


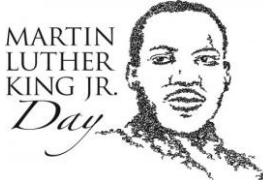



# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>WELLNESS INVENTORY</b></p> <ul style="list-style-type: none"> <li>•Physical</li> <li>•Social</li> <li>•Emotional</li> <li>•Spiritual</li> <li>•Intellectual</li> <li>•Vocational</li> </ul> <p>"Whole Person Wellness" Color Key Match the activity or program to the dimension of wellness!</p>	<p><b>1</b></p> <p>10:00 Fitness with Amy (BR) 10:30 Bible Study (BR)</p> <p>1:30 <b>Cycling Adventures</b> (BR) (Pedal at your own pace!)</p> <p>2:00 <b>Skip-Bo</b> (WN)</p> <p>2:30 <b>The Beverly Hillbillies &amp; Ice Cream Sandwiches</b> (BR)</p> <p>3:30 Catholic Communion (CR)</p> <p>6:00 <b>Evening BINGO</b> (BR)</p> <p>Shopping Shuttle at 1:00 Medical Van 8:30-4:00</p>	<p><b>2</b></p> <p>10:00 <b>Visit from Kid Kare</b> (BR) <i>Kid Kare will join us for Yoga!</i></p> <p>10:45 Depart for "The Summit" - we'll walk on the indoor track!</p> <p>1:00 <b>Writing Group</b> (TR)</p> <p>1:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>2:00 <b>Bridge Group</b> (LB)</p> <p>2:30 <b>BINGO</b> (BR)</p> <p>5:30 <b>Sci-Fi Classic Film</b> (BR) War of the Worlds 1953</p>  <p>Medical Van 8:30-4:00</p>	<p><b>3</b></p> <p>8:00 <b>Morning Devotions</b> (LB)</p> <p>9:00-11:00 <b>Computer Help</b> (Sign up at the Recreation office)</p> <p>10:00 Senior Fitness with Kris (BR)</p> <p>10:30 <b>Level 2 Fitness</b> with Kris (BR)</p> <p>2:00 <b>January Birthday Celebration</b> (BR)</p> <p>3:00-4:30 <b>Cribbage</b> (WN)</p> <p>6:00 <b>Wednesday Night Trivia</b> (BR)</p> <p>Shopping Shuttle at 9:45am Medical Van 8:30-4:00</p>	<p><b>4</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:00 <b>Hand and Foot</b> (P)</p> <p>1:30 <b>BINGO</b> (BR)</p> <p>3:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>3:00 <b>Updates and Questions</b> with Carla (BR)</p> <p>Medical Van 8:30-4:00 Name Tag Day</p>	<p><b>5</b></p> <p>8:30 <b>Coffee &amp; Donuts</b> (P)</p> <p>10:00 Fitness with Kris (BR)</p> <p>10:30 <b>Brain Games</b> (BR)</p> <p>1:30 <b>Polar Bear Social</b> (P)</p> <p>2:30 <b>Book Club</b> (B)</p> <p>Shopping Shuttle at 1:00 Medical Van 8:30-4:00</p>	<p><b>6</b></p> <p>8:30-9:30 <b>Breakfast Bunch: McDonald's Breakfast!</b> <i>McMuffins &amp; Hashbrowns</i> (WN)</p> <p>10:00 Senior Yoga DVD (BR)</p> <p>2:30 <b>Skip-Bo</b> (WN)</p>  <p>Movie and departure time to be announced.</p>
<p><b>7</b></p> <p>8:30-12:00 <b>*Church Shuttle*</b> (Sign up at Recreation office)</p> <p>1:00 <b>Church Service</b> (BR)</p> <p>2:30 <b>Buffalo Theater</b> (BR) Now Playing "Ithaca" 2015 Drama</p>	<p><b>8</b></p> <p>10:00 Fitness with Amy (BR) 10:30 Bible Study (BR)</p> <p>1:30 <b>Cycling Adventures</b> (BR) (Pedal at your own pace!)</p> <p>2:00 <b>Skip-Bo</b> (WN)</p> <p>3:00 <b>Arts &amp; Crafts Class</b> (BR)</p> <p>3:30 Catholic Communion (CR)</p> <p>Shopping Shuttle at 1:00 Medical Van 8:30-4:00</p>	<p><b>9</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:45 Depart for "The Summit" - we'll walk on the indoor track!</p> <p>1:00 <b>Writing Group</b> (TR)</p> <p>1:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>2:00 <b>Bridge Group</b> (LB)</p> <p>2:30 <b>BINGO</b> (BR)</p> <p>Medical Van 8:30-4:00</p>	<p><b>10</b></p> <p>8:00 <b>Morning Devotions</b> (LB)</p> <p>10:00 Senior Fitness with Kris (BR)</p> <p>10:30 <b>Level 2 Fitness</b> with Kris (BR)</p> <p>1:00 <b>Special Presentaion</b> (BR) <b>What's New in Kalispell</b> Tom Jentz, Planning &amp; Building Dir.</p> <p>3:00-4:30 <b>Cribbage</b> (WN)</p> <p>6:00 <b>Wednesday Night Trivia</b> (BR)</p> <p>Shopping Shuttle at 9:45am Medical Van 8:30-4:00</p>	<p><b>11</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:00 <b>Hand and Foot</b> (P)</p> <p>1:30 <b>BINGO</b> (BR)</p> <p>3:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>Medical Van 8:30-4:00 Name Tag Day</p>	<p><b>12</b></p> <p>8:30 <b>Coffee &amp; Donuts</b> (P)</p> <p>10:00 Fitness with Kris (BR)</p> <p>10:30 <b>Brain Games</b> (BR)</p> <p>1:00 <b>Monthly Montana History Feature</b> (BR) "C.M. Russell and the American West" <i>2017 PBS Documentary</i></p> <p>*This is a 3 hour documentary. We will watch the first 2 hours.</p> <p>6:30 <b>Pinochle group</b> (LB)</p> <p>Shopping Shuttle at 1:00 Medical Van 8:30-4:00</p>	<p><b>13</b></p> <p>10:00 Senior Yoga DVD (BR)</p> <p>1:00 <b>MS Support Group</b> (B)</p> <p>11:00 <b>Lunch outing: "Alley Connection"</b> (Sign up at the Recreation office)</p> <p>2:30 <b>Skip-Bo</b> (WN)</p> <p>5:30 <b>Monthly Montana History Feature</b> (BR) "C.M. Russell and the American West" <i>2017 PBS Documentary</i></p> <p>*This is a 3 hour documentary. We will watch the last hour.</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>14</b></p> <p>8:30-12:00 *Church Shuttle* (Sign up at Recreation office)</p> <p>1:00 Church Service (BR)</p> <p>2:30 Buffalo Theater (BR)</p> <p>Now Playing</p> <p><b>"The Man from Snowy River"</b> 1982 Drama/Romance</p>	<p><b>15</b></p> <p>10:00 Fitness with Amy (BR)</p> <p>10:30 Bible Study (BR)</p> <p>1:30 <b>Cycling Adventures</b> (BR)</p> <p>2:00 <b>Skip-Bo</b> (WN)</p> <p>3:00 <b>Martin Luther King Jr. Presentation</b> (BR)</p> <p>3:00 <b>Alzheimer's Support</b> (B)</p> <p>3:30 <b>Catholic Communion</b> (CR)</p>  <p>Shopping Shuttle at 1:00</p> <p>Medical Van 8:30-4:00</p>	<p><b>16</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:45 Depart for</p> <p><b>"The Summit"</b> - we'll walk on the indoor track!</p> <p>1:00 <b>Writing Group</b> (TR)</p> <p>1:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>2:00 <b>Bridge Group</b> (LB)</p> <p>2:30 <b>BINGO</b> (BR)</p> <p>Medical Van 8:30-4:00</p>	<p><b>17</b></p> <p>8:00 <b>Morning Devotions</b> (LB)</p> <p>9:00-11:00 <b>Computer Help</b> (Sign up at the Recreation office)</p> <p>10:00 Senior Fitness with Kris (BR)</p> <p>10:30 <b>Level 2</b> Fitness with Kris (BR)</p> <p>1:30 <b>Watercolor Art Class</b> (B)</p> <p>2:00 <b>ILC Lecture Series</b> (BR)</p> <p><b>"Starting the New Year with Purpose and Inspiration"</b> (Sign up at the Recreation office)</p> <p>3:00-4:30 <b>Cribbage</b> (WN)</p> <p>6:00 <b>Wednesday Night Trivia</b> (BR)</p> <p>Shopping Shuttle at 9:45am</p> <p>Medical Van 8:30-4:00</p>	<p><b>18</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:00 <b>Hand and Foot</b> (P)</p> <p>1:30 <b>BINGO</b> (BR)</p> <p>3:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>Medical Van 8:30-4:00</p> <p><i>Name Tag Day</i></p>	<p><b>19</b></p> <p>8:30 <b>Coffee &amp; Donuts</b> (P)</p> <p>10:00 Fitness with Kris (BR)</p> <p>10:30 <b>Brain Games</b> (BR)</p> <p>1:30 <b>Flower Arranging</b> (BR)</p> <p>4:30 <b>Dinner and a Movie</b> Featuring: <b>Mr. Holland's Opus</b> 1995 Drama/Family (BR) (Sign up)</p> <p>Shopping Shuttle at 1:00</p> <p>Medical Van 8:30-4:00</p>	<p><b>20</b></p> <p>10:00 Senior Yoga DVD (BR)</p> <p>1:00-3:00 <b>Jam Sessions</b> with Fiddling Friends (BR)</p> <p>2:30 <b>Skip-Bo</b> (WN)</p>
<p><b>21</b></p> <p>8:30-12:00 *Church Shuttle* (Sign up at Recreation office)</p> <p>1:00 Church Service (BR)</p> <p>2:30 Buffalo Theater (BR)</p> <p>Now Playing</p> <p><b>"Dead Poets Society"</b> 1989 Drama</p>	<p><b>22</b></p> <p>10:00 Fitness with Amy (BR)</p> <p>10:30 Bible Study (BR)</p> <p>1:30 <b>Cycling Adventures</b> (BR) (Pedal at your own pace!)</p> <p>3:00 <b>Alzheimer's Support</b> (B)</p> <p>3:30 <b>Catholic Communion</b> (CR)</p> <p>4:30 <b>Dinner outing: "Nickel Charlie's"</b> (Sign up at the Recreation office)</p> <p>Shopping Shuttle at 1:00</p> <p>Medical Van 8:30-4:00</p>	<p><b>23</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:45 Depart for walking at "The Summit"</p> <p>1:00 <b>Writing Group</b> (TR)</p> <p>1:00 Fitness with Julie (BR)</p> <p>1:30 <b>Hearing Aid Clinic</b> (B)</p> <p>2:00 <b>Bridge Group</b> (LB)</p> <p>2:30 <b>BINGO</b> (BR)</p> <p>Medical Van 8:30-4:00</p>	<p><b>24</b></p> <p>8:00 <b>Morning Devotions</b> (LB)</p> <p>10:00 Senior Fitness with Kris (BR)</p> <p>10:30 <b>Level 2</b> Fitness with Kris (BR)</p> <p>1:00 <b>Mystery Drive</b> (Sign up)</p> <p>3:00-4:30 <b>Cribbage</b> (WN)</p> <p>6:00 <b>Wednesday Night Trivia</b> (BR)</p> <p>Shopping Shuttle at 9:45am</p> <p>Medical Van 8:30-4:00</p>	<p><b>25</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:00 <b>Hand and Foot</b> (P)</p> <p>1:30 <b>BINGO</b> (BR)</p> <p>3:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>Medical Van 8:30-4:00</p> <p><i>Name Tag Day</i></p>	<p><b>26</b></p> <p>8:30 <b>Coffee &amp; Donuts</b> (P)</p> <p>10:00 Fitness with Kris (BR)</p> <p>10:30 <b>Brain Games</b> (BR)</p> <p>1:00 <b>Jewelry Making</b> with Tina (BR)</p> <p>2:30 <b>Book Club</b> (B)</p> <p>6:30 <b>Pinochle</b> group (LB)</p> <p>Shopping Shuttle at 1:00</p> <p>Medical Van 8:30-4:00</p>	<p><b>27</b></p> <p>10:00 Senior Yoga DVD (BR)</p> <p>1:00 <b>Group Game:</b></p>  <p>Join us for our own version of the TV Game Show! (BR)</p> <p>2:30 <b>Skip-Bo</b> (WN)</p>
<p><b>28</b></p> <p>8:30-12:00 *Church Shuttle* (Sign up at Recreation office)</p> <p>1:00 Church Service (BR)</p> <p>2:30 Buffalo Theater (BR)</p> <p>Now Playing</p> <p><b>"You've Got Mail"</b> 1998 Romantic Comedy</p>	<p><b>29</b></p> <p>10:00 Fitness with Amy (BR)</p> <p>10:30 Bible Study (BR)</p> <p>1:00 <b>Cycling Adventures</b> (BR) (Pedal at your own pace!)</p> <p>2:30 <b>Afternoon Tea Party</b> (BR) <i>Wear a fancy hat or borrow one of ours!</i></p> <p>3:30 <b>Catholic Communion</b> (CR)</p> <p>Shopping Shuttle at 1:00</p> <p>Medical Van 8:30-4:00</p>	<p><b>30</b></p> <p>10:00 Yoga with Ashley (BR)</p> <p>10:45 Depart for</p> <p><b>"The Summit"</b> - we'll walk on the indoor track!</p> <p>1:00 <b>Writing Group</b> (TR)</p> <p>1:00 Strength, Balance &amp; Fitness with Julie (BR)</p> <p>2:00 <b>Bridge Group</b> (LB)</p> <p>2:30 <b>BINGO</b> (BR)</p> <p>Medical Van 8:30-4:00</p>	<p><b>31</b></p> <p>8:00 <b>Morning Devotions</b> (LB)</p> <p>10:00 Senior Fitness with Kris (BR)</p> <p>10:30 <b>Level 2</b> Fitness with Kris (BR)</p> <p>1:30 <b>Watercolor Art Class</b> (B)</p> <p>3:00 <b>Trip to Kalispell</b></p> <p><b>Imaginelf Library</b> (Sign up)</p> <p>3:00-4:30 <b>Cribbage</b> (WN)</p> <p>6:00 <b>Wednesday Night Trivia</b> (BR)</p> <p>Shopping Shuttle at 9:45am</p> <p>Medical Van 8:30-4:00</p>	<p><b>Activity Space Key:</b></p> <p>Buffalo Room - BR</p> <p>Billiards Room - B</p> <p>Patio Room - P</p> <p>The Café - CA</p> <p>The Salon - S</p> <p>The Claremont - CL</p> <p>Wooden Nickel - WN</p> <p>History Room - HR</p> <p>Fitness Center - FC</p> <p>Library - LB</p> <p>Lobby - L</p>	<p><b>Birthdays!</b></p> <p>Barney Leigon 1st</p> <p>Martha Maurer 1st</p> <p>Lee Murphy 1st</p> <p>Joop Thiessen 1st</p> <p>Laurel Powell 3rd</p> <p>Louise Jimmerson 6th</p> <p>Frank Lundquist 12th</p> <p>Jo Stack 15th</p> <p>Joan Hall 28th</p> <p>Marilyn Knutson 31st</p>	<p><b>Curio Cabinet:</b></p> <p><b>"Blast from the Past"</b></p> <p>Residents are encouraged to bring us any type of memorabilia from the past 100 years! Trinkets, photos, anything that has meaning to you.</p> <p>Drop items off with a Recreation team member.</p> <p><i>Thank you!</i></p>