

Resident Calendar & Activity Guide

May 2024

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CELEBRATE THE GORGEOUS MONTH OF MAY!



 In any given year, no month ever begins or ends on the same day of the week as May does.

2. May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".

3. On **May** 1, 1931, the Empire State Building was officially opened.

4. May used to have a very different name in Old English. Back then, the month was referred to as the "month of three milkings." Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!

5. Many famous people were born in May, such as Bob Dylan, Harry S. Truman, Clint Eastwood, John F. Kennedy, Queen Victoria, and Catherine the Great!

Here are some more fun things to celebrate this May:

May 1: School Principals' Day May 2: World Tuna Day May 8: No Socks Day May 8: Root Canal Appreciation Day May 14: Dance Like a Chicken Day May 21: Wait Staff Appreciation Day



May Full Moon

May's full Moon, called the Flower Moon, appears on Thursday, May 23, reaching peak illumination at 7:53 A.M. (MST). It will be below the horizon at this time, so for the best view of this full Moon, step outside on the night of the 23rd or the 24th and look for that big, bright, shining lunar disk!

May Weather

May acts as the bridge between spring and summer, hinting at warmer weather for those still stuck in spring's grasp while heating things up for those already well on their way.



May Poem

A dry May and a leaking June
 Make the farmer whistle a merry tune.
 A snowstorm in May
 Is worth a wagonload of hay.
 Among the changing months, May stands confessed
 The sweetest, and in fairest colors dressed!
 James Thomson, Scottish poet (1700–48)

May Zodiac Signs

Taurus: April 21 to May 20 Gemini: May 21 to June 20

May Birth Flowers

May's birth flowers are the Hawthorn and the Lily-of-the-Valley. The Hawthorn means hope, while the Lily-of-the-Valley symbolizes sweetness or the return of happiness.

May's Birthstone is Emerald

The emerald symbolizes rebirth and fertility and was thought to grant foresight, cure various diseases, soothe nerves, improve memory, and ensure loyalty.



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

WEDNESDAY		FRIDAY	SATURDAY
MAY 1		MAY 3	MAY 4
何。 DAY 10:00 Basic Fitness · FC 10:00 North Shuttle · SIGN UP えええ 10:00 Bible Study · CA 11:30 Business Shuttle · SIGN UP えええ 1:00 Brain Fitness · FC 1:30 Pinochle · CA 2:00 Computer Help · SIGN UP	10:00 Kid Care Craft · A 10:30 Grief Class · CR 11:30 Big	6:30 Channel 3	10:00 Quilt Club · CA 11:00 Baby Goat Petting · A 1:30 Pinochle · CA

SUNDAY	MONDAY	TUESDAY
MAY 5	MAY 6	MAY 7
8:30-1:00 Church Shuttle · SIGN UP杰杰 1:00 Church Service & Communion · A 5:00 Cinco de Mayo Party · A	10:00 Basic Fitness · FC 10:00 Craft with Growing Roots · CA 12:00 Executive Committee · PDR 1:00 Basic Fitness · FC 1:30 Billiards · WN 2:00 Immanuel Deep Dive · A 3:00 Dementia Caregiver Support · PDR	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 2:30 May Birthday Party · A
SUNDAY	MONDAY	TUESDAY
MAY 12	MAY 13	MAY 14
HAPPY DAY 8:30-1:00 Church Shuttle · SIGN UP於於 10:00 Mother's Day Brunch · CL 1:00 Church Service · A 6:30 Channel 3	 12:00 Mystery Book Club · PDR 1:00 Finance Committee · PDR 1:30 Billiards · WN 2:00 Immanuel Deep Dive · A 3:00 Resident Caregiver Support • PDR 6:30 Channel 3 	9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 11:30 Tai Chi · FC 1:00 Basic Drawing with Frank · CA 6:30 Channel 3

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 8	MAY 9	MAY 10	MAY 11
Fitness · FC 10:00 North & South Shuttle · SIGN UP於於 10:00 Bible Study · CA 11:00 Tamarack Restaurant · SIGN UP 11:30 Resident Ambassador · PDR 1:00 Brain	9:00 Water Works · P 10:00 Fingernail Painting · A 10:30 Grief Class · CR 11:30 Bingo · A 11:30 Big for Life · FC 2:00 Yoga · FC 2:30 Scenic Drive · SIGN UP 6:30 Channel 3	2:30 Devotions with Braden • LB 3:00 Updates & Questions with Carla • A	· CA
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 15	MAY 16	MAY 17	MAY 18
9:00 Channel 3 10:00 North Shuttle · SIGN UP杰杰 10:00 Bible Study · CA 11:30 Business Shuttle · SIGN UP杰杰 1:30 Pinochle · CA 2:00 Computer Help · SIGN UP 2:30 Foundation Committee · PDR	9:00 Water Works · P 10:30 Grief Class · CR 11:30 Big for Life · FC 1:30 Wai · A 3:00 Happy Hour Trivia · A 6:30 Channel 3	DONUT FRIDAY 11:00 Montana Nugget Casino • SIGN UP (±. 2:00 Yoga • FC 2:30 Devotions with Braden • LB 6:30 Channel 3	1:30 Pinochle • CA 6:30 Channel 3

