
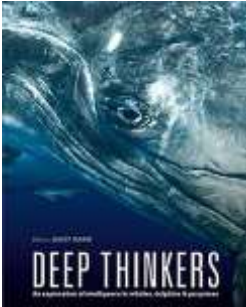









# JANUARY CALENDAR & ACTIVITY GUIDE



<div>  <p>Wishing you a year of immeasurable Blessings and Joy!</p> </div>	Monday	Tuesday	Wednesday
<div> <p><b><u>Famous January Birthday's</u></b></p> <p>January 1st J. Edgar Hoover</p> <p>January 4 Issac Newton</p> <p>January 8th Elvis Presley</p> <p>January 15th Martin Luther King Jr.</p> <div>  </div> </div>	<div> <p><b>1</b></p> <p>♥ 10:00 Basic Fitness (FC)</p> <div> <p>11:00 Executive Committee Meeting (PDR)</p> </div> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN)</p> <div> <p>3:00-4:30 Dementia Caregiver Support Group (PDR)</p> </div> <p><b>Channel 3 Feature</b> 6:30-8:30: Canada: Surviving the Wild North PBS</p> <div>  </div> </div>	<div> <p><b>2</b></p> <p>♥ 10:00 Yoga with Ashley (FC)</p> <p>♦ 10:30 Barre Yoga with Ashley (FC)</p> <p>11:00 Catholic Communion (CA)</p> <p>♥ 11:30 Tai Chi (FC)</p> <div>  </div> <p>♦ 1:00 Balance &amp; Fall Prevention (FC)</p> <p><b>Channel 3 Feature</b> 6:30-8:30 Deep Thinkers: Spy in the Ocean</p> <div>  </div> </div>	<div> <p><b>3</b></p> <p>♥ 10:00 Basic Fitness (FC)</p> <div> <p>10:00 North Shopping Shuttle</p> <hr/> <p>11:30-1:00 Taking Care of Business</p> <div>  </div> </div> <p>10:00 Bible Study (CA)</p> <p>1:00 Brain Fitness with Todd (FC)</p> <div>  </div> <p>1:15-3:15 Free Computer Help (Sign Up)</p> <div>  </div> <p>1:30 Pinochle Group (CA)</p> </div>

Thursday	Friday	Saturday
<p style="text-align: center;"><b>4</b></p> <p>★ 9:00 Water Aerobics with Ashley (P)</p> <p>♥ 10:00 Chair Yoga with Ashley &amp; Kid Care Day Care (FC)</p>  <p>10:00 Pampered Nails Fingernail Painting (A)</p> <p>10:30 Grief Class with Pastor Al (CR)</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>3:30 Craft Class with Angela (A)</p>	<p style="text-align: center;"><b>5</b></p> <p style="text-align: center;"><b>Donut Friday</b></p> <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p>  <p>♥ 1:00 Basic Fitness (FC)</p> <div style="border: 1px solid red; padding: 10px; text-align: center;"> <p><b>3:00 Updates &amp; Questions with Carla (A)</b></p> <p><i>Residents are encouraged to attend this monthly informational meeting.</i></p> </div> <p style="text-align: center;"><b>Channel 3 Feature 6:30-8:30:</b></p> <p style="text-align: center;">Children of Adam National Geographic DNA Documentary</p> 	<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;"><b>11:30 Weekend BINGO</b></p> <p style="text-align: center;"><b>1:30 Pinochle Group (CA)</b></p>  <p style="text-align: center;"><b>2:30 Buffalo Theater and Popcorn (A) Journey to Bethlehem</b></p> <p>Celebrate the timeless story of Mary and Joseph and the birth of Jesus in an epic Christmas musical.</p> 


