Immanuel Living

Resident Events & Programs

NOVEMBER 2026

NOVEMBER AT A GLANCE:

ROOTED IN gratitude

What if we spent a little less time counting the days and a little more time making the days count?

Life has a funny way of reminding us what really matters, sometimes in the most unexpected ways. Here at Immanuel, we're surrounded by incredible people, extraordinary stories and countless opportunities to make a difference in one another's lives.

This November, we're embracing the season with a little more intention and a whole lot of heart! Say the thank-you you've been meaning to say. Invite someone new to join you. Share a story, lend a hand or recognize someone who makes your day a little brighter. You never know how much one small gesture might mean to someone else.

So here's our challenge: Don't just look for reasons to be grateful this November. Be someone's reason.

November BIRTHDAYS

- 1ST | DORIS BRUBAKER
- 2ND | MONICA DESJEAN
- 5TH | GERALD ASKEVOLD
- 8TH | JOSIE BARROW
- 9TH | ANNA BURGHARDT
- 13TH | AMANDA SMART
- 13TH | BARBARA BOSTEDT
- 15TH | DOLORES RUPNO
- 15TH | LOUISE MCKAY
- 16TH | THEORA MUMM
- 16TH | MARGIE KREITNER
- 19TH | JANET ARMBRUST-GURR
- 21ST | DAROLD REINER
- 23RD | JUNE SEELYE
- 23RD | PHYLLIS CARSON
- 23RD | DIANE DUBAY
- 25TH | ELLIE STIMPSON
- 27TH | JANIE NICHOLSON
- 30TH | KEVIN SHEA

NOVEMBER BIRTHDAY COCKTAIL PARTY

Thursday, November 19
Auditorium
3:30 pm

Important!

Be sure to check out "The Fine Print" for important updates, notes & reminders!

THE FINE PRINT

Helpful notes and kind reminders to keep your month running smoothly!

THE Gratitude Ripple

30 DAYS OF MAKING A DIFFERENCE

Small actions. Big impact.

This November, you're invited to join us for The Gratitude Ripple — a 30-day challenge to spread a little more kindness, connection and appreciation throughout our community. Each day offers a simple way to make a difference, encourage others and create a ripple of positivity that reaches far beyond the moment.

1. Thank someone who makes Immanuel Living feel like home.
2. Invite someone new to join you for an activity.
3. Share a story or memory with a friend.
4. Notice and appreciate something beautiful on campus today.
5. Tell someone how they have made a positive difference in your life.
6. Take time to enjoy something you often take for granted.
7. Write a note of thanks to a fellow resident.
8. Offer a helping hand to someone in need.
9. Compliment someone sincerely.
10. Be present — put your phone away and really listen.
11. Invite someone to share a cup of coffee or a meal with you.
12. Notice the little things that make your day brighter.
13. Share a skill, talent or hobby with others.
14. Reach out to someone who might be feeling lonely.
15. Thank a team member for their kindness and support.
16. Let someone go ahead of you — in line, in the café or at an event.
17. Reminisce with a friend about the good old days.
18. Give a genuine smile and a kind word to someone today.
19. Choose kindness, even when it's not easy.
20. Celebrate someone's accomplishment, big or small.
21. Leave an encouraging note for a friend.
22. Take a moment to appreciate nature on campus or in our beautiful community.
23. Do something thoughtful for a friend.
24. Compliment a stranger.
25. Share a laugh. Laughter is contagious!
26. Attend an event you haven't tried before.
27. Support a fellow resident by encouraging them to join an activity.
28. Acknowledge someone who makes a difference in your day.
29. Reflect on what you're grateful for and share it with someone.
30. Keep the ripple going — inspire someone else to join in!

Together, we can make a difference.

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 Resident Engagement office.

