores Mixer** and her expansive life experience, to form this work. Delores, who will turn 102 in July, was an eager participant in sharing her artwork, life stories and her curiosity on how this could possibly be developed based on her life!

After the performance Nautilus staff and Delores Mixer will be available to answer questions and explain the process to create this music piece. -Auditorium

Tuesday, April 30, 2:00pm 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.) 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 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 of 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 questions about this calendar, please call Julie Williams, Life Enrichment Director at *4062.

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