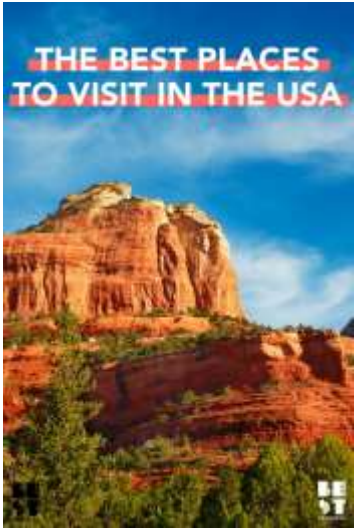














Sunday	Monday	Tuesday	Wednesday
<p><b>7</b></p> <p><u>Church Shuttle</u>  <u>8:30-1:00</u>  <u>(Sign up)</u></p>  <p>1:00 Church Service &amp; Communion (A)</p>  <p><b>Channel 3 Feature</b>  Every Sunday at 4:00pm-6:00pm on a loop  Message from Pastor Al</p> 	<p><b>8</b></p>  <p>♥ 10:00 Basic Fitness (FC)</p> <p>12:00 Mystery Book Club (PDR)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>1:30 Billiards (WN)</p> <p><b>Channel 3 Feature</b>  6:30-8:30:  Test Your Bible Knowledge-Bible Quiz</p> 	<p><b>9</b></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 &amp; Fall Prevention (FC)</p> 	<p><b>10</b></p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>10:00 Bible Study (CA)</p> <p>10:00 North &amp; South Shopping Shuttle (Sign Up)</p>  <p>11:30 Resident Ambassador (PDR)</p> <p>1:00 Held VS the State of Montana Case Presented by Roger Sullivan (A)  <u>See Page 11 for more information.</u></p> <p>1:00 Brain Fitness with Todd (FC)</p> <p>1:30 Pinochle (CA)</p> <p>3:00 Painting Party and Wine with Step by Step Instructions by Liz (A)  Cost is \$20 for supplies  <u>Estimated Paint time is 1.5 hours</u>  See a sample at the Recreation Office!</p> 

Thursday	Friday	Saturday
<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b>Flannel Shirt Day</b></p> <div data-bbox="183 394 475 703"></div> <p>★ 9:00 Water Aerobics with Ashley (P)</p> <p>♥ 10:00 Chair Yoga (FC)</p> <p>10:00 Pampered Nails Fingernail Painting (A)</p> <p>◆ 10:30 Barre Yoga with Ashley (FC)</p> <p>10:30 Grief Class with Pastor Al (CR)</p> <p>11:30 BINGO (A)</p> <p>♥ 11:30 Big For Life (FC)</p> <div data-bbox="199 1570 451 1696"></div> <p>◆ 1:00 Balance and Fall Prevention (FC)</p> <p>1:30 Wai Mizutani and Friends (A)</p>	<p style="text-align: center;"><b>12</b></p> <p style="text-align: center;"><b>Donut Friday</b></p> <div data-bbox="634 394 927 583"></div> <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <p>♥ 1:00 Basic Fitness (FC)</p> <p>2:30 Devotions with Braden (LB)</p> <div data-bbox="574 1178 995 1969" style="border: 2px solid green; padding: 10px;"> <p>7:00 Depart for Wachholz Center: Classic Albums Live- Rumours Fleetwood Mac (Sign Up) <b>Tickets \$60.00</b> See page 13 for more information!</p> <div data-bbox="613 1570 943 1948"></div> </div>	<p style="text-align: center;"><b>13</b></p> <p style="text-align: center;"><b>Rubber Duckie Day</b></p> <div data-bbox="1013 415 1500 741"></div> <p>11:00 Arm Chair Travel with Christina and her Rubber Duckie, Chuck the Duck (A)</p> <div data-bbox="1094 909 1409 1329"></div> <p>1:30 Pinochle Group (CA)</p> <div data-bbox="1117 1402 1393 1507"></div> <p><b>Channel 3 Feature</b> <b>6:30-8:30:</b> Crows Are as Smart as 7 Year Old Humans</p> <div data-bbox="1036 1749 1500 1990"></div>








