



April 2019 Calendar and Activity Guide





<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
	<p style="text-align: center;">1</p> <p style="text-align: center;">9:00 Water Aerobics LEVEL 2 (Pool)</p> <p style="text-align: center;">10:00 Basic Fitness (FC)</p> <p style="text-align: center;">10:30 Bible Study with Pastor Larry (A)</p> <p style="text-align: center;">1:00 Afternoon Games (A) Mahjong and Cribbage!</p> <p style="text-align: center;">2:00 Skip-Bo (P)</p> <p style="text-align: center;">2:00 Coordination Improvement (FC)</p> <p style="text-align: center;">3:00 Singing Group Practice (CA)</p> <p style="text-align: center;">3:30 Catholic Communion (PDR)</p> <p style="text-align: center;">6:30 Glacier Stamp Club (A) <i>Visitors welcome!</i></p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">10:00 Yoga with Ashley (FC) Kids will join us for yoga!</p> <p style="text-align: center;"><i>Visit from Kid Kare Daycare (A)</i></p> <p style="text-align: center;">10:45 Balance and Fall Prevention (FC)</p> <p style="text-align: center;">1:30 Strength & Fitness (FC)</p> <p style="text-align: center;">2:00 Bridge Group (LB)</p> <p style="text-align: center;">2:00 Caregiver 101 <i>Presented by Carla Wilton (A)</i> Learn valuable insights and skill- based approaches for navigating the caregiving environment.</p> <p style="text-align: center;">2:30 BINGO (A)</p> <p style="text-align: center;">Med Van 8:30-4:00</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">9:00-11:00 Computer Help (Sign up)</p> <p style="text-align: center;">9:30 Lenten Devotions (L)</p> <p style="text-align: center;">10:00 Basic Fitness (FC)</p> <p style="text-align: center;">1:00 Water Aerobics LEVEL 1 (Pool)</p> <p style="text-align: center;">1:00 Mahjong Group (WN)</p> <p style="text-align: center;">2:30 April Birthday Party (A)</p> <p style="text-align: center;">3:30 Sit N' Be Fit (FC)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p style="text-align: center;">6:15 Depart for FVCC's Wilderness Speaker Series "Women Write the Wilderness" (Sign up)</p> <p style="text-align: center;">*This is a shuttle service only. No employee assistance will be available at the lecture.</p> </div> <p style="text-align: center;">6:30 Wednesday Night Trivia (A)</p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">4</p> <p>10:00 Yoga with Ashley (FC)</p> <p>10:00 Hand and Foot (P)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <p>1:30 BINGO (A)</p> <p>3:00 Strength & Fitness (FC)</p> <p>3:00 Updates & Questions with Carla (A)</p> <p>All residents are welcome to attend this monthly informational meeting.</p> <p>4:00 Girl Scout Cookie Sale and Sampling (WN)</p> <p style="text-align: center;"><i>Name Tag Day</i> Medical Van 8:30-4:00</p>	<p style="text-align: center;">5</p> <p>8:30 Coffee & Donuts (P)</p> <p>9:00-11:00 Resident Satisfaction Survey <i>Kick Off Social (P)</i></p> <p>*Watch for more info in your mailbox!</p> <p>9:00 Water Aerobics LEVEL 2 (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Brain Games (WN)</p> <p>1:00 <i>Beginning Art Class with Angela (A)</i></p> <p>2:00 Coordination Improvement (FC)</p> <p>2:30 Book Club (AL Conference Room)</p> <p>4:00 Wine and Cheese Social (WN)</p> <p><i>Meet new friends and neighbors while enjoying some wine and cheese!</i></p> <p>6:00 Pinochle Group (LB)</p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">6</p> <p>2:00 Memorial Service for Karen Alma (A)</p> <p>2:30 Skip-Bo (P)</p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;"><i>Evening Movie</i></p> <p style="text-align: center;">Outing to Kalispell Movie Theater</p> <p style="text-align: center;"><i>Departure time and movie to be announced.</i></p> <p style="text-align: center;">(Sign up)</p> <div style="text-align: center;">  </div> </div>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">7</p> <p>Church Shuttle 8:00-12:00 (Sign up)</p> <p>1:00 Church Service (A)</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>2:00 Concert: Columbia Falls Community Choir (A)</p> <p>Over 80 Flathead Valley members will sing a variety of music directed by conductor Steve Holte.</p> </div> <p>2:30 Buffalo Theater (A)</p>	<p style="text-align: center;">8</p> <p>9:00 Water Aerobics <u>LEVEL 2</u> (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Bible Study with Pastor Larry (A)</p> <p>1:00 Afternoon Games (A) Mahjong and Cribbage!</p> <p>2:00 Skip-Bo (P)</p> <p>2:00 Coordination Improvement (FC)</p> <p>3:00 <u>Kalispell Public Schools News and Updates</u> <i>Presented by Mark Flatau, Superintendent (A)</i></p> <p>3:00 Singing Group Practice (CA)</p> <p>3:30 Catholic Communion (PDR)</p> <p>6:00 Evening BINGO (A)</p> <p>Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">9</p> <p>10:00 Yoga with Ashley (FC)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <p>1:30 Strength & Fitness (FC)</p> <p>2:00 Bridge Group (LB)</p> <p>2:00 <u>Focus on Foot Care (A)</u> <i>Presented by Dr. Stephen Latter, Podiatrist</i></p> <p>2:30 BINGO (A)</p> <p>Med Van 8:30-4:00</p>	<p style="text-align: center;">10</p> <p>9:30 Lenten Devotions (L)</p> <p>10:00 Basic Fitness (FC)</p> <p>1:00 Water Aerobics <u>LEVEL 1</u> (Pool)</p> <p>1:00 Mahjong Group (WN)</p> <p>2:00 Mystery Drive</p> <div style="text-align: center;">  </div> <p>This outing may require residents to walk longer distances and tolerate short periods of standing.</p> <p style="text-align: center;">(Sign Up)</p> <p>3:30 Sit N' Be Fit (FC)</p> <p>6:30 Wednesday Night Trivia (A)</p> <p>Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>


