

# Waterford at All Saints – Life Enrichment / Wellness Daily Events



Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
Radio & TV Church Services 1:30 Matinee (2FR) 6:30 Board Games (2FR)	8:30 Walking Buddies (B) 9:30 Music Therapy/Sit & Be Fit (MC) 10:45 Heart Smart (HR) 1:10 Bingo (2FR) 1:15 Strength & Balance(HR) 2:30 Texas Hold 'Em (3FR) 6:30 Uno & Jigsaw Puzzles (2FR)	8-10 Wellness Center 9:30 Sit & Be Fit (2FR) 9:45 Yoga with Carol (HR) 10:45 Heart Smart (HR) 1:00 Whist Club (3FR) 2:00 Bridge Club (2FR) 4:00 Praying the Rosary (C) 6:30 Card Club (2FR)	9:30 Sit & Be Fit (2FR) 10:00 Exercises w/ Krista(HR) 10:45 Heart Smart (HR) 12:00 Grocery Shopping (HyVee/Sunshine) 1:10 Bingo (2FR) <b>2:30 Bible Study Group (CR)</b> 6:30 Games (2FR)	<b>10:00 Mass (C)</b> 1:00 Whist Club (3FR) 1:15 Strength & Balance Class (HR) 1:30 Matinee (2FR) 4:00 Sing Along (NIDR) 4:30 Wine Social (NIDR) 6:30 Uno Club (2FR)	8:30 Walking Buddies (B) 9:30 Sit & Be Fit (2FR) 10:00 Exercises w/ Krista (HR) 10:45 Heart Smart (HR) 1:10 Bingo (2FR) 2:30 Wii Bowling (2FR) 6:30 Card Club (2FR)	10:00 Yoga (HR) 1:00 Manicures (F) 6:30 Uno (2FR)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Events may be subject to change	Give & Get 10-12 / 1-4 (HR) 2:30 Readings with Jody & Popcorn (B) <b>1</b>	1-3 Chili Cook Off (HR) 1:30 Knit Wits (SL) 3:00 Music with Linda (MC) <b>2</b>	9-10 Pearle Vision Eye Glasses Clinic (B) 3:30 Mike Hammer, Central District City Council Candidate (C) <b>3</b>	9:30 Welcome Committee (TR) 3:30 Protestant Chapel (C) <b>4</b>	9-12:30 Interim Foot Clinic (WC) 11:15 Out to Lunch Bunch (Famous Dave's) <b>5</b>	<b>6</b>
<b>7</b>	2:30 Readings with Jody (CR) 2:30 Pat Costello, Sioux Falls Mayor Candidate (C) <b>8</b>	2:00 Beading with Mary (CA) <b>9</b>	2:30 Popcorn & Chat (B) <b>10</b>	9-11 First National Bank Trust Officer (B) 11:30 Book Review & Luncheon (NIDR) 3:30 Protestant Chapel (C) <b>11</b>	2:30 Welcome Tea (NIDR) <b>12</b>	10:30 Outing to Hobby Lobby 1:15 St. Patrick's Day Parade <b>13</b>
<b>Daylight Savings Time</b> 2:30 Cinedome: Australia (Pavilion) <b>14</b>	12:30-4:40 Interim Foot Clinic (WC) 2:30 Readings with Jody (CR) 2:30 Mike Huether, Sioux Falls Mayor Candidate (C) <b>15</b>	1:30 Knit Wits (SL) 3:00 Our Savior's Lutheran Communion (C) 3:00 Music with Linda (MC) <b>16</b>	<b>St. Patrick's Day</b> 2:15 Shopping with Vicki (Empire Mall) 2:00 Birthday Party for Diane Kristensen (NIDR) <b>17</b>	10-11 Complimentary Magnetic Massages (FS) 5:00 Irish Birthday Night <b>18</b>	<b>19</b>	<b>Spring Begins</b> 2:00 Piano Music by Kae Butler (C) <b>20</b>
12-2 Girl Scout Cookie Sales (B) 2:00 SD Symphony – Alessio Bax & Lucille Chung, piano (Pavilion) 4:00 Episcopal Church Service with Holy Communion (C) <b>21</b>	2:30 Readings with Jody & Popcorn (B) <b>22</b>	2:00 Beading with Mary (CA) <b>23</b>	2:30 Arts & Crafts (CA) <b>24</b>	10:00 Movie Committee (B) 2:30-3:00 Bookmobile (SL) 3:30 Protestant Chapel (C) <b>25</b>	<b>26</b>	10:30 Sertoma Butterfly House Outing 1:30 Baking – Deluxe Chocolate Chip Cookies (HR) <b>27</b>
1-4 Massage Therapy with Kim (WC) 1:30 Shopping with Vicki (Lewis Drug) <b>28</b>	2:30 Readings with Jody & Popcorn (B) <b>29</b>	6:30 Out to the Movies (WestMall 7) <b>30</b>	2:30 Springtime Readings with Harriet (TBA) <b>31</b>			

