

Waterford at Harwood Groves – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:55 am Olivet Lutheran Church Bus Pick up Time 9:00 am Atonement Church Bus Pick up Time 10:15 am First Presbyterian Church Bus Pick up Time prearranged rides only-293-6311 2:30 pm Movie – A 6:30 pm Gaither Gospel Music Video-A 7 pm Whist – H	10 am-Noon “Stop-N-Shop” 10 am Exercises Level I – HFC 11:15 am Exercises Level II – HS 1 pm Bingo – H 1:30 pm Reading Group with Phyllis Dowdell – 2 nd Floor AR 3:00 pm Nintendo Wii Bowling Practice - A 5:10 pm Piano Music-Marge Hoag – F 7 pm Cribbage – H	9 am-5 pm Transportation for Medical and Dental Appt. 9:30 am Posture & Balance-HFC 9:30 am Hand Massages with Karen - S 11 am Catholic Service – A 1 pm Bean Bag – HS 2 pm Whist - SM 4 pm Chapel – A 5:10 pm Piano Music-Marge Hoag – F 7 pm Pinochle – H	8:30 am Walk at the Mall 10 am-Noon “Stop-N-Shop” 11 am Groceries 1:30 pm-3:00 pm “Wellness Center” Open 3:00 pm Nintendo Wii Bowling Practice - A 5:10 pm Piano Music-Marge Hoag –F 7 pm Bridge – H *Sweeney Cleaners	9 am-5 pm Transportation for Medical and Dental Appt. 9:30 Posture & Balance-HFC 10:30 am News Currents – H 2 pm Music with Pauline - H 3 pm “Sit & Dance” Exercise- A 3:30 pm Knitting Club - SM 5:10 pm Piano Music – Marge Hoag-F	9 am Low Impact Water Aerobics with Kari – HFC pool 10 am-Noon “Stop-N-Shop” 10 am Exercises Level I – HFC 11:15 am Exercises Level II – HS 1 pm Bingo – H 3:00 pm – Nintendo Wii - A 5:10 pm Piano Music-Marge Hoag – F 7 pm Bridge – H	1 pm Bingo – H 2:30 Show & Share – SM 3:30-4:30 “Stop-N-Shop” 4:30 pm Social Hour – PDR 7 pm Movie - A

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Bring down a picture of you as a child (any age) to be displayed in the curio cabinets in the foyer! See who will guess it is you!	2 Caregiver Support Group - PDR <i>1</i>	3 Resident Council Meeting-CR 4 Protestant Communion Service –Gary Clark– A <i>2</i>	Schwan’s Truck Here AM 11 Lunch at the Village Inn 1-2 Public Library Rep here to check out books-L 4 Residents Meeting - A 4:45 Newcomer’s Welcome	9-11 Hearing Aid Clinic-WC 2 Musical Bingo – H <i>4</i>	2:30 Baking on 2 nd Floor <i>5</i>	2-4 FM Communiversity “Norway’s Stave Churches” - A 3:30-4:30 Stop-N-Shop Open! New hours!! 7 Movie “Cat on a Hot Tin Roof”– A <i>6</i>
2-4 FM Communiversity Class “The Great American Songbook in Jazz” Part 1 of 2 - A 2:30 Movie “Witness” – H 6:30 Gaither Gospel Music Video “Sunday Meetin” – A	<i>8</i>	2 Culinary Corner –Aud. 3 Flood Meeting - H <i>Chapel rescheduled for Thursday</i> <i>9</i>	10 Brainbuilders – H 10:30-2 Merit Care Foot Care Clinic - HS 2 Presentation by Car Fit “Tips for Driving Safely” - A <i>10</i>	9:30-10:30 Free BP Clinic-H 11:30 Men’s Luncheon with special guest, Austen Schauer of Fox News 2 Sing-A-Long – H 4 Protestant Worship Service –Peter Schmidt– A <i>11</i>	Free Tax Return Preparation with AARP Sign up at front desk for a time slot. 2 Brainbuilders - H <i>12</i>	2-4 FM Communiversity “The Great American Songbooks in Jazz” Part 2of2 - A 7 Movie “Dear Frankie”– A <i>13</i>
1:15 Leave for FM Symphony 2:30 Movie “The Abbott & Costello Show” (4 complete episodes) – A 6:30 Gaither Gospel Music Video “Back Home in Indiana” <i>14</i>	3 – Coffee Chat on 2 nd Floor Activity Room <i>15</i>	3 Flood Meeting – A 4 Protestant Worship Service –Becky Lee– A 5 Leave for “Out & About” at Kobe’s <i>16</i>	St. Patrick’s Day Schwan’s Truck Here AM 10 Brainbuilders – H 1-2 Public Library Rep here to check out books-L <i>17</i>	9-11 Hearing Aid Clinic-WC 2 Musical Bingo – H March Birthday Party! 4:45 Drinks –A 6:45 Music by Fargo South Jazz Band-A <i>18</i>	2 Brainbuilders - H <i>19</i>	2-4 FM Communiversity “Malcom Frager: America’s Pianist” Part 1 of 2 – A 7 Movie 1964’s “The Pink Panther”– A <i>20</i>
2:30 Movie “South Pacific” – A 6:30 Gaither Gospel Music Video “Holy Ground” - A <i>21</i>	9:45 YMCA kids here to play! Come join us! - A <i>22</i>	2 Presentation on “Arthritis: Managing Activities” – A 3 Flood Meeting – A 4 Protestant Worship Service –Emery Roy– A <i>23</i>	10 Brainbuilders – H 2 Style Show with Dress Barn & Waterford Models! - A <i>24</i>	2 Hymn Sing – H 4 “Birds” presentation by Keith Corliss – A 6 Chef’s Dinner - PDR <i>25</i>	2 Brainbuilders – H TBD Leave for Evening at the Movies <i>26</i>	2-4 FM Communiversity “Malcom Frager: America’s Pianist” Part 2 of 2 - A 7 Movie “The Adventures of Ozzie & Harriet” (4 Complete Episodes)– A <i>27</i>
Palm Sunday 1:00 Movie “March of the Penguins” – A 4 Special Music by “In God We Trust” quartet - A <i>28</i>	2 LE Committee Meeting – Hoyle 3 Library Committee - L <i>29</i>	2 Friendship Ambassador Meeting – PDR 3 Flood Meeting – A 4 Protestant Worship Service –Dale Vitalis– A <i>30</i>	Schwan’s Truck Here AM 10 Brainbuilders – H 1:30 Shopping at West Acres and WalMart <i>31</i>			

