

 **Immanuel Living**
AT BUFFALO HILL



Resident Calendar & Activity Guide

March
2024



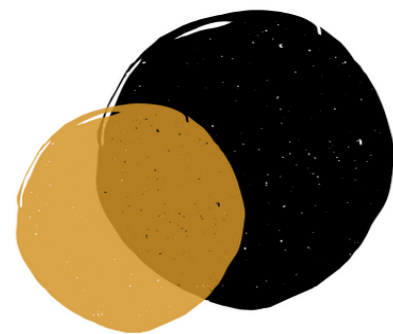
The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL

What's Inside?

Learn	P.1
Create	P.1
Music	P.2
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The Recreation Calendar & Activity Guide is color coded, making it easier for you to match the program or event to the dimension of wellness.

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

UPCOMING EVENTS

Cabin Fever Party

Wednesday, March 13 | 4:30pm | Auditorium

Education on Fall Prevention & Fall Risk Assessments with MSU Students

Friday, March 15 | 9:00am-3:00pm | Lobby

Come to the lobby of the Terraces between 9:00am and 3:00pm to meet Karla and Sofie, students of MSU, who have partnered with Logan Health Trauma Coordination Team. They will be providing resources and education about fall prevention and fall risk assessments.

Saint Patrick's Day Party & Music with George Cowin

Sunday, March 17 | 5:00pm | Auditorium

Who Wants to be an Immanuel Millionaire?

Hosted by Pastor Al

Thursday, March 21st | 3:00pm | Auditorium

Please come show your support while cheering on our pre-selected resident contestants!



All Day Easter Egg Scavenger Hunt

Sunday, March 31 | 10:00am-3:00pm

Come to the Recreation Office to receive your scavenger hunt checklist.



LIBRARY NEWS



The month of March has been declared **Women's History Month**. In honor of this occasion, a variety of books that will allow residents to read and reflect on a cadre of historic women and their lives/adventures will be on display. "A Council of Dolls," by M. S Power shares the stories of three generations of Native American women whose lives are vastly different one from another. T. J. Maseo's "Eliza Hamilton," details the fascinating life of the wife of Alexander Hamilton. Isabella Bird's "A Lady's Life in the Rocky Mountains," tells of Ms. Bird's solo adventure on horseback through the Rockies in 1873. "Pioneer Doctor," by Mari Grana, chronicles a woman physician working in rural Montana mining camps in the late 1800s. These are but a few examples of volumes in your library that offer tales of "pre-women's lib" heroines.

MARCH BIRTHDAYS

Mary Ake 2nd
Margie Moreno 3rd
Delores Lee 5th
Donna Trippet 5th
Kathryn Overbeck 9th
Diana Blankenship 9th
Susie Dorn 11th
Dave Shephard 13th
Colleen Beaman 16th
Pat Phillips 17th
Bob Zavadil 18th
Lucy Guilbault 22nd
Della Helgeson 23rd
Joe Super 29th



SILLY SOCK DAY
FRIDAY, MARCH 8



LUAU ATTIRE DAY
WEDNESDAY, MARCH 13



WEAR GREEN
SUNDAY, MARCH 17



EASTER
WEAR YOUR
SUNDAY BEST
SUNDAY, MARCH 31



Brain Fitness with Todd
Every Wednesday | 1:00pm | Fitness Center

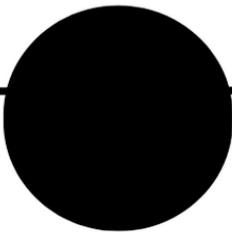
Computer Help Sessions
Wednesday, March 6 & 20 | 2:00pm-4:00pm | SIGN UP
A team member from our low voltage team will meet you at your apartment for 30-minutes.

Brain Games with Angela
Tuesday, March 5 | 10:30am | Patio Room

Updates & Questions with Carla
Friday, March 8 | 3:00pm | Auditorium
Residents are encouraged to attend this monthly informational meeting.

