

September Calendar & Activity Guide



Activity Calendar Abbreviation Key



Auditorium (A)

Patio Room (PR)

The Café (CA)

Private Dining Room (PDR)

The Claremont (CL)

Wooden Nickel (WN)

Pool (P)

Courtyard (CY)

Fitness Center (FC)

Library (LB)

Lobby (L)

Conference Room (CR)



September Birthdays

Gale Noteboom 3rd

Linda Stricker 5th

Barbara Kropp 6th

Elaine Trotman 7th

Carey Chery 10th

Lynn Krichbaum Grain 14th

Lynda Collins 14th

Chuck Steele 18th

Virginia Obermiller 19th

Glenna Small 19th

Connie Tetrault 20th

Francie Patton 21st

Margot Glenn 26th

Barbara St Michaels 29th

Jane Wuchinich 30th



See page 12 for our new Fitness Class Rating System Guide!

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



Friday

1

Donut Friday

★ 9:00 Water
Aerobics with Todd
(P)



♥ 10:00 Basic
Fitness (FC)

♥ 1:00 Basic
Fitness (FC)

1:30 Bridge Group (CA)

3:00 Updates & Questions with Carla (A)

*Residents are encouraged
to attend this monthly
informational meeting.*

Feature

6:30-8:30:

The Secret World Of
Dragonflies



Saturday

2

1:30 Pinochle Group (CA)

6:00 Depart for: Bigfork Summer Playhouse: The Hits of the 50's, 60's & 70's (Sign Up)

The 50s, 60s & 70s were three decades of some of the finest Rock and Roll music! Enjoy an evening of staged hits from artists like The Spaniels, Roy Orbison, Elvis Presley, Chubby Checker, The Beatles, Billy Joel, and more as the Bigfork Summer Playhouse brings you the Hits from the 50s, 60s & 70s, live onstage!


















Tickets \$35.00





















Sunday	Monday	Tuesday	Wednesday
<p>3</p> <p><u>Church Shuttle</u> 8:30-1:00 (Sign up) </p> <p>Channel 3 Feature 9:30AM-3:00PM Sunday Music</p> <p>SUNDAY MUSIC</p> <p></p> <p>1:00 Church Service (A)</p> <p></p> <p>6:00 Cribbage (CA)</p> <p></p>	<p>4</p> <p></p> <p>Labor Day BBQ</p> <p>11:00-1:00 (CY) Will be moved to the Auditorium if bad weather or smoke.</p> <p> 10:00 Basic Fitness (FC)</p> <p> 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN)</p> <p>2:30 Craft (A) Color with Markers -Zippered Bag</p> <p></p> <p>3:00-4:30 Alzheimer's Support Group (PDR)</p> <p>6:30 Music by: Xiaolong, Zichong, Ziao, & Saraphina Chen (A)</p>	<p>5</p> <p>★ 9:00 Water Aerobics with Heidi (P)</p> <p> 10:00 Chair Yoga with Ashley (FC)</p> <p>10:00 Brain Games with Angela (PR)</p> <p></p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>11:00 Catholic Communion (CA)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>2:30 Uno Flip Card Game (PR) Come play and learn the game!</p> <p></p>	<p>6</p> <p> 10:00 Basic Fitness (FC)</p> <p>10:00 Bible Study (CA)</p> <p>10:00 North Shopping Shuttle</p> <p>11:30-1:00 Taking Care of Business (Sign Up) </p> <p>11:30 BINGO (A)</p> <p>1:00 Brain Fitness with Todd (FC)</p> <p>1:15-3:15 Free Computer Help (Sign Up)</p> <p>1:30 Pinochle Group (CA)</p> <p>7:00 Summer Concert Series Wai Mizutani with the Chen Family (CY)</p> <p></p>







Thursday	Friday	Saturday
<p style="text-align: center;">7</p> <p>★ 9:00 Water Aerobics (P)</p> <p>♥ 10:00 Chair Yoga with Ashley & Kid Care Day Care (FC)</p>  <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>◆ 1:00 Balance and Fall Prevention (FC)</p>  <p>Channel 3 Feature 6:30-8:30: Backroads of Montana: Eureka to Big Sandy</p> 	<p style="text-align: center;">8</p> <p>Donut Friday</p> <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>10:00 Pampered Nails Fingernail Painting (A)</p> <p>11:30 BINGO (A)</p>  <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Bridge Group (CA)</p> <p>1:30 Wai Mizutani and Friends (A)</p>  <p>3:00 Devotions with Braden (PDR)</p>	<p style="text-align: center;">9</p> <p>1:30 Pinochle Group (CA)</p>  <p>4:00PM-6:00PM</p> <p>Summer Courtyard Concert</p> <p>GRAND FINALE</p> <p>Featuring: The Bad Larrys</p> <p>The Bad Larrys are a talented acoustical duo, from the Flathead Valley in Montana. Featuring Jay Aiken on acoustic guitar and Chris Arndt on Upright Bass.</p> 

