

Waterford on Saddle Drive – Life Enrichment / Wellness Daily Events



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--|--|---|--|--|---|
| 10:30 am Quaker Meeting (H) | 1 pm Brain Builders - (L) 3 pm Bingo (H) 7 pm Dice | 8:30 am – 4:30 pm Dr. Appt. 9:30 am Fun & Fitness Exercise Class (F) 10 am Spanish Class (H) 11am Stay Fit (Pa) 3 pm Bingo (H) | 9:45 am Shopping 10:45 am Yoga 11 – 3 pm transportation 1 pm Pinochle (C) 1 pm Brain Games – (L) 3 pm Bingo (H) 4:30 Senior Singers – lobby piano | 8:30 am – 4:40 pm Dr. Appt. 9:30 am Fun & Fitness Exercise Class (F) 11 am Stay Fit (Pa) | 9 am Exercise Circuit (Exercise Room) 10 am Walking Friends (L) 10:30 am Needle Point Club (H) | 10 am Pool League (F) 10 am B/P (Dr) 1:00 pm Dominoes (C) 3 pm Bingo (H) |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|---|
|  1 pm Presbyterian Communion Service (Library) Fourth of July Sunday Brunch 10am -12:30 pm 4 | 11:30 am Men's Pizza and Beer (F) 6 pm Acoustical Jam (F) 5 | First Picture Postcard! 10am Join Becky in the Garden 10am Hearing Aid Institute (Library) 2pm Quilting Club (GW) 2:30 pm make a postcard (F) 6 | Macaroni Day! 9:45 am Shopping @ Safeway 11 am Catholic Mass (F) 2pm Make a Macaroni Salad (GW) 7 | 10:30 am Last Chance Bible study w/Fr Brehe(C) 2:30 pm Great Outdoor Games (Lawn) 1 | 10 am Book Club (GW) 2 pm Ice Tea, cookies and Red, White & Blue Trivia (Pa) 2 | 11am Picnic at Spring Meadow-sign up 3:30 pm Catholic Mass (F) 3 |
| 1:30 St Paul's Methodist Service (F) 2:30 pm Waterford Cinema Presents: "Rainbow Valley" with John Wayne 11 | 11:30 am Parkinson's Support Group (F) 7:15 pm Curto's Eternal Tango @ Myrna Loy \$22.00-sign up 12 | 11-4:30 pm AARP meeting (H) 2pm Quilting Club (GW) 3pm Bingo w/Dixie (F) 13 | 9:45 am Shopping @ Walmart 11 am Catholic Mass (F) 2:30 pm Wii Game Show Games! (F) 14 | 3pm Youth Performance Grandstreet kids (Lobby) 5pm Dinner music by Steve & Jim (SG) 6:30 pm Pool, Pretzel & Beer (F) 8 | 10 am Library-sign up 4pm 102 nd Birthday Party for Dorothy Randall-Lobby 9 | 11am Mystery Ride & Lunch-sign up 3:30 pm Catholic Mass (F) 10 |
| 1 pm St. Peter's Episcopal Church (F) 2:30 pm Waterford Cinema Presents: "Oklahoma" (F) 18 | 11:30 am Ladies Pizza and Beer (F) Brewer's Game! 6:15 pm Helena Brewers vs OREM Owls -sign up 19 | Ice Cream Soda Day! 2pm Quilting Club (GW) 2:30 make an Ice cream Soda (Garden) 20 | National Junk Food Day! 9:45 am Shopping @ Safeway 11 am Catholic Mass (F) 11am Lunch at McDonalds- 2pm Music by Jerry & Rich (F) 21 | Birthday Night Dinner! Theme: Around the World Entertainment: Samuel Foster Classical Guitars 6:30 pm Pool, Pretzel & Beer (F) 22 | 10 am Library-sign up 10:30 am Tour Train meet in the Lobby-\$7.00-sign up 2pm Popcorn Social (front lawn) 23 | 3:30 pm Catholic Mass (F) 24 |
| 2 pm First Lutheran Church (F) 3 pm Ice Cream Social (Balcony) 25 | Hot Dog Day! 10 am Resident Council (F) 12pm Lunch in the Garden Hot dogs, chips, pop 2:30pm Montana Association For the Blind (F) 26 | 10:30 am Theatre Club Meeting (F) 2pm Quilting Club (GW) 5pm Dinner @ RJ's Steakhouse-sign up 6:30 Son's of Norway (F) 27 | 9:45 am Shopping @ Walmart 11 am Catholic Mass (F) 12pm Lunch music w/ Steve & Jim 28 | 11am Picnic lunch at Last Chance Stampede & Fair-sign up 29 | 10 am Book Club (GW) 10:30 pm Wii Game Show Games! (F) 2:30 pm Outdoor Games 30 | 3:30 pm Catholic Mass (F) 10am Farmer's Market-sign up 31 |

