



Immanuel Living

Resident
CALENDAR
& Activity
GUIDE

MAY 2025

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Betty Zion 1st

Harland Hanson 8th

Allen Chery 13th

John Kaiser 15th

Wendy Ware 16th

Linda Malvin 17th

Jim Slack 19th

Lynda Shephard 25th






May Birthday






WINE & CHEESE SOCIAL

SATURDAY, MAY 17 | 3:30PM | AUDITORIUM

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

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

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

SPRING WORD SCRAMBLE

MOSSOLB_____

MOBLO _____

EGRDNA _____

PENLOL _____



ITPUL _____

AIFODFLD _____

SHSUINEN_____

IARN _____

ADEWMO_____

TUBYFLTR_____


RGSSA _____


BANROIW_____



1. Blossom 2. Bloom 3. Garden 4. Pollen 5. Tulip 6. Daffodil 7. Sunshine 8. Rain 9. Meadow 10. Butterfly 11. Grass 12. Rainbow



THURSDAY MAY 1	FRIDAY MAY 2	SATURDAY MAY 3
9:00 ● Water Works • P	DONUT FRIDAY	1:30 Pinochle Group • CA
10:00 ● Yoga • FC	9:00 ● Water Aerobics • P	
11:30 Bingo • A	10:00 Men’s Group • WN	4:00 Kentucky Derby Party • A
1:30 Wai • A	10:00 ● Basic Fitness • FC	6:30 Channel 3
3:00 ● Balance & Fall • FC	1:30 Domino Game - PiP • CA	
6:30 Channel 3	2:30 Hypertension Class • CR	
	3:00 Updates & Questions with Department Leaders • A	



SUNDAY MAY 4	MONDAY MAY 5	TUESDAY MAY 6
8:30-1:00 Church Shuttle · SIGN UP 🚶🚶🚶	 10:00 ● Basic Fitness · FC	9:00 Water Works · P 10:00 ● Yoga · FC 11:00 Catholic Communion · CA 11:45 Fingernail Painting · PR 2:30 Teacher & Nurse Appreciation Social · A 3:00 ● Balance & Fall · FC 6:30 Toastmasters · A
9:30 Channel 3 11:00 Bunco Game · PR 1:00 Church Service · A 6:30 Channel 3	3:00 ● Basic Fitness · FC 3:00 Dementia Support Group · PDR 5:00 Cinco de Mayo Party · A 6:30 Channel 3	



SUNDAY MAY 11	MONDAY MAY 12	TUESDAY MAY 13
 8:30-1:00 Church Shuttle · SIGN UP 🚶🚶🚶	10:00 ● Basic Fitness · FC 11:30 Bingo · A 12:00 Mystery Book Club · PDR 3:00 ● Basic Fitness · FC 4:30 Dinner & a Movie · A	9:00 ● Water Works · P 10:00 ● Yoga · FC 10:30 Depart - St. Ignatius · SIGN UP & 🚶🚶 11:00 Catholic Communion · CA 11:30 Fingernail Painting · A 1:00 Basic Drawing with Frank · CRAFT ROOM 3:00 ● Balance & Fall · FC
9:30 Channel 3 11:00 Bunco Game · PR 1:00 Church Service · A 3:30 Mother's Day Tea Party & Live Music · A 6:30 Channel 3		




WEDNESDAY MAY 7	THURSDAY MAY 8	FRIDAY MAY 9	SATURDAY MAY 10
10:00 ● Basic Fitness · FC 10:00 North & South Shuttle · SIGN UP & 🚶🚶 10:00 Computer Help · SIGN UP 10:00 Bible Study · CA 10:30 Brain Fitness · FC 1:30 Pinochle · CA 2:00 Yarn Club · PR 2:00 Dental Presentation · A	9:00 Water Works · P 10:00 ● Yoga · FC 11:30 Bingo · A 1:30 Wai · A 3:00 ● Balance & Fall · FC 4:30 Depart - Dinner at "A Bar" in Bigfork · SIGN UP & 🚶 6:30 Channel 3	DONUT FRIDAY 9:00 Water Aerobics · P 10:00 Men's Group · WN 10:00 ● Basic Fitness · FC 1:30 Domino Game - PiP · CA 2:30 Hypertension Class · CR 4:00 Wai Student Recital · A 5:30 Wai Student Recital · A	10:00 Depart - Walk to End Parkinson's · SIGN UP & 🚶🚶 1:30 Pinochle Group · CA 2:00 MS Support · CR 3:00 Weekend Bingo · A 6:30 Channel 3