Sunday	Monday	Tuesday	Wednesday
<p style="text-align: center;">10</p> <p style="text-align: center;"><u>Church Shuttle</u> <u>8:30-1:00 (Sign up)</u></p> <p style="text-align: center;"></p> <p>1:00 Church Service and Communion (A)</p> <p>2:30 Buffalo Theater & Popcorn (A) The Little Mermaid 2023</p> <p>The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land.</p>  <p>6:00 Cribbage (CA)</p>	<p style="text-align: center;">11</p> <p> 10:00 Basic Fitness (FC)</p> <div style="border: 1px solid brown; padding: 5px; text-align: center;"> <p>12:00 Mystery Book Club (PDR) Join Fellow Mystery Enthusiast for lunch!</p> <p></p> </div> <p> 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN)</p>  <p>Channel 3 Feature 6:30-8:30 Amazing Japanese bakery in the mountains.</p> 	<p style="text-align: center;">12</p> <p>★ 9:00 Water Aerobics with Heidi (P)</p>  <p> 10:00 Chair Yoga with Ashley (FC)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>11:00 Catholic Communion (CA)</p>  <p>◆ 1:00 Balance & Fall Prevention (FC)</p> 	<p style="text-align: center;">13</p> <div style="border: 1px solid gray; padding: 5px; text-align: center;"> <p>10:00 North and South Shopping Shuttle (Sign Up)</p> <p> </p> </div> <p> 10:00 Basic Fitness (FC)</p> <p>10:00 Bible Study (CA)</p> <p>1:00 Brain Fitness with Todd (FC)</p> <p>1:30 Pinochle Group (CA)</p>  <p>2:30 Craft Class with Angela: (CA)</p> 

Thursday	Friday	Saturday
<p>14</p> <p>★ 9:00 Water Aerobics with Heidi (P)</p> <p>♥ 10:00 Chair Yoga with Ashley (FC)</p> <p>10:00 Pampered Nails Fingernail Painting (A)</p> <p>10:30 Grief Support (CR)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>11:30 BINGO (A)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>1:30 Wai Mizutani and Friends (A)</p> <p>6:00 Uno Flip Card Game Come play & learn the game! (PR)</p> <p>Channel 3 Feature 6:30-8:30 Country Music With Lyrics -Kenny Rogers, John Denver, Cat Stevens...</p> 	<p>15</p> <p>Donut Friday</p> <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <div style="border: 1px solid brown; padding: 5px; margin: 10px 0;"> <p>10:30 Depart for Flathead lake Scenic Drive loop with Lunch in Polson at Makenzie River Pizza (Sign Up) This trip is an all day adventure!</p>  <div style="display: flex; justify-content: center; align-items: center; gap: 10px;">   </div> </div> <div style="border: 1px solid brown; padding: 5px; margin: 10px 0;"> <p>11:30 Resident Ambassador Meeting (PDR)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Bridge Group (CA)</p> <p>3:00 Devotions with Braden (PDR)</p> </div>	<p>16</p> <p>11:00 Saturday BINGO (A)</p>  <p>1:30 Pinochle Group (CA)</p> <p>2:30 Montana Trivia Challenge and PRIZES! (A)</p> <p>6:30 Evening Documentary: Glacier (A) with Movie Night Snack Board</p> <p>Enjoy the marvelous scenery and wildlife of Glacier National Park as few visitors ever see it.</p> <p>Join us on a magical journey through the beautiful seasons of Glacier as photographed over many years by local legend - George Ostrom. Ostrom has hiked 10,000 miles and climbed half the 199 named peaks in the park since 1936. His unique chronicle of the park extends through late fall, winter and early spring - when few people are able to visit.</p> 

