

October 2024 Terrace and Mews Life Enrichment Calendar

Daily Activities and Events are also displayed on Channel 992

Tuesday, October 1

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 Movie-T
2:00-3:00 Trishaw Rides- (last ride for the season!)-FL
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
4:00-5:00 Mews 400 Bldg.
4:00-5:00 First Floor Terrace Social
6:30 Movie:
6:30 Entertainment: Wild Rose Cloggers
(see highlights for more details) -AD

Wednesday, October 2

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 and CH 991
3:00pm Readers Theater -2nd Floor Terrace Loung (see highlights for more details) **3:00-4:30 Meet and Greet:** Candidates for North Oaks City Council (see highlights for more details) CL
4:00-5:00 Mews 325 Bldg. Social

October 2024 Terrace and Mews Life Enrichment Calendar

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Thursday, October 3

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
10:30-11:15 Music Together-Canceled for the month
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
1:15-1:45 NEW Cardio Drumming-FC
2:00-3:00 Open Gym-FC
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
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
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie:

Friday, October 4

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
1:00-3:00 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, October 5

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

Sunday, October 6

4:00 Sunday Chapel Service-C and CH 991

October 2024 Terrace and Mews Life Enrichment Calendar

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Monday, October 7

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

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
2:00 Entertainment: Sigma Alpha Lota
Program-AD refreshment afterwards (See
highlights for more details)
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:30 Lutheran Communion and Service
Sponsored by Incarnation Church-**canceled**
(rescheduled to 10/15/24)
4:00-5:00 Mews 400 Bldg. Social
4:30-5:30 Third Floor Terrace Social
6:30 Movie:

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Wednesday, October 9

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/Strength-AD
10:00 Virtual Chair Exercises-CH 991
10:00-11:00 Open Swim-P
11:00-11:30 Chair Stretch-FC
1:00 Food Meeting-G
1:00-3:00 Functional Wellness Screenings-FC (see highlights for more details) 1:
15-2:15 Strength and Cardio-FC
2:00-3:00 open Gym-FC
2:00 Chapel Service with Pastor Chuck-**Canceled**
3:00pm Readers Theater -2nd Floor Terrace Loung (see highlights for more details)
4:00-5:00 Mews 325 Bldg. Social

Thursday, October 10

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
11:00-12:00 Virtual Event, Author Lecture Series: Pulitzer Prize Finalist, Percival Everett- (see highlights) T
11:00 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
1:00-3:00 Waverly Gardens Harvest Festival-FP (See highlights for more details) **Harvest Festival Attire:** Jeans and Flannels
1:15-1:45 Cardio Drumming-Canceled
2:00-3:00 Open Gym-FC
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie:

October 2024 Terrace and Mews Life Enrichment Calendar

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Friday, October 11

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-Canceled
11:00 Prayer Group-G
11:00-11:30 Chair Strength-FC
11:00 Welcome Committee-CL
1:00-2:30 Smart Drivers Tech Workshop-AD
(See highlights for more details)
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

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 and CH 991

Monday, October 14

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
10:00-10:30 Balance and Strength-AD
11:00-11:30 Chair Strength-FC
1:00 Cribbage-G
1:00-2:00 Bingo-C (venue change)
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00-3:00 NEW 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

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Tuesday, October 15

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 Sawdusters Practice-C (see highlights for more details)
11:00-12:00 Open Swim-P
11:00-11:30 Chair Stretch- FC
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
2:30 Lutheran Service and Communion
Sponsored by Incarnation Lutheran Church-
C (rescheduled from 10/8/24)
3:00-4:00 Resident Council all Campus-
Canceled (rescheduled for 10/22)
4:00-5:00 Mews 400 Bldg. Social
4:00-5:00 Second Floor Terrace Social
6:30 Movie:

Wednesday, October 16

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- (see highlights for
more details) CL
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 Bruce-C and
CH 991
3:00pm Readers Theater-
Canceled
4:00-5:00 Mews 325 Bldg. Social

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Thursday, October 17

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
10:00-10:30 Balance and Stretch-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
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
1:15-1:45 New Cardio Drumming-FC
2:00-3:00 Open Gym-FC
2:00-3:00 Open Gym-FC
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie:

