

Waterford on South Hill – Life Enrichment / Wellness

Daily Events



A Touchmark community
Est. 1980

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Personal Walking Program (Hallways & Outside) 1:30 PM Worship Service (F) 3 PM Table Games (H) 3 PM Matinee (F)	9:30 AM Sit & Be Fit (F) 1 PM Yarn Crafters (CR) 3 PM Piano by Jeanie (L) 3 PM Scrabble Club (H) 7:00 PM Pinochle (H)	9:00 AM Doc. Appt. (O) 9:30 AM Balance Fitness w/ Lori (F) 10:30 AM Posture & Balance w/Diane (F) 3:30 PM Current Events w/ Betty (F) 7:00 PM Bridge (H)	9:30 AM Sit & Be Fit (F) 12:30 PM Swim Club (O) 1:00 PM Bridge (H) 2:00 PM Rosary (CH) 3 PM Piano by Murthe' (L) 7:00 PM Bingo (H)	9:00 AM Doc. Appt. (O) 9:00 AM Wellness Clinic (WSH Nurse Practitioner Office) 9:30 AM Strength Ex w/Lori (F) 10:00 AM WSH Quilters (CR) 10:30 Basic Tai Chi for Strength and Balance w/Lori (F) 2:00 PM Grocery Shopping (O)	9:30 AM Sit & Be Fit (F) 10:30 AM Catholic Communion (CH) 10:30 AM Posture & Balance w/Diane (F) 2:00 PM Popcorn (CS)	Personal Walking Program AM & PM (Hallways & Outside) 1:30 PM Auxiliary Crafters (CR) 3:00 PM Spite & Malice Game (P) 7:00 PM Movie (F)

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				Happy New Year's 2009 4:30 PM Special New Year's Day Dinner – Normal Hours (4) No Exercise Classes Today – Due to the Holiday 1	Coffee Shop Fact of the Day 2:00 PM Hot Buttered Rum Social with Big Band Music (L) No Exercise Classes Today – Due to the Holiday Season 2	7:00 PM Saturday Night Movie - "Get Smart" (F) 3
11:00 AM Sunday Brunch (4) 12:15 PM Leone Peterson playing background music (L) 1:30 PM Worship Service – Joe Bruce, Hamblen Presbyterian Church (F) MOD – Sue Nott 4	Coffee Shop Fact of the Day 10 AM Reader Pals (O) 12 PM WSH PEO Luncheon (4) 12 PM Welcome Committee & New Residents Luncheon (C) 1:30 PM Hi Neighbor Welcome Reception (H) Christmas Decorations Down 5	Coffee Shop Fact of the Day NO Posture & Balance w/ Diane 10:30 AM Wii Bowling (FC) Weekly Brainerobics Game– Solve to Win a Tootsie Pop (Collect at LE Office!) 1:30 PM Cottage Mtg/ Social (F) Christmas Decorations Down 6	Coffee Shop Fact of the Day 10:45 AM Women's Bible Study w/Verna Stueckle (F) 1 PM Podiatrist (3 rd Fl Nurses Station) 2 PM Dr. Otto Stevens Travelogue-New Zealand (F) Christmas Decorations Down 7	Exercise Classes with Weights Coffee Shop Fact of the Day 10:00 AM - 3:00 PM Avon Product Display and Sale (H) Christmas Decorations Down 8	Coffee Shop Fact of the Day No Posture & Balance w/Diane 10:30 AM Wii Bowling (FC) 1:30 PM Creative Writing (H) 5 PM "Welcome Comm. Upside Down Fruit Basket Night" Change Seats & Meet New People – One Seating (4) Christmas Decorations Down 9	7:00 PM Saturday Night Movie – "Mamma Mia!" (F) 10
12:00 PM Sunday Dinner (4) 1:30 PM Worship Service – Buck Keely, Crestline Baptist Church (F) MOD – Jeff Bair 11	Coffee Shop Fact of the Day 10:00 AM Hamblen Elementary Reader Pals (O) 2:00 PM Make A Wish Christmas Party by Leslie Woodfill (F) 12	Coffee Shop Fact of the Day Weekly Brainerobics Game in Your In-House Boxes – Solve and Win a Tootsie Pop (Collect at LE Office!) 10:30 AM New Posture & Balance w/Diane (F) 13	Coffee Shop Fact of the Day 2:00 PM Dining Room Committee Meeting (4) 3:00 PM Welcome Committee Meeting (P) 14	Exercise Classes with Bands Coffee Shop Fact of the Day 5 PM Birthday Social with Tom Cooper playing background music(L) 6 PM Birthday Dinner (4) 15	Coffee Shop Fact of the Day 10:30 AM Posture & Balance w/Diane (F) 1:30 PM Oaks High School Madrigal Choir (L) 3:30 PM – Piano by Dorothy Cooper (L) 16	7:00 PM Saturday Night Movie - "Casablanca" (F) 7:15 PM "Back to Their Roots" Symphony Classics (O) 17
12:00 PM Sunday Dinner (4) 1:30 PM Worship Service – Joyce O'Conner Magee, Manito United Methodist (F) MOD – Cindy Garvin 18	Coffee Shop Fact of the Day 9:30 AM Events Meeting (B) 10:00 AM Health Meeting (B) 10:30 AM Worship Meeting (B) 2:00 PM Health Seminar (F) Speaker to be announced! 19	Coffee Shop Fact of the Day Weekly Brainerobics Game– Solve and Win a Tootsie Pop (Collect at LE Office!) 2:00 PM Travelogue "Alaska" by Murthe' Winkey (F) 20	Coffee Shop Fact of the Day 10:00 AM Hearing Aids Checked (3 rd Floor Conf. Room) 10:45 AM Women's Bible Study w/Verna Stueckle (F) 21	Exercise Classes with Weights Coffee Shop Fact of the Day 10:30 AM – 3:00 PM Cookie Lee Jewelry Display and Sale (H) 22	Coffee Shop Fact of the Day 10 AM Executive Meeting (H) 11 AM Shopping -DT/NT (O) 11:30 AM Men's Luncheon: Guest Speaker: John Fisher (C) 7:15 PM "One Flew Over the Cuckoo's Nest" Civic Theatre (O) 23	2:00 PM West Plains Handbell Choir (L) 7:00 PM Saturday Night Movie - "WALL-E" (F) 24
12 PM Sunday Dinner (4) 1:30 PM Worship Service – Kathy Sandusky, Manito Presbyterian Church (F) MOD - Michaela Thompson 25	Coffee Shop Fact of the Day 10:30 AM Resident Meeting (F) 2:30 PM Bookmobile (H) 26	Coffee Shop Fact of the Day Weekly Brainerobics Game– Solve and Win a Tootsie Pop (Collect at LE Office!) 1 PM Columbia Hearing Aids (3 rd Fl Conf Rm) 27	Coffee Shop Fact of the Day 10:00 AM Northern Quest Casino (O) 28	Exercise Classes with Bands Coffee Shop Fact of the Day 5:00 PM "Little Italy" Candle Light Dinner Night – One Seating (4) 29	Coffee Shop Fact of the Day 1:00 PM Friday Musicale – A Tribute to Dorothy Darby Smith (F) 30	7:00 PM Saturday Night Movie - "The Dark Knight" (F) 31