Sunday	Monday	Tuesday	Wednesday
<p>17</p> <p><u>Church Shuttle</u> <u>8:30-1:00</u> <u>(Sign Up)</u> </p> <p>Channel 3 Feature 9:00-3:00: There's no better way to start the day than with relaxing music and birds chirping !  1:00 Sunday Church Service (A) 2:30-4:30 Montana State Old-Time Fiddlers Jam (A)  6:00 Cribbage (CA)</p>	<p>18</p> <p>♥ 10:00 Basic Fitness (FC)  ♥ 1:00 Basic Fitness (FC) 1:30 Billiards (WN) 3:00-4:30 Alzheimer's Support Group (A)  Channel 3 Feature 6:30-8:30: Biography - Ron Howard </p>	<p>19</p> <p>★ 9:00 Water Aerobics (P) ♥ 10:00 Chair Yoga with Ashley (FC) 10:00 Immanuel at Home Deep Dive (A) See page 11 for more information.  ♦ 10:30 Barre Yoga with Ashley (FC) 11:00 Catholic Communion (CA) ♦ 1:00 Balance & Fall Prevention (FC) 2:30 Resident Advisory Meeting (PDR) 3:00 Fraud Prevention Event by Agency on Aging (A) </p>	<p>20</p> <p>♥ 10:00 Basic Fitness (FC) 10:00 Bible Study (CA) 10:00 What's Up? Presentation by: Susan Estes (A) Find out about the upcoming 2023/2024 season of the Glacier Symphony. 10:00 North Shopping Shuttle (Sign Up) 11:30-1:00 Taking Care of Business Shuttle (Sign Up)  1:00 Brain Fitness with Todd (FC) 1:15-3:15 Free Computer Help (Sign Up)  1:30 Pinochle (CA)</p>

Thursday	Friday	Saturday
<p>21</p> <p>★ 9:00 Water Aerobics with Heidi (P)</p> <p>♥ 10:00 Chair Yoga with Ashley (FC)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>11:30 BINGO (A)</p>  <p>◆ 1:00 Balance and Fall Prevention (FC)</p> <div style="border: 2px solid red; padding: 5px; margin: 10px 0;"> <p>1:00PM—4:00PM</p> <p>Foot Clinic with Dr. Latter in the Café.</p> <p>(Sign Up)</p> </div> <p>1:30 Wai Mizutani and Friends (A)</p> <p>4:00 John Dunnigan Music Performance (A)</p> 	<p>22</p> <p>Donut Friday</p>  <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>10:30 Brain Games with Angela (PR)</p>  <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Bridge Group (CA)</p> <p>2:30 September Birthday Celebration with Music by: Irish Folk and Fun</p>  <p>3:00 Devotions with Braden (PDR)</p>	<p>23</p> <p>1:30 Pinochle Group (CA)</p> <div style="border: 2px solid black; padding: 10px; margin: 10px 0;"> <p>6:25 Depart for: Wachholz Center: Glacier Symphony presents: Beethoven Lives Upstairs (Sign Up)</p> <p>A theatrical symphony concert that imaginatively introduces young audiences and their families to the life and music of Ludwig Van Beethoven in a live performance venue. The program will also feature winners of the 2023 MASO Montana Young Artists Competition.</p> </div>  <p>Tickets are \$45.00</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>

Sunday	Monday	Tuesday	Wednesday
<p>24</p> <p><u>Church Shuttle</u> <u>8:30-1:00 (Sign up)</u></p>  <p>1:00 Church Service (A)</p> <p>4:30 Buffalo Theater and Pizza (A) Interstellar Earth's future has been riddled by disasters, famines, and droughts. There is only one way to ensure mankind's survival: Interstellar travel. A newly discovered wormhole in the far reaches of our solar system allows a team of astronauts to go where no man has gone before, a planet that may have the right environment to sustain human life.</p>  <p>6:00 Cribbage (CA)</p>	<p>25</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>11:00 Executive Committee Meeting (PDR)</p> <p>11:30 BINGO (A)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN)</p> <p>3:00 Fresh Flower Arranging (A)</p> <p>6:30 Music by: Xiaolong, Zichong, Ziao, & Saraphina Chen (A)</p> <p>Channel 3 Feature 6:30-8:30: Amazing Inventions and Ingenious Tools That Are On Another Level</p> 	<p>26</p> <p>★ 9:00 Water Aerobics with Heidi (P)</p> <p>♥ 10:00 Chair Yoga with Ashley (FC)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>11:00 Catholic Communion (CA)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>2:30 Book Club (CR)</p> <p>Channel 3 Feature 6:30-8:30: Wild Life -Nature Documentary</p> 	<p>27</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>10:00 North & South Shopping Shuttle (Sign Up)</p>  <p>10:00 Bible Study (CA)</p> <p>12:00 Recreation Committee Meeting (CR)</p> <p>1:00 Brain Fitness with Todd (FC)</p> <p>1:30 Pinochle Group (CA)</p> <p>4:30 Dinner and a Movie (A) The Perfect Storm A true-life story of a group of commercial fishermen who face a killer storm in the North Atlantic in 1991.</p> 