Friday, October 18

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

Saturday, October 19

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

Sunday, October 20

4:00 Sunday Chapel Service-C and CH 991

Monday, October 21

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
10:00-10:30 Balance and Strength-AD
11:00-11:30 Chair Strength-FC
1:00 Cribbage-G
1:00-2:00 Bingo-C (venue change)
2:00-3:00 New Opera Connection Class (see highlights for more details) AD
1:15-2:15 Strength and Cardio-FC
2:00-3:00 Open Gym-FC
2:00 Bible Study with Pastor Rob-CL (venue change)
4:00-5:00 Waverly Singers Rehearsal-C
6:00 Open Knitting-B

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Tuesday, October 22

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
2:00-3:00 Open Gym-FC
2:00 Scheduled Stops-FL
4:00-5:00 Mews 400 Bldg. Social
6:30 Movie:

Wednesday, October 23

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
3:00 Chapel Service with Pastor Chuck-C and CH 991 (note time change)
3:00pm Readers Theater-**Canceled**
4:00-5:00 Mews 325 Bldg. Social

Thursday, October 24

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
10:00-10:30 Balance and Stretch-FC
11:00-11:30 Chair Stretch-FC
11:00-12:00 Open Swim-P
1:00 Bridge-3rd Floor Terrace
1:15-1:45 New Cardio Drumming-FC
2:00-3:00 Open Gym-FC
3:00 Library Meeting-CL
4:00-5:00 Mews 525 Bldg. Social
6:30 Movie:

Friday, October 25

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

October 2024 Terrace and Mews Life Enrichment Calendar

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(See highlights for more details)

Saturday, October 26

10:00 Virtual Chair Exercises-CH991

1:00 "500" Cards-G

1:00 Movie-T

Sunday, October 27

4:00 Sunday Chapel Service-C and CH 991

Monday, October 28

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-C (venue change)

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

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

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

2:00-3:00 Open Gym-FC

2:00 Bible Study with Pastor Chuck-C

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

6:00 Open Knitting-B

Tuesday, October 29

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

2:00-3:00 Open Gym-FC

2:00 Scheduled Stops-FL

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

6:30 Movie:

Wednesday, October 30

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 and CH 991

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

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

October 2024 Terrace and Mews Life Enrichment Calendar

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Thursday, October 31

Happy Halloween!

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

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

11:00-11:30 Chair Stretch-FC

11:00-12:00 Open Swim-P

1:00 Bridge-3rd Floor Terrace

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

2:00-3:00 Open Gym-FC

2:00 Halloween Costume Contest and

Party-AD (See highlights for more details)

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

6:30 Movie:

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HIGHLIGHTS

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. If you have any questions call Julie 651-765-4062 **No Schedule Stops on Friday, October 11.**

Mondays 1:00 Bingo Please come and join us for live bingo in the auditorium.

Thursday, October Music Together Intergenerational Class has been canceled for the month they didn't have enough children enrollment.

Tuesday, October 1, 8, 15, 22 and 29, 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. Questions call Julie Williams *4062 or NewTrax 651-846-9302

Movies: Tuesdays and Thursdays 6:30pm and Saturday, October 26, 1:00pm -
Theatre CC-Closed Caption

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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.**

Thursday, October 3, 2:30 (Note Time) and 6:30 Entertainment: Waverly Gardens Readers Theatre "Foolishness" Music-Dancing-Laugh. 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

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HIGHLIGHTS

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

Friday, October 4, 11, 18 and 25, 2:00pm-4:00pm 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, 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

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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.

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

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HIGHLIGHTS

Friday, October 11, 1:00-2:30 Smart DriverTEK* Instructor: John Severson, resident of Waverly. Cost: Free! To Register: <https://events.aarp.org/d/zpq979> or at the reception desk.

Technology is changing the driving experience. In-Person Workshop Buckle up and get ready to discover how new vehicle safety technologies are changing the way we drive. With the latest gadgets, taking the wheel is safer and easier than ever—and you can learn all about them with our FREE Smart DriverTEK Workshops. Join your peers and discover how new vehicle technology can make driving safer and easier. Auditorium

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

October 2024 Terrace and Mews Life Enrichment Calendar

Daily Activities and Events are also displayed on Channel 992

HIGHLIGHTS

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

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

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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

If you have any questions about this calendar please call Julie Williams, Life Enrichment Director at *4062 or 651-765-4062.

Programs are subject to change and cancellation