



December



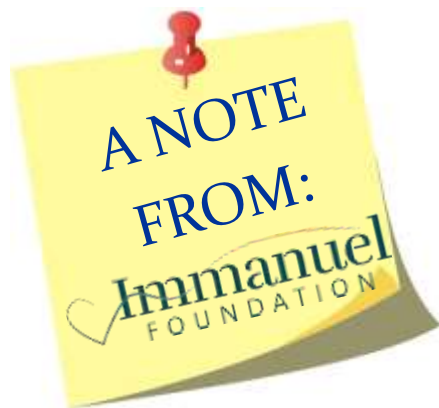
Calendar &



Activity

Guide





Thank you
for your support of the
Employee Gratuuity Fund!

We exceeded our goal of \$80,000 and we are looking forward to celebrating our employees this month.

Our Winter Gala was a huge success. We netted over \$150,000 and we are so thankful to all of you for your donations, enthusiasm and support. We look forward to beginning our in-room upgrades for the Skilled Care Center.

Buy a Christmas Tree for your own room.....we heard residents of the Buffalo Hill Terrace, Villas, and Cottages who wanted to rent or buy a tree or wreath for their rooms. Join us on December 4th at 1:30 in the Auditorium to decorate your tree or wreath.

** Trees/Wreaths You can purchase for \$50-\$100 and we will put your name on it and will store all year for you. First come first serve. Decorations and wreath hangers are provided.*

** All proceeds for this project will go to campus enhancement projects for the Buffalo Hill Terrace, Villas, and Cottages.*

Stay tuned for more Foundation fun in the months to come!!!



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)



December Birthdays

Mary Loth 3rd
 Jeane Frandrup 8th
 Bill Mosher 11th
 Jennifer Graham 11th
 Dale Butts 12th
 Peter Holzer 14th
 Jean Smith 17th
 Mary Reckin 19th
 Mary Duryee 28th
 Marcia Smiley 29th
 Alice Oechsli 31st



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)

2:30 BINGO (A)



Channel 3 Feature

6:30-8:30:

The Gilded Age:
 Full Documentary: PBS



Saturday

2

1:30 Pinochle Group (CA)



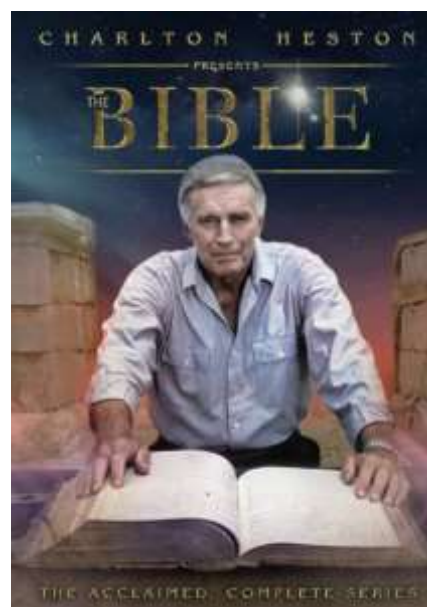
6:45 Depart for:
 Wachholz Center:
 Glacier Symphony
 Presents:
 Chorale Handel's Messiah
 Tickets are \$45.00













Channel 3 Feature










5:30-8:45:

Charlton Heston Presents:
 The Bible: From Genesis
 To The Passion.






Sunday	Monday	Tuesday	Wednesday
<p>3</p> <p><u>Church Shuttle</u> <u>8:30-1:00</u> <u>(Sign up)</u></p>  <p>1:00 Church Service (A)</p> <p>6:00 Cribbage (CA)</p>  <p>Channel 3 Feature Every Sunday at 4:00pm-6:00pm on a loop Message from Pastor Al</p> 	<p>4</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>11:30 BINGO (A)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN)</p>  <p>1:30-3:30 (A) Christmas Tree or Wreath Craft (See Page 1 for more Information.)</p>  	<p>5</p> <p>★ 9:00 Water Aerobics with Ashley (P)</p> <p>♥ 10:00 Chair Yoga with Ashley (FC)</p> <p>10:30 Brain Games with Angela (PR)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p>  <p>11:00 Catholic Communion (CA)</p> <p>♥ 11:30 Tai Chi (FC)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>2:00 Pampered Nails Fingernail Painting (A)</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 Resident Ambassador Meeting (PDR)</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>1:30 Depart for Gambling with Hannah</p> 

