

Waterford on Saddle Drive – Life Enrichment / Wellness Daily Events



A Touchmark® community
Est. 1980

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 am Quaker Meeting (H)	9 am Fitness 20 Minute Walk on Your Own Program (L) 10:45 am Yoga (3 rd floor) 1 pm Bridge (C) 1 pm Brain Builders (L) 3 pm Bingo (H) 7 pm Dice (P)	8:30 am – 4:30 pm Dr. Appt. 9:30 am Fun & Fitness Exercise Class (F) 11 am Sit & Stay Fit Exercise Class (Pa) 1 pm Poker Game (P) 3 pm Bingo (H)	9 am Exercise Circuit (Exercise Room) 9:45 am Shopping 10:15 am Men's Coffee (C) 11 – 3 pm Transportation 1 pm Pinochle (C) 1 pm Brain Games (L) 3 pm Bingo (H)	8:30 am – 4:40 pm Dr. Appt. 9:30 am Fun & Fitness Exercise Class (F) 11 am Sit & Stay Fit Exercise Class (Pa) 1 pm Bridge (C) 6 pm Pool League (F)	9 am Fitness 20 Minute Walk on Your Own Program (L) 1 pm Pinochle (C) 6:30 pm Rummikub (C)	10 am Blood Pressure Checks (Dr) 3 pm Bingo (H) 3:30 Catholic Mass (F)
						6 pm College Football on the Big Screen- Nebraska vs. Wisconsin (F) <i>1</i>
1 pm Presbyterian Communion Service (L) 1:45 pm Grandstreet Theatre "Fuddy Meers"- sign up \$18 <i>2</i>	10 am Community Conversations (F) 6 pm Oktoberfest! Beer & Pretzels with the Seldom Paid Jammers (F) <i>3</i>	10 am Hearing Aid Institute (L) 11:15 am Lunch at The Montana Club – sign up 2 pm Quilting Club (GW) 5:30 pm Better Living Lecture "The Latest About Alzheimer's"- sign up <i>4</i>	9:45 am Shopping at Wal-Mart 11 am Catholic Mass (F) 2 pm Wii Games! (F) <i>5</i>	10:30 am News & Views (F) 2 pm Family Promise Program w/ Brian Johnson (F) <i>6</i>	10 am Neo the Gentle Giant Therapy Dog (F) 10 am Book Club (GW) 2 pm New Residents' Social (F) <i>7</i>	9 am Daughters of the American Revolution Meeting (F) 6:30 pm Contra Dancers (F) 6:30 pm Air Force Band Concert at the Civic Center- sign up/Free! <i>8</i>
1 pm Boy Scout Popcorn Orders Taken (L) 2 pm Waterford Theater Presents: Cheaper by the Dozen (F) <i>9</i>	11:30 am Parkinson's Support Group (F) 2 pm Craft Time: Pumpkin Decorating (F) <i>10</i>	11:30 am Ladies' Pizza & Beer Luncheon (F) 2 pm Quilting Club (GW) <i>11</i>	9:45 am Shopping at Safeway 11 am Catholic Mass (F) 2 pm Betty Grimes 90 th Birthday Celebration (F) 3 pm Harp Music (Lo) <i>12</i>	10:30 am News & Views (F) 2 pm Program by Oral Historian Rich Aarstad with Mont. Hist. Society (F) <i>13</i>	9:15-10:15 Flu Shots for Independent Living (F) 10 am Library-sign up 10 am Fall Nature Walk around the Capitol-sign up 2:30 pm Music by Lee Rinderknecht (F) <i>14</i>	11 am Jim Oberembt 90 th Birthday Celebration (F) <i>15</i>
1 pm St. Peter's Episcopal Church Service (F) 2:30 pm Caramel Apples in the Lobby <i>16</i>	10 am Red Hat Morning Tea & Talk (F) 1 pm Lutheran Communion Service (F) 2:30 pm Travelogue Video & Popcorn (F) <i>17</i>	10:30 am Bible Study with Father Brehe (F) 2 pm Quilting Club (GW) 2 pm Down Memory Lane – "Advertising" (F) <i>18</i>	9:45 am Shopping at Wal-Mart 11 am Catholic Mass (F) 2 pm Music by Jerry & Rick w/Cider & Cookies 6:30 pm Live! at the Civic "The Unexpected Boys"-sign up <i>19</i>	Birthday Night Dinner! Theme: Breast Cancer Awareness 10:30 am News & Views (F) <i>20</i>	9:15-10:15 Flu Shots for Assisted Living (F) 10 am Neo the Gentle Giant Therapy Dog Visits 10 am Book Club (GW) 1:30-4:30 pm Touchmark Antique Appraisal Fair (F) <i>21</i>	6:45 pm Helena Symphony "Carmina Burana" –sign up \$20-\$50 <i>22</i>
2 pm First Lutheran Church Service (F) 2 pm Good Samaritan Style Show at the L&C County Fairgrounds-sign up \$20	10 am Resident Council (F) 2:30pm Montana Association For the Blind (F) 6:30 pm Sons of Norway (F)	9:30 am St. John's Lutheran Ladies' Morning Circle (GW) 2 pm Quilting Club (GW)	9:45 am Shopping at Safeway 11 am Catholic Mass (F) 3 pm Harp Music (Lo) 4:45 pm Dining Out at A Taste of the City-sign up <i>26</i>	10:30 am News & Views (F) 2 pm Decorate Halloween Cookies (GW) <i>27</i>	10 am Library-sign up 11:30 Men's Pizza & Beer Luncheon (F) 2 pm Fill the Halloween Treat Bags (F) 6 pm Sons of Norway Pizza Party (F) <i>28</i>	6 pm College Football on the Big Screen – Stanford vs. USC (F) <i>29</i>
2 pm Waterford Theater Presents: Heidi (F) <i>23 / 30</i>	10:30 am Kids' Costume Parade (Lo) <i>24</i> 4 pm Halloween Costume Cocktail Party w/ music by Nadine Copely (Lo) <i>25</i>	2:30 pm Wii Games (F) <i>25</i>				