Key

- A - Auditorium
- AR - Activity Room 2nd Floor
- C - Chapel
- CR - Conference Room
- F - Foyer
- HFC - Health & Fitness Center
- HS - Heart Smart
- H - Hoyle
- L - Library
- O - Off Campus
- PDR - Private Dining Room
- PR - Prairie Rose (Main Dining)
- SC - Small Conference Room
- WC - Wellness Center
- W - Willows (Small Dining)

Meal Times

Breakfast
 Mon – Fri (PR) 7 am – 9 am
 Sat & Sun (PR) 7:30 am – 9 am

Lunch 11:30 am – 1 pm (PR & W)

Dinner 5 pm – 6:30 pm (W)
 5:30 pm – 7 pm (PR)

Scheduled Transportation

Tuesdays & Thursdays 9 am – 5pm
 Medical & Dental Appointments

Classic Looks

Tuesday – Friday 9 am – 4 pm
 Call 701-356-2220 for appointment

March 2010

March Special Events

- 1 – Caregiver Support Meeting – 2pm – PDR
 - 3 – **Leave for Lunch at the Village Inn – 11am – Sign up at the front desk.**
Resident Meeting & Flood Info. – Everyone is encouraged to attend! – 4pm – Auditorium
Newcomer’s Welcome – 4:45pm – Hoyle
 - 5 – Baking on 2nd Floor – 2:30pm – 2nd Floor Activity Room
 - 6 – **FM Communiversity Class “Norway’s Stave Churches” – 2-4pm –A – Sign up at the front desk.**
 - 7 – **FM Communiversity Class “Great American Songbook in Jazz” -2-4pm – Part 1of2 – Sign up.**
 - 10 – Brainbuilders Class Begins – 10am – 10 sessions – Hoyle
Merit Care Foot Care Clinic – 10:30am-2pm – Heart Smart – Sign up at the front desk.
Car Fit presents “Tips for Driving Safely” – 2pm – Auditorium
 - 11 – **Men’s Luncheon with Austen Schauer of Fox News – 11:30am – Willows – Sign up.**
 - 12 – **Free Tax Preparations with AARP – Sign up for a time slot at the front desk by March 7th.**
 - 13 – **FM Communiversity Class “Great American Songbook in Jazz” -2-4pm – Part 2of2 – Sign up.**
 - 14 – **Leave for FM Symphony at NDSU – 1:15pm – Sign up at the front desk.**
 - 15 – Coffee Chat on 2nd Floor – 3pm – 2nd Floor Activity Room
 - 16 – **Leave for “Out & About” at Kobe’s – 5pm – Sign up at the front desk.**
 - 17 – **Happy St. Patrick’s Day!**
 - 18 – **March Birthday Party!**
4:45pm Drinks in the Auditorium
5/5:30pm Dinner in the Dining Rooms
6:45pm Special Music by Fargo South Jazz Band
 - 20 – **FM Communiversity Class “Malcolm Frager: America’s Pianist” – 2-4pm – Part 1of2 – Sign up.**
 - 22 – YMCA kids here to play! So cute and fun, come join us! – 9:45am – Hoyle
 - 23 – Presentation on Arthritis “Managing Activities” by Norma Tessmer – 2pm – Auditorium
 - 24 – Style Show with the Dress Barn and Waterford Models! – 2pm – Auditorium
 - 25 – Presentation “Birds” by Keith Corliss – 4pm – Auditorium
Chef’s Dinner – 6pm – Private Dining Room – Sign up at the front desk.
 - 26 – **Leave for an Evening at the Movies – more details TBD – Sign up at the front desk.**
 - 27 - **Communiversity Class “Malcolm Frager: America’s Pianist” – 2-4pm – Part 2of2 – Sign up.**
 - 28 – **Palm Sunday**
Special Music by “In God We Trust” – 4pm – Auditorium
 - 31 – **Leave for Shopping at West Acres and WalMart – 1:30pm – Sign up at the front desk.**
- **Flood Informational Meetings on Wednesday, March 3rd at 4pm and EVERY Tuesday at 3pm beginning March 9th and continuing through the end of the flooding threat.**
- **Brain Builders beginning on Wednesday, March 10 and continuing every Wednesday at 10am and Friday at 2pm for the next 5 weeks.**



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