Thursday	Friday	Saturday
<p style="text-align: center;">7</p> <p style="text-align: center;">FRIENDS AND FAMILY Christmas DINNER</p> <p>★9:00 Water Aerobics with Ashley (P)</p> <p>♥10:00 Chair Yoga (FC)</p> <p>◆10:30 Barre Yoga with Ashley (FC)</p> <p>♥11:30 Big For Life (FC)</p> <p>◆1:00 Balance and Fall Prevention (FC)</p> <p style="text-align: center;">4:00-8:00 Friends & Family Christmas Dinner in the Claremont. Desserts in the Auditorium!</p> 	<p style="text-align: center;">8</p> <p style="text-align: center;">Donut Friday</p> <p>★9:00 Water Aerobics with Todd (P)</p> <p>♥10:00 Basic Fitness (FC)</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>2:30 Devotions with Braden (LB)</p> <div style="border: 1px solid red; padding: 5px; margin: 10px 0;"> <p style="text-align: center;">3:00 Updates & Questions with Carla (A)</p> <p style="text-align: center;"><i>Residents are encouraged to attend this monthly informational meeting.</i></p> </div> 	<p style="text-align: center;">9</p>  <p style="text-align: center; color: red; font-size: 2em;">Be on the look out for Santa today!</p>  <p>1:30 Pinochle Group (CA)</p> <p>2:00 Memorial Service for Gloria Puckett with Reception to follow (A)</p> 

Sunday	Monday	Tuesday	Wednesday
<p>10</p> <p><u>Church Shuttle</u> <u>8:30-1:00 (Sign up)</u></p>  <p>1:00 Church Service (A)</p> <p>3:00 Maryruth Fallon's Christmas Piano Recital (A)</p>  <p>6:00 Cribbage (CA)</p>  <p>Channel 3 Feature Every Sunday at 4:00pm-6:00pm on a loop Message from Pastor Al</p>	<p>11</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>11:30 Christmas BINGO (A)</p> <p>12:00 Mystery Book Club (PDR)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN)</p> <p>2:00 Finance Committee (PDR)</p> <p>4:00 Eight Days of Hanukkah (A) Please join us in learning about Hanukkah. An eight-day Jewish observance that remembers the Jewish people's struggle for religious freedom.</p>  <p>7:15 Valley Voices (A)</p> 	<p>12</p> <p>★ 9:00 Water Aerobics with Ashley (P)</p> <p>♥ 10:00 Chair Yoga with Ashley (FC)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>10:30 Rankin 5th Grade Christmas Caroling (CL)</p>  <p>11:00 Catholic Communion (CA)</p> <p>♥ 11:30 Tai Chi (FC)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>6:15 Flathead Valley Aires (A)</p> 	<p>13</p> <p>10:00 North and South Shopping Shuttle (Sign Up)</p>  <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 Foundation Committee Meeting (PDR)</p> <p>Channel 3 Feature 6:30-8:30 What Was Normal Life Like During Biblical Times? Living In The Time Of Jesus.</p> 

Thursday	Friday	Saturday
<p style="text-align: center;">14</p> <p>★ 9:00 Water Aerobics with Ashley (P)</p>  <p>♥ 10:00 Chair Yoga with Ashley (FC)</p>  <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>♥ 11:30 Big For Life (FC)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>Channel 3 Feature 6:30-8:30 Vintage Christmas Commercials</p> 	<p style="text-align: center;">15</p>  <p style="text-align: center;">Donut Friday</p> <p>★ 9:00 Water Aerobics (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p style="text-align: center;">11:30 BINGO (A)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p style="text-align: center;">1:30 Bridge Group (CA)</p> <p style="text-align: center;">1:30 December Birthday Celebration Music by: Wai Mizutani (A)</p> <p style="text-align: center;">2:30 Devotions with Braden (LB)</p> <p style="text-align: center;">3:00 Alpine Theatre Project: Yuletide Affair (A) Project presents their 20th annual Yuletide Affair. Witness the magic of the season as 15 Broadway Professionals showcase a preview of this year's enchancing holiday performance. Let the joy of the holidays warm your heart and bring a smile to your face! Don't miss this special celebration of two decades of spreading happiness in the community</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">1:30 Pinochle Group (CA)</p>  <p style="text-align: center;">2:00 Students of Talitha Stahlberg Piano Recital (A)</p>  <div style="border: 2px solid green; padding: 10px; margin-top: 20px;"> <p style="text-align: center;">6:00 Depart for Christmas Lights Tour (Sign Up)</p>    </div>