Education on Fall Prevention & Fall Risk Assessments
Friday, March 15 | 9:00am-3:00pm | Lobby

CREATE



Basic Drawing with Frank Tetrault
Tuesday, March 12 & 26 | 1:00pm | Cafe

Craft Class with Angela
Friday, March 8 | 11:00am | Auditorium
Craft: Paper Shamrock Wreath



Knitting Group
Every Friday | 10:00am | Wooden Nickel

Birthday Card Making
Wednesday, March 20 | 11:00am-1:00pm | Auditorium

Fresh Flower Arranging
Wednesday, March 27 | 3:45pm | Auditorium

MUSIC

Wai Mizutani & Friends

Every Thursday | 1:30pm | Auditorium

Friday, March 1 | 1:30pm | Auditorium

Tapestry Music Group Singing Love Songs

Saturday, March 9 | 1:30pm | Auditorium

March Birthday Celebration

with Music by: Left Over Biscuits

Friday, March 15 | 2:30pm | Auditorium

Montana State Old-Time Fiddlers Jam

Sunday, March 17 | 2:30pm-4:30pm | Cafe

Saint Patrick's Day Party & Music with George Cowin

Sunday March, 17 | 5:00pm | Auditorium



Church Shuttle

Every Sunday | 8:30am to 1:00pm | SIGN UP

Church Service

Every Sunday | 1:00pm | Auditorium

Communion on March 3

Catholic Communion

Every Tuesday | 11:00am | Cafe

Bible Study

Every Wednesday | 10:00am | Cafe

Devotions with Braden

Friday, March 1, 15 & 22 | 2:30pm | Library

Friday, March 29 | 3:00pm | Private Dining Room

Good Friday Service

Friday, March 29 | 1:00pm | Auditorium

THURSDAY, MARCH 14

9:00 ● Water Works · P

10:00 Pampered Nails
Fingernail Painting · A

11:30 Bingo · A

11:30 ● Big for Life · FC

1:00 ● Balance & Fall
Prevention · FC

1:30 Wai Mizutani &
Friends · A

6:30 Depart for FVCC
Continuing Education Center
· SIGN UP ●●●

6:30 Channel 3 -
Unbelievable Ancient Secrets
Uncovered

THURSDAY, MARCH 21

9:00 ● Water Works · P

10:00 Pampered Nails
Fingernail Painting · A

11:30 Bingo · A

11:30 ● Big for Life · FC

1:00 ● Balance & Fall
Prevention · FC

1:30 Wai Mizutani &
Friends · A

3:00 Who Wants to be an
Immanuel Millionaire?
with Pastor Al · A

6:30 Depart for FVCC
Continuing Education Center
· SIGN UP ●●●

THURSDAY, MARCH 28

9:00 ● Water Works · P

10:00 Pampered Nails
Fingernail Painting · A

11:30 Bingo · A

11:30 ● Big for Life · FC

1:00 ● Balance & Fall
Prevention · FC

1:30 Wai Mizutani &
Friends · A

4:00 Nerf Target Practice · A

FRIDAY, MARCH 15

DONUT FRIDAY

9:00 ● Water Aerobics · P

9:00-3:00 Education on Fall
Prevention & Fall Risk
Assessments · L

10:00 ● Basic Fitness · FC

10:00 Knitting Group · WN

11:30 Depart for Senior ●●●
Institute at FVCC · SIGN UP

1:00 ● Basic Fitness · FC

2:30 Devotions with
Braden · LB

2:30 March Birthday
Celebration - Music by Left
Over Biscuits · A

FRIDAY, MARCH 22

DONUT FRIDAY

9:00 ● Water Aerobics with
Todd · P

10:00 ● Basic Fitness · FC

10:00 Knitting Group · WN

11:30 Depart for Senior ●●●
Institute at FVCC · SIGN UP

1:00 ● Basic Fitness · FC

2:30 Devotions with
Braden · LB

4:30 Dinner & a Movie - The
Boys in the Boat · A
· SIGN UP ·

FRIDAY, MARCH 29

DONUT FRIDAY

9:00 ● Water Aerobics with
Todd · P

10:00 ● Basic Fitness · FC

10:00 Knitting Group · WN

10:00 Dining Committee
Meeting · CA

1:00 ● Basic Fitness · FC

1:00 Good Friday Service · A

3:00 Devotions with
Braden · PDR

4:30 Depart Out to Dinner -
Jagz · SIGN UP ●