Sunday	Monday	Tuesday	Wednesday
<p><b>14</b></p> <p><a href="#">Church Shuttle</a> <a href="#">8:30-1:00 (Sign up)</a></p>  <p><b>1:00 Church Service (A)</b></p> <p><b>2:30 Buffalo Theater and Popcorn (A)</b> <b>Westside Story (1961)</b></p> <p>On the harsh streets of the Upper West Side, two gangs battle for control of the turf. The situation becomes complicated when a gang member falls in love with his rival's sister - a modern day Romeo and Juliet.</p> 	<p><b>15</b></p>  <p><b>♥ 10:00 Basic Fitness (FC)</b></p> <p><b>11:00 MLK: The Assassination Tapes (A)</b> <b>Documentary</b></p>  <p><b>♥ 1:00 Basic Fitness (FC)</b></p> <p><b>1:30 Billiards (WN)</b></p>  <p><b>3:00 Dementia Caregiver Support Group (A)</b></p>	<p><b>16</b></p> <p><b>★ 9:00 Water Aerobics with Ashley (P)</b></p> <p><b>♥ 10:00 Chair Yoga with Ashley (FC)</b></p> <p><b>◆ 10:30 Barre Yoga with Ashley (FC)</b></p> <p><b>11:00 Catholic Communion (CA)</b></p> <p><b>♥ 11:30 Tai Chi (FC)</b></p> <p><b>◆ 1:00 Balance &amp; Fall Prevention (FC)</b></p> <p><b>2:30 Foundation Committee Meeting (PDR)</b></p> <p><b>3:45 Fresh Flower Arranging (A)</b></p> 	<p><b>17</b></p> <p> <b>10:00 North Shopping Shuttle (Sign Up)</b></p> <p><b>11:30-1:00 Taking Care of Business Shuttle (Sign Up)</b></p>  <p><b>♥ 10:00 Basic Fitness (FC)</b></p> <p><b>10:00 Bible Study (CA)</b></p>  <p><b>1:00 Brain Fitness with Todd (FC)</b></p> <p><b>1:15-3:15 Free Computer Help (Sign Up)</b></p> <p><b>1:30 Pinochle Group (CA)</b></p> <p><b>2:30 BINGO (A)</b></p> 













Thursday	Friday	Saturday
<div>18</div> <div>★9:00 Water Aerobics with Ashley (P)</div> <div></div> <div>♥10:00 Chair Yoga with Ashley (FC)</div> <div></div> <div>◆10:30 Barre Yoga with Ashley (FC)</div> <div>10:30 Grief Class with Pastor Al (CR)</div> <div>♥11:30 Big For Life (FC)</div> <div>◆1:00 Balance &amp; Fall Prevention (FC)</div> <div>Channel 3 Feature 6:30-8:30</div> <div>43 Ways to Cook the Potato</div> <div></div>	<div>19</div> <div>Donut Friday</div> <div>★9:00 Water Aerobics (P)</div> <div>♥10:00 Basic Fitness (FC)</div> <div>♥1:00 Basic Fitness (FC)</div> <div>1:00 Facilities Committee (PDR)</div> <div>1:30 Wai Mizutani and Friends (A)</div> <div>2:30 Devotions with Braden (LB)</div> <div>3:00 Arm Chair Travel to Japan with Hannah (A)</div> <div></div> <div>Channel 3 Feature 6:30-8:30</div> <div>Your Brain: Who's in Control? Documentary: PBS</div> <div></div>	<div>20</div> <div>1:30 Pinochle Group (CA)</div> <div></div> <div>Channel 3 Feature 6:30-8:30</div> <div>50 Best Places to Visit in the USA</div> <div></div> <div></div>

Sunday	Monday	Tuesday	Wednesday
<p><b>21</b></p> <p><u><a href="#">Church Shuttle</a></u>  <u><a href="#">8:30-1:00</a></u>  <u><a href="#">(Sign Up)</a></u>  </p> <p><b>1:00 Sunday Church Service (A)</b></p>  <p><b>2:30-4:30 Montana State Old-Time Fiddlers Jam (CA)</b></p>  <p><b>Channel 3 Feature</b>  <b>6:30-8:30:</b>  <b>Gospel Songs</b></p> 	<p><b>22</b></p> <p>♥ <b>10:00 Basic Fitness (FC)</b></p>  <p>♥ <b>1:00 Basic Fitness (FC)</b></p> <p><b>1:30 Billiards (WN)</b></p>  <p><b>3:00 BINGO (A)</b></p>  <p><b>Channel 3 Feature</b>  <b>6:30-8:30:</b>  <b>Greatest Natural Wonders Around The World</b></p> 	<p><b>23</b></p> <p>★ <b>9:00 Water Aerobics (P)</b></p> <p>♥ <b>10:00 Chair Yoga (FC)</b></p> <p>◆ <b>10:30 Barre Yoga (FC)</b></p> <p><b>11:00 Catholic Communion (CA)</b></p> <p>♥ <b>11:30 Tai Chi (FC)</b></p> <p>◆ <b>1:00 Balance &amp; Fall Prevention (FC)</b></p> <p><b>5:00-8:00 MSU Extension Program (A)</b>  <b>(Part 1)</b>  <b>Estate Planning Workshops with Marsha Goetting</b></p> 	<p><b>24</b></p> <p>♥ <b>10:00 Basic Fitness (FC)</b></p> <p><b>10:00 North and South Shopping Shuttle (Sign Up)</b>  </p> <p><b>10:00 Bible Study (CA)</b></p> <p><b>1:00 Brain Fitness with Todd (FC)</b></p> <p><b>1:30 Pinochle (CA)</b></p> <p><b>1:30 Parkinson's Caregiver Support (PDR)</b></p> <p><b>Channel 3 Feature</b>  <b>6:30-8:30:</b>  <b>Bewitched</b></p> 



