8 Immanuel Living

Resident
Calendar &
Activity Guide

10/il 2024

What's Inside? P.1-6 Calendar of Events **P.7** Gather **P.7** Support Groups **P.8** Learn **P.8** Create **P.9** Music **P.9** Spiritual Life



P.10

P.11

P.12

(Aries: The Ram & Taurus: The Bull) 3. April's Honorary Flowers are Daisies & Sweet Peas 4. The Diamond is April's Birth Stone

Four-Legged Hooved Creatures

P.13

5. Noah Webster Copyrighted the First

Trips Monthly Happenings P.14

Channel 3 Features

Committies

Get Fit

Edition of his Dictionary in April 6. William Shakespeare was Born & Died in April

Upcoming Events P.15-16 7. The Spiritual Meaning of April is a Library News P.16 Time of Growth & Moving Forward

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.

ROOM KEY

Α	Auditorium	Р	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

CALENDAR

OF EVENTS



MONDAY APRIL 1

APRIL FOOLS DAY

10:00 Basic
Fitness · FC
11:00 Exec
Committee · PDR

1:00 Basic

Fitness · FC 1:30 Billiards · WN 3:00 Dementia

Caregiver Support
• PDR

TUESDAY APRIL 2

9:00 Water Works • **P**

10:00 Yoga • **FC 11:00** Catholic

Communion · CA 11:30 Bingo · A

11:30 Tai Chi • FC

1:00 Balance & Fall • FC

SUNDAY APRIL 7

8:30-1:00 Church Shuttle · SIGN UP 於於 9:30-12:30 Channel 3 1:00 Church Service & Communion · A 6:30 Channel 3

MONDAY APRIL 8

10:00 Basic
Fitness · FC
10:00 Balloon
Volleyball with
Growing Roots · A
11:00-1:30 Eclipse
Viewing · CY
12:00 Mystery
Book Club · PDR

1:00 Basic Fitness · FC

1:30 Bingo · A 1:30 Billiards · WN 3:00 Resident

Caregiver Support
• PDR

TUESDAY APRIL 9

9:00 Water Works • P

10:00 Yoga · FC 10:30 Brain

Games · PR 11:00 Catholic

Communion · CA

11:30 Tai Chi

·FC

1:00 Balance & Fall • FC

1:00 Basic

Drawing with Frank • **CA**

Page 2

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 3	APRIL 4	APRIL 5	APRIL 6
10:00 Basic Fitness·FC 10:00 North Shuttle·SIGN UP於於 10:00 Bible Study·CA 11:30 Business Shuttle·SIGN UP於於 1:00 Brain Fitness·FC 1:30 Pinochle ·CA 2:00-4:00 Computer Help ·SIGN UP	9:00 Water Works · P 10:00 Yoga · FC 10:00 Fingernail Painting · A 11:30 Big for Life · FC 11:30 Bingo · A 1:00 Balance & Fall · FC 1:30 Wai & Friends · A 6:30 Continuing Education - FVCC · SIGN UP 於於 6:30 Channel 3	Aerobics · P 10:00 Basic Fitness · FC 1:00 Basic Fitness · FC 3:00 Updates & Questions with Carla · A 6:30 Channel 3	10:00-12:30 Quilt Club · CA 1:30 Pinochle · CA 6:30 Channel 3
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 10	APRIL 11	APRIL 12	APRIL 13
Fitness · FC 10:00 North & South Shuttle · SIGN UP於於 10:00 Bible Study · CA 11:00 Depart - Flathead Lake Brewing · SIGN	& Fall • FC 1:00-4:00 Foot Clinic with Dr.	Fitness · FC 10:00 Fingernail	• CA 2:00 MS Support • CR 6:30 Channel 3