<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">11</p> <p>10:00 Yoga with Ashley (FC)</p> <p>10:00 Hand and Foot (P)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <p>1:30 BINGO (A)</p> <p>3:00 Strength & Fitness (FC)</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>3:00pm—4:00pm Hearing Aid Clinic (Assisted Living Conference Room)</p> <p><i>Free hearing aid cleanings and checks.</i></p> </div> <p style="text-align: center;"><i>Name Tag Day</i> Medical Van 8:30-4:00</p>	<p style="text-align: center;">12</p> <p>8:30 Coffee & Donuts (P)</p> <p>9:00 Water Aerobics <u>LEVEL 2 (Pool)</u></p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Brain Games (WN)</p> <p>2:00 Coordination Improvement (FC)</p> <p>4:30 Dinner and a Movie (A)</p> <p><u>Amazing Grace</u> 2006 Drama/Romance 1 hour & 58 minutes</p> <p>In 18th-century England, House of Commons member William Wilberforce and his close friend and a future prime minister, William Pitt, begin a lengthy battle to abolish Great Britain's slave trade.</p> <p>Though Wilberforce's legislation is soundly defeated in 1791, his growing affection for Barbara Spooner inspires him to take up the fight once more.</p> <p style="text-align: center;">(Sign Up)</p> <p>Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">13</p> <p>12:00 MS Support Group Lunch (PDR)</p> <p>2:00 <u>Concert</u> <i>Featuring:</i> Jerry Olson (A)</p> <p>Jerry loves to entertain with songs from the 40s, 50s, and 60s.</p> <p>“Everything from Dean Martin to Willie Nelson!”</p> <p>2:30 Skip-Bo (P)</p> <p>7:00—9:00 Game Night with Ron (WN)</p> <p style="text-align: center;"><u>PING PONG</u></p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">14</p> <p>Church Shuttle 8:00-12:00 (Sign up)</p> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A)</p> <p>Now Playing: <i>Homeward Bound: The Incredible Journey</i> 1993 Drama/Adventure 1 hour & 25 minutes Before the Seavers leave for a family vacation to San Francisco, they drop off their pets -- Chance, an adventurous American bulldog; Shadow, a wise golden retriever; and Sassy, a cautious cat -- at a friend's ranch. But when the animals start to worry that they've been left for good, the three embark together on a treacherous and thrilling journey to find their way back home through the California wilderness.</p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">15</p> <p>9:00 Water Aerobics <u>LEVEL 2</u> (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Bible Study with Pastor Larry (A)</p> <p>2:00 Coordination Improvement (FC)</p> <p>2:00 Skip-Bo (P)</p> <p>3:00 Singing Group Practice (CA)</p> <p>3:00 Alzheimer's Support Group (A)</p> <p>3:30 Catholic Communion (PDR)</p> <p>6:30 Drinks and Live Music! Featuring: Colton Christensen (WN) Colton will be playing his acoustic guitar and singing original pieces as well as recognizable hits.</p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">16</p> <p>10:00 Yoga with Ashley (FC)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <p>11:00 Lunch Outing: <u>Rebecca's Tea Room</u> (Sign up)</p>  <p>1:30 Strength & Fitness (FC)</p> <p>2:00 Bridge Group (LB)</p> <p>2:30 BINGO (A)</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;"><i>Signature Facial</i> Appointments Available 10:00am—3:00pm <i>Sign up at the desk outside the Recreation offices</i></p> </div> <p style="text-align: center;">Med Van 8:30-4:00</p>	<p style="text-align: center;">17</p> <p>9:00-11:00 Computer Help Sessions (Sign up)</p> <p>9:30 Lenten Devotions (L)</p> <p>10:00 Basic Fitness (FC)</p> <p>1:00 Water Aerobics <u>LEVEL 1</u> (Pool)</p> <p>1:00 Mahjong Group (WN)</p> <p>2:30 Spring Fling Party (A) Help us welcome spring! There will be cupcake decorating and live music by the <i>Creston Crooners</i>.