

Waterford at Fairway Village – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30 am Stretching (HFC) 8:15 am Strong Bodies (HFC) 9:00 am Flow Motion (P) 9:30 am Fun & Fitness (A) 10:00 am Splash (P) 10:30 am Get Fit (F) 12:30 pm Aqua Balance (P) 3:30 pm Posture / Balance (HFC)	9:30 am Exercising w/Anita (A) 10:00 am Catholic Comm. (CR) 11:00 am Arthritis Aquatics (P) 3:00 pm Qigong (HFC) 4:00 pm Qigong-Vitality 5:30 pm Water Volleyball (P) 5:30 pm Zumba (HFC)	7:30 am Stretching (HFC) 8:15 am Strong Bodies (HFC) 9:00 am Flow Motion (P) 9:30 am Fun & Fitness (A) 10:00 am Cribbage (HR) 10:00 am Splash (P) 10:30 am Get Fit (F) 12:30 pm Aqua Balance (P) 3:00 pm Posture / Balance (HFC)	9:30 am Exercises w/ Anita (A) 11:00 am Arthritis Aquatics (P) 12:30 pm Aqua Balance (P) 3:30 pm Pet Therapy (HV) 5:30 pm Water Volleyball (P) 5:30 pm Zumba (HFC)	8:15 am Strong Bodies II (HFC) 9:00 am Stretch & Flex (HFC) 9:30 am Fun & Fitness (A) 3:00 pm Qigong (HFC)	10:00 am Aqua Motion (P) 10:30 am Fun & Fitness (A)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 am Men's Breakfast (CD) 10:00 am Bridge (HR) 10:45 am Walking Group (A) 12:00 pm Cottage Luncheon (CD) 1:30 pm Movie Matinee (WAG) 1:30 pm Mystery Trip (OC) 3:30 pm Pet Therapy (HV) 7:00 pm WAFV Democratic Forum (F) <i>1</i>	1:30 pm Candy Bingo (A) 2:00 pm Computer Class (com) 3:30 pm Posture / Balance (A) 6:30 pm Duplicate Bridge (HR) <i>2</i>	10:30 am Creative Writing (A) 1:00 pm Movie Matinee (F) 1:30 pm Model Train (MT) 2:00 pm Dining Forum (FR) 2:00 pm Welcoming Comm. (CR) 3:00 pm Garden Club (A) 3:00 pm Needle Crafters (L) <i>3</i> 7:00 pm \$BINGO\$ (F)	1:00 pm ASL All Resident Meeting (WAG) 2:00 pm Brain Builders II (A) 3:30 pm Posture / Balance (A) 6:30 pm Open Art Space (A) <i>4</i>	11:00 am Brain Builders I (A) 1:30 pm Bible Study (CR) 3:00 pm Activity Comm. (CR) 6:00 pm Sing-A-Long (FR) <i>5</i>	10:30 am Brain Builder's Homework Session (CR) 1:30 pm Candy Bingo (A) 2:00 pm Cribbage (CS) 3:30 pm Popcorn Social (Mall) 7:00 pm Movie: "Kiss Me Kate" (F) <i>6</i>
1:30 pm Bunco (A) 3:00 pm Board Games (A) 3:30 pm Chapel Service (F) <i>7</i>	8:00 am Men's Breakfast (CD) 10:00 am Bridge (HR) 10:45 am Walking Group (A) 1:30 pm Mystery Trip (OC) 3:30 pm Pet Therapy (HV) 7:00 pm Great Decisions (F) <i>8</i>	11:00 am Craft: Easter Tree (A) 1:30 pm Audiologist (CR) 1:30 pm Candy Bingo (A) 2:00 pm Computer Class (com) 3:30 pm Posture / Balance (A) 6:30 pm Duplicate Bridge (HR) <i>9</i>	10:30 am Golden Fellowship 1:00 pm Movie Matinee (F) 1:30 pm Model Train (MT) 3:00 pm Garden Club (A) 3:00 pm Needle Crafter's (L) 7:00 pm \$BINGO\$ (F) <i>10</i>	9:00 am Stepping Out (O) 10:45 am Lunch Bunch: Laurelwood Restaurant (O) 2:00 pm Brain Builders II (A) 3:30 pm Posture / Balance (A) 3:45 pm Ruth Brown Recital (F) 6:30 pm Open Art Space (A) <i>11</i>	11:00 am Brain Builders I (A) 1:30 pm Bible Study (CR) 1:30 pm Sundaes (A) 7:30 pm Family Swim (P) <i>12</i>	10:30 am Brain Builders Homework Session (CR) 1:30 pm Candy Bingo (A) 2:00 pm Cribbage (CS) 3:30 pm Popcorn Social (Mall) 7:00 pm Movie: "Destry Rides Again" (F) <i>13</i>
Daylight Saving Time Begins (Spring Forward One Hour) 1:30 pm Bunco (A) 3:00 pm Board Games (A) 3:30 pm Chapel Service (F) <i>14</i>	8:00 am Men's Breakfast (CD) 10:00 am Bridge (HR) 10:45 am Walking Group (A) 1:30 pm Mystery Trip (OC) 3:00 pm All Resident's Meeting (CD) 3:30 pm Pet Therapy (HV) <i>15</i> 7:00 pm Book Club (L) <i>15</i>	10:45 am Entertainment: Monty Watters (FR) 1:30 pm Candy Bingo (A) 2:00 pm Wine Tasting (CR) 2:00 pm Computer Class (com) 3:30 pm Posture / Balance (A) 6:30 pm Duplicate Bridge (HR) <i>16</i>	10:30 am Creative Writing (A) 1:00 pm Movie Matinee (F) 1:30 pm Model Train (MT) 2:00 pm Dining Forum (FR) 3:45 pm St. Patrick's Day Party Birthday Dinner (CD & HD) 7:00 pm \$Bingo\$ (F) <i>17</i>	9:45 am New Library Tour (O) 2:00 pm Brain Builders II (A) 3:30 pm Posture / Balance (A) 6:30 pm Open Art Space (A) <i>18</i>	11:00 am Brain Builders I (A) 1:30 pm Bible Study (CR) 6:00 pm Sing-A-Long (FR) <i>19</i>	Spring Begins 10:30 am Brain Builders Homework Session (CR) 1:30 pm Candy Bingo (A) 2:00 pm Cribbage (CS) 3:30 pm Popcorn Social (Mall) 7:00 pm Movie: "Julie & Julia" (F) <i>20</i>
11:30 am & 1:00 pm Seating Sunday Brunch (CD) 1:30 pm Bunco (A) 3:00 pm Board Games (A) 3:30 pm Chapel Service (F) <i>21</i>	8:00 am Men's Breakfast (CD) 10:00 am Bridge (HR) 10:45 am Walking Group (A) 1:30 pm Mystery Trip (OC) 3:30 pm Pet Therapy (HV) <i>22</i>	11:00 am Craft: Easter Card (A) 1:30 pm Candy Bingo (A) 2:00 pm Computer Class (com) 3:30 pm Posture / Balance (A) 3:30 pm Entertainment: Tempo II (FR) 6:30 pm Duplicate Bridge (HR) <i>23</i>	10:30 am Creative Writing (A) 1:00 pm Movie Matinee (F) 1:30 pm Model Train (MT) 3:00 pm Garden Club (A) 3:00 pm Needle Crafter's (L) 7:00 pm \$BINGO\$ (F) <i>24</i>	9:00 am Stepping Out (O) 1:30 pm Shorty's Nursery (O) 2:00 pm Brain Builders II (A) 3:30 pm Posture / Balance (A) 3:45 pm Happy Hour Hosted by: Building Services (FR) 6:30 pm Open Art Space (A) <i>25</i>	11:00 am Brain Builders I (A) 1:30 pm Bible Study (CR) 1:30 pm Friday Special: Roasted Pecans (A) <i>26</i>	10:30 am Brain Builders Homework Session (CR) 1:30 pm Candy Bingo (A) 2:00 pm Cribbage (CS) 3:30 pm Popcorn Social (Mall) 7:00 pm Movie: Laugh-in Movie (F) <i>27</i>
1:30 pm Bunco (A) 3:00 pm Board Games (A) 3:30 pm Chapel Service (F) <i>28</i>	8:00 am Men's Breakfast (CD) 10:00 am Bridge (HR) 10:45 am Walking Group (A) 1:30 pm Mystery Trip (OC) 3:30 pm Pet Therapy (HV) <i>29</i>	1:30 pm Candy Bingo (A) 2:00 pm Computer Class (com) 3:30 pm Posture / Balance (A) 6:30 pm Duplicate Bridge (HR) <i>30</i>	10:30 am Creative Writing (A) 1:00 pm Movie Matinee (F) 1:30 pm Model Train (MT) 3:00 pm Garden Club (A) 3:00 pm Needle Crafter's (L) 7:00 pm \$BINGO\$ (F) <i>31</i>			