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 Room
- (FS) - Four Seasons Dining Room
- (SG) - Sleeping Giant Dining Room
- (Lo) - Lobby

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 a 10:00 am departure.

Tuesday, Wednesday & Thursday

Transportation to medical appointments is provided. Please sign up at the front desk.

October 2011

October Special Events

- 1st- 6 pm College Football on the Big Screen (F)
 2nd- **1:45 pm Grandstreet Theatre “Fuddy Meers”- sign-up \$18**
 3rd- 6 pm Octoberfest! Beer & Pretzels with the Seldom Paid Jammers (F)
 4th- **11:15 am Lunch at *The Montana Club* – sign-up**
 4th- **5:30 pm Better Living Lecture “The Latest About Alzheimer’s” – sign-up**
 6th- 2 pm Family Promise Program with Brian Johnson (F)
 7th- 2 pm New Residents’ Social (F)
 8th- **6:30 pm Air Force Band Concert at the Civic Center – sign-up**
 11th- 11:30 am Ladies’ Pizza & Beer Luncheon (F)
 12th- 2 pm Betty Grimes 90th Birthday Celebration (F)
 13th- 2 pm Program by Oral Historian Rich Aarstad with the Montana Historical Society (F)
 15th- 11 am Jim Oberembt 90th Birthday Celebration (F)
 17th- 10 am Red Hat Morning Tea & Talk (F)
 19th- **6:30 pm Live! at the Civic “The Unexpected Boys” – sign-up**
 21st- **1:30 to 4:30 pm Touchmark Antique Appraisal Fair (F)**
 22nd- **6:45 pm Helena Symphony “Carmina Burana” – sign-up**
 23rd- **2 pm Good Samaritan Style Show at the L&C County Fairgrounds – sign-up \$20**
 26th- **4:45 pm Dining Out at *A Taste of the City* – sign-up**
 27th- 2 pm Decorate Halloween Cookies (GW)
 28th- 11:30 am Men’s Pizza & Beer Luncheon (F)
 28th- 2 pm Fill the Halloween Treat Bags (F)
 30th- 2 pm Waterford Theater Presents: “*Heidi*” (F)
 31st- 10:30 am Kids’s Costume Parade (Lo)
 31st- 4 pm Halloween Costume Cocktail Party with music by Nadine Copely (Lo)

Staff at Waterford

Merry Lunde	Executive Director
Karolyne Redding	Administrative Director
Lorri Mullen	Community Relations Director
Adam Mendez	Executive Chef
Lisa Thompson, RNC	ASL Nurse Manager
Nanette Whitman-Holmes	Life Enrichment/Wellness Director
Darrell Wagner	Plant Services Manager
Danielle Simonich	Housekeeping Supervisor
Nancy Yager	Retirement Counselor



Waterford on Saddle Drive

October 2011 – Life Enrichment / Wellness

Employee Birthdays

10/7	Tom McGree
10/7	Samantha Laible
10/11	Adam Mendez
10/16	Holly Menager
10/16	Nanette Holmes
10/19	Hannah Olson
10/30	KaLeece Christofferson