## Key

- WC - Wellness Center
- 2FR - 2<sup>nd</sup> Floor Family Room
- 3FR - 3<sup>rd</sup> Floor Family Room
- HR - Heritage Room
- HS - Heart Smart Room
- CA - Creative Arts Center
- B - Bistro
- C - Chapel
- F - Fireside
- T - Tiffany Room
- IDR - Imperial Dining Room
- NIDR - North Imperial Dining Rm
- SL - Sunset Library
- MC - Memory Care
- (1) - on your own
- (2) - staff led

## Meal Times

### Breakfast:

7 am – 9:30 am Imperial Loft

### Lunch:

11:30 am – 12:30 pm Imperial Loft  
Noon – 1 pm Imperial Dining Rm

### Dinner:

4:30 pm – 5:15 pm Imperial Loft  
5:45 pm – 6:15 pm Imperial Dining Room

### Salad Bar:

1-5:30 pm Imperial Dining Rm

## Scheduled Transportation

The Waterford Bus/Van runs  
**Monday – Friday**  
**8 am – 5 pm**

**Please make appointments 24 to 48 hours in advance.**

# March 2010

## *March Special Events*

**Monday, March 1<sup>st</sup>** Give & Get - 10-12 pm Give; 1-4 pm Get (Heritage Room)  
Readings with Jody & Popcorn – 2:30 pm (Bistro)

**Tuesday, March 2<sup>nd</sup>** Chili Cook Off – 1-3 pm (Heritage Room)  
Knit Wits – 1:30 pm (Sunset Library)  
Music with Linda – 3 pm (Memory Care)

**Wednesday, March 3<sup>rd</sup>** Pearle Vision Eye Glasses Clinic – 9-10 am (Bistro)  
Bible Study Group – 2:30 pm (Conference Room)  
Mike Hammer, Central District City Council Candidate – 3:30 pm (All Saints Chapel)

**Thursday, March 4<sup>th</sup>** Welcome Committee – 9:30 am (Tiffany Room)  
Catholic Mass – 10 am (All Saints Chapel)  
Protestant Chapel – 3:30 pm (All Saints Chapel)

**Friday, March 5<sup>th</sup>** Interim Foot Clinic – 9-12:30 pm (Wellness Center – sign up at front desk)  
Out to Lunch Bunch – 11:15 am (Famous Dave’s – sign up at front desk)

**Monday, March 8<sup>th</sup>** Readings with Jody – 2:30 pm (Conference Room)  
Pat Costello, Sioux Falls Mayor Candidate – 2:30 pm (All Saints Chapel)

**Tuesday, March 9<sup>th</sup>** Beading with Mary – 2 pm (Creative Arts Room)

**Wednesday, March 10<sup>th</sup>** Popcorn & Chat – 2:30 pm (Bistro)  
Bible Study Group – 2:30 pm (Conference Room)

**Thursday, March 11<sup>th</sup>** First National Bank Trust Office – 9-11 am (Bistro Office)  
Book Review & Luncheon – 11:30 am (North Imperial Dining Room – must rsvp with Krista)  
Protestant Chapel – 3:30 pm (All Saints Chapel)

**Friday, March 12<sup>th</sup>** Welcome Tea – 2:30 pm (North Imperial Dining Room)

**Saturday, March 13<sup>th</sup>** Outing to Hobby Lobby – 10:30 am (sign up at the front desk)  
St. Patrick’s Day Parade – 1:15 pm (sign up at the front desk)

