

Waterford on West Century – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:10 Catholic Comm. & Prayers (C) 1 pm Movie (PS) 2 pm Board/Card games (H) 3 pm Coffee (H) 6:30 pm Board/Card games (H) 7 pm Lawrence Welk – Channel 13 (PS)	9:15 am Posture & Balance (HC) 10:45 am Devotions (Lib) 1:00 pm Aqua Balance (HC) 1:30 pm Bingo (H) 3 pm Coffee (H) 6:30 pm PO-KE-NO (H) 7:30 Northern Lights Chorus practice (C) *Pedicures - call the front desk to make appointment	9:15 Sit-To-Be-Fit (A) 10 am-11 am IL & AL Vitals (BNC Bank location) 10 am-11:30 am General Store open 10:15 am SilverSneakers® (HC) 10:45 am Devotions (Lib) 1:30-2:30 BNC Bank hours 2 pm Reading by Iris (Lib.) 3 pm Coffee (H) 6:30 pm Board/Card Games	9 am-12:30 pm Shopping (O) 9:15 am Posture and Balance (HC) 10:45 am Devotions (Lib) 1:00 pm Aqua Balance (HC) 2 pm Chapel Service (C) 3 pm Cath. Comm. Services (C) 3 pm Coffee (H) 4:30 pm Piano music w/ Bonna (L) 6:30 pm Board/Card Games (H)	9 am-10:00 am BNC Bank hours 9:15 Sit-To-Be-Fit (A) 10 am-11:30 am General Store open 10:15 am SilverSneakers® (HC) 10:45 am Devotions (Lib) 3 pm Coffee (H) 6:30 pm Board/Card Games (H)	9:15 am Posture & Balance (HC) 10:45 am Devotions (Lib) 12:30 pm-1:30 pm General Store 1 pm Bible Study (Lib.) 2 pm Crafter's Corner (S) 3 pm Coffee (H) 6:30 pm Board/Card Games (H)	3 pm Coffee (H)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Don't forget to order your flowers! Only \$10 for a bouquet of 10 daffodils. Perfect for Spring!	10:00 Floral arranging demonstration (O) 2:30 Brain Academy (MBS) 4:00 Play practice (C) <i>1</i>	Dr. Seuss' Birthday 10:00 Current Events (PS) 1:00 Cat in the Hat Chat w/First Steps daycare (H) 1:00 Lenten Bible Study (Lib) 4:00 Painting (S) <i>2</i>	9:00 Shop WalMart/K-Mart 10:00 Shop Central Market or Kirkwood Mall 4:00 Activity Committee (MBS) 7:00 Wizards Basketball game (O) <i>3</i>	9:00 OLLI (O) 10:00 Pool (H) 2:00 Book Club (Lib) 3:00 Bake Club- S'more Pizza (DN) 4:00 Wii Bowling (MBS) <i>4</i>	9:30 Pinehurst shopping (O) 10:00 Blackjack (H) 2:00 Visual support group meets (A) 2:00 Craft's – Britches (A) 3:00 Polka Party (L) <i>5</i>	10:00 Pinochle (H) 1:00 Sit to be Fit (A) 4:00 Whist (H) 6:30 Board/Card games (H) <i>6</i>
1:00 Movie – "Somewhere in Time" (PS) 3:30 Gospel Talks (C) <i>7</i>	10:00 Play practice (C) 1:00 Caregivers Support group meets (MBS) 2:00 Card making w/ Creative Memories (A) 4:00 Resident council meets (Lib) <i>8</i>	10:00 Current Events (PS) 1:00 Cowboy Movie (PS) 1:00 Lenten Bible Study (Lib) 2:30 Birthday cake – Let's celebrate March Birthdays! ALL are invited (F) <i>9</i>	8:45 Shop WalMart/K-Mart 9:30 Shop Arrowhead 11:00 Lunch Out – Oasis (O) 1:15 ALL resident meeting (C) 4:00 Nail Painting (MBS) <i>10</i>	9:00 OLLI (O) 10:00 Super Kids Jr Singers (L) 2:00 Capital Chiropractic – Free Spine Scans (A) 3:00 Bake Club- Ricotta Tortes (DN) 4:00 Ping Pong (H) <i>11</i>	National Girl Scout Day 10:00 Friendship Com (MBS) 2:00 Craft's – Irish Charm Bracelet (S) 4:00 Gospel Tunes (C) 6:00 Girl Scout Game Night (H) <i>12</i>	10:00 Pictionary (L) 1:00 Sit to Be Fit (A) 2:00 Bridge (H) 4:00 Dominos (H) 7:00 Bingo (H) <i>13</i>
1:00 Movie – "Darby O'Gill and the Little People" (PS) 3:30 Gospel Talks (C) Hidden Leprechaun Week <i>14</i>	10:00 Play practice (C) 3:00 Maggie Schorsch Birthday Cake (H) 4:00 Brain Academy (MBS) <i>15</i>	10:00 Current Events (PS) 1:00 Cowboy Movie (PS) 1:00 Lenten Bible Study (Lib) 2:00 Pub Olympics (H) 3:00 St Patty Party (L) 7:00 Sing a-long w/ Elsbeth (C) <i>16</i>	9:00 Shop WalMart/K-Mart 10:00 Shop Central Market or Kirkwood Mall 4:00 Irish Trivia (MBS) 6:15 Pet Therapy (L) 7:00 Riverdance movie (PS) <i>17</i>	9:00 OLLI (O) 1:00 Wii Bowling (MBS) 2:30 Senior Center Singers (C) 3:00 Bake Club-mint chip cookies & ice cream (DN) 6:00 Absolutely Incredible Kid Day-Child Volunteering Party (A) <i>18</i>	8:00 Dakota Boys Ranch Pick Up (C) 10:00 Bismarck Figure Skating Ice Show (O) 2:00 Crafts – Bird houses (S) 4:00 Show & Tell (H) <i>19</i>	SPRING BEGINS! 10:00 UNO (H) 1:00 Sit to be Fit (A) 2:00 Sunshine Singers (L) 4:00 Scrabble (H) 6:30 Board/Card games (H) <i>20</i>
1:00 Movie – "Beach Blanket Bingo" (PS) 3:30 Gospel Talks (C) <i>21</i>	10:00 Play practice (C) 1:00 Caregivers Support group meets (MBS) 2:30 Hawaii Five-O Trivia (H) 4:00 Craft-Aloha Bracelet (S) <i>22</i>	10:00 Current Events (PS) 1:00 Cowboy Movie (PS) 1:00 Lenten Bible Study (Lib) 3:00 Bake Club-Grilled Pineapple (DN) Flower orders arrive <i>23</i>	9:00 Shop WalMart/K-Mart 10:00 Shop Arrowhead or Kirkwood Mall 11:00 Men's Lunch Out: Famous Dave's (O) 4:00 New Resident Social (MBS) 7:00 Movie – "Blue Hawaii" (PS) <i>24</i>	11:00-1:00 Luau Buffet (F) 2:00 Luau Party (L) 4:00 Painting (S) <i>25</i>	9:30 Pinehurst Shopping (O) 10:00 Crafts – Rhinestone Eggs (S) 2:00 Ukrainian Egg demonstration (A) 4:00 Hawaiian Travel Show (PS) <i>26</i>	10:00 Stuff Easter Eggs (H) 1:00 Sit to be Fit (A) 2:00 Shrine Circus (O) 4:00 Rummikub (H) 7:00 Bingo (H) <i>27</i>
1:00 Movie – "7 Brides for 7 Brothers" (PS) 3:30 Gospel Talks (C) <i>28</i>	10:00 Play practice (C) 2:30 Ping Pong (H) 4:00 After School Place Presents WWII play (C) <i>29</i>	10:00 Current Events (PS) 1:00 Cowboy Movie (PS) 3:00 Wine Social (L) <i>30</i>	9:00 Shop WalMart/K-Mart 10:00 Shop Central Market or Kirkwood Mall 4:00 Hand Massage (MBS) <i>31</i>	*Activities are subject to change without notice		