ROOM KEY

A	Auditorium
PR	Patio Room
PDR	Private Dining Room
CL	Claremont
WN	Wooden Nickel
C3	Channel 3
P	Pool
CY	Courtyard
FC	Fitness Center
LB	Library
L	Lobby
CR	Conference Room
FL	Fireside Lobby

Our activities are color-coded by the **Six Dimensions of Wellness,** making it easy to see the different ways each program can support your overall well-being.

PHYSICAL	Supporting movement, strength, balance and overall fitness.
EMOTIONAL	Encouraging joy, self-expression and emotional well-being.
INTELLECTUAL	Keeping your mind curious, creative and engaged.
SOCIAL	Building friendships, connection and a sense of community.
SPIRITUAL	Creating opportunities for reflection, meaning and inner well-being.
VOCATIONAL	Celebrating your talents, experiences, skills and sense of purpose.

SUNDAY NOVEMBER 1	MONDAY NOVEMBER 2	TUESDAY NOVEMBER 3
DAYLIGHT SAVINGS "FALL BACK AN HOUR" 8:30-1:00 Church Shuttle · SIGN UP 9:30 Gospel Hymns · C3 1:00 Church Service · A 3:00 Seated Dance Cardio · C3	10:00 Basic Fitness · FC 11:30 Bingo · A 2:30 Comedic Cinema & Popcorn: Planes, Trains & Automobiles · A 3:00 Chair Volleyball · FC 3:00 Dementia Support Group · PDR	9:00 Water Works · P 9:00 Depart - Voting at the Fairgrounds · SIGN UP Drop-off, pick-up only! 10:00 Winter Gala Auction Bidding Begins! · L 10:00 Basic Stretch & Flow · FC 11:00 Catholic Communion · PR 11:00 BUNCO · FL 3:00 Advanced Fitness · FC

WEDNESDAY NOVEMBER 4	THURSDAY NOVEMBER 5	FRIDAY NOVEMBER 6	SATURDAY NOVEMBER 7
10:00 Basic Fitness · FC 10:00 North Shuttle · SIGN UP 10:00 Bible Study · PR 10:30 Brain Fitness · FC 11:00 Business Shuttle · SIGN UP 3:00 Active Stretch & Flow · FC	9:00 Water Works · P 10:00 Basic Stretch & Flow · FC 11:30 Bingo · A 1:00-4:00 Foot Clinic with Dr. Latter · A 2:00 Scrabble · PR 3:00 Advanced Fitness · FC 6:15 Depart - World Ballet Company: Swan Lake at the Wachholz · SIGN UP	DONUT FRIDAY 9:00 Water Aerobics · P 10:00 Basic Fitness · FC 10:00-1:00 Immanuel Living Holiday Market · A 1:30 Domino Game - PiP · PR 3:00 Annual Awards Ceremony & Updates with Carla · A	1:30 Pinochle Group · FL 2:30 Classic Cinema & Popcorn: Mary Poppins · A It's going to be a supercalifragilisticexpialidocious afternoon! Join Julie Andrews and Dick Van Dyke for a spoonful of magic, unforgettable music and whimsical adventures in this beloved Disney classic. From dancing chimney sweeps to a nanny who's practically perfect in every way, this timeless favorite is sure to bring a smile to your face! Grab some popcorn and let the magic begin! 3:30 Seated Workout · C3

weekly HIGHLIGHTS

Cinema & Popcorn

Showing: Planes, Trains & Automobiles

Monday, November 2 | 2:30pm | Auditorium

One holiday trip, two unlikely travel companions, and absolutely everything that could go wrong! Join Steve Martin and John Candy in this hilarious Thanksgiving classic as they navigate missed flights, travel disasters, and plenty of unexpected detours in a desperate attempt to get home for the holidays. Buckle up for big laughs, heartwarming moments, and a journey you won't soon forget! Popcorn provided!



Voting at the Fairgrounds

Drop-off, Pick-up only!