SUNDAY APRIL 14	MONDAY APRIL 15	TUESDAY APRIL 16
8:30-1:00 Church Shuttle · SIGN UP 於於 9:30 Channel 3 1:00 Church Service · A 2:30 Buffalo Theater · A 2:30 MT State Old-Time Fiddlers · CA 6:30 Channel 3	10:00 Basic Fitness · FC 11:30 Bingo · A 1:00 Finance Committee · PDR 1:00 Basic Fitness · FC 1:00 Acrylic Painting with Angela · CA 1:30 Billiards · WN 3:00 Dementia Caregiver Support · A	9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 11:30 Tai Chi · FC 1:00 Balance & Fall · FC 1:00 Basic Drawing with Frank · CA 2:00 Flower Arranging · A 6:30 Channel 3
SUNDAY APRIL 21 8:30-1:00 Church Shuttle · SIGN UP 於於 1:00 Church Service · A 2:30 C-Falls Community Choir · A 6:30 Channel 3	MONDAY APRIL 22 EARTH DAY WEAR BLUE OR GREEN 10:00 Basic Fitness · FC 11:30 Picnic & Community Cleanup - Woodland Park SIGN UP ** * 1:00 Basic Fitness · FC 1:30 Billiards · WN 4:00 What, Why &	
	Wine: Meet the Foundation • A	a Movie · A

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 17	APRIL 18	APRIL 19	APRIL 20
Fitness · FC 10:00 North . Shuttle · SIGN UP 10:00 Bible Study · CA 11:30 Business		PAND T-SHIRT DAY 9:00 Water Aerobics · P 10:00 Basic Fitness · FC 10:00 Tech Help from Students · SIGN UP 11:00 Voter Help · L 1:00 Basic Fitness · FC	10:00 Tea Kettle Quilt Show in C-Falls ・SIGN UP於於 12:30 Channel 3 1:30 Pinochle・ CA 2:30 Buffalo Theater・A 6:30 Channel 3 7:00 Glacier Symphony - Wachholz Center・SIGN UP於於
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 24	APRIL 25	APRIL 26	APRIL 27
Fitness · FC 10:00 North & South Shuttle · SIGN UP *** 10:00 Bible Study · CA 12:00 Recreation Committee · CR 1:00 Brain Fitness · FC 1:30 Pinochle · CA 1:30 Parkinson's Support · PDR	10:00 Fingernail Painting · A 11:30 Big for Life · FC 11:30 Balance & Fall · FC 1:30 Wai & Friends · A 3:00 Immanuel Millionaire · A	9:00 Water Aerobics · P 10:00 Basic Fitness · FC	10:00-12:30 Quilt Club · CA 1:30 Pinochle · CA 6:30 Channel 3

SUNDAY	MONDAY	TUESDAY
APRIL 28	APRIL 29	APRIL 30
8:30-1:00 Church Shuttle·SIGN UP 水水 9:30-12:00 Channel 3 1:00 Church Service·A	10:00 Basic Fitness · FC 1:00 Basic Fitness · FC 1:30 Billiards · WN 2:00 Scenic Drive - Hungry Horse Dam · SIGN UP 上 6:00 Valley Voices · A 6:30 Channel 3	11:30

The activity groups are 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

GATHER

Billiards

Every Monday | 1:30pm | Wooden Nickel

Pampered Nails Fingernail Painting Thursday, April 4, 18 & 25 | 10:00am | Auditorium

Friday, April 12 | 10:00am | Auditorium

BETTER ? TOGETHER

Bingo! in the Auditorium

Tuesday, April 2 | 11:30am | Auditorium

Monday, April 8 | 1:30pm | Auditorium

Thursday, April 4 | 11:30am | Auditorium

Friday, April 12 | 11:30am | Auditorium Monday, April 15 | 11:30am | Auditorium Thursday, April 18 & 25 | 11:30am | Auditorium

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Cafe

Quilt Club

Saturday, April 6 & 27 | 10:00am-12:30pm | Cafe

Balloon Volleyball with Growing Roots Kiddos

Monday, April 8 | 10:00am | Auditorium

Mystery Book Club

Monday, April 8 | 12:00pm | Private Dining Room

Book Club

Tuesday, April 30 | 2:30pm | Conference Room

SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, April 1 | 3:00pm | Private Dining Room

Monday, April 15 | 3:00pm | Auditorium

Resident Caregiver Support Group Monday, April 8 | 3:00pm-4:30pm | Private Dining Room

MS Support Group

Saturday, April 13 | 2:00pm | Conference Room

Parkinson's Caregiver Support Group

Wednesday, April 24 | 1:30pm | Private Dining Room

LEARN

Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center

Computer Help Sessions

A team member from our low voltage team will meet you at your apartment for 30-minutes.

Wednesday, April 3 & 17 | 2:00pm-4:00pm | SIGN UP

Updates & Questions with Carla

Friday, April 5 | 3:00pm | Auditorium Residents are encouraged to attend this monthly informational meeting.

Brain Games with Angela

Tuesday, April 9 | 10:30am | Patio Room

Wildfires in Northwest Montana Presentation

Wednesday, April 17 | 2:00pm | Auditorium

Presented by Rick Trembath, Retired Chief of Bigfork Fire Department of 56 years

Tech Help from Students of Heritage Academy Leadership Class

Friday, April 19 | 10:00am-12:00pm | SIGN UP

CREATE

Basic Drawing with Frank Tetrault

Every Tuesday except April 2 | 1:00pm | Cafe

Acrylic Painting Class with Angela

Monday, April 15 | 1:00pm | Cafe

Fresh Flower Arranging

Tuesday, April 16 | 2:00pm | Auditorium



MUSIC

Wai Mizutani & Friends

Thursday, April 4, 18 & 25 | 1:30pm | Auditorium

April Birthday Celebration with Music by: Wai Mizutani & Friends

Friday, April 12 | 1:30pm | Auditorium

Montana State Old-Time Fiddlers Jam

Sunday, April 14 | 2:30pm-4:30pm | Cafe

Wine & Cheese Social with Music by: Denim & Lace

Friday, April 19 | 4:30pm | Wooden Nickel

Columbia Falls Community Choir

Sunday, April 21 | 2:30pm | Auditorium

Valley Voices

Monday, April 29 | 6:00pm | Auditorium



Church Shuttle 於於於

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

Church Service

Every Sunday | 1:00pm | Auditorium Communion on April 7

Catholic Communion

Every Tuesday | 11:00am | Cafe

Bible Study

Every Wednesday | 10:00am | Cafe

Devotions with Braden

Friday, April 12, 19 & 26 | 2:30pm | Library

COMMITTIES

Executive Committee Meeting

Monday, April 1 | 11:00am | Private Dining Room

Resident Ambassador Meeting

Wednesday, April 10 | 11:30am | Private Dining Room

Finance Committee Meeting

Monday, April 15 | 1:00pm | Private Dining Room

Recreation Committee Meeting

Wednesday, April 24 | 12:00pm | Conference Room

Dining Committee Meeting

Friday, April 26 | 10:00am | Cafe



With spring upon us comes the opportunity for residents to be involved in keeping our gardens looking beautiful!



If you are interested in rolling up your sleeves and showcasing your green thumb, no matter your level of gardening experience, please reach out to Joe Super, lead resident gardener.



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

Every Tuesday | 11:30am | Fitness Center

Balance & Fall Prevention

Every Tuesday & Thursday | 1:00pm | Fitness Center

Big For Life

Every Thursday except April 4 | 11:30am | Fitness Center

Water Aerobics

Every Friday | 9:00am | Pool

SPRING WELLNESS TIPS



RATING SYSTEM

EASY GOING

MODERATE

ACTIVE

SEE PAGE 1

FOR MORE DETAIL.

Spring is all about new beginnings and transformations; it's a season that symbolizes starting fresh and starting over. As the weather gets warmer and the flowers start to bloom, spring is the perfect time to focus on health & wellness.

Here are just a few tips for health & wellness during the spring season:

- Get Moving with Outdoor Activities
- Stay HydratedSchedule Wellness Check
- Spring Clean your Living Space
- · Stay Connected with Loved Ones
- Incorporate Healthy Eating Habits
- Prioritize Sleep
- Stay Active Mentally
- Practice Mindfulness & Relaxation
- Embrace Nature & Fresh Air

CHANNEL 3 FEATURES

RECURRING

Strength & Fitness with Todd

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

Bible Study with Pastor Al

Friday | 10:00am & 5:30pm

Saturday | 1:00pm

Basic Fitness with Todd

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

Saturday | 10:00am

Message from Pastor Al

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

Thursday, April 4 | 6:30pm-8:30pm 1950's & 1960's

Gunfighter Ballads & Trail Songs

Betta Fish with Relaxing Music

Friday, April 5 | 6:30pm-8:30pm

Saturday, April 6 | 6:30pm-8:30pm
Old Timeless Gospel Hymns

Sunday, April 7 | 9:30am-12:30pm

Lawrence Welk Show Sunday, April 7 | 6:30pm-8:30pm Tribute to Frank Sinatra 1978

The Adventures of Tom Sawyer (1938)

Saturday, April 13 | 6:30pm-8:30pm

Old Timeless Gospel Hymns Sunday, April 14 | 9:30am-12:30pm

Chair Exercises for Seniors

Saturday, April 14 | 6:30pm-8:30pm with Music from the 50's, 60's & 70's

with Music from the 50's, 60's & 70's

Remember the 80's

Tuesday, April 16 | 6:30pm-8:30pm 80's Music Videos Documentary
Thursday, April 18 | 6:30pm-8:30pm

Chair Exercises for Seniors

Mushroom Wonderland

Saturday, April 20 | 12:30pm-2:00pm with Music from the 50's, 60's & 70's

Most Playful Farm Animals
Saturday, April 20 | 6:30pm-8:30pm

Best Country Love Songs of 80's & 90's Sunday, April 21 | 6:30pm-8:30pm

Chair Exercises for Seniors
Friday, April 26 | 6:30pm-8:30pm
with Music from the 50's, 60's & 70's

Wild & Wide Awake

Saturday, April 27 | 6:30pm-8:30pm Spring in Europe

Old Timeless Gospel Hymns

Sunday, April 28 | 9:30am-12:30pm

Wind in the Willows
Monday, April 29 | 6:30pm-8:30pm

Backroads of Montana

Tuesday, April 30 | 6:30pm-8:30pm

Page 12

SHOPPING SHUTTLES

North Shopping 於於

Every Wednesday | 10:00am | SIGN UP

South Shopping 大大大

Wednesday, April 10 & 24 | 10:00am | SIGN UP

Taking Care of Business 於於

Wednesday, April 3 & 17 | 11:30am-1:00pm | SIGN UP

DUCATION

IC Continuing Education Center 於於

Every Thursday | Depart at 6:30pm | SIGN UP DROP OFF & PICK UP ONLY

Montana Vigilante History Presented by: Carol Buchanan PhD

DUTINGS

Out to Lunch at Flathead Lake Brewing Pubhouse (5.

Wednesday, April 10 | Depart at 11:00am | SIGN UP

Wai Mizutani at FVCC (5

Friday, April 12 | Depart at 6:30pm | SIGN UP | TICKETS \$20.00

Out to Dinner at Bella Italian Restaurant

Wednesday, April 17 | Depart at 4:30pm | SIGN UP

Columbia Falls Tea Kettle Quilt Show

Saturday, April 20 | Depart at 10:00am | SIGN UP

Wachholz Center: Glacier Symphony 允允 (回)

Saturday, April 20 | Depart at 7:00pm | SIGN UP

Glacier Symphony Orchestra: Fiddlemaster

TICKETS \$45.00 | DROP OFF & PICK UP ONLY

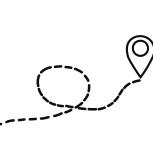
Picnic & Community Cleanup at Woodland Park 大人人

Monday, April 22 | Depart at 11:30am | SIGN UP

Scenic Drive to Hungry Horse Dam (5.

Monday, April 29 | Depart at 2:00pm | SIGN UP















MONTHLY HAPPENINGS

APRIL BIRTHDAYS

Dick Wright 1st

Charlotte Higgs 2nd Del Brenneman 4th Cliff Brenneman 7th Buzz Lund 8th Dan Smiley 10th Mary Fritz 11th Mary Jo Look 13th Norma Henderson 20th Donna Johnson 23rd Nina Lund 96th Vera Roth 26th Ron St Onge 26th Helen Gerry 27th Bryan Sinram 30th

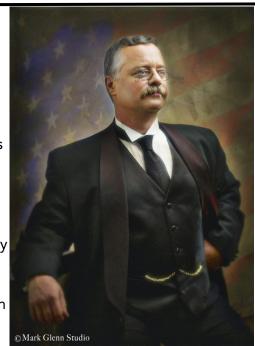


UPCOMING EVENTS

Meet & Greet with Theodore Roosevelt

Wednesday, April 24 at 4:00pm in the Auditorium

Joe Wiegand is the world's premiere Theodore Roosevelt impersonator, and as an actor and historian, his portrayals of Theodore Roosevelt have been enjoyed by audiences in all fifty states and internationally. Joe Wiegand is a political science graduate of The University of the South in Sewanee, Tennessee. In 2008, Joe, traveled across America in celebration of Theodore Roosevelt's 150th birthday and the final centennial year of TR's historic presidency. Joe has been



featured as President Roosevelt in "The Men Who Built America" on the History Channel, served as the model for the newest TR sculpture at the American Museum of Natural History in New York City, and has a feature role in "National Parks Adventure" an IMAX film about our national parks. Today, the Wiegands live in Medora, North Dakota, where Joe works for the Theodore Roosevelt Medora Foundation. Joe is a thirty-one year member of Rotary International and a member of the National Association for Interpretation. Joe's performance tour is highlighted in summer by a daily matinee in Medora, gateway to Theodore Roosevelt National Park and future home of Theodore Roosevelt Presidential Library.

BUFFALO THEATER

PBS Documentary -TR, The Story of Theodore Roosevelt (Part 1) Sunday, April 14 | 2:30pm | Auditorium

PBS Documentary - TR, The Story of Theodore Roosevelt (Part 2)

Saturday, April 20 | 2:30pm | Auditorium

UPCOMING EVENTS

Eclipse Viewing •((()))

Monday, April 8 | 11:00am-1:30pm | Courtyard Glasses will be provided for viewing!

Foot Clinic with Dr. Latter

Thursday, April 11 | 1:00pm-4:00pm | Café | SIGN UP

Voter Registration Help

Friday, April 12, 19 & 26 | 11:00am-1:00pm | Lobby

Resident Volunteers will be available in the front lobby to help anyone get registered to vote or answer questions about the primary election on Tuesday, June 4th. Volunteers will deliver registration forms to the election department for your convenience.

What, Why & Wine: Meet the Foundation

Monday, April 22 | 4:00pm | Auditorium Meet Heidi & Beth and learn what the Immanuel Foundation is all about!

Dinner & a Movie!

Movie Showing: The Boys in the Boat

Tuesday, April 23 | 4:30pm | Auditorium | SIGN UP



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.

Who wants to be an Immanuel Millionaire?

Hosted by Pastor Al

Thursday, April 25 | 3:00pm | Auditorium



LIBRARY NEWS

Magazines and The Wall Street Journal can be found in the Terraces Library. Among the magazines you will find: The Atlantic, Birds and Blooms, The Economist, Popular Mechanics and Brain & Life. National Geographic is often available, too. The newspaper and magazines are to be read in the library, not in your home since they are enjoyed by many residents. Page 16

NOTES



AT BUFFALO HILL

The Villas The Terraces AT BUFFALO HILL

The Cottages AT BUFFALO HILL