Sunday	Monday	Tuesday	Wednesday
<p>17</p> <p><u>Church Shuttle</u> <u>8:30-1:00</u> <u>(Sign Up)</u> </p> <p>1:00 Sunday Church Service (A)</p> <p>2:30-4:30 Montana State Old-Time Fiddlers Jam (CA)</p> <p>3:00 VanAllen Christmas Concert Recital (A) </p> <p>4:30 VanAllen Christmas Concert Recital (A)</p> <p>6:00 Cribbage (CA)</p> <p>6:00 Depart for Christmas Lights Tour  </p>	<p>18</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p></p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN) </p> <p>3:00-4:30 Alzheimer's Support Group (PDR)</p> <p>Channel 3 Feature 6:30-8:30: Dean Martin Christmas T.V specials </p>	<p>19</p> <p>★ 9:00 Water Aerobics (P)</p> <p>♥ 10:00 Chair Yoga (FC)</p> <p>◆ 10:30 Barre Yoga (FC)</p> <p>11:00 Catholic Communion (CA)</p> <p>♥ 11:30 Tai Chi (FC)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>1:30 Christmas Cookie Decorating with Russell School and Father Christmas (A) </p> <p>Channel 3 Feature 6:30-8:30: Gracias Christmas Choir & Orchestra </p>	<p>20</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>10:00 North Shopping Shuttle (Sign Up)</p> <p>11:30-1:00 Taking Care of Business Shuttle (Sign Up) </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 (CA)</p> <p>Channel 3 Feature 6:30-8:30: Classic Christmas Movies: Compilation </p>

Thursday	Friday	Saturday
<p style="text-align: center;">21</p> <p>★ 9:00 Water Aerobics (P)</p> <p>10:00 Pampered Nails Fingernail Painting (A)</p> <p>♥ 10:00 Chair Yoga with Ashley (FC)</p> <p>10:30 Grief Class with Pastor Al (CR)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>11:30 BINGO (A)</p> <p>♥ 11:30 Big For Life (FC)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>1:30 Wai Mizutani and Friends (A)</p> <p>2:30 Christmas Sing-along and History of some of the most famous Christmas Carols (A)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>4:30 Depart Out-to-Dinner: Jagz (Sign Up)</p> <div style="display: flex; align-items: center;">   </div> </div>	<p style="text-align: center;">22</p> <p style="text-align: center;">Festive Christmas Sweater Day</p>  <p style="text-align: center;">Donut Friday</p> <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Bridge Group (CA)</p> <p>2:30 Devotions with Braden (LB)</p> 	<p style="text-align: center;">23</p> <p>1:30 Pinochle Group (CA)</p>  <p style="text-align: center;">Let's Go Caroling</p> <p style="text-align: center;">3:00</p> <p style="text-align: center;">Meet in the Auditorium for Caroling down the Halls!</p> 