Tuesday, November 3 | Depart at 9:00am | SIGN UP

Make your voice heard this Election Day! Transportation will be provided to and from the fairgrounds for residents wishing to cast their ballots. Please note that this is a **drop-off and pick-up service only**. Residents must be able to navigate the voting process independently.



World Ballet Company: Swan Lake

Thursday, November 5 | Depart at 6:15pm | SIGN UP | TICKETS $82.80

Step into a world of elegance, enchantment, and timeless romance! Experience the breathtaking beauty of Swan Lake as the World Ballet Company brings this beloved classic to life with graceful dancers, dazzling costumes, and Tchaikovsky's unforgettable music. A tale of love, magic, and destiny unfolds in one of the most celebrated ballets of all time. Don't miss this magical evening at the Wachholz!



Immanuel Holiday Market

Unique Finds & Holiday Cheer, All Right Here!

Friday, November 6 | 10:00am-1:00pm | Auditorium

Get a head start on your holiday shopping without leaving campus! Browse a festive collection of unique gifts, handmade treasures, seasonal goodies and more from talented local vendors. Whether you're searching for the perfect present or simply soaking up the holiday spirit, there's something for everyone. Come shop local and spread a little holiday cheer!



Annual Awards Ceremony & Updates

Friday, November 6 | 3:00pm | Auditorium

Join us for a special celebration as we recognize the outstanding individuals and community partners who make a difference at Immanuel Living! We'll honor this year's award recipients, celebrate their contributions and hear the latest campus updates from Carla. Come celebrate the people, partnerships and accomplishments that make our community shine!



SUNDAY NOVEMBER 8	MONDAY NOVEMBER 9	TUESDAY NOVEMBER 10
8:30-1:00 Church Shuttle · **SIGN UP** 9:30 Gospel Hymns · **C3** 1:00 Church Service · **A** 3:00 Seated Dance Cardio · **C3** 6:30 Autumn Forest Walk with Relaxing Piano Music · **C3**	10:00 Basic Fitness · **FC** 11:30 Bingo · **A** 12:00 Mystery Book Club · **PDR** 2:30 Lights, Camera, Popcorn: My Fellow Americans · **A** 3:00 Chair Volleyball · **FC**	9:00 Water Works · **P** 10:00 Basic Stretch & Flow · **FC** 11:00 Catholic Communion · **PR** 11:00 BUNCO · **FL** 2:00 Trivia on the Rocks: Thanksgiving Edition · **WN** 3:00 Advanced Fitness · **FC**

WEDNESDAY NOVEMBER 11	THURSDAY NOVEMBER 12	FRIDAY NOVEMBER 13	SATURDAY NOVEMBER 14
 Wear Red, White & Blue 10:00 Basic Fitness · **FC** 10:00 North & South Shuttle · **SIGN UP** 10:00 Bible Study · **PR** 10:30 Brain Fitness · **FC** 3:00 Active Stretch & Flow · **FC** 6:30 Honor Flight: One Last Mission | Full Film · **C3**	9:00 Water Works · **P** 10:00 Basic Stretch & Flow · **FC** ~~11:30 Bingo · **A**~~ 2:00 Scrabble · **PR** 3:00 Advanced Fitness · **FC** 9:00 Winter Gala Auction In-Person Bidding Ends · **L**	DONUT FRIDAY 9:00 Water Aerobics · **P** 10:00 Basic Fitness · **FC** 11:30 Bingo · **A** 1:30 Domino Game - PiP · **PR** 2:00 Don't Take the Bait! – Scam Awareness & Prevention · **A** Monthly Scam Awareness Video Series	10:30 Thankful Jar Workshop · **A** 1:30 Pinochle Group · **FL** 2:00 MS Support Group · **CR** 2:00 Wai Mizutani · **A** 3:00 Seated Workout · **C3**

weekly HIGHLIGHTS

Lights, Camera, Popcorn: My Fellow Americans

Monday, November 9 | 2:30pm | Auditorium



Two former presidents, one wild adventure, and a whole lot of laughs! When an unexpected conspiracy sends these political rivals on the run, they must put their differences aside to survive. Get ready for hilarious mishaps, witty banter, and presidential-sized trouble! Grab some popcorn and enjoy the ride!

