

Hearth Life Enrichment Calendar

October 2024

Tuesday, October 1

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

1:00 Movie and Popcorn - T

1:30 "500" Cards -AR

2:00 – 3:00 Trishaw Rides Door A

**Come and enjoy the last ride of the season
(see highlights) - FL**

2:00-3:00 Open Gym-FC

2:00 Scheduled Bus Stops – FL

6:30 Entertainment:

Wild Rose Cloggers -AD

6:30 Movie and Popcorn -T

Wednesday, October 2

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

(without Julie)

2:00-3:00 Open Gym-FC

**2:00 Chapel Service with Pastor
Chuck-C & CH 991**

3:00-4:30 Meet and Greet: Candidates for
North Oaks City Council (see highlights for
more details) CL

3:00pm Readers Theater - 2nd Floor Terrace
Loug (see highlights for more details)

Thursday, October 3

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

NEW 1:15-1:45 Cardio Drumming- FC

2:00-3:00 Open Gym-F

**2:30 Note Time Entertainment: Waverly
Gardens Readers Theatre "Foolishness"**

(see highlights for more details) Auditorium

This 1st show, at 2:30pm is for Arbor,

Gables, Hearth, and anyone else who is
unable to make the 2nd show at 6:30pm.

**6:30 Entertainment: Waverly Gardens
Readers Theatre "Foolishness"** (see

highlights for more details) Auditorium

6:30 Movie and Popcorn -T

Friday, October 4

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

10:30 Scheduled Stops-FL

11:00-11:30 Chair Stretch Exercises-FC

11:00 Prayer Group – G

1:00 "500" Cards-G

1:00-3:00 Social Bridge-CL

(See highlights for more details)

2:00-3:00 Open Gym-FC

Saturday, October 5

10:00 Virtual Chair Exercises-CH991

1:00 "500" Cards-G

Sunday, October 6

4:00 Sunday Chapel Service-C & CH991

Monday, October 7

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

11:00-11:30 Chair Strength Exercises-FC

**11:00-12:00 General Election Information
by The League of Women Voters-AD**

(see highlights for more details)

1:00 Cribbage-G

1:00 – 2:00 Bingo – AD

2:00-3:00 Open Gym-FC

2:00 Bible Study with Pastor Rob- C

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

6:00 Open Knitting – B

6:00 Edward Jones Perspectives-CL

Tuesday, October 8

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 Stops-FL

**2:00 Entertainment: Sigma Alpha Lota
Program refreshment afterwards-AD**

(See highlights for more details)

2:30 Lutheran Communion and Service

*Sponsored by Incarnation Church-**Canceled**
(rescheduled for 10/15/24)*

6:30 Movie and Popcorn - T

Wednesday, October 9

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

**1:00-3:00 Functional Wellness Screenings-
FC** (see highlights for more details)

2:00-3:00 Open Gym-FC

**2:00 Chapel Service with Pastor
Chuck – C & CH 991**

3:00pm Readers Theater - 2nd Floor Terrace
Lounge (see highlights for more details)

Thursday, October 10

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

11:00-11:30 Chair Stretch Exercises-FC

**11:00-12:00 Virtual Event, Author Lecture
Series: Pulitzer Prize Finalist, Percival
Everet** (See highlights for more details)-T

1:00 Bridge- 3rd Floor Terrace Lounge

***NEW 1:15-1:45 Cardio Drumming- Canceled*
1-3 Waverly Gardens**

Harvest Festival Music, Fun

and Food -FP Harvest Festival Attire: Jeans
and Flannels (**see highlights**)

2:00-3:00 Open Gym-FC

6:30 Movie and Popcorn -T

Friday, October 11

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

10:30 Scheduled Stops-FL **Canceled**

11:00-11:30 Chair Stretch Exercises-FC

11:00 Prayer Group - G

1:00 “500” Cards-G

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, October 12

9:00-12:00 Family Swim-P

(See highlights for more details)

10:00 Virtual Chair Exercises-CH 991

1:00 "500" Cards-G

Sunday, October 13

4:00 Sunday Chapel Service – C & CH 991

Monday, October 14

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 – C

2:00-3:00 Open Gym-FC

2:00 Bible Study- CL (*note Venue Change*)

2:00-3:00 Opera Connection Class (see highlights for more details) AD

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

6:00 Open Knitting – B

Tuesday, October 15

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 Sawdusters Practice-C

(see highlights for more details)

1:30 "500" Cards -AR

2:00-3:00 Open Gym-FC

2:00 Scheduled Stops-FL

2:30 Lutheran Communion and Service
Sponsored by Incarnation Church-C

6:30 Movie and Popcorn - T

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

10:30 Crafters Group – CL

(see highlights for more details) - CL

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

Bruce - C & CH 991

3:00pm Readers Theater - **Canceled**

Thursday, October 17

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises–CH 991

11:00-11:30 Chair Stretch Exercises-FC

11:00-12:00 Curiosity U, Virtual Lectures:

Andrew Shatté, Why Some People Are Resilient, and Others Are Not (See highlights for more details)-T