WEDNESDAY MAY 14	THURSDAY MAY 15	FRIDAY MAY 16	SATURDAY MAY 17
10:00 ● Basic Fitness · FC 10:00 North Shuttle · SIGN UP & 🚶🚶 10:00 Bible Study · CA 10:30 Brain Fitness · FC 11:30 Business Shuttle · SIGN UP & 🚶 1:30 Pinochle · CA 2:00 Yarn Club · PR 2:30 Montana Trivia & Prizes · A	9:00 ● Water Works · P 10:00 ● Yoga · FC 11:30 Bingo · A 1:00 Foot Clinic - Dr. Latter · CA 1:30 Wai · A 3:00 ● Balance & Fall · FC 3:00 Flower Arranging · A	DONUT FRIDAY 9:00 ● Water Aerobics · P 10:00 Linderman Students · CA 10:00 Men's Group · WN 10:00 ● Basic Fitness · FC 1:30 Domino Game - PiP · CA 2:30 Hypertension Class · CR 3:00 Updates with Jason Cronk, CEO · A	1:30 Pinochle Group · CA 3:30 May Birthday - Wine & Cheese with Live Music · A 6:30 Channel 3

SUNDAY MAY 18	MONDAY MAY 19	TUESDAY MAY 20
8:30-1:00 Church Shuttle • SIGN UP 	10:00 ● Basic Fitness • FC	9:00 ● Water Works • P
9:30 Channel 3	1:00 Lecture Series - Mariah Gladstone • A	10:00 ● Yoga • FC
1:00 Church Service • A	3:00 ● Basic Fitness • FC	10:00 Plant Flowers with 2 nd Graders • CY
2:30 Montana Fiddlers Jam • CA	3:00 Dementia Support Group • A	11:00 Catholic Communion • CA
2:30 Depart - Glacier Symphony • SIGN UP 	6:00 Valley Voices • A	11:30 Fingernail Painting • A
	6:30 Channel 3	2:30 Hypertension Class • CR
		3:00 ● Balance & Fall • FC
		6:30 Toastmasters - Spring Open House • A

SUNDAY MAY 25	MONDAY MAY 26	TUESDAY MAY 27
8:30-1:00 Church Shuttle • SIGN UP 	MEMORIAL DAY 	9:00 ● Water Works • P
9:30 Channel 3	10:00 Basic Fitness • FC	10:00 ● Yoga • FC
11:00 Bunco Game • PR	11:00-1:00 Memorial Day BBQ • CY	11:00 Catholic Communion • CA
1:00 Church Service • A	11:30 Bingo • A	11:30-1:30 New Resident Orientation • A
4:00 Celebration of Life - Pat Downie • A	3:00 Basic Fitness • FC	11:30 Fingernail Painting • A
	6:30 Channel 3	2:30 Book Club • CR
		3:00 ● Balance & Fall • FC

WEDNESDAY MAY 21	THURSDAY MAY 22	FRIDAY MAY 23	SATURDAY MAY 24
10:00 ● Basic Fitness • FC	9:00 ● Water Works • P	DONUT FRIDAY	1:30 Pinochle Group • CA
10:00 North & South Shuttle • SIGN UP 	10:00 ● Yoga • FC	9:00 ● Water Aerobics • P	4:30 Buffalo Theater & Pizza • A
10:00 Computer Help • SIGN UP	11:30 Bingo • A	10:00 Men's Group • WN	
10:00 Bible Study • CA	1:30 Wai • A	10:00 ● Basic Fitness • FC	
10:30 Brain Fitness • FC	2:30 Kitchen Tour • SIGN UP	11:00 Brain Boosters • PR	
12:30 Depart - Metropolitan Opera • SIGN UP 	3:00 ● Balance & Fall • FC	1:30 Domino Game - PiP • CA	
1:30 Pinochle • CA	6:30 Channel 3	6:30 Channel 3	
2:00 Yarn Club • PR	7:30 Kitchen Tour • SIGN UP		

WEDNESDAY MAY 28	THURSDAY MAY 29	FRIDAY MAY 30	SATURDAY MAY 31
10:00 ● Basic Fitness • FC	9:00 ● Water Works • P	DONUT FRIDAY	1:30 Pinochle Group • CA
10:00 North & South Shuttle • SIGN UP 	10:00 ● Yoga • FC	9:00 ● Water Aerobics • P	2:00 Buffalo Theater - Root Beer Floats & Popcorn • A
10:00 Bible Study • CA	1:30 Wai • A	10:00 Men's Group • WN	6:30 Channel 3
10:30 Brain Fitness • FC	3:00 ● Balance & Fall • FC	10:00 ● Basic Fitness • FC	
11:30 Business Shuttle • SIGN UP 	6:30 Channel 3	1:30 Domino Game - PiP • CA	
1:00 Parkinson's Support • PDR		2:30 Hypertension Class • CR	
1:30 Pinochle • CA		6:30 Depart - Wachholz Center • SIGN UP 	
2:00 Yarn Club • PR			