Thursday	Friday	Saturday
<p style="text-align: center;"><b>25</b></p> <p>★ 9:00 Water Aerobics (P)</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 Big For Life (FC)</p> <p>◆ 1:00 Balance &amp; Fall Prevention (FC)</p> <p>1:30 Wai Mizutani and Friends (A)</p> <p>5:00-8:00 MSU Extension Program (A) (Part 2)</p> 	<p style="text-align: center;"><b>26</b></p> <p>Donut Friday</p> <p>★ 9:00 Water Aerobics with Todd (P)</p> <p>♥ 10:00 Basic Fitness (FC)</p> <div style="border: 2px solid brown; padding: 5px; text-align: center;"> <p>10:00 Dining Committee Meeting (CA)</p> </div> <p>♥ 1:00 Basic Fitness (FC)</p> <p>2:30 Devotions with Braden (LB)</p>  <p>Channel 3 Feature</p> <p>6:30-8:30: Lawrence Welk Show - New Year's Party from 1973</p> 	<p style="text-align: center;"><b>27</b></p> <p>1:30 Pinochle Group (CA)</p>  <div style="text-align: center;">  <p>Depart for Cinemark Movie Theater</p> <p><u>Departure time and Movie to be Announced (Sign Up)</u></p>   </div>

Sunday	Monday	Tuesday	Wednesday
<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;"><u><a href="#">Church Shuttle</a></u>  <u><a href="#">8:30-1:00 (Sign up)</a></u>  </p> <p style="text-align: center;">1:00 Church Service (A)</p> <p style="text-align: center;"></p> <p style="text-align: center;">2:30 Weekend BINGO (A)</p> <p style="text-align: center;"></p> <div style="border: 2px solid blue; padding: 10px; margin-top: 10px;"> <p style="text-align: center;"><b>Channel 3 Feature</b></p> <p style="text-align: center;">Every Sunday at 4:00pm-6:00pm on a loop Message from Pastor Al</p>  </div>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;"></p> <p style="text-align: center;">♥ 10:00 Basic Fitness (FC)</p> <p style="text-align: center;">♥ 1:00 Basic Fitness (FC)</p> <p style="text-align: center;">1:30 Billiards (WN)</p> <div style="border: 2px solid purple; padding: 10px; margin-top: 10px;"> <p style="text-align: center;">4:30 Dinner and a Movie (A)  <b>The Straight Story</b>  <b>(Sign Up)</b></p> <p>An old man makes a long journey by lawnmower to mend his relationship with an ill brother.</p>  <p style="text-align: center; color: red;">Please Sign up  <b><u>NO LATER</u></b>  than noon today!</p> </div>	<p style="text-align: center;"><b>30</b></p> <p style="text-align: center;">★ 9:00 Water Aerobics with Ashley (P)  </p> <p style="text-align: center;">◆ 10:00 Chair Yoga (FC)</p> <p style="text-align: center;">♥ 10:30 Barre Yoga (FC)</p> <p style="text-align: center;">11:00 Catholic Communion (CA)</p> <p style="text-align: center;">♥ 11:30 Tai Chi (FC)</p> <p style="text-align: center;">◆ 1:00 Balance &amp; Fall Prevention (FC)</p> <p style="text-align: center;">2:30 Book Club (CR)</p> <p style="text-align: center;">2:30 January Birthday Celebration Music by: Razz-Ma-Tazz (A)  </p>	<p style="text-align: center;"><b>31</b></p> <p style="text-align: center;">♥ 10:00 Basic Fitness (FC)</p> <div style="border: 1px solid gray; padding: 5px; margin-top: 5px;"> <p style="text-align: center;">10:00 North Shopping Shuttle (Sign Up)</p> <p style="text-align: center;">11:30-1:00 Taking Care of Business Shuttle (Sign Up)  </p> </div> <p style="text-align: center;">10:00 Bible Study (CA)</p> <p style="text-align: center;">11:30 BINGO (A)  </p> <p style="text-align: center;">1:00 Brain Fitness with Todd (FC)</p> <p style="text-align: center;">1:30 Pinochle Group (PR)</p> <div style="border: 2px solid brown; padding: 10px; margin-top: 10px;"> <p style="text-align: center;">4:30 Depart Out-to-Dinner: Jagz (Sign Up)</p> <p style="text-align: center;"></p> </div>