1:00 Bridge- 3rd Floor Terrace Lounge

NEW 1:15-1:45 Cardio Drumming- FC

2:00-3:00 Open Gym-FC

3:00 Assisted Living Resident Council-CL

(see highlights for more details)

6:30 Movie and Popcorn - T

Friday, October 18

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

10:30 Scheduled Stops-FL

11:00-11:30 Chair Stretch Exercises-FC

11:00 Prayer Group - G

1:00 "500" Cards-G

1:00-3:00 Social Bridge-CL

(See highlights for more details)

2:00-3:00 Open Gym-FC

Saturday, October 19

10:00 Virtual Chair Exercises-CH 991

1:00 "500" Cards-G

Wednesday, October 16

Sunday, October 20

4:00 Sunday Chapel Service – C & CH 991

Monday, October 21

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 – C

2:00-3:00 Open Gym-FC

2:00-3:00 Opera Connection Class (see highlights for more details) AD

2:00 Bible Study with Pastor Rob- CL

(note Venue Change)

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

6:00 Open Knitting – B

Tuesday, October 22

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 Stops-FL

3:00 Resident Council all Campus- AD

6:30 Movie and Popcorn - T

Wednesday, October 23

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

3:00 (Note time change)

Chapel Service with

Pastor Chuck – C & CH 991

3:00pm Readers Theater - **Canceled**

Thursday, October 24

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

NEW 1:15-1:45 Cardio Drumming- FC

2:00-3:00 Open Gym-FC

3:00 Library Meeting-CL

6:30 Movie and Popcorn - T

Friday, October 25

9:00-10:00 Open Gym-FC

10:00 Virtual Chair Exercises-CH 991

10:30 Scheduled Stops-FL

11:00-11:30 Chair Stretch Exercises-FC

11:00 Prayer Group - G

1:00 “500” Cards-G

1:00-3:00 Social Bridge-CL

(See highlights for more details)

2:00-3:00 Open Gym-FC

2:00 Entertainment:

Jordan Michael Crooner Concert - AD

3:30 Writers Group-Terrace 3rd Floor Lounge (See highlights for more details)

Saturday, October 26

10:00 Virtual Chair Exercises-CH 991

1:00 “500” Cards-G

1:00 Movie – T

Sunday, October 27

4:00 Sunday Chapel Service – C & CH 991

Monday, October 28

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 – C
2:00-3:00 Open Gym-FC
2:00-3:00 Opera Connection Class (see highlights for more details) AD
2:00 Bible Study- CL (*note Venue Change*)
4:00-5:00 Waverly Singers Rehearsal-C
6:00 Open Knitting – B

Tuesday, October 29

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 Stops-FL
3:00-4:00 Assisted Living Social-CL
6:30 Movie and Popcorn - T

Wednesday, October 30

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 Chapel Service with Pastor Chuck – C & CH 991
3:00pm Readers Theater - **Canceled**

Thursday, October 31

HAPPY HALLOWEEN

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
NEW 1:15-1:45 Cardio Drumming- FC
2:00-3:00 Open Gym-FC
2:00 Waverly Gardens Halloween Costume Contest and party – AD
(See highlights for more details)
6:30 Movie: -T

OCTOBER HIGHLIGHTS

Tuesday, October 1, 2:00-3:00 Trishaw Ride- Come join us for our season ending 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

Tuesday, October 1, 6:30 Wild Rose Cloggers Clogging is an American Folkdance similar in style to Tap Dancing. The Wild Rose Cloggers dance to all types of music sure to appeal to everyone so don't miss this toe-tapping, good time! Auditorium

Wednesday, October 2, 3:00-4:30 Meet and Greet Andrew Gaspard and Bryan Clapper Candidates for North Oaks City Council. Andrew and Bryan will be at Waverly Gardens to answer any questions or concerns.

Wednesday, October 2 and 9 only this month 3:00pm Readers Theater

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

Readers Theatre **"Foolishness" will be performed on Thursday, October 3 at 2:30 and 6:30.**

HIGHLIGHTS

Thursday, October 3, 2:30 (Note Time) and 6:30 Entertainment: Waverly Gardens Readers Theatre “Foolishness” Music-Dancing-Laughs. Readers Theater has been meeting every Wednesday for the past months. The group consists of all Waverly residents and is led by Lynne Newbauer. Auditorium

This 1st show, at 2:30pm is for Arbor, Gables, Hearth, and anyone else who is unable to make the 2nd show at 6:30pm.

This 2nd Show at 6:30 is for Terrace, Commons, Common Crossway, Mews and anyone else who is unable to make the 1st show at 2:30pm. Auditorium

Friday, October 4, 11, 18 and 25, 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. Meet every Friday. For questions contact Julie Williams 651-765-4062. Club Room

Monday, October 7, 11:00-12:00 General Election Information

The League of Women Voters will be here to assist. The primary focus of this session is to assist residents with completing the requests for absentee ballot applications. They also help update voter registration using both paper forms and doing it online if you have an email address that you can use. If you want to vote early in person, they can show the available locations, dates, and times. If you want to vote in person on election day, they will confirm where your polling place is. They are ready to help find answers to any other voting questions you may have. The League of Women Voters are non-partisan and do not talk about candidates other than to inform voters about who is on the ballot. Their overriding purpose and mission are to make sure everyone who is eligible to vote does get that chance! Auditorium

Tuesday, October 8, 2:00-3:00 Sigma Alpha Lota There will be singing and even audience participation. Stay for refreshment afterwards. Marian Hoffman and a few other residents are members of Sigma Alpha Lota.
Auditorium

Wednesday, October 9, 1:00-3:00 Functional Wellness Screen See if you are at risk for falls by attending the Functional Wellness Screen powered by OneStep Technology & Motion Intelligence.

OneStep is an easy-to-use smartphone app that helps you [and your provider] better understand how you move. With OneStep, you'll get instant feedback on how you're walking or moving, and [your provider] will get insights that'll help support and optimize your safety and wellness here at Waverly Gardens. Fitness Center

Thursday, October 10, 11:00-12:00 Virtual Event, Author Lecture Series Pulitzer Prize Finalist, **Percival Everett** is the highly celebrated author of more than 30 books since his debut, *Suder*, was released in 1983. He is the winner of countless awards, including a PEN Award and a National Book Critics Circle Lifetime Achievement Award, and a finalist for the Pulitzer Prize and the Booker Prize. Everett is best known for his novels *I Am Not Sidney Poitier*, *Dr. No*, *Telephone*, and *The Trees*, many of which were published by Minneapolis-based Graywolf Press. His 2001 novel *Erasure* was adapted into the Oscar-winning 2023 film *American Fiction*, written and directed by Cord Jefferson.

Everett's latest release, *James*, was named one of the most anticipated books of 2024 by Time and NPR. The novel is a brilliant, action-packed reimagining of Mark Twain's *Adventures of Huckleberry Finn*, both harrowing and ferociously funny, told from the enslaved Jim's point of view. Of the book, Kirkus raves: "The audacious and prolific Everett dives into the very heart of Twain's epochal odyssey...One of the noblest characters in American literature gets a novel worthy of him." Brimming with the electrifying humor and lacerating observations that have made Everett a literary icon, *James* is destined to become a cornerstone of twenty-first century American literature.

Throughout his 40-year career, Everett has cultivated a reputation for his vast, genre-defying and innovative body of work—producing intellectual thrillers, satires, short stories, collections of poetry, and even paintings. He is a Distinguished Professor of English at the University of Southern California and resides in Los Angeles. Theater

HIGHLIGHTS

Thursday, October 10, 1:00-3:00 Waverly Gardens Harvest Festival, Come for the Food, Fun and Music. The kitchen will be serving complimentary chili, corn bread, apple slices with caramel and hot apple cider. There will be a fire pit to either roast your own S'mores or enjoy watching someone else do it for you! Mike Opitz and his accordion will be at the festival taking requests. Front Patio by Door A (alternate venue would be the Auditorium) **Harvest Festival Attire: Jeans and Flannels**

Saturday, October 12, 9:00am-12:00pm Family Swim Family Swim will be held every second Saturday of the month. No reservations required. A lifeguard will be duty. Questions, contact the Wellness Center at 651-765-4060-Pool

Wednesday, October 16, 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, October 17, 11:00-12:00 Curiosity U Virtual Lectures | Andrew Shatté, Why Some People Are Resilient, and Others Are Not In this lecture, Dr. Andrew Shatté will explore key questions in the psychology of resilience. Discover why some people overcome adversity while others struggle and learn about the 7 essential ingredients of resilience. Dr. Shatté will discuss the significant role of thinking habits and their impact on success, happiness, and health. Through case studies from his work in corporations and the public sector, students will gain practical insights and strategies to enhance their resilience. Don't miss the final revelation of Dr. Shatté's top secret to a resilient life! Theater

Thursday, October 17, 3:00pm Assisted Living Resident Council Come join other Assisted Living Residents to voice your concerns, opinions, praises or ask questions. Club Room

Friday, October 25, 2:00 Entertainment: Jordan Michael vocalist, big band/Broadway/classics Jordan also performs at Lunds and Byerly's

Tuesday, October 29, 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

October 31, 2:00 Halloween Costume Contest and Party Everyone is invited, including grandkids! Come dressed up and stay for the food- Staff will hand-out paddles before the show for the residents to vote on their favorite costumes. The costume contest will start with the children followed by the staff and then the residents. We will sing a few Halloween songs and complimentary snacks will be served after the show. The Gables and Arbor residents will be served on their floors. Auditorium

SAVE THE DATE: Friday, November 22, Annual Resident Art Show and Sale 10:00-2:00 Sign up now at the Front Desk. All residents are welcome to participate. Participants can display their art, crafts ect... and /or sale their items. Please sign up to Show off your Artistic Talents! Call Julie in Life Enrichment with any Questions *4062 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.*