Key

- (4) Four Seasons Dining Room
- (4P) Four Seasons Patio
- (B) Billiards Room
- (C) Crystal Room
- (CH) Chapel
- (CR) 4th Floor Craft Room
- (CS) Coffee Shop
- (F) Forum
- (FC) Fitness Club
- (H) Hoyles
- (L) Lobby
- (O) Off Campus
- (P) Parlor
- (PL) Parking Lot
- (N) 3rd Floor Nurses Station
- (SNL) Skilled Nursing Lobby

Meal Schedule

Four Seasons Dining Room

Lunch - 11:00 AM – 1:00 PM

Light Lunch - 1:00 PM – 4:30 PM

Dinner - 4:30 PM – 6:30 PM

Scheduled

Transportation

Sign up in the Activities Book

Doctors Appointments:

Tuesdays – 9:00 AM – 3:00 PM

Thursdays – 9:00 AM – 3:00 PM

Grocery Shopping:

Thursdays – 2:00 PM

January 2009

Please call the Life Enrichment Department regarding schedule questions at 321-8200. Thank you.

Resident Meetings:

New Resident Welcome Committee Luncheon – 12:00 PM – Jan. 5th – Crystal Room

“Hi Neighbor Reception” –1:30 PM–Jan. 5th – Hoyles -Bette Westover & Virginia Will, Co-Chairmen

Cottage Meeting – 1:30 PM –Jan. 6th – Forum - Bob Hopp, Chairman

Welcome Committee Meeting–3:00 PM– Jan. 14th–Bette Westover & Virginia Will, Co-Chairmen

Dining Room Committee Meeting – 2:00 PM – Jan. 14th– Georgia Schneider, Chairman

Events Committee Meeting – 9:30 AM – Jan. 19th – Billiards Room - Bernita Harp, Chairman

Health Committee Meeting – 10:00 AM– Jan. 19th– Billiards Room – Neva Braun, Chairman

Worship Committee Meeting – 10:30 AM – Jan. 19th – Billiards Room – Bob Gunning, Chairman

Executive Meeting – 10:00 AM – Jan. 23rd - Hoyles – Gladys DeRuwe, President

Resident Meeting – 10:30 AM – Jan. 26th - Forum – Gladys DeRuwe, President

Garden Club Meeting – Cancelled by committee until March – Virginia Will, Chairman

Movie Committee – As needed – Marianne Leek, Chairman

Waterford Events Suggestion Box

The Life Enrichment department is always looking for event suggestions to schedule at Waterford. Your ideas may be dropped in the Suggestion Box located outside Betty’s Office - # 201. If you have a contact number and name it would be helpful with the scheduling process.

***Note:* It may not be possible to schedule all suggestions received, but we’ll consider each suggestion and do our best to book when appropriate throughout the upcoming year.**

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~ The Touchmark Mission Statement ~

The Touchmark mission is to enrich people’s lives.

Waterford Resident Coffee Shop Sharing Tree **Make a Wish Foundation**

At Christmas time, the Waterford Residents’ vote on a recipient for their Sharing Tree donations. This year they purchased toys for the Inland Empire children with life threatening illnesses. Thirteen toys were placed under the tree and \$898.00 was donated by Residents and Staff for the purchase of toys. Dean and Betty Doerschlag, accompanied by a volunteer from the Make a Wish Foundation, purchased 86 gifts with these funds. The following day a gift wrapping party was staged at Waterford with Make a Wish volunteers and Waterford staff. The wrapped toys were delivered to Sacred Heart Hospital for the Christmas Party on December 19th where each child received a gift from Santa.

Your generosity created a smile on children’s faces this holiday season. Thank you for sharing and making a difference in a less fortunate child’s life. Happy Holidays!