## January Birthdays

**FRED THOMPSON 1ST**  
**JOYCE PICKEL 5TH**  
**LYNN WOODS 10TH**  
**BETTY DAVIS 11TH**  
**BOB FRASER 13TH**  
**JIM GALVIN 15TH**  
**MO JOBE 18TH**  
**FRED LEROQUE 18TH**  
**MURIEL HANGERMAN 26TH**

## Worship Offering

Thank you for your weekly offerings!

In order to offset the costs of the chaplaincy ministry, your offerings insure we can have a full-time chaplain at Immanuel. Since Immanuel is a 501(c)(3) not-for-profit organization, your gifts are tax deductible. If you are providing a check, please make it payable to "Immanuel Foundation." Again, Thank You! Your support makes our chaplaincy ministry a possibility at Immanuel!

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)





**Channel 3 Feature**

Basic Fitness with Todd

Every Monday, Tuesday, and  
Thursdayat 10:00am & 1:00pm  
and Saturday at 10:00am**Channel 3 Feature**

Strength &amp; Fitness with Todd

Every Wednesday 10:00am  
and 1:00pmEvery 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**

*Held v. Montana*, which was brought forward by 16 Montana youth as young as five, plaintiffs argue that state legislators have put the interests of the state's fossil fuel industry over their climate future.

Forging rights to a sustainable future for Montana youth:  
The Constitutional Climate Case  
Against the State of Montana.

Presented by Roger Sullivan,  
Attorney, McGarvey, Herberling,  
Sullivan & Lacey PC

**Wednesday, January 10th**  
**at 1:00 in the Auditorium**








## Activity Rating System


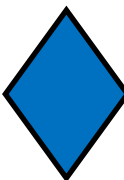
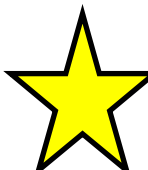
**With our residents in mind, our goal is to accurately represent the pace and effort needed to participate in each outing and fitness class.**

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.**

	<b>Easy Going</b> - This outing will require light physical activity. There may be minimal walking, including getting on and off the bus.
	<b>Moderate</b> -This outing may require residents to walk longer distances, tolerate short periods of standing and navigate uneven terrain, i.e., cobblestone, grass or gravel.
	<b>Active</b> —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.
	<b>Handicap Accessible</b> - This outing is wheelchair friendly.
	<b>Ticket purchase needed to attend</b> - This outing requires you to pre-purchase a ticket through the Recreation department.

## Fitness Class Rating System

	<b>Easy Going/Handicap Accessible</b> - Classes include light physical activity, including light stretching and easy exercises while sitting, with optional movements for short standing periods.
	<b>Moderate</b> - Classes will include moderate physical activity, including light stretching, slightly more challenging exercises, and standing for longer periods of time while completing moderate exercises.
	<b>Active</b> - 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.

# **See Angela in Recreation to Sign Up for Classic Albums Live-**



## **Rumours: Fleetwood Mac at the Wachholz Center**

**Friday January 12th Depart at 7:00pm**

**Ticket Cost is \$60.00**

**Founded in 2003 by Craig Martin, Classic Albums Live takes the greatest albums and recreates them live on stage - note for note, cut for cut, using the best musicians. "these albums are historic and stand the test of time." Classic Albums Live has found success in concentrating solely on the music. "We don't dress up or wear any sort of costume. All of our energy is put into the music. We want the performance to sound exactly like the album," says Martin. With 100+ shows a year across North America, Classic Albums Live has seen massive success in performing arts centers and theatres. Fans in Texas, Florida, California, New York and central and east coast Canada have all continued to support the series and make it a sustaining, successful show. "We created something that endures and connects. These albums are sacred to people. We deliver exactly what we**