Thursday	Friday	Saturday
<p>28</p> <p>★ 9:00 Water Aerobics with Heidi (P)</p>  <p>♥ 10:00 Chair Yoga with Ashley (FC)</p> <p>10:00 Pampered Nails Fingernail Painting (PR)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>10:30 Grief Support (CR)</p> <p>11:30 BINGO (A)</p>  <p>◆ 1:00 Balance and Fall Prevention (FC)</p>  <p>1:30 Wai Mizutani and Friends (A)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>4:30 Depart Out-to-Dinner: The Montana Club (Sign Up)</p> </div>	<p>29</p> <p>Donut Friday</p> <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>10:00 Dining Committee Meeting (CA)</p> </div> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Bridge Group (CA)</p> <p>3:00 Devotions with Braden (PDR)</p>  <p>Channel 3 Feature</p> <p>6:30-8:30: 101 Random interesting Facts to Keep Your Next Conversation Going</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>BEFORE THE 'ERASER BREAD WAS USED TO REMOVE PENCIL MARKS</p>  </div>	<p>30</p> <p>12:30 Buffalo Theater and Popcorn (A) Clue</p> <p>Based on the Hasbro board game, a band of strangers frantically try to figure out who is the murderer among them.</p>  <p>1:00-3:00 BJ Carlson's 90th Birthday Party (WN)</p>  <p>1:30 Pinochle Group (CA)</p> 



*Turtles can breathe
through their rear-ends*

**A duck's quack doesn't
echo, and no one
knows why.**



**The bumblebee bat is
the world's smallest
mammal.**



**Mosquitos are attracted
to people who have just
eaten a banana.**



**Cows have
best friends.**

**Women blink nearly twice as
much as men!**



**There's enough gold inside
Earth to coat the planet.**








Activity Rating System


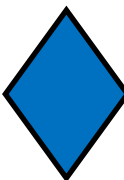
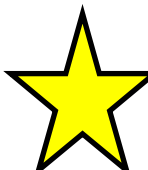
With our residents in mind, our goal is to accurately represent the pace and effort needed to participate in each outing and fitness class.

The symbols below are listed next to all outings and fitness classes on the monthly calendar. In order to make the best personal choice.

Refer to this guide when signing up for an outing.

	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.

Fitness Class Rating System

	Easy Going/Handicap Accessible - Classes include light physical activity, including light stretching and easy exercises while sitting, with optional movements for short standing periods.
	Moderate - Classes will include moderate physical activity, including light stretching, slightly more challenging exercises, and standing for longer periods of time while completing moderate exercises.
	Active - Classes will include higher physical activity, including higher intensity exercises and constant movement while standing. Classes are available to those with no appropriate physical restrictions.

Channel 3 Feature

Basic Fitness with Todd

Every Monday, Tuesday, and Thursday
at 10:00am & 1:00pm
and Saturday at 10:00am

Channel 3 Feature

Strength & Fitness with Todd

Every Wednesday 10:00am and 1:00pm
Every Friday 9:30am and 1:00pm
Every Saturday at 1:00pm

Channel 3 Feature

**Every Friday at 10:00am
and 5:30pm
Bible Study with Pastor Al**

Channel 3 Feature

**Every Sunday at 4:00pm-6:00pm
on a loop Message from Pastor Al**

There's more than one way to enjoy a book!

The Montana State Library
helps persons enjoy books by listening if
reading has become difficult.