</p> <p>3:30 Sit N' Be Fit (FC)</p> <p>6:30 Wednesday Night Trivia (A)</p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">18</p> <p>10:00 Yoga with Ashley (FC)</p> <p>10:00 Hand and Foot (P)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <p>1:30 BINGO (A)</p> <p>3:00 Strength & Fitness (FC)</p> <p>3:30 Fresh Flower Arranging (A)</p> <p style="text-align: center;"><i>Name Tag Day</i> Medical Van 8:30-4:00</p>	<p style="text-align: center;">19</p> <p>8:30 Coffee & Donuts (P)</p> <p>9:00 Water Aerobics <u>LEVEL 2 (Pool)</u></p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Brain Games (WN)</p> <p>1:00 Good Friday Worship Service (A)</p> <p>2:30 Beginning Art Class with Angela (A)</p> <p>2:00 Coordination Improvement (FC)</p> <p>6:00 Pinochle Group (LB)</p> <p style="text-align: center;">All day Easter Egg Hunt!</p> <p>Staff, residents and family members are invited to join the scavenger hunt!</p> <p>Bunnies and Eggs will be hidden all over the Terrace.</p> <p>Bring up to 3 items to the Recreation office for a prize!</p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">20</p> <p>11:00 FUN Fitness with Todd (A)</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>Movie and departure time to be announced. (Sign up)</p>  </div> <p>2:30 Skip-Bo (P)</p> <p>7:00—9:00 Game Night with Ron (WN)</p> <p style="text-align: center;"><u>POOL</u></p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">21</p> <p>Church Shuttle 8:00-12:00 (Sign up)</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Easter Brunch 11:00—5:00 in the Claremont</p> <p>Please make a reservation with the dining team for parties of 6 or more.</p> <p><i>*Breakfast will be served in the Claremont from 8:30—10:00</i></p> </div> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A)</p> <p>Now Playing: <i>Son of God</i> 2014 Drama/History 2 hours & 50 minutes</p> <p>From producers Mark Burnett and Roma Downey, <i>Son of God</i> brings the powerful and inspirational story of Jesus to life for a whole new generation of families to enjoy.</p>	<p style="text-align: center;">22</p> <p>9:00 Water Aerobics <u>LEVEL 2</u> (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Bible Study with Pastor Larry (A)</p> <p>1:00 Afternoon Games (A) Pegs and Jokers!</p> <p>2:00 Coordination Improvement (FC)</p> <p>2:00 Skip-Bo (P)</p> <p>3:00 Singing Group Practice (CA)</p> <p>3:30 Catholic Communion (PDR)</p> <p>Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">23</p> <p>10:00 Yoga (FC)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>12:00 AAUW Movie & Lunch (A)</p> <p><i>Featuring:</i> <u>Tea with Mussolini</u></p> <p>1999 Drama/Comedy</p> <p>In 1930s fascist Italy, adolescent Luca just lost his mother.</p> <p>His father, a callous businessman, sends him to be taken care of by British expatriate Mary Wallace.</p> <p>Mary and her cultured friends -- including artist Arabella, young widow Elsa and archaeologist Georgie -- keep a watchful eye over the boy. But the women's cultivated lives take a dramatic turn when Allied forces declare war on Mussolini.</p> <p>All residents are welcome to attend. (Sign up)</p> </div> <p>1:30 Strength & Fitness (FC)</p> <p>2:00 Bridge Group (LB)</p> <p>2:30 BINGO (Café)</p> <p>Med Van 8:30-4:00</p>	<p style="text-align: center;">24</p> <p>9:30 Morning Devotions (L)</p> <p>10:00 Basic Fitness (FC)</p> <p>1:00 Water Aerobics <u>LEVEL 1</u> (Pool)</p> <p>1:00 Mahjong Group (WN)</p> <p>3:30 Sit N' Be Fit (FC)</p> <p>6:30 Wednesday Night Trivia (A)</p> <p>Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>

