

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 2:00 Matinee (2FR) 6:30 Board Games (2FR)	8:30 Walking Buddies (B) 9:00 Walking Club (WC) 9:30 Music Therapy/Sit & Be Fit (MC) 10:45 Heart Smart (HR) 11:00 Computer Help (SL) 1:10 Bingo (2FR) 1:15 Strength & Balance(HR)	8-10 Wellness Center 10:00 Exercises with Krista 9:30 Sit & Be Fit (2FR) 10:45 Heart Smart (HR) 12:45 Whist Club (3FR) 6:30 Card Club (2FR)	9:30 Sit & Be Fit (2FR) 10:00 Posture & Balance (HR) 10:45 Heart Smart (HR) 12:00 Grocery Shopping (HyVee/Sunshine) 1:10 Bingo (2FR) 6:30 Games (2FR)	10:00 Mass (C) 11:00 Computer Help(SL) 12:45 Whist Club (3FR) 1:15 Strength & Balance 2:00 Matinee (2FR) 5:00 Wine Social (NDR) 6:30 Uno Club (2FR)	8:30 Walking Buddies (B) 9:30 Sit & Be Fit (2FR) 10 Posture & Balance (HR) 10:45 Heart Smart (HR) 1:10 Bingo (2FR) 2:30 Manicures (F) 6:30 Card Club (2FR)	10:00 Yoga (HR) 6:30 Uno (2FR)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities are subject to change	Labor Day 11:30 BBQ (Pavilion) 3:30 Readings with Jody (CR)	12:45 Whist Club (3FR) 1:00 Shopping with Vicki (Scheels) 2:30 Bridge Club (2FR)	9-10 Glasses Check by Pearle Vision (CR) 2:15 Pet Therapy (2FR) 2:45 Popcorn & Chat	9:30 Welcome Committee 11:30 Book Review & Luncheon (NDR) 2:00 Matinee – <i>Lawrence of Arabia</i> 4:00 Chapel	2:30 Wii Bowling League (2FR)	1:10 Bingo (2FR)
Grandparent's Day 2:00 Matinee – <i>Dinner for One</i> (2FR)	Give & Get (Bistro) 9-12 Bring 1-4 Get 2:30 Quilting with Illa 2:30 Texas Hold 'Em 3:30 Readings with Jody	9-11:30 Hearing Aid Check by Stanford (CR) 1:30 Knit Wits (SL) 2:30 Rootbeer Floats in Honor of Grandparent's Day (B)	2:30 Getting to Knot Valerie, First National Bank (NDR)	9-11:30 First National Bank Trust Officer (CR) 2:00 Matinee – <i>The Witness</i> (2FR) 4:00 Chapel	2:15 Strawbale Winery Outing (Renner) 2:30 Wii Bowling League (2FR)	9:30 Memory Walk 12:30 Shopping with Vicki (Twice Nice & 18 th Street Antique) 2:15 German Fest
1:00 Shopping with Vicki (Walgreen's) 2:00 Matinee – <i>Dave</i> (2FR)	1-4:30 Interim Foot Clinic (WC) 2:30 Texas Hold 'Em 3:30 Readings with Jody (CR)	12:30 Apple Orchard Outing 2:30 Bridge Club (2FR)	2:30 Getting to Know Eileen Ward (2FR)	2:00 Matinee – <i>Baby Boom</i> (2FR) 5:00 Birthday Night (IDR)	2:30 Wii Bowling League (2FR)	
1-3:30 Massage Therapy (WC) 2:00 Matinee – <i>Leatherheads</i> (2FR)	8:30 Sculpture Walk 2:30 Quilting with Illa 2:30 Texas Hold 'Em 3:30 Readings with Jody (CR)	Active Living Day 10:00 Tea with the Mayor (NDR) 1:30 Caring For your Skin (NDR) 2:15 Strengthen your Health (NDR)	2:15 Shopping with Vicki (Younkers)	10:00 Movie Committee (CR) 2:00 Matinee – <i>The Heart is a Lonely Hunter</i> (2FR) 3:00 Bookmobile	2:30 Wii Bowling League (2FR)	10:00 Honey Bee Bakery Outing 1:00 SD Symphony Open Rehearsal
1:00 Newton Hills Ride 2:00 Matinee – <i>Absolute Power</i> (2FR)	2:30 Kooi Family Entertainers – gospel music (C) 2:30 Texas Hold 'Em 3:30 Readings with Jody (CR)	2:30 Bridge Club (2FR) 4:00 Praying the Rosary (C) 6:30 Out to the Movies				

Key

- S - Shop Area (Upper Garage)
- WC - Wellness Center
- 2FR - 2nd Floor Family Room
- HR - Heritage Room
- HS - Heart Smart Room
- CA - Creative Arts Center
- B - Bistro
- C - Chapel
- F - Fireside
- CV - Chapelview Living Room
- T - Tiffany Room
- IDR - Imperial Dining Room
- SL - Sunset Library
- MC - Memory Care
- (1) - on your own
- (2) - staff led

Meal Times

Breakfast:

7 am – 8:30 am Imperial Loft

Lunch:

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

Dinner:

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

All Day Dining:

9 am – 6:30 pm Imperial Dining Room

Scheduled Transportation

The Waterford Bus/Van runs Monday – Friday from 8 am – 5 pm. Please make appointments 24 to 48 hours in advance.

September 2008

September Special Events

Monday, September 1st	Labor Day BBQ – 11:30 am (Sunset Pavilion)
Tuesday, September 2nd	Readings with Jody – 3:30 pm (Conference Room) Shopping with Vicki – 1 pm (Scheel's)
Wednesday, September 3rd	Bridge Club – 2:30 pm (2 nd Floor Family Room) Glasses Check by Pearle Vision – 9-10 am (Conference Room) Pet Therapy – 2:15 pm (2 nd Floor Family Room) Popcorn & Chat – 3 pm (Bistro)
Thursday, September 4th	Welcome Committee – 9:30 am (Tiffany Room) Book Review & Luncheon – 11:30 am (must RSVP) Chapel – 4 pm (Chapel)
Saturday, September 6th	Bingo – 1:10 pm (2 nd Floor Family Room)
Sunday, September 7th	Grandparent's Day
Monday, September 8th	Give & Get: 9-12 Give; 1-4 Get (Bistro) Quilting with Illa – 2:30 pm (Creative Arts Room) Texas Hold 'Em – 2:30 pm (3 rd Floor Family Room) Readings with Jody – 3:30 pm (Tiffany Room)
Tuesday, September 9th	Hearing Aid Check by Stanford – 9-11:30 am (Conference Room) Knit Wits – 1:30 pm (Sunset Library) Rootbeer Floats in Honor of Grandparent's Day – 2:30 pm (Bistro)
Wednesday, September 10th	Getting to Know Valerie, First National Bank – 2:30 pm (North Dining Room)
Thursday, September 11th	First National Bank Trust Officer – 9-11:30 am (Conference Room) Chapel – 4 pm (Chapel)
Friday, September 12th	Strawbale Winery Outing – 2:15 pm (Renner - sign up at the front desk)
Saturday, September 13th	Memory Walk – 9:30 am (sign up at the front desk) Shopping with Vicki – 12:30 pm (Twice Nice & 18 th Street Antiques) German Fest – 2:15 pm (sign up at the front desk)
Sunday, September 14th	Shopping with Vicki – 1 pm (Walgreen's)
Monday, September 15th	Interim Foot Clinic – 1-4:30 pm (sign up at the front desk) Texas Hold 'Em – 2:30 pm (3 rd Floor Family Room) Readings with Jody – 3:30 pm (Conference Room)
Tuesday, September 16th	Apple Orchard Outing – 12:30 pm (sign up at the front desk) Bridge Club – 2:30 pm (2 nd Floor Family Room)
Wednesday, September 17th	Getting to Know Eileen Ward – 2:30 pm (2 nd Floor Family Room)
Thursday, September 18th	Birthday Night – 5 pm (Imperial Dining Room)
Sunday, September 21st	Massage Therapy with Kim – 1-3:30 pm (sign up with the front desk)
Monday, September 22nd	Sculpture Walk – 8:30 am (sign up at the front desk) Quilting with Illa – 3:30 pm (Creative Arts Room) Texas Hold 'Em – 2:30 pm (3 rd Floor Family Room)
Tuesday, September 23rd	Active Living Day Tea with Mayor Munson – 10 am (North Imperial Dining Room) Health Presentations – 1:30-3 pm (North Imperial Dining Room) Knit Wits – 1:30 pm (Sunset Library)
Wednesday, September 24th	Shopping with Vicki – 2:15 pm (Younkers)
Thursday, September 25th	Movie Committee – 10 am (Conference Room) Bookmobile – 3 pm (Bistro) Chapel – 4 pm (Chapel)
Saturday, September 27th	Honey Bee Bakery Outing – 10 am (sign up at the front desk) SD Symphony Open Rehearsal – 1 pm (sign up at the front desk)
Sunday, September 28th	Newton Hills Ride – 1 pm (sign up at the front desk)
Monday, September 29th	Kooi Family Entertainers – 2:30 pm (Chapel) Texas Hold 'Em – 2:30 pm (3 rd Floor Family Room) Readings with Jody – 3:30 pm (Conference Room)
Tuesday, September 30th	Bridge Club – 2:30 pm (2 nd Floor Family Room) Rosary – 4 pm (Chapel) Out to the Movies – 6:30 pm (sign up at the front desk)



Waterford at All Saints September 2008 – Life Enrichment/Wellness

Please Welcome & Get to Know Waterford's Newest Residents...

Arlis Eiesland – home 245
Sally Griffin – home 207

September Birthdays

Betty Talbott	9/6
Kathy Everist	9/6
Ray Swift	9/9
Joyce Lauer	9/19
Mavis Gourley	9/21
Dory Weatherwax	9/24
Bob Swift	9/27

Staff at Waterford

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