Bingo! in the Auditorium

Monday, May 12 & 26 | 11:30am

Every Thursday | 11:30am

Except Thursday, May 29

Pampered Nails Fingernail Painting

Every Tuesday | 11:30am | Auditorium

LOCATION CHANGE: Tuesday, May 6 | 11:45am | Patio Room

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café

Domino Game - PiP

Every Friday | 1:30pm | Café

Men's Group

Every Friday | 10:00am | Wooden Nickel

Bunco Game with the Flake Family

Sunday, May 4, 11 & 25 | 11:00am | Patio Room

What is Bunco? Bunco is a fun, luck-based dice game perfect for a casual game with friends. With no complex strategy, anyone can play!

Weekend Bingo

Saturday, May 10 | 3:00pm | Auditorium

Mystery Book Club

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

Montana Trivia & PRIZES

Wednesday, May 14 | 2:30pm | Auditorium

Visit with Linderman Education Students

Friday, May 16 | 10:00am | Café

Kitchen Tour with Kateri

Thursday, May 22 | 2:30pm & 7:30pm | SIGN UP

Celebration of Life for Pat Downie

Sunday, May 25 | 4:00pm | Auditorium

Book Club

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



Computer Help Sessions

Every Other Wednesday | 10:00am-12:00pm | SIGN UP

Toastmasters

Every Other Tuesday | 6:30pm | Auditorium

Spring Open House: Tuesday, May 20

Brain Fitness with Todd

Every Wednesday | 10:30am | Fitness Center

Hypertension Class

Friday, May 2, 9, 16 & 30 | 2:30pm | Conference Room | SIGN UP

Tuesday, May 20 | 2:30 | Conference Room | SIGN UP

Updates & Questions with Department Leaders

Friday, May 2 | 3:00pm | Auditorium

Residents are encouraged to attend this monthly informational meeting!

Dental Presentation by Dr. Ronngren

Wednesday, May 7 | 2:00pm | Auditorium

The NorthStar Dental team is excited to share tips on maintaining good oral health and its connection to overall well-being. We'll cover cavity prevention, appliance care, tooth restoration options, and effective oral hygiene tools and techniques.

Updates with Jason Cronk, CEO

Friday, May 16 | 3:00pm | Auditorium

Brain Boosters in the Patio Room

Saturday, May 17 | 10:00am · Friday, May 23 | 11:00am

It's time to build and strengthen those brain connections! Let's master the art of brain games, boost our thinking power and have some fun doing it!

New Resident Orientation

Tuesday, May 27 | 11:30am-1:30pm | Auditorium | RSVP with Recreation

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



SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, May 5 | 3:00pm | Private Dining Room
Monday, May 19 | 3:00pm | Auditorium

MS Support Group

Saturday, May 10 | 2:00pm | Conference Room

Parkinson's Caregiver Support Group

Wednesday, May 28 | 1:00pm | Private Dining Room



SPIRITUAL LIFE

Church Shuttle

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

Church Service

Every Sunday | 1:00pm | Auditorium

Catholic Communion

Every Tuesday | 11:00am | Café

Bible Study with Pastor Andy

Every Wednesday | 10:00am | Café

CREATE

Yarn Club with Andy

Every Wednesday | 2:00pm | Patio Room

Basic Drawing with Frank Tetrault

Tuesday, May 13 | 1:00pm | Craft Room

Fresh Flower Arranging

Thursday, May 15 | 3:00pm | Auditorium

Plant Pansies with KPS 2nd Grade Students

Tuesday, May 20 | 10:00am | Courtyard



MUSIC



Wai Mizutani & Friends

Every Thursday | 1:30pm | Auditorium
TIME & DATES SUBJECT TO CHANGE

Wai Mizutani Student Recitals

Friday, May 9 | 4:00pm & 5:30pm | Auditorium

May Birthday Wine & Cheese Social with Live Music by: Crooner - Allen McGarvey

Saturday, May 17 | 3:30pm | Auditorium

Montana State Old-Time Fiddlers Jam

Sunday, May 18 | 2:30pm-4:30pm | Café

Valley Voices

Monday, May 19 | 6:00pm | Auditorium

GET FIT

Basic Fitness in the Fitness Center

Every Monday | 10:00am & 3:00pm
Except Monday, May 26
Every Wednesday & Friday | 10:00am