- Key**
- (A) - Activity Room
 - (CL) - Claremont
 - (CD) - Courtside Dining
 - (com) - Computer Lab
 - (CR) - Crystal Room
 - (CS) - Coffee Shop
 - (F) - Forum
 - (FOY) - Foyer
 - (FR) - Fireside Room
 - (H) - Hoyle Room
 - (HFC) - Health & Fitness Club
 - (HD) - Heritage Dining
 - (HP) - Heritage Parlor
 - (L) - Library
 - (MT) - Model Train Room
 - (O) - Off Campus
 - (P) - Pool
 - (WAG) - Waterford Art Gallery
 - (WR) - Wellness Room
- Scheduled Transportation**

Dr. Appointments:
Tuesday: 8:30 am – 2:30 pm
Wednesday: 8:30 am – 2:30 pm
To schedule an appointment, call the transportation department at 1022.

Grocery Shopping:
Wednesday: 1:30 pm
Friday: 10 am

March 2010



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Trip Sign-Up Sheets:

Sign-up sheets are located on the board next to the Front Desk. Space is limited, please sign up early.

Fees for Programs:

If there is a fee associated with transportation for a trip, you will be billed monthly. No need to bring cash.

Waterford Resident Executive Officers:

Sandra Johnson	President
Jim Frew	Vice President
Liz Hyde	Secretary
Joe Fritz	Treasurer
Don Gardner	Immediate Past President

2010 Committee Chairs:

Mary Ellen Vaughan	Activities
Alice Whitley	Assisted Living
Rosaline Mallory	Cottage Life
Jim Frew	Dining Room
Dan Graff	Exterior
Ken Johnson	Interior
Cill Triebs	Library
Bob O'Sullivan	Resident Manual
Flora Geiger	Welcoming Committee

Life Enrichment Calendar

March 2010