SATURDAY, MARCH 16

1:30 Pinochle Group · CA

12:30 Channel 3 - The Animators
Who've Spent 40 Years on a
Single Film

6:30 Channel 3 - St Patrick: The
Irish Legend

7:00 Depart for Wachholz Center:
Glacier Symphony ·
Sign Up ●

SUNDAY, MARCH 17

WEAR GREEN

8:30-1:00 Church Shuttle ●●●

1:00 Church Service · A

2:30-4:30 Montana State
Old-Time Fiddlers Jam · CA

5:00 Saint Patrick's Day
Party - Music with George
Cowin · A

SATURDAY, MARCH 23

10:00-12:30 Quilt Club · CA

1:30 Pinochle Group · CA

2:30 Buffalo Theater &
Popcorn - His Only Son · A

SUNDAY, MARCH 24

8:30-1:00 Church Shuttle ●●●

1:00 Church Service · A

2:30 Buffalo Theater &
Popcorn - Priscilla · A

SATURDAY, MARCH 30

1:30 Buffalo Theater &
Popcorn - Wonder
Woman 1984 · A

1:30 Pinochle Group · CA

6:15 Depart for Majestic
Valley Arena Rodeo
· SIGN UP ●

SUNDAY, MARCH 31

HAPPY EASTER

8:30-1:00 Church Shuttle ●●●

10:00-3:00 All Day Easter

Egg Scavenger Hunt

1:00 Church Service · A

<div>MONDAY, MARCH 11</div> <div>10:00 ● Basic Fitness • FC 12:00 Mystery Book Club • PDR 1:00 ● Basic Fitness • FC 1:30 Billiards • WN 3:00-4:30 Resident Caregiver Support Group • PDR 6:30 Channel 3 - 50's, 60's & 70's Music</div>	<div>TUESDAY, MARCH 12</div> <div>9:00 ● Water Works • P 10:00 ● Yoga with Anne • FC 11:00 Catholic Communion • CA 11:30 Bingo • A 1:00 Basic Drawing with Frank Tetrault • CA 1:00 ● Balance & Fall Prevention • FC 6:30-8:30 Channel 3 - Incredible Insects of the Amazon</div>	<div>WEDNESDAY, MARCH 13</div> <div>LUAU ATTIRE DAY 10:00 ● Basic Fitness • FC 10:00 Bible Study • CA 10:00 North Shopping Shuttle • SIGN UP ♿ 11:30-1:00 Taking Care of Business • SIGN UP 🚶🚶🚶 11:30 Resident Ambassador Committee • PDR 1:00 Brain Fitness • FC 1:30 Pinochle • CA 4:30 Cabin Fever Party • A</div>
<div>MONDAY, MARCH 18</div> <div>10:00 ● Basic Fitness • FC 1:00 ● Basic Fitness • FC 1:30 Billiards • WN 3:00 Dementia Caregiver Support Group • A 6:30 Channel 3 - Folk Rock Country Music</div>	<div>TUESDAY, MARCH 19</div> <div>9:00 ● Water Works • P 10:00 ● Yoga with Anne • FC 11:00 Catholic Communion • CA 11:30 ● Tai Chi • FC 12:00 Lunch Bunch • PDR 1:00 ● Balance & Fall Prevention • FC 6:30 Channel 3 - Mysterious Ghost Ships</div>	<div>WEDNESDAY, MARCH 20</div> <div>10:00 ● Basic Fitness • FC 10:00 Bible Study • CA 10:00 North & South 🚶🚶🚶 Shopping Shuttle • SIGN UP 11:00-1:00 Birthday Card Making • A 1:00 Brain Fitness • FC 2:00-4:00 Free Computer Help • SIGN UP</div>
<div>MONDAY, MARCH 25</div> <div>10:00 ● Basic Fitness • FC 1:00 ● Basic Fitness • FC 1:30 Billiards • WN 6:30 Channel 3 - Magic!</div>	<div>TUESDAY, MARCH 26</div> <div>9:00 ● Water Works • P 10:00 ● Yoga with Anne • FC 11:00 Catholic Communion • CA 11:30 ● Tai Chai • FC 1:00 Basic Drawing with Frank Tetrault • CA 1:00 ● Balance & Fall Prevention • FC 2:30 Book Club • CR 6:30 Channel 3 - Backroads of Montana</div>	<div>WEDNESDAY, MARCH 27</div> <div>10:00 ● Basic Fitness • FC 10:00 North Shopping Shuttle • SIGN UP 🚶🚶🚶 10:00 Bible Study • CA 11:30-1:00 Taking Care of Business • SIGN UP 🚶🚶🚶 1:00 Brain Fitness with Todd • FC 1:30 Pinochle Group • PR 1:30 Parkinson's Caregiver Support • PDR 3:45 Fresh Flower Arranging • A</div>