Water Works

Every Tuesday & Thursday | 9:00am | Pool
POOL CLOSED: MONDAY, MAY 5 - SUNDAY, MAY 11

Yoga with Anne

Every Tuesday | 10:00am | Fitness Center

Balance & Fall Prevention

Every Tuesday & Thursday | 3:00pm | Fitness Center

Yoga with Anna

Every Thursday | 10:00am | Fitness Center

Water Aerobics with Todd

Every Friday | 9:00am | Pool
POOL CLOSED: MONDAY, MAY 5 - SUNDAY, MAY 11

RATING SYSTEM

● EASY GOING

● MODERATE

● ACTIVE

SEE 'FITNESS CLASS
RATING SYSTEM'
FOR MORE DETAIL.

Chair Exercise with Music

Every Monday, Tuesday, Thursday & Friday | 1:45pm

Basic Fitness with Todd

Every Monday, Tuesday, Thursday | 10am & 3pm
Every Saturday | 10:00am

Strength & Fitness with Todd

Every Wednesday | 10:00am & 3:00pm
Every Friday | 9:30am & 3:00pm
Every Saturday | 3:00pm

Unique DIY Recycle Garden Decor Ideas

Thursday, May 1 | 6:30pm-8:30pm

Patsy Cline Sweet Dreams Documentary

Saturday, May 3 | 6:30pm-8:30pm

Timeless Gospel Hymns

Sunday, May 4 | 9:30am-12:30pm

Chasing Coral

Sunday, May 4 | 6:30pm-8:30pm

Immanuel's Historic Video

Monday, May 5 | 6:30pm-8:30pm

Sculpted by Foods

Thursday, May 8 | 6:30pm-8:30pm
KSPS PBS Documentary

Wolf Point: Red Road Stories

Saturday, May 10 | 6:30pm-8:30pm
This visually stunning documentary, filmed on the Fort Peck Reservation in Northeastern Montana.

Timeless Gospel Hymns

Sunday, May 11 | 9:30am-12:30pm

Best of Mother's Day Songs

Sunday, May 11 | 6:30pm-8:30pm



Life in the Land: Central Montana Plains

Saturday, May 17 | 6:30pm-8:30pm

Timeless Gospel Hymns

Sunday, May 18 | 9:30am-12:30pm

Traditional Indigenous Plants & Foods

Monday, May 19 | 6:30pm-8:30pm
with Mariah Gladstone (Ethnobotany)

Unseen Idaho

Thursday, May 22 | 6:30pm-8:30pm
Hidden Places Even Locals Don't Know

Who was Mary Todd Lincoln?

Friday, May 23 | 6:30pm-8:30pm
The Story Behind the Former First Lady

Timeless Gospel Hymns

Sunday, May 25 | 9:30am-12:30pm

Daily Life Aboard a Canal Boat

Monday, May 26 | 6:30pm-8:30pm
Cruising Great Britain

Nostalgic Radio 1930/40

Thursday, May 29 | 6:30pm-8:30pm

Kingdom Plants

Saturday, May 31 | 6:30pm-8:30pm
Sir David Attenborough

SHOPPING SHUTTLES

North Shopping

Every Wednesday | 10:00am | SIGN UP
Assisted Shopping: Wednesday, May 21

South Shopping

Wednesday, May 7 & 21 | 10:00am | SIGN UP

Taking Care of Business

Wednesday, May 14 & 28 | 11:30am-1:00pm | SIGN UP



OUTINGS

Out to Dinner - "A Bar" Bigfork, MT

Thursday, May 8 | Depart at 4:30pm | SIGN UP

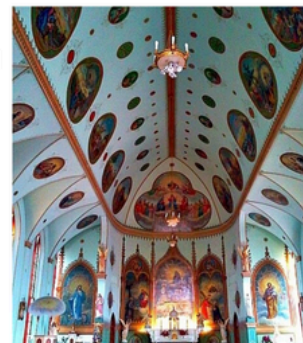


Walk to End Parkinson's Disease

Saturday, May 10 | Depart at 10:00am | SIGN UP
Limit 2 Wheelchairs

St. Ignatius Mission Tour & Lunch at Post Creek 44 Bar Steak and Tap House

Tuesday, May 13 | Depart at 10:30am | SIGN UP
The Mission, designated a national historical site in 1973, features fifty-eight murals painted in 1904-1905 by Brother Carignano, SJ, the Mission cook and handyman. Without formal art training, he created scenes from Hebrew Scriptures, the New Testament, and the lives of the saints between his daily duties.