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

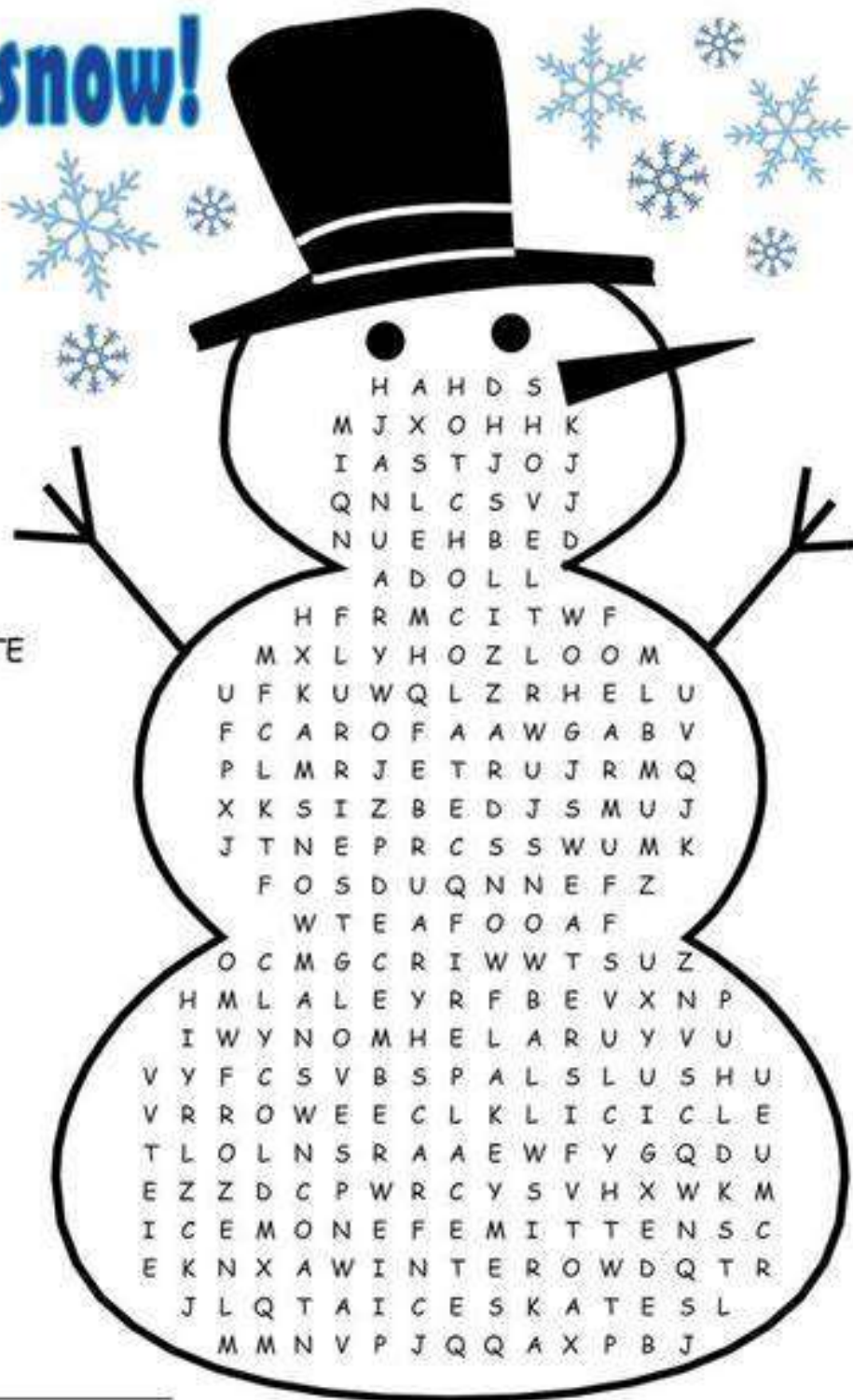
**Vocational** – with acknowledgement of your talent, experience and capabilities

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.*

# Let it snow!

BLIZZARD  
 COAT  
 COLD  
 DECEMBER  
 EARMUFFS  
 FEBRUARY  
 FIREPLACE  
 FLURRIES  
 FROZEN  
 GLOVES  
 HOT CHOCOLATE  
 ICE  
 ICE SKATES  
 ICICLE  
 JANUARY  
 MITTENS  
 SCARF  
 SHOVEL  
 SLED  
 SLUSH  
 SNOWBALL  
 SNOWFLAKE  
 SNOWMAN  
 SWEATER  
 WINTER



Name: \_\_\_\_\_

mpmideas.com

Page 1

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