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>2:30 Twas the Day Before Christmas (A) Hot Chocolate, Hot Apple Cider, Christmas Stories and so much more!</p>   <p>6:00 Cribbage (CA)</p>	<p>25</p>   <p>Channel 3 Feature 9:00am-9:00pm: All day Christmas Music</p>  	<p>26</p> <p>★ 9:00 Water Aerobics with Ashlev (P) </p> <p>◆ 10:00 Chair Yoga (FC)</p> <p>♥ 10:30 Barre Yoga (FC)</p> <p>11:00 Catholic Communion (CA)</p> <p>♥ 11:30 Tai Chi (FC)</p> <p>◆ 1:00 Balance & Fall Prevention (FC)</p> <p>2:30 Book Club (CR)</p> <p>Channel 3 Feature 6:30-8:30: Greatest Natural Wonders Around The World</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 (CR)</p> <p>1:00 Facilities Committee (PDR)</p> <p>1:00 Brain Fitness with Todd (FC) 1:30 Pinochle Group (PR)</p> <p>4:30 Dinner and a Movie (A) Always be my Maybe</p>  <p>Everyone assumed that Sasha and Marcus would wind up together, except for Sasha and Marcus. Reconnecting after 15 years, the two start to wonder--maybe?</p>

Thursday	Friday	Saturday
<p>28</p> <p>★ 9:00 Water Aerobics with Ashley (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>♥ 11:30 Big For Life (FC)</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> 	<p>29</p> <p>Donut Friday</p> <p>★ 9:00 Water Aerobics with Todd (P)</p> <div style="border: 2px solid brown; padding: 5px; text-align: center;"> <p>10:00 Dining Committee Meeting (CA)</p> </div> <p>♥ 10:00 Basic Fitness (FC)</p>  <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 6:30-8:30: Ancient Innovators Who Changed Everything.</p> 	<p>30</p> <p>12:30 Buffalo Theater and Popcorn (A) Second Hand Lions</p> <p>A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.</p>   <p>1:30 Pinochle Group (CA)</p> 

Sunday

31

Church Shuttle8:30-1:00 (Sign up)

1:00 Church Service (A)

Happy
New
Year

7:00-8:30

CELEBRATE THE
NEW YEAR WITH
LIVE MUSIC BY:
MONTANA LITE

Enjoy Heavy
Appetizers,
Champagne and Door
Prizes!

6:00 Cribbage (CA)

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








Activity Rating System

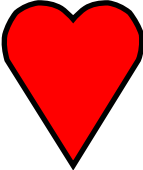
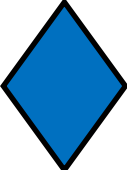

With our residents in mind, our goal is to accurately represent the pace and effort needed to participate in each outing and fitness class.

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.



Buffalo Hill Library will soon be decked out for the holidays with books to celebrate the season. Be sure to Check Them Out!



Did you know that you can obtain an ImagineIt library card? Have home deliveries of books, music CDs, DVDs, and magazines!

For more information, see a library volunteer, or Recreation Staff Member.

You may want a new book that **you just can't wait to read.** There is a way to obtain these books! The Book Shelf bookstore will order books if the book is not on their shelves and deliver it to you! The Book **Shelf's** Phone number is (406)-756-2665. Be sure to tell Stephanie Pius that you are a resident of Buffalo Hill.



The Buffalo Hill Library volunteers always appreciate requests you may have.

**A VERY MERRY
CHRISTMAS**
and Happy New Year!

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

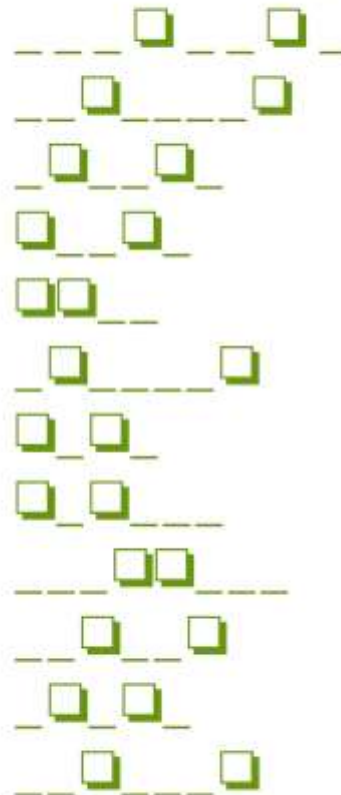
Social – ensuring friendship, companionship and sharing

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.



DLEITUEY
ZANETHUL
GALENS
SLEEV
YOST
RALDANG
SWOB
TRAHEW
DERIRENE
GLISHE
ISFGT
KOICESO