Glacier Symphony - Pictures at an Exhibition

Featuring: Ilya Yakushev
Sunday, May 18 | Depart at 2:30pm | SIGN UP | TICKETS \$40

The season finale highlights two great Russian symphonic works. Mussorgsky's Pictures at an Exhibition, orchestrated by Ravel, creates the auditory experience of touring The Louvre in Paris. The powerful Piano Concerto No. 1 features one of the true iconic opening passages in all the concerto repertoire. Our soloist will be the engaging and technically masterful, Ilya Yakushev, a charismatic audience favorite.

TRIPS (cont.)

LIVE
ON SCREEN
IN CINEMAS



The Metropolitan Opera: Salome Encore at the Cinemark Theatre

Wednesday, May 21 | Depart at 12:30pm | SIGN UP | TICKETS \$23

Music Director Yannick Nézet-Séguin leads his first Met performances of Strauss's intense one-act opera Salome, in its first new production at the Met in 20 years. Directed by Claus Guth, the staging sets Oscar Wilde's biblical tale in a symbolic, Victorian-era world. Elza van den Heever stars as Salome, with Peter Mattei as Jochanaan, Gerhard Siegel as Herod, Michelle DeYoung as Herodias, and Piotr Buszewski as Narraboth.

Wachholz Center - Wai Mizutani: Stories through Songs

Friday, May 30 | Depart at 6:30pm | SIGN UP | TICKETS \$20

BUFFALO THEATER



Dinner & a Movie Showing: The Ride

Monday, May 12 | 4:30pm | Auditorium | SIGN UP

The inspiring story of a BMX champion who overcame an abusive childhood through the love and life lessons of his interracial foster family.

Please sign up NO LATER than noon on 5/12!

Buffalo Theater & Pizza

Showing: Yours, Mine & Ours (1968)

Saturday, May 24 | 4:30pm | Auditorium

When widowed nurse Helen North (Lucille Ball) meets widower Frank Beardsley (Henry Fonda), a population explosion takes place as her eight kids blend (or don't) with his ten in this chaotic, classic comedy!

**Yours, Mine
and Ours**



Buffalo Theater - Root Beer Floats & Popcorn

Showing: Little House on the Prairie

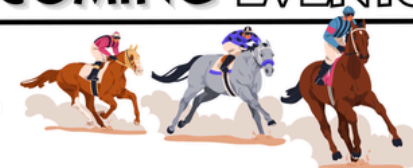
Saturday, May 31 | 2:00pm | Auditorium

Season 1: Episode 1 & 2

UPCOMING EVENTS

Kentucky Derby Party

Saturday, May 3 | 4:00pm | Auditorium



Cinco de Mayo Party & Taco Bar

with Live Music by: Dave vonKleist

Monday, May 5 | 5:00pm | Auditorium



Teacher & Nurses Appreciation Day Social

Tuesday, May 6 | 2:30pm | Auditorium



Mother's Day Tea Party

with Live Music by: Kirk Passmore

Sunday, May 11 | 3:30pm | Auditorium

WEAR **FLORAL** PRINT ATTIRE.



Foot Clinic with Dr. Latter

Thursday, May 15 | 1:00pm-4:00pm | Café | SIGN UP

Lecture Series

Speaker: Mariah Gladstone

"A Taste of Indigenous Foods"

Monday, May 19 | 1:00pm | Auditorium

What are indigenous foods, where do we get them, and how do we prepare them? Mariah Gladstone is leading the way in a food movement that is revitalizing and incorporating these important foods into the contemporary diet. She will discuss the history of Native food systems and the importance of rediscovering our traditional and local foods.



Memorial Day BBQ

Monday, May 26 | 11:00am-1:00pm | Courtyard

WEAR **RED, WHITE AND BLUE**



The Terraces Library brings back the charm of libraries from the days before computers.

READY TO DIVE INTO A GOOD READ?
HERE ARE SOME TIPS FOR CHECKING OUT A BOOK:



1. If you find a borrower card in the book's pocket, just jot down the date (including the year), your name and your apartment number.

2. After filling out the borrower card, drop it into the small box on the desk.



3. When returning items to the library, please place them in the wire basket.

.....ADDITIONAL OFFERINGS FROM THE LIBRARY.....

MINI LIBRARIES: You'll find these throughout the building as you come and go from your home. They usually contain paperbacks, which you can return to the same spot or, if it's easier, to the basket in the main library.



GRAB & GO BOOKS: Mostly paperbacks and no card is needed to check them out.

Take a moment to check around your home for any library books that need to be returned. There are no fines, just a friendly reminder that timely returns are always appreciated!



The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL