

Arbor Life Enrichment

October 2024

Tuesday, October 1

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

2:00 Trishaw Rides with Jill - FL

3:00 Snack-N-Chat - A

6:00 Jigsaw Puzzles - A

Wednesday, October 2

AM:

10:00 Library with Jill - A

11:15 Sit to Be Fit - A

PM:

2:30 Baking with Jill - A

3:30 Snack-N-Chat – A

5:45 to 6:45

Live Music with Barbra Lee – A

Thursday, October 3

AM:

10:00 Manicures with Jill - A

PM:

2:30 Entertainment:

Waverly Gardens Readers

Theater Group performance – AD

(see highlights for details)

3:30 Snack-N-Chat – A

5:45 -6:45 Bingo with Luran - A

Friday, October 4

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise – A

PM:

3:00 Snack-N-Chat - A

6:30 Ring Toss Game - A

Saturday, October 5

AM:

10:00 Color Pencil Drawing – A

PM:

6:00 Saturday Movie Night – A

Sunday, October 6

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

4:00 Sunday Chapel Service–CH 991

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, October 7

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo – C

3:00 Snack-N-Chat - A

6:00 Puzzles - A

Tuesday, October 8

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

2:00 Entertainment: Sigma Alpha Lota

Fall Concert – AD

3:00 Snack-N-Chat - A

6:00 Balloon Volleyball - A

Wednesday, October 9

AM:

11:15 Sit To Be Fit - A

PM:

2:30 Autumn Pinecone Craft with Jill - A

3:30 Snack-N-Chat - A

6:00 Jigsaw Puzzles - A

Thursday, October 10

AM:

10:00 Coffee in the Conservatory
with Jill - A

PM:

1-3 Waverly Gardens

Harvest Festival

Music, Fun and Food -FP

(see highlights)

6:00 Susie Sing Along - A

Friday, October 11

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

2:15 -3:15 Creative Writing with Jill

3:30 Snack-N-Chat - A

6:30 Wheel of Fortune Ch 4 – A

Saturday, October 12

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, October 13

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

4:00 Sunday Chapel Service–CH 991

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, October 14

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo - AD

3:00 Snack-N-Chat - A

6:00 Puzzles - A

Tuesday, October 15

AM:

10:00 Catholic Service – C

PM:

2:15 Yoga In the Conservatory - CON

2:45 Snack-N-Chat in the Conservatory
with Jill - CON - A

6:00 Balloon Volleyball - A

Wednesday, October 16

AM:

10:00 Library visits with Jill - A

11:15 Sit to Be Fit - A

PM:

2:30 Cards with Jill - A

3:30 Snack-N-Chat - A

6:00 Music on the Arbor patio - A

Thursday, October 17

AM:

10:00 Thursday Matinee

Movie of Choose - A

PM:

2:15 Open Gym – FC

2:45 Snack-Chat - A

6:00 Susie Sing Along - A

Friday, October 18

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

3:30 Snack-N-Chat - A

6:00 Jigsaw Puzzles -A

Saturday, October 19

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, October 20

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

4:00 Sunday Chapel Service–CH 991

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, October 21

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo - AD

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

Tuesday, October 22

AM:

10:00 Catholic Service – C

PM:

2:15 Yoga In the Conservatory - CON

2:45 Snack-N-Chat in the Conservatory
with Jill - CON - A

6:00 Balloon Volleyball - A

Wednesday, October 23

AM:

10:00 Manicures with Jill - A

11:15 Sit to Be Fit - A

PM:

**1:15 Boutwells Train Room
outing with Jill - A**

3:30 Snack-N-Chat - A

6:00 Music on the Arbor Patio - A

Thursday, October 24

AM: 10:00 Halloween Craft with Jill - A

PM:

2:15 Open Gym – FC

2:45 Snack-Chat - A

5:45 -6:45 Live Music with Mary - A

Friday, October 25

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

2:00 Entertainment:

Jordan Michaels

Crooner Concert - AD

3:00 Snack-N-Chat - A

6:00 Wheel of Fortune Ch 4 -A

Saturday, October 26

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, October 27

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

4:00 Sunday Chapel Service–CH 991

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, October 28

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo - AD

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

Tuesday, October 29

AM:

10:00 Catholic Service – C

10:00 One on ones with Jill - A

PM:

2:15 Yoga In the Conservatory - CON

2:45 Snack-N-Chat in the Conservatory
with Jill - CON - A

6:00 Balloon Volleyball - A

Wednesday, October 30

AM:

10:00 Make a Halloween Treat
with Jill - A

11:15 Sit to Be Fit - A

PM:

2:30 Pumkin Carving with Jill - A

3:30 Snack-N-Chat - A

6:00 Music on the Arbor Patio - A

Thursday, October 31

HAPPY HALLOWEEN

AM:

10:00 Halloween Games with Jill -A

PM:

**2:00 Waverly Gardens Halloween
Costume Contest - AD**

2:45 Arbor Halloween Party - A

6:00 Susie Sing Along - A

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 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.

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

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**

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

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.

Auditorium (Ground Level)
AR=Commons Activity Room (2nd Floor)
Room)
B= Bistro

G=Gallery (Next to conservatory)
GC= Garden Court Dining (Across from Dining
Room)
HCR= Hearth Community Room (first floor)

C= Chapel (Ground Level)

L= Library (First Floor)

CL= Club Room (Across from Library)

T= Movie Theatre (Ground Level)

CON= Conservatory

NG=North Gables (Ground Level)

FL-Front Lobby

R = Rotunda (Ground Level)

FC= Fitness Center (Ground Level)

RG=Rose Garden

FP= Front Patio

CH991=in-house Virtual Channel-991

Any question please contact Jill Hanson at *4061 Programs are subject to change and cancellation.