Trivia on the Rocks: Thanksgiving Edition

Tuesday, November 10 | 2:00pm | Wooden Nickel



Gobble up some fun and put your Thanksgiving knowledge to the test! From quirky turkey facts and holiday traditions to fascinating history, famous feasts, and surprising seasonal trivia, this festive challenge has a little something for everyone. Grab a drink, gather your friends, and see who takes home the bragging rights. Let the Thanksgiving trivia showdown begin!

Winter Gala Auction: In-Person Bidding Ends

Thursday, November 12 | 9:00pm | Lobby



Going once, going twice...don't miss your chance! Today is your final opportunity to place in-person bids on your favorite Winter Gala Auction treasures. Whether you've had your eye on something special or are hoping to snag a last-minute find, now's the time to make your move. Let the final bidding excitement begin!

Don't Take the Bait! - Scam Awareness

Friday, November 13 | 2:00pm | Auditorium



Don't get hooked by a scam! Knowledge is your best defense against today's clever scammers. Join us each month for an eye-opening video series exploring the latest scams, sneaky tricks, and warning signs to watch for. Learn how to spot suspicious calls, emails, and messages before taking the bait. Stay informed, stay confident, and keep those scammers fishing elsewhere!

Thankful Jar Workshop

Saturday, November 14 | 10:30am | Auditorium



A little gratitude goes a long way! Join us for a heartwarming, hands-on workshop as we create our very own Thankful Jars, filled with special memories, little joys and all the things that make life wonderful. Decorate your jar, reflect on life's blessings and take home a beautiful reminder that there's always something to be thankful for. Let's fill our jars and our hearts with gratitude!

SUNDAY NOVEMBER 15	MONDAY NOVEMBER 16	TUESDAY NOVEMBER 17
8:30-1:00 Church Shuttle · **SIGN UP**	~~10:00 Basic Fitness · FC~~	9:00 Water Works · **P**
9:30 Gospel Hymns · **C3**	10:30 Basic Stretch & Flow · **FC**	10:00 Basic Stretch & Flow · **FC**
1:00 Church Service · **A**	11:30 Bingo · **A**	11:00 Catholic Communion · **PR**
3:00 Seated Dance Cardio · **C3**	2:00 Cooking Demo · **A**	11:00 BUNCO · **FL**
6:30 The Great Rupert (1950) · **C3**	~~3:00 Chair Volleyball · FC~~	3:00 Advanced Fitness · **FC**
	3:00 Dementia Support Group · **PDR**	6:30 America's Natural Wonders: A Reason to Be Thankful · **C3**

WEDNESDAY NOVEMBER 18	THURSDAY NOVEMBER 19	FRIDAY NOVEMBER 20	SATURDAY NOVEMBER 21
~~10:00 Basic Fitness · FC~~	9:00 Water Works · **P**	DONUT FRIDAY	1:30 Pinochle Group · **FL**
10:00 Basic Stretch & Flow · **FC**	10:00 Basic Stretch & Flow · **FC**	~~9:00 Water Aerobics · P~~	3:00 Seated Workout · **C3**
~~10:00 North Shuttle · SIGN UP~~	11:30 Bingo · **A**	~~10:00 Basic Fitness · FC~~	7:00 Depart - Glacier Symphony Presents: Dvorak's Cello & New World Symphony · **SIGN UP**
10:00 Bible Study · **PR**	2:00 Scrabble · **PR**	10:30 Yarn Club with Nelli · **FL**	
10:30 Brain Fitness · **FC**	~~3:00 Advanced Fitness · FC~~	1:00 Basic Stretch & Flow · **FC**	
~~11:00 Business Shuttle · SIGN UP~~	3:30 November Birthday Cocktail Party & Live Music · **A**	1:30 Domino Game - PiP · **PR**	
3:00 Active Stretch & Flow · **FC**		5:00 Dinner & A Movie: Mr. Holland's Opus · **A**	

weekly HIGHLIGHTS

Stretch & Flow Week!



While Todd is away this week, we're slowing things down and focusing on the art of stretching and flowing! Enjoy gentle movements designed to improve flexibility, ease tension, and leave you feeling refreshed and relaxed. Whether you're looking to loosen up or simply enjoy a little mindful movement, come stretch, breathe, and go with the flow!

November Birthday Cocktail Party

Live Music by: Todd Cowart

Thursday, November 19 | 3:30pm | Auditorium



Cheers to another trip around the sun! Join us as we raise a glass to our November birthday stars with an afternoon of celebration, good company and fantastic live music by Todd Cowart! Sip on your favorite wine, enjoy the lively tunes and help us make our birthday honorees feel extra special. Let the birthday festivities begin!

Yarn Club with Nelli

Friday, November 20 | 10:30am | Fireside Lobby



Unwind, get creative, and enjoy good company at Yarn Club with Nelli! Whether you love knitting, crocheting, or simply want to learn something new, all skill levels are welcome. Bring your current project or come ready to start something new!

Dinner & A Movie

Showing: *Mr. Holland's Opus*

Friday, November 20 | 5:00pm | Auditorium | SIGN UP



Some of life's greatest masterpieces aren't written in music, they're written in the lives we touch! Join us for a heartwarming evening featuring *Mr. Holland's Opus*, starring Richard Dreyfuss as a passionate music teacher who discovers that his greatest legacy isn't the symphony he dreams of composing but the students he inspires along the way. Enjoy a delicious dinner and a moving story filled with laughter, music and unforgettable moments. Bring your appetite and perhaps a tissue or two!

Glacier Symphony Presents:

Dvorak's Cello & New World Symphony

Saturday, November 21 | Depart at 7:00pm | SIGN UP | TICKETS $45



Get swept away by an unforgettable evening of musical brilliance! Experience the rich, soulful melodies of Dvořák's beloved Cello Concerto and the powerful, stirring sounds of his *New World Symphony*. From breathtaking solos to soaring orchestral moments, this spectacular performance promises to inspire, captivate and leave you humming long after the final note!

SUNDAY NOVEMBER 22	MONDAY NOVEMBER 23	TUESDAY NOVEMBER 24
8:30-1:00 Church Shuttle · **SIGN UP**	10:00 Basic Fitness · **FC**	9:00 Water Works · **P**
9:30 Gospel Hymns · **C3**	11:30 Bingo · **A**	10:00 Basic Stretch & Flow · **FC**
1:00 Church Service · **A**	2:30 Cinema & Popcorn: The Blind Side · **A**	11:00 Catholic Communion · **PR**
3:00 Seated Dance Cardio · **C3**	3:00 Chair Volleyball · **FC**	11:00 BUNCO · **FL**
6:30 The Little Princess | 1939 | Shirley Temple · **C3**	6:30 Little Women | 1994 | Full Movie · **C3**	12:00 Depart - Lunch at Mackenzie River · **SIGN UP**
		3:00 Advanced Fitness · **FC**

WEDNESDAY NOVEMBER 25	THURSDAY NOVEMBER 26	FRIDAY NOVEMBER 27	SATURDAY NOVEMBER 28
10:00 Basic Fitness · **FC**	HAPPY THANKSGIVING Wear your Thanksgiving best!	DONUT FRIDAY 9:00 Water Aerobics · **P**	1:30 Pinochle Group · **FL**
10:00 North & South Shuttle · **SIGN UP**	~~9:00 Water Works · P~~	10:00 Basic Fitness · **FC**	3:00 Seated Workout · **C3**
10:00 Bible Study · **PR**	~~10:00 Basic Stretch & Flow · FC~~	11:00-4:00 American Red Cross Blood Drive · **A**	6:30 Greenfingers | 2000 | Full Movie · **C3**
10:30 Brain Fitness · **FC**	11:00-5:00 Thanksgiving Dinner Buffet · **CL**	1:30 Domino Game - PiP · **PR**	
1:00 Parkinson's Caregiver Support Group · **PDR**	11:30 Thanksgiving Bingo · **A**	6:30 Norman Rockwell: An American Story · **C3**	
2:00 Build Your Own Bouquet · **A**	2:00 Scrabble · **PR**		
3:00 Active Stretch & Flow · **FC**	~~3:00 Advanced Fitness · FC~~		
	6:30 An Old Fashioned Thanksgiving · **C3**		

weekly HIGHLIGHTS

Cinema & Popcorn

Showing: The Blind Side

Monday, November 23 | 2:30pm | Auditorium

Sometimes the greatest victories happen off the field! Join Sandra Bullock and Quinton Aaron in this inspiring, heartwarming film about an unlikely bond, the power of kindness and a family whose lives are forever changed. Filled with humor, determination and touching moments, *The Blind Side* reminds us that compassion and believing in someone can make all the difference. Grab some popcorn and enjoy a story that's sure to touch your heart!



Lunch at Mackenzie River

Tuesday, November 24 | Depart at 12:00pm | SIGN UP

Good food, great company, and a little lunchtime adventure! Join us for a delicious outing to MacKenzie River Pizza Co., where mouthwatering pizzas, hearty sandwiches, fresh salads and more are on the menu. Whether you're craving a classic favorite or ready to try something new, there's something to satisfy every appetite. Come hungry and enjoy a fun afternoon out with friends!



Thanksgiving Bingo

Thursday, November 26 | 11:30am | Auditorium

We're shaking up our traditional Bingo with a little holiday flavor! Expect a few festive surprises, plenty of friendly competition and a whole lot of fun. Will you be the lucky turkey who takes home a prize or will your winning numbers be left on the table? Either way, we're dishing out good times, one Bingo at a time!



American Red Cross Blood Drive

Friday, November 27 | 11:00am-4:00pm | Auditorium | SIGN UP

This season of gratitude, give a gift that truly makes a difference! Join us as we partner with the American Red Cross for a blood drive right here at Immanuel Living. Just one donation can help save more than one life, making a lasting impact on those in need. Roll up your sleeve, share a little kindness and help make someone's tomorrow possible. The greatest gifts don't always come wrapped!



SUNDAY NOVEMBER 29	MONDAY NOVEMBER 30
8:30-1:00 Church Shuttle · **SIGN UP**	10:00 Basic Fitness · **FC**
9:30 Gospel Hymns · **C3**	11:30 Bingo · **A**
1:00 Church Service · **A**	2:30 Popcorn Picture Show: The Sound of Music · **A**
3:00 Seated Dance Cardio · **C3**	3:00 Chair Volleyball · **FC**
	6:30 A Beautiful Day in the Neighborhood | Full Movie · **C3**

weekly HIGHLIGHTS

Cinema & Popcorn

Showing: The Blind Side

Monday, November 30 | 2:30pm | Auditorium

Sometimes the greatest victories happen off the field! Join Sandra Bullock and Quinton Aaron in this inspiring, heartwarming film *about* an unlikely bond, the power of kindness and a family whose lives are forever changed. Filled with humor, determination and touching moments, *The Blind Side* reminds us that compassion and believing in someone can make all the difference. Grab some popcorn and enjoy a story that's sure to touch your heart!



Immanuel Living

EQUAL HOUSING OPPORTUNITY

The Villas AT BUFFALO HILL

The Terraces AT BUFFALO HILL

The Cottages AT BUFFALO HILL