8:30-1:00 Church Shuttle · SIGN UP KAX	SUNDAY MAY 19	MONDAY MAY 20	TUESDAY MAY 21
MAY 26MAY 27MAY 288:30-1:00 Church Shuttle · SIGN UP ****MEMORIAL DAY ****9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 11:00 Acrylic Painting Class · CA9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 11:30 Tai Chi · FC 11:30 New 	Shuttle · SIGN UP Shuttle · SIGN UP Service · A 2:30 MT Fiddlers Jam · CA 3:00 Musical Recital · A 6:30 Channel 3 7:00 Musical	10:00 Fitness with Angela · FC 11:30 Spelling Bee · A 1:30 Billiards · WN 3:00 Dementia Caregiver Support	Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 11:30 Tai Chi · FC 2:30 Advisory Committee · PDR
Shuttle · SIGN UPShuttle · SIGN UPShuttle · SIGN UPShuttle · SIGN UPShuttle · SIGN UP1:30 Billiards · CYChannel 31:00 ChurchService · AWorks · P1:00 ChurchService · AService · AS			

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 22	MAY 23	MAY 24	MAY 25
South Shuttle · SIGN UP 於於 10:00 Bible Study · CA 1:30 Pinochle · CA 1:30 Parkinson's Support · PDR 4:30 Dinner & a Movie · A	10:00 Fingernail Painting · A 10:30 Grief Class · CR 11:30 Bingo · A 11:30 Big for Life · FC 1:30 Wai · A 3:00 Immanuel	2:30 Devotions with Braden · LB 4:30 The Back Room · SIGN UP &	Club • CA
WEDNESDAY	THURSDAY	FRIDAY	
MAY 29	MAY 30	MAY 31	
10:00 Basic Fitness · FC 10:00 North Shuttle · SIGN UP 10:00 Bible Study · CA 11:30 Business Shuttle · SIGN UP 12:00 Recreation Committee · CR 1:00 Brain Fitness · FC 1:30 Pinochle · PR	9:00 Water Works · P 10:30 Grief Cla • CR 11:30 Bingo · A 11:30 Big for	WORLD SMILE ()D 9:00 Water Aerobics · P 10:00 Basic Fitness · FC 10:00 Dining Committee · C 11:00 Thrift St · SIGN UP & 1:00 Basic	A ore FC

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 & capabilities

GATHER

Billiards Every Monday | 1:30pm | Wooden Nickel

Baby Goat Petting

Saturday, May 4 | 11:00am | Auditorium

Pampered Nails Fingernail Painting Thursday, May 9 & 23 | 10:00am | Auditorium

Bingo! in the Auditorium

Every Thursday except May 16 | 11:30am | Auditorium

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café Wednesday, May 29 (location change) | 1:30pm | Patio Room

Quilt Club Saturday, May 4 & 25 | 10:00am-12:30pm | Café

Mystery Book Club

Monday, May 13 | 12:00pm | Private Dining Room

Who wants to be an Immanuel Millionaire? Hosted by Pastor Al

Thursday, May 23 | 3:00pm | Auditorium

Book Club Tuesday, May 28 | 2:30pm | Conference Room



SUPPORT GROUPS

Grief Support Group Class with Pastor Al

Every Thursday | 10:30am | Conference Room

Dementia Caregiver Support Group

Monday, May 6 | 3:00pm | Private Dining Room Monday, May 20 | 3:00pm | Auditorium

MS Support Group

Saturday, May 11 | 2:00pm | Conference Room

Resident Caregiver Support Group Monday, May 13 | 3:00pm-4:30pm | Private Dining Room

Parkinson's Caregiver Support Group Wednesday, May 22 | 1:30pm | Private Dining Room



LEAR

Brain Fitness with Todd

Wednesday, May 1, 8 & 29 | 1:00pm | Fitness Center

Computer Help Sessions

Wednesday, May 1 & 15 | 2:00pm-4:00pm | SIGN UP

Immanuel Living: A Deep Dive Series with Carla

Session 1: Services | Monday, May 6 | 2:00pm | Auditorium Session 2: Compliance | Monday, May 13 | 2:00pm | Auditorium Session 3: Financial | Friday, May 24 | 2:00pm | Auditorium

Brain Games with Angela Tuesday, May 7 | 10:30am | Patio Room

Updates & Questions with Carla

Friday, May 10 | 3:00pm | Auditorium Residents are encouraged to attend this monthly informational meeting.

New Resident Orientation

Tuesday, May 28 | 11:30am-1:30pm | Auditorium | RSVP with Recreation

Join us for a lunch & learn about Resident Services! Transportation, activities, wellness & other useful amenities.

CREATE

Craft Class with Kid Care

Thursday, May 2 | 10:00am | Auditorium

Basic Drawing with Frank Tetrault

Tuesday, May 14 | 1:00pm | Café



Craft Class with Growing Roots Day Care

Monday, May 6 | 10:00am | Café

Acrylic Painting Class with Angela

Monday, May 27 | 2:00pm | Café



Fresh Flower Arranging Tuesday, May 30 | 3:30pm | Auditorium

MUSIC

Wai Mizutani & Friends

Every Thursday except May 9 | 1:30pm | Auditorium Friday, May 10 | 1:30pm | Auditorium

May Birthday Celebration Music: TBD - Stay Tuned!

Tuesday, May 7 | 2:30pm | Auditorium

Montana State Old-Time Fiddlers Jam Sunday, May 19 | 2:30pm-4:30pm | Café

Students of Debbie Gardener: Musical Recital Sunday, May 19 | 3:00pm-5:15pm | Auditorium

Students of Mary Ruth Fallon: Musical Recital

Sunday, May 19 | 7:00pm | Auditorium



SPIRITUAL LIFE

Church Shuttle 🕅

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

Church Service

Every Sunday | 1:00pm | Auditorium Communion on May 5

Catholic Communion

Every Tuesday | 11:00am | Café

Bible Study Every Wednesday | 10:00am | Café

Devotions with Braden Friday, May 10, 17 & 24 | 2:30pm | Library Friday, May 31 | 3:00pm | Private Dining Room



Executive Committee Meeting Monday, May 6 | 12:00pm | Private Dining Room

Resident Ambassador Meeting Wednesday, May 8 | 11:30am | Private Dining Room

Finance Committee Meeting Monday, May 13 | 1:00pm | Private Dining Room

Foundation Committee Meeting Wednesday, May 15 | 2:30pm | Private Dining Room

Resident Advisory Committee Meeting Tuesday, May 21 | 2:30pm | Private Dining Room

Recreation Committee Meeting Wednesday, May 29 | 12:00pm | Conference Room

Dining Committee Meeting Friday, May 31 | 10:00am | Café



Basic Fitness in the Fitness Center Monday, May 6 | 10:00am & 1:00pm Wednesday, May 1, 8 & 29 | 10:00am Friday, May 3 & 31 | 10:00am & 1:00pm

•Water Works

Every Tuesday & Thursday | 9:00am | Pool except Tuesday, May 2

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

Tai Chi
 Every Tuesday | 11:30am | Fitness Center

Fitness with Angela
 Monday, May 20 | 10:00am | Fitness Center
 Friday, May 24 | 10:00am | Fitness Center

Big For Life

Every Thursday | 11:30am | Fitness Center

Balance & Fall Prevention
 Tuesday, May 7 & 28 | 1:00pm | Fitness Center
 Thursday, May 2 & 30 | 1:00pm | Fitness Center

•Yoga with Anna

Every Friday except May 10 | 2:00pm | Fitness Center Thursday, May 9 | 2:00pm | Fitness Center



Friday, May 3 & 31 | 9:00am | Pool



CHANNEL 3 FEATURES

Thursday, May 16 | 6:30pm-8:30pm

RECURRING Strength & Fitness with Todd Wednesday | 10:00am & 1:00pm Basic Fitness with Todd Friday | 9:30am & 1:00pm Saturday | 1:00pm Monday, Tuesday & Thursday | 10:00am & 1:00pm Saturday | 10:00am Bible Study with Pastor Al Message from Pastor Al Friday | 10:00am & 5:30pm Sunday | 4:00pm-6:00pm on a loop Oscar Wilde Documentary Chair Exercises for Seniors Friday, May 3 | 6:30pm-8:30pm Friday, May 17 | 6:30pm-8:30pm with Music from the 50's, 60's & 70's Wild Costa Rica Wizard of Oz Movie Saturday, May 4 | 6:30pm-8:30pm Saturday, May 18| 6:30pm-8:30pm with The Dark Side of the Moon by Pink Floyd Classic Country Collection Thursday, May 9 | 6:30pm-8:30pm The Complete Story of the Bible Sunday, May 19 | 6:30pm-8:30pm Grizzly Country Documentary Saturday, May 11 | 6:30pm-8:30pm The Heart of Yellowstone National Park Like you've never seen it before! Chair Exercises for Seniors The Best of Mother's Day Tuesday, May 21 | 6:30pm-8:30pm with Music from the 50's, 60's & 70's Songs Sunday, May 12 | 6:30pm-8:30pm Uncle Toms Cabin Thursday, May 23 | 6:30pm-8:30pm Chair Exercises for Seniors Monday, May 13 | 6:30pm-8:30pm Chair Exercises for Seniors with Music from the 50's, 60's & 70's Friday, May 24 | 6:30pm-8:30pm Old Timeless Gospel Hymns Sunday, April 14 | 9:30am-12:30pm with Music from the 50's, 60's & 70's Montana Scenic Relaxation Bozo's Circus Saturday, May 25 | 6:30pm-8:30pm with Relaxing Piano Music Tuesday, May 14 | 6:30pm-8:30pm Complete Broadcast, 9/10/1979 Old Timeless Gospel Hymns Chair Exercises for Seniors Sunday, May 26 | 9:30am-12:30pm Wednesday, May 15 | 9:00am The Ghost Town of Granite, with Music from the 50's, 60's & 70's Montana - "The Silver Queen" \boldsymbol{I} Betty Boop Tuesday, May 28 | 6:30pm-8:30pm

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TRIPS

SHOPPING SHUTTLES

North Shopping 於於於 Every Wednesday | 10:00am | SIGN UP

South Shopping 於於於 Wednesday, May 8 & 22 | 10:00am | SIGN UP

Taking Care of Business 於於於 Wednesday, May 1, 15 & 29 | 11:30am-1:00pm | SIGN UP

EDUCATION

FVCC Continuing Education Center

OUTINGS

Out to Lunch at The Tamarack in Lakeside Wednesday, May 8 | Depart at 11:00am | SIGN UP

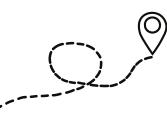
Scenic Drive 🔥 Thursday, May 9 | Depart at 2:30pm | SIGN UP

Out to Lunch & Gambling at the Montana Nugget 🛓 Friday, May 17 | Depart at 11:00am | SIGN UP

Out to Dinner at The Back Room in Columbia Falls Friday, May 24 | Depart at 4:30pm | SIGN UP

Thrift Store Shopping & Lunch 🛃 Friday, May 31 | Depart at 11:00am | SIGN UP





MONTHLY HAPPENINGS



Betty Zion 1st Pat Fine 5th Harland Hanson 8th Al Chery 13th Mary Galvin 17th Linda Malvin 17th Jim Slack 19th Lynda Shephard 25th Kathleen Hall 27th Bob Brown 30th Angela DeShazer 30th





CINCO DE MAYO SUNDAY, MAY 5



MOTHER'S DAY SUNDAY, MAY 12



WORLD BEE DAY WEAR YELLOW & BLACK MONDAY, MAY 20



MEMORIAL DAY WEAR RED, WHITE & BLUE MONDAY, MAY 27



UPCOMING EVENTS

Kentucky Derby Saturday, May 4 | Auditorium Betting Opens at 3:30pm | Race Starts at 4:25pm Betting, Food, Drinks & Prizes!

Cinco de Mayo Taco Party

with Music by: Dave vonKleist Monday, May 5 | 5:00pm-6:30pm | Auditorium Dress in your Fiesta best while enjoying tacos, margarita's & music!

Mother's Day Brunch

Sunday, May 12 | 10:00am-5:00pm | Claremont Dining Room

Happy Hour Trivia

Hosted by Hannah

Thursday, May 16 | 3:00pm | Auditorium

You and your teammates will test your knowledge in various categories like Montana History, Presidents & Classic TV Shows all while enjoying your favorite wine!

Spelling Bee

Monday, May 20 | 11:30am | Auditorium

If you are interested in being a contestant, please see Angela in Recreation.

Dinner & a Movie!

Movie Showing: Indiana Jones & the Dial of Destiny Wednesday, May 22 | 4:30pm | Auditorium | SIGN UP



Harrison Ford returns to the role of the legendary hero archaeologist, Indiana Jones, for this highly anticipated final installment of the iconic franchise – a big, globe-trotting, rip-roaring adventure!

Please sign up <u>NO LATER</u> than noon on 5/22! Memorial Day BBQ

Monday, May 27 | 11:00am-1:00pm | Courtyard

Alzheimer's Breakfast of Hope

Thursday, May 30 | 9:00am | Auditorium | RSVP ONLY Education & awareness of Alzheimer's disease. Stay tuned for RSVP details.

Piñata & Games with Angela

Friday, May 31 | 3:00pm-4:00pm | Courtyard

LIBRARY NEWS

THERE IS 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.

NOTES



The Cottages

AT BUFFALO HILL