GATHER



BETTER
TOGETHER

Billiards

Every Monday | 1:30pm | Wooden Nickel

Pampered Nails Fingernail Painting

Every Thursday | 10:00am | Auditorium

Bingo! in the Auditorium

Every Thursday | 11:30am | Auditorium

Tuesday, March 12 | 11:30am | Auditorium

Pinochle Group

Wednesday, March 5 & 13 | 1:30pm | Cafe

Wednesday, March 27 | 1:30pm | Patio Room

Every Saturday | 1:30pm | Cafe

Quilt Club

Saturday, March 2 & 23 | 10:00am-12:30pm | Cafe

Lunch Bunch

Tuesday, March 5 & 19 | 12:00pm | Private Dining Room

Mystery Book Club

Monday, March 11 | 12:00pm | Private Dining Room

Donna Trippet's 90th Birthday Party

Sunday, March 17 | 2:00pm-4:00pm | Auditorium

Book Club

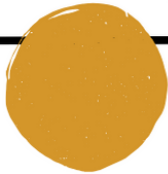
Tuesday, March 27 | 2:30pm | Conference Room

Nerf Target Practice with Asher Nelson

Thursday, March 28 | 4:00pm | Auditorium

Come test your skills in this fun nerf shooting game with targets!

COMMITTIES



Recreation Committee Meeting

Wednesday, March 6 | 12:00pm | Conference Room

Resident Ambassador Meeting

Wednesday, March 13 | 11:30am | Private Dining Room

Dining Committee Meeting

Friday, March 29 | 10:00am | Cafe

Basic Fitness in the Fitness Center
Every Monday, Wednesday & Friday | 10:00am
Every Monday & Friday | 1:00pm

Water Works
Every Tuesday & Thursday | 9:00am | Pool

Yoga with Anne
Every Tuesday | 10:00am | Fitness Center

Tai Chi
Tuesday, March 19 & 26 | 11:30am | Fitness Center

Balance & Fall Prevention
Every Tuesday & Thursday | 1:00pm | Fitness Center

Big For Life
Every Thursday | 11:30am | Fitness Center

Water Aerobics
Every Friday | 9:00am | Pool

SUPPORT GROUPS



Dementia Caregiver Support Group
Monday, March 4 | 3:00pm | Private Dining Room
Monday, March 18 | 3:00pm | Auditorium

MS Support Group
Saturday, March 9 | 2:00pm | Conference Room

Resident Caregiver Support Group
Monday, March 11 | 3:00pm-4:30pm | Private Dining Room

Parkinson's Caregiver Support Group
Wednesday, March 27 | 1:30pm | Private Dining Room



ROOM KEY

A	Auditorium	P	Pool
PR	Patio Room	CY	Courtyard
CA	The Cafe	FC	Fitness Center
PDR	Private Dining Room	LB	Library
CL	Claremont	L	Lobby
WN	Wooden Nickel	CR	Conference Room

FRIDAY, MARCH 1

DONUT FRIDAY
9:00 Water Aerobics • P
10:00 Basic Fitness • FC
10:00 Knitting Group • WN
1:00 Basic Fitness • FC
1:30 Wai Mizutani & Friends • A
2:30 Devotions with Braden • LB

SATURDAY, MARCH 2

10:00-12:30 Quilt Club • CA
1:30 Pinochle Group • CA
1:30 Buffalo Theater & Popcorn - Out of Africa • A

SUNDAY, MARCH 3

8:30-1:00 Church Shuttle
1:00 Church Service & Communion • A
9:30-12:30 Channel 3 - Gospel Hymns

THURSDAY, MARCH 7

9:00 Water Works • P
10:00 Pampered Nails
Fingernail Painting • A
11:30 Bingo • A
11:30 Big for Life • FC
1:00 Balance & Fall Prevention • FC
1:30 Wai Mizutani & Friends • A
6:00 Evening Documentary with Root Beer Floats • A
6:30 Depart for FVCC Continuing Education Center • SIGN UP