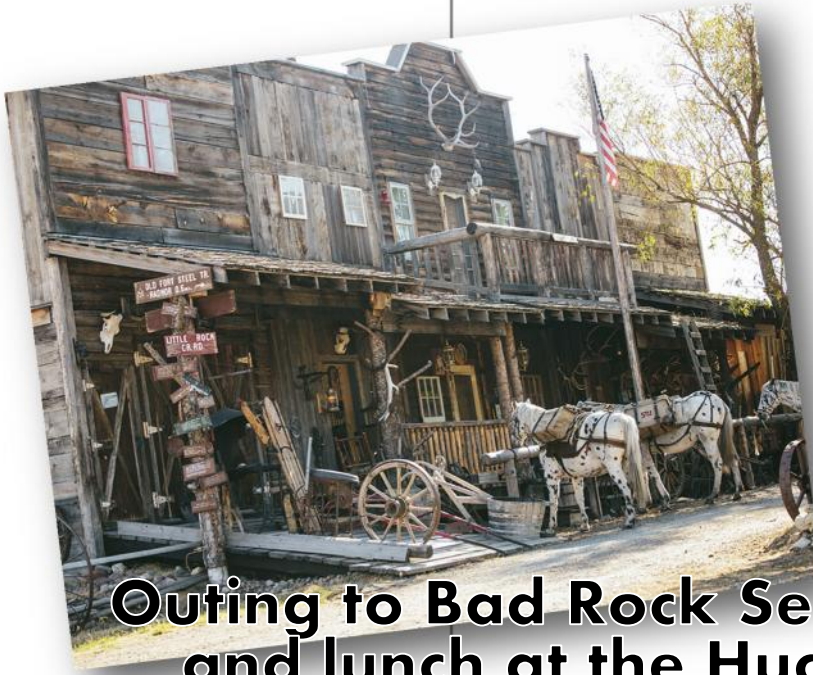
<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">25</p> <p>9:15 Depart for tour of Bad Rock Settlement Museum and lunch at the Huckleberry Patch</p> <p><i>See page 10 for more information!</i></p> <p style="text-align: center;"></p> <p>To fully take advantage of this outing, residents will need to be able to walk long distances, climb stairs and tolerate longer periods of standing.</p> <p style="text-align: center;">(Sign up)</p> <p>10:00 Yoga with Ashley (FC)</p> <p>10:00 Hand and Foot (P)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <p>1:30 BINGO (A)</p> <p>3:00 Strength & Fitness (FC)</p> <p style="text-align: center;">Name Tag Day Medical Van 8:30-4:00</p>	<p style="text-align: center;">26</p> <p>8:30 Coffee & Donuts (P)</p> <p>9:00 Water Aerobics LEVEL 2 (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Brain Games (WN)</p> <p>2:00 Coordination Improvement (FC)</p> <p>2:30 Book Club (AL Conference Room)</p> <p>5:00 Dinner outing: <u>Wilderness Provisions and Eatery</u></p> <p style="text-align: center;">(Sign up)</p> <p style="text-align: center;"> </p> <p style="text-align: center;">Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">27</p> <p>1:30 Afternoon Movie and Popcorn (A) The Chronicles of Narnia: The Lion, the Witch and the Wardrobe</p> <p>2005 Fantasy/Adventure 2 hours and 30 minutes</p> <p>During the World War II bombings of London, four English siblings are sent to a country house where they will be safe.</p> <p>One day Lucy finds a wardrobe that transports her to a magical world called Narnia.</p> <p>After coming back, she soon returns to Narnia with her brothers, Peter and Edmund, and her sister, Susan. There they join the magical lion, Aslan, in the fight against the evil White Witch.</p> <p style="text-align: center;">2:30 Skip-Bo (P)</p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">28</p> <p>Church Shuttle 8:00-12:00 (Sign up)</p> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A)</p> <p>3:00 Student Piano Recital (A) <i>Performed by the students of Michele Van Allen</i></p>	<p style="text-align: center;">29</p> <p>9:00 Water Aerobics <u>LEVEL 2</u> (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p>10:30 Bible Study with Pastor Larry (A)</p> <p>2:00 Coordination Improvement (FC)</p> <p>2:00 Skip-Bo (P)</p> <p>3:00 Singing Group Practice (CA)</p> <p>3:30 Catholic Communion (PDR)</p> <p>4:00 Group Game:</p> <div style="text-align: center;">  </div> <p><i>Join us for our own version of the TV game show! (A)</i></p> <p>Sign up at the Recreation office to be on a team.</p> <p>Shopping Shuttle 1:00 Medical Van 8:30-4:00</p>	<p style="text-align: center;">30</p> <p>10:00 Yoga with Ashley (FC)</p> <p>10:45 Balance and Fall Prevention (FC)</p> <p>1:30 Strength & Fitness (FC)</p> <p>2:00 Bridge Group (LB)</p> <p>2:30 BINGO (Café)</p> <p>Med Van 8:30-4:00</p>	

Thursday

Friday

Saturday



Outing to Bad Rock Settlement Museum and lunch at the Huckleberry Patch

Thursday, April 25th. Bus will depart at 9:15am.

This privately owned living history museum gives visitors a glimpse into Northwest Montana as it was in the mid 1800s to early 1900s. Owned and operated by Stu Sorensen, the museum sits on his Bad Rock Ranch property, near the foot of Columbia Mountain. The building's nine themed rooms, each at least 15 by 15 feet in size, contain thousands of early Montana artifacts, antiques and vintage replicas. It's all part of an extensive private collection that the 73-year-old has been acquiring for more than half a century. **The length of this tour is approximately 1 hour.*

After the tour, we'll have lunch at **The Huckleberry Patch** in Hungry Horse. Stop by the Recreation office to take a look at the menu and sign up for this outing.

See Hannah Brown with any questions or for additional information.

Birthdays in April

Charlotte Higgs 2nd
Shirley Anderson 5th
Chuck Gerry 9th
JoAnne Ross 11th
Betty Stoick 12th
Mary Jo Look 13th
Don Fairbank 16th
Lila Kruckenberg 17th
Clyde Pederson 20th
Helen Gerry 27th
Barb Nowaczyk 30th

Happy Birthday!

Curio Cabinet Theme

Baby Pictures

Staff and residents are invited to share their baby pictures!

Drop photos off with a Recreation team member.

Thank you!

Activity Space Key

Buffalo Room—BR	History Room—HR
Billiards Room—B	Fitness Center—FC
Patio Room—P	Library—LB
The Café—CA	Lobby—L
The Salon—S	Tranquility Room—TR
The Claremont—CL	Conference Room—CR
Wooden Nickel—WN	A—Auditorium

Whole Person Wellness Philosophy

Morning oatmeal? Annual flu shot? There's so much more to Whole Person Wellness, where mind, body and spirit are valued equally. Our goal is to encourage meaningful living by providing a variety of healthy activities to ensure wellness in all six dimensions.

The 6 dimensions of wellness include:

Physical – for strength, balance and overall fitness

Emotional – to cope with life's challenges at any age

Intellectual – because your mind doesn't stop growing

Social – ensuring friendship, companionship and sharing

Spiritual – adding depth to every day

Vocational – with acknowledgement of your talent, experience and capabilities

The Recreation Calendar and Activity guide is color coded, making it easy for you to match the program or event to the dimension of wellness.

Have an idea for a movie, activity or outing? We'd love to hear from you! Resident requests and suggestions are a big part of what shapes our monthly calendar. Give us a call or stop by the Recreation office to speak with a team member.

With our residents in mind, our goal is to accurately represent the pace and effort needed to participate in an outing.

The symbols below are listed next to all outings on the monthly calendar. In order to make the best personal choice, refer to this guide when signing up for an outing.

Activity Rating System



Easy Going -This outing will require light physical activity. There may be minimal walking, including getting on and off the bus.



Moderate -This outing may require residents to walk longer distances, tolerate short periods of standing and navigate uneven terrain, i.e., cobblestone, grass or gravel.



Active—To fully take advantage of this outing, residents will need to be able to walk long distances, climb stairs and tolerate longer periods of standing. Employee assistance will be minimal.



Handicap Accessible -This outing is wheelchair friendly.



Ticket purchase needed to attend-This outing requires you to pre-purchase a ticket through the Recreation department.

Buffalo Hill
— T E R R A C E —
A Ministry of Immanuel Lutheran Communities