- Key**
- (C) - Card Room
 - (Dr) - Doctor's Office
 - (GW) - Garden Wing
 - (H) - Hobby Room
 - (L) - Library
 - (Pa) - Parlor
 - (P) - Poker Room
 - (F) - Forum
 - (VG) - Van Gogh Rm
 - (FS) - Four Seasons Dining Room
 - (SG) - Sleeping Giant Dining Room

Meal Times
Breakfast
 8 am - 9 am (SG) 7 am - 9 am (FS)

Lunch
 Noon - 1 pm (SG) 11:30 am - 12:30 pm (FS)

Dinner
 5:30 pm – 6:30 pm (SG) 5 pm - 7 pm (FS)

Scheduled Transportation
 Wednesday is shopping day. Please meet in the lobby for 10 am departure.

Tuesday, Wednesday & Thursday Transportation to medical appointments is provided. Please sign up at the front desk.

July 2010



July Special Events

- 1st-2:30 pm Great Outdoor Games (Lawn)
2nd-2 pm Ice Tea, cookies and Red, White & Blue Trivia (Pa)
3rd-**11 am Picnic at Spring Meadow-sign up**
4th- **Fourth of July Sunday Brunch 10am -12:30 pm (Omelet Station)**
6th-10 am Join Becky in the Garden
7th- **Macaroni Day!** - 2pm Make a Macaroni Salad (GW)
8th-3pm Youth Performance Grandstreet kids (Lobby)
9th- **10 am Library-sign up**
10th-**11am Mystery Ride & Lunch-sign up**
11th-2:30 pm Waterford Cinema Presents: "Rainbow Valley" John Wayne
12th- 11:30 am Parkinson's Support Group (F)
14th-2:30 pm Wii Game Show Games! (F)
15th-**10am Lunch and visit Real Deals in Butte- sign up**
17th-**7:15pm 2010 Symphony under the stars-sign up**
19th- **Brewer's Game! 6:15 pm Helena Brewers vs OREM Owls -sign up**
23rd-**10:30 am Tour Train meet in the Lobby-\$7.00-sign up**
26th-12pm Lunch in the Garden -Hot dogs, chips, pop
28th-12pm Lunch music w/ Steve & Jim
29th-**11 am Picnic lunch at Last Chance Stampede & Fair-sign up**
30th-2:30 pm Outdoor Games

Waterford on Saddle Drive

July 2010 – Life Enrichment / Wellness

Staff at Waterford

| | |
|-------------------|-----------------------------------|
| Merry Lunde | Executive Director |
| Erika Mendez | Life Enrichment/Wellness Director |
| Karolyne Redding | Administrative Director |
| Lorri Mullen | Community Relations Director |
| Adam Mendez | Executive Chef |
| Marie Lavinder | ASL Nurse Manager |
| Darrell Wagner | Plant Services Manager |
| Danielle Simonich | Housekeeping Supervisor |