**Any individual who is blind, has visual impairment
or a physical disability that makes them unable to
comfortably read print books may enroll in this
program. Speak to a Recreation Team member or a
library volunteer to Complete a short application.
The application is easy and you choose the authors
you enjoy and types of books you prefer.**



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

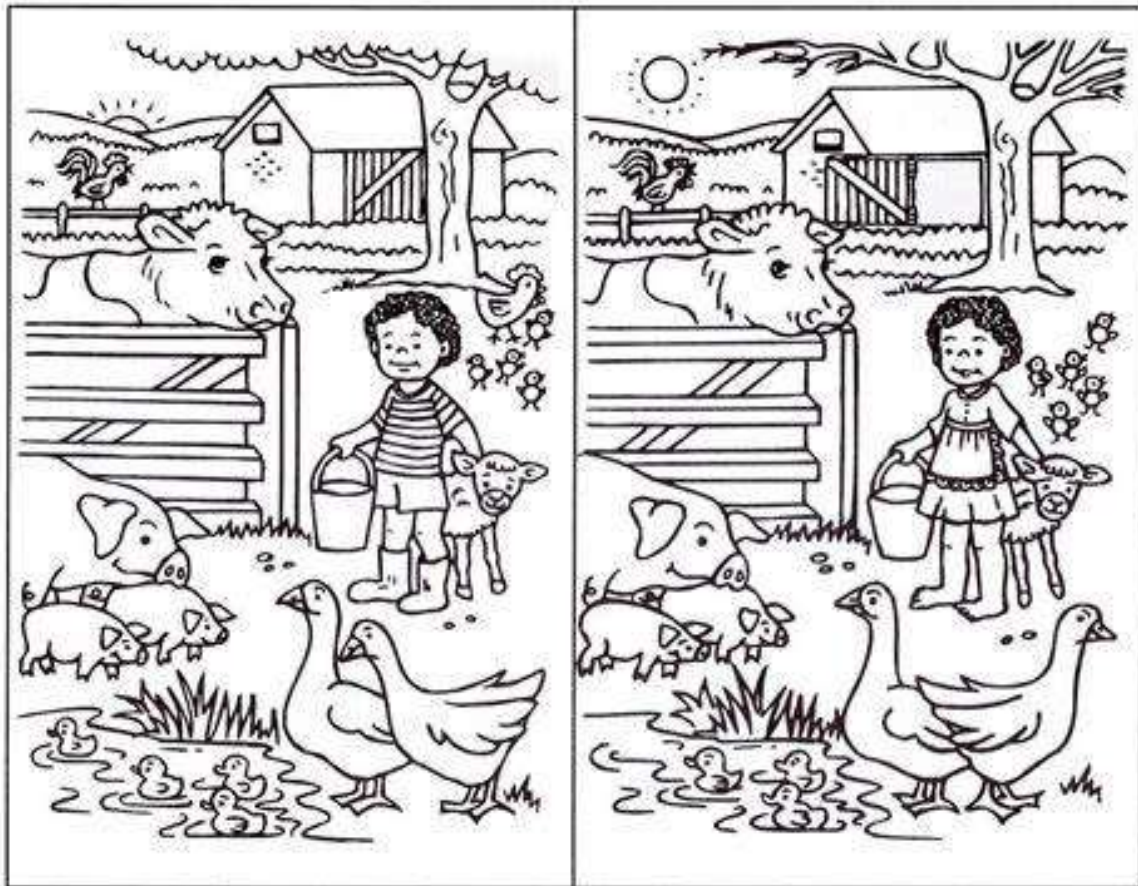
Spiritual – adding depth to every day

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.

SPOT THE DIFFERENCE



Farm Trivia

1. How are cows like snowflakes?
2. What the only vegetable or fruit that is only sold fresh?
3. What is the most widely eaten meat worldwide?
4. What are the only two perennial vegetables?
5. What was the longest recorded flight of a chicken?
6. How much milk will the average dairy cow produce daily?
7. What fruit has its seeds on the outside?
8. How many miles of yarn can one pound of wool make?
9. What bean is an important ingredient in crayons
10. How heavy was the heaviest turkey ever raised?

1. No two have exactly the same pattern of spots. 2. Lettuce 3. Pork 4. asparagus & rhubarb
5. 13 seconds 6. 7 gallons 7. Strawberries 8. 10 miles 9. Soybeans 10. 86 lbs



Buffalo Hill
— TERRACE —

A Ministry of Immanuel Lutheran Communities



EQUAL HOUSING
OPPORTUNITY

THE
Villas
— AT BUFFALO HILL —

A Ministry of Immanuel Lutheran Communities