FRIDAY, MARCH 8

SILLY SOCK DAY
DONUT FRIDAY
9:00 Water Aerobics with Todd • P
10:00 Basic Fitness • FC
10:00 Knitting Group • WN
11:00 Craft Class with Angela • A
1:00 Basic Fitness • FC
3:00 Updates & Questions with Carla • A

SATURDAY, MARCH 9




1:30 Tapestry Music Group - Singing Love Songs • A
1:30 Pinochle Group • CA
2:00 MS Support Group • CR
4:30 Buffalo Theater & Pizza - Wonka • A
6:30 Channel 3 - Montana when Copper was King

SUNDAY, MARCH 10






8:30-1:00 Church Shuttle
1:00 Church Service • A
2:30 Buffalo Theater & Popcorn - Migration • A

CALENDAR OF EVENTS

FITNESS CLASS RATING SYSTEM

- **Easy Going/Handicap Accessible** - Classes include light physical activity, including light stretching & 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, & standing for longer periods of time while completing moderate exercises.
- **Active** - Classes will include higher physical activity, including higher intensity exercises & constant movement while standing. Classes are available to those with no appropriate physical restrictions.

ACTIVITY RATING SYSTEM

- **Easy Going** - This outing will require light physical activity. There may be minimal walking, including getting on & off the bus.
- **Moderate** - This outing may require residents to walk longer distances, tolerate short periods of standing & 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 & 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 office.

MONDAY, MARCH 4
10:00 ● Basic Fitness • FC
1:00 ● Basic Fitness • FC
1:30 Billiards • WN
3:00-4:30 Dementia Caregiver Support Group • PDR
6:30 Channel 3 - Trivia Questions

TUESDAY, MARCH 5
9:00 ● Water Works • P
10:00 ● Yoga with Anne • FC
10:30 Brain Games with Angela • PR
11:00 Catholic Communion • CA
12:00 Lunch Bunch • PDR
1:00 ● Balance & Fall Prevention • FC
2:00-4:00 Donna Trippet's 90th Birthday Party • A

WEDNESDAY, MARCH 6
10:00 ● Basic Fitness • FC
10:00 North & South 🚶🚶 Shopping Shuttle • SIGN UP
10:00 Bible Study • CA
12:00 Recreation Committee Meeting • CR
12:30 Depart for O'Shaughnessy Center - River Dance Show ♿
1:00 Brain Fitness with Todd • FC
1:30 Pinochle • CA
2:00-4:00 Computer Help Sessions • SIGN UP

BUFFALO THEATER

Buffalo Theater & Popcorn - Out of Africa

Saturday, March 2 | 1:30pm | Auditorium
A Danish baroness who runs a Kenyan plantation (Meryl Streep) falls in love with a mysterious free-spirited big-game hunter (Robert Redford).

Evening Documentary & Root Beer Floats - National Geographic

Thursday, March 7 | 6:00pm | Auditorium
30 years of National Geographic Specials. Embark on a spectacular journey through 3 decades of discovery & adventure in these highlights from the best of the National Geographic Specials.

Buffalo Theater & Pizza - Wonka

Saturday, March 9 | 4:30pm | Auditorium
"Wonka" tells the wondrous story of how the world's greatest inventor, magician & chocolate-maker became the beloved Willy Wonka we know today.

Buffalo Theater & Popcorn - Migration

Sunday, March 10 | 2:30pm | Auditorium
Illumination, creators of Minions, invites you to take flight with the Mallard family, whose vacation goes awry in this comedy filled with humor & heart.

Buffalo Theater & Popcorn - His Only Son

Saturday, March 23 | 2:30pm | Auditorium
His Only Son recounts one of the most controversial moments in the Old Testament when Abraham was commanded by God to sacrifice his son Isaac on the mountain of Moriah. While traveling with Isaac & two servants, Abraham is flooded with vivid memories from the years he & Sarah spent longing for the son they were promised-the son he must now lay upon the altar.

Buffalo Theater & Popcorn - Priscilla (Rated R) Violence, Sexual Content, Profanity

Sunday, March 24 | 2:30pm | Auditorium
The unseen side of a great American myth in Priscilla Presley's turbulent relationship with Elvis. Sofia Coppola (The Virgin Suicides) tells a deeply felt & ravishingly detailed portrait of love, fantasy & fame through her eyes.

Buffalo Theater & Popcorn - Wonder Woman 1984

Saturday, March 30 | 1:30pm | Auditorium
Fast forward to the 1980s as Wonder Woman's next big screen adventure finds her riding lightning across the sky, donning wings of gold & chasing a dream while in pursuit of two new formidable foes.

DINNER & A MOVIE

**FRIDAY, MARCH 22
AT 4:30PM
IN THE AUDITORIUM**



During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

Please sign up **NO LATER** than noon this day!

CHANNEL 3 FEATURES

RECURRING



Strength & Fitness with Todd

Wednesday | 10:00am & 1:00pm
Friday | 9:30am & 1:00pm
Saturday | 1:00pm

Basic Fitness with Todd

Monday, Tuesday & Thursday | 10:00am & 1:00pm
Saturday | 10:00am

Bible Study with Pastor Al

Friday | 10:00am & 5:30pm

Message from Pastor Al

Sunday | 4:00pm-6:00pm on a loop

Old Timeless Gospel Hymns

Sunday, March 3 | 9:30am-12:30pm

Trivia Questions

Monday, March 4 | 6:30pm-8:30pm

Montana when Copper was King

Saturday, March 9 | 6:30pm-8:30pm

50's, 60's & 70's Music

Monday, March 11 | 6:30pm-8:30pm

Incredible Insects of the Amazon

Tuesday, March 12 | 6:30pm-8:30pm

Unbelievable Ancient Secrets Uncovered

Thursday, March 14 | 6:30pm-8:30pm

The Animators Who've Spent 40 Years on a Single Film

Saturday, March 16 | 12:30pm-2:00pm

St Patrick - The Irish Legend

Saturday, March 16 | 6:30pm-8:30pm

Folk Rock Country Music with Lyrics

Monday, March 18 | 6:30pm-8:30pm

Mysterious Ghost Ships

Tuesday, March 19 | 6:30pm-8:30pm

Magic!

Monday, March 25 | 6:30pm-8:30pm

Backroads of Montana

Tuesday, March 26 | 6:30pm-8:30pm
Making Connections (2015)

TRIPS

SHOPPING SHUTTLES

North Shopping

Every Wednesday | 10:00am | SIGN UP

South Shopping

Wednesday, March 6 & 20 | 10:00am | SIGN UP

Taking Care of Business

Wednesday, March 13 & 27 | 11:30am-1:00pm | SIGN UP



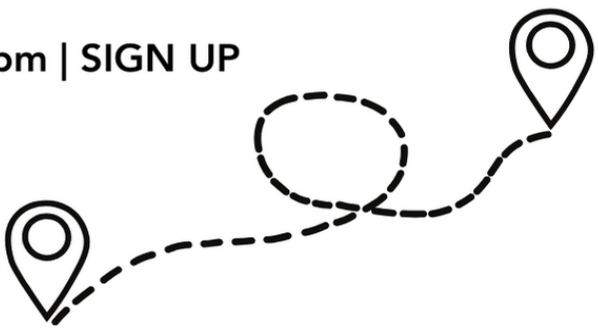
EDUCATION

Senior Institute at FVCC

Friday, March 15 & 22 | Depart at 11:30am | SIGN UP
DROP OFF & PICK UP ONLY

FVCC Continuing Education Center

Thursday, March 7, 14 & 21 | Depart at 6:30pm | SIGN UP
DROP OFF & PICK UP ONLY
Montana Vigilante History
Presented by: Carol Buchanan PhD



OUTINGS

O'Shaughnessy Center River Dance Show with Band

Wednesday, March 6 | Depart at 12:30pm | SIGN UP

Wachholz Center: Glacier Symphony

Saturday, March 16 | Depart at 7:00pm | SIGN UP
Glacier Symphony Orchestra: Back to Back with Jeans n' Classics
TICKETS \$45.00

Out to Dinner at Jagz!

Friday, March 29 | Depart at 4:30pm | SIGN UP

Rodeo at the Majestic Valley Arena

Saturday, March 30 | Depart at 6:15pm | SIGN UP
TICKETS \$20.00