Key

- (A) - Creative Arts Room
- (C) - Chapel
- (F) - Four Seasons Dining Room
- (H) - Hoyle Room
- (MBS) - Mind, Body, Spirit Room
- (L) - Lobby
- (O) - Off Campus
- (S) - General Store
- (P) - Prairie Rose Dining Room
- (PS) - Prairie Rose Sitting Room
- (Lib) - Library
- (HC) - Health Club
- (DN) - Devonshire Neighborhood

Meal Times

Breakfast

Prairie Rose

Continental 7 am – 10 am

Hot Option 7 am – 9 am

Four Seasons

Continental 7 am – 10 am

Hot Option 7 am – 9 am

Lunch

Prairie Rose 11 am – 1 pm

Four Seasons 11 am – 1 pm

Dinner

Prairie Rose 4:45 pm – 6:30 pm

Four Seasons 5:15 pm – 6:30 pm

Scheduled Transportation

7 am – 4 pm Tuesdays and

Thursdays – Doctor

Appointments

9 am – 12:30 pm Wednesdays - Shopping

March 2010

March Special Events



Waterford on West Century

March 2010 – Life Enrichment / Wellness

- 1 Floral arranging – 10 am – Sign up by March 1st.
- 2 Cat in the Hat Chat with First Steps Daycare- 1:00- Hoyle Room
- 3 Wizards Basketball game – 7:00 pm – Sign up by March 1st tickets cost \$10
- 5 Visual Support group meets – 2pm – Creative Arts Room
- 5 Polka Party-3pm-Lobby
- 8 Card Making w/ Creative Memories-2pm- Creative Arts Room
- 9 Let's celebrate March Birthdays with cake – 2:30 pm – Four Seasons Dining Room – Everyone is invited!
- 10 Lunch Out – Oasis-11am – Sign up at the front desk by March 9th
- 10 ALL resident meeting – 1:15 pm – Chapel
- 11- Super Kids Jr. Singers-10am-Lobby
- 11- Capital Chiropractic-2pm- Creative Arts Room
- 12- Girl Scout Game Night- 6pm- Hoyle Room
- 16- Pub Olympics- 2:00- Hoyle Room
- 16- St Patty Party- 3:00- Lobby
- 18- Absolutely Incredible Kid Day-Kid Volunteer Party- 6:00- Creative Arts Room
- 19- Bismarck Figure Skating Club- 10:00- Outing- Sign up by March 16. Cost \$2
- 20- Sunshine Singers- 2:00 –Lobby
- 24- Men's Lunch Out: Famous Dave's- 11:00- Outing- Sign up by March 23rd
- 25- Luau Buffet - 11:00-1:00 - Four Seasons Dining Room
- 25- Luau Party -2:00- Lobby
- 26- Ukrainian Egg Demonstration- 2:00- Creative Arts Room
- 27- Shrine Circus-2:00 Outing- Sign up by March 24th. Cost is \$12.
- 29- After School Place presents WWII Play- 4:00- Chapel
- 30- Wine Social- 3:00- Lobby

Staff at Waterford

Arlene Farnsworth	Executive Director	Linda Sattler	Devonshire Resident Care Manager
Wade Miller	Building Services Manger	Jamie Whitney	Office Manager
Cindy Bellon	Health Services Director	Autumn Edwards	Life Enrichment Director
Tara Williams	Life Enrichment Coordinator	Doreen Koppang	Head of Food Service
DiAnn Lein	Front Desk Coordinator	Shirley Feldmann	Resident Care Coordinator
Steven Metzger	Health Club Director		

Just a Reminder – Please make sure to read the Special Events insert located inside your calendar daily. Some events listed require sign up deadlines or fees, this type of information will be in detail on the insert. Thank You ☺