**Sunday, March 14<sup>th</sup>** **Daylight Savings Time**  
Cinedome: Australia – 2:30 pm (Washington Pavilion – sign up at the front desk)

**Monday, March 15<sup>th</sup>** Interim Foot Clinic – 12:30 -4:30 pm (Wellness Center – sign up at the front desk)  
Readings with Jody – 2:30 pm (Conference Room)  
Mike Huether, Sioux Falls Mayor Candidate – 2:30 pm (All Saint Chapel)

**Tuesday, March 16<sup>th</sup>** Knit Wits – 1:30 pm (Sunset Library)  
Our Savior’s Lutheran Communion – 3 pm (All Saints Chapel)  
Music with Linda – 3 pm (Memory Care)

**Wednesday, March 17<sup>th</sup>** **Saint Patrick’s Day**  
Birthday Party for Diane Kristensen – 2 pm (North Imperial Dining Room)  
Shopping with Vicki – 2:15 pm (Empire Mall – sign up at the front desk)  
Bible Study Group – 2:30 pm (Conference Room)

**Thursday, March 18<sup>th</sup>** Catholic Mass – 10 am (All Saint Chapel)  
Complimentary Magnetic Massages – 10-11 am (Fireside Room)  
Irish Birthday Night – 5 pm (Imperial Dining Room)

**Saturday, March 20<sup>th</sup>** **Spring Begins**  
Piano Music by Kae Butler – 2 pm (All Saint Chapel)

**Sunday, March 21<sup>st</sup>** Girl Scout Cookie Sales – 12-2 pm (Bistro)  
SD Symphony: Allessio Bax & Lucille Chung, piano – 2 pm (Washington Pavilion – sign up)  
Episcopal Church Service with Holy Communion – 4 pm (All Saint Chapel)

**Monday, March 22<sup>nd</sup>** Readings with Jody & Popcorn – 2:30 pm (Bistro)

**Tuesday, March 23<sup>rd</sup>** Beading with Mary – 2 pm (Creative Arts Room)

**Wednesday, March 24<sup>th</sup>** Arts & Crafts – 2:30 pm (Creative Arts Room)

**Thursday, March 25<sup>th</sup>** Catholic Mass – 10 am (All Saints Chapel)  
Movie Committee – 10 am (Bistro)  
Bookmobile – 2:30-3:30 pm (Sunset Library)  
Protestant Chapel – 3:30 pm (All Saints Chapel)

**Saturday, March 27<sup>th</sup>** Sertoma Butterfly House Outing – 10:30 am (sign up at the front desk)  
Baking: deluxe chocolate chip cookies – 1:30 pm (Heritage Room)

**Sunday, March 28<sup>th</sup>** Massage Therapy with Kim – 1-4 pm (Wellness Center – make apt. with the front desk)  
Shopping with Vicki – 1:30 pm (Lewis Drug – sign up at the front desk)

**Monday, March 29<sup>th</sup>** Readings with Jody & Popcorn – 2:30 pm (Bistro)

**Tuesday, March 30<sup>th</sup>** Out to the Movies – 6:30 pm (WestMall 7 – sign up at the front desk)

**Wednesday, March 31<sup>st</sup>** Springtime Readings with Harriet – 2:30 pm (TBA)

## *Waterford at All Saints March 2010 – Life Enrichment/Wellness*



### *Staff at Waterford*

<b>Angie Rabon</b>	Executive Director	<b>Bob Buller</b>	Facility Manager
<b>Sara Thomas</b>	Controller	<b>Randy Austin</b>	Food Service Manager
<b>Wendy Schrag, RN</b>	Memory Care Manager	<b>Jackie Lofswold, RN</b>	Assisted Living Manager
<b>Cindy Cowles, LPN</b>	Evening Nurse Supervisor	<b>Rhonda McConnell, LPN</b>	Wellness Nurse
<b>Kelly Woldt</b>	Sales Associate	<b>Krista Musser</b>	Life Enrichment Director
<b>Erin Sheehy</b>	Sales Assistant	<b>Vicki Bruse</b>	Life Enrichment Assistant
<b>Sunshine Cady</b>	Sales Associate	<b>Travis Hinnners</b>	Evening Food Services Supervisor
<b>Stacie Wolf</b>	Sales Associate		