


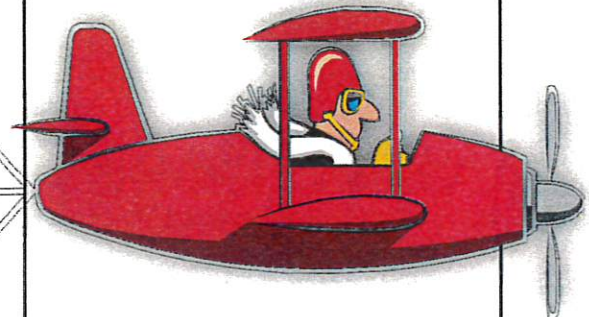


**September 2020**

**Calendar and  
Activity Guide**

Sunday	Monday	Tuesday	Wednesday
<div data-bbox="158 292 780 816" style="border: 1px solid black; padding: 5px;"> <p><u>Covid-19 Safety Precautions</u></p> <p>All activities and classes have limited seating and are on a first come first served basis.</p> <p>Please wear a mask unless instructed otherwise.</p> <p>Thank you!</p> </div>		<p style="text-align: center;"><b>1</b></p> <p><b>9:00</b> Ambassador Committee Meeting (A)</p> <p><b>10:00</b> Yoga with Ashley (FC)</p> <p><b>11:00</b> Wii Bowling (FC)</p> <p><b>1:00</b> Balance and Fall Prevention (FC)</p> <p><b>Channel 3 Feature</b></p> <p><b>1:30 Update from the Immanuel Foundation</b></p> <p>Tune in and hear from Immanuel Foundation Director, Heidi Hickethier. <i>(This will play on a loop until 3:30PM)</i></p> <p><b>6:30</b> Line Dancing Class with Marlene (FC)</p>	<p style="text-align: center;"><b>2</b></p> <p><b>9:00</b> Water Aerobics (Pool)</p> <p><b>10:00</b> Basic Fitness (FC)</p> <p><b>10:00</b> Bible Study with Pastor Al (A)</p> <p><b>10:45</b> Cycling Adventures: Pedal Through France! (FC)</p> <p><b>1:00</b> Brain Fitness with Todd (FC)</p> <p><b>2:00</b> Door-to-Door September Birthday Party</p> <p><b>6:30</b> Wednesday Night Trivia (A)</p>
	<div data-bbox="341 1572 1538 1784" style="border: 1px solid black; padding: 10px; background-color: #e0f0ff;"> <p style="font-size: 2em; font-weight: bold;">Arm Chair Travel Week!</p> </div>		


Thursday	Friday	Saturday
<p style="text-align: center;"><b>3</b></p> <p><b>10:00</b> Yoga with Ashley (FC)</p> <p><b>1:00</b> Balance and Fall Prevention (FC)</p> <p><b>2:00</b> BINGO (A)</p> <p><b>3:30</b> Arm Chair Travel Documentary (A) <u>Mississippi</u></p> <p>Biscuits &amp; Gravy will be served!</p> <p><b>5:00</b> Wai Mizutani &amp; Friends (Main Courtyard)</p> <p><b>6:30</b> Line Dancing Class with Marlene (FC)</p>	<p style="text-align: center;"><b>4</b></p> <p style="text-align: center;"><u>Donut Friday</u></p> <p>Order a fresh donut with Breakfast!</p> <p><b>10:00</b> Basic Fitness (FC)</p> <p><b>10:45</b> Brain Games (WN)</p> <p><b>1:00</b> Basic Fitness (FC)</p> <p><b>Channel 3 Feature</b></p> <p><b>2:00</b> Updates and Questions with Carla</p> <p>Tune in for Carla's monthly resident update! <i>(The update will run on a loop until 6PM)</i></p> <p><b>3:00</b> Arm Chair Travel Documentary (A) <u>Italy</u></p> <p>Italian meats and cheeses will be served. Try some Gelato for dessert!</p>	<p style="text-align: center;"><b>5</b></p> <p><b>Channel 3 Feature</b></p> <p><b>10:00</b> Sit and Be Fit</p> <p><b>2:30</b> Arm Chair Travel Documentary (A) <u>Japan</u></p> <p>Sushi will be served!</p> <div data-bbox="2626 675 2859 897" style="text-align: center;">  </div> <p><b>Channel 3 Feature</b></p> <p><b>6:30</b> Tokyo Vacation Travel Guide</p> <p>Tokyo has become a center of world economy and finance, a city of contrasts that never sleeps.</p> <p>Once a humble fishing village, today it is one of the largest metropolises in the world!</p>




Sunday	Monday	Tuesday	Wednesday
<p><b>6</b></p> <p><b>Channel 3 Feature</b> <b>10:00 Sunday Music</b></p> <p><b>1:00 Church Service (A)</b></p> <p><b>2:30 Buffalo Theater (A)</b> <b>The Sandlot</b> 1993/Family/Sport 1 hour &amp; 41 minutes When Scottie Smalls moves to a new neighborhood, he manages to make friends with a group of kids who play baseball at the sandlot. Together they go on a series of funny and touching adventures. The boys run into trouble when Smalls borrows a ball from his stepdad that gets hit over a fence.</p> <p><b>Channel 3 Feature</b> <b>4:00 Message from Pastor Al</b> Pastor Al shares a brief message from those who missed the 1:00PM service. <i>(This will play on a loop until 6:00PM)</i></p>	<p><b>7</b></p> <p><del>10:00 Basic Fitness (FC)</del></p> <p><b>11:00-1:00 Labor Day Picnic (Main Courtyard)</b></p> <p><i>Happy Labor Day</i></p> <p><del>1:00 Basic Fitness (FC)</del></p> <p><b>2:30 BINGO (A)</b></p> <p><i>No transportation due to holiday.</i> <b>Medical Van 8:00-5:00</b></p>	<p><b>8</b></p> <p><b>10:00 Yoga with Ashley (FC)</b></p> <p><b>11:00 Wii Bowling (FC)</b></p> <p><b>1:00 Balance and Fall Prevention (FC)</b></p> <p><b>Channel 3 Feature</b> <b>3:30 Summer Ball</b> <i>A Baseball Documentary</i> In this story, we see a young and hungry coach, a town of welcoming Midwestern people, and players from all over the country and beyond come together with one mutual goal; bring a winning team and a championship back to Bancroft.</p> <p><b>6:30 Line Dancing Class with Marlene (FC)</b></p> <p><b>Medical Van 8:00-5:00</b></p>	<p><b>9</b></p> <p><b>9:00 Water Aerobics (Pool)</b></p> <p><b>10:00 Basic Fitness (FC)</b></p> <p><b>10:00 Bible Study with Pastor Al (A)</b></p> <p><b>1:00 Brain Fitness with Todd (FC)</b></p> <p><b>4:00 Kentucky Fried Chicken and a Movie (A)</b> <i>Featuring:</i> <b>The Great Outdoors</b> 1988/Comedy 1 hour &amp; 30 minutes When an unannounced, uninvited and unwelcome family of fun-loving misfits converge upon a lakeside resort to join their relatives for a summer of relaxation, the result is anything but restful in this raucous comedy starring Dan Aykroyd and John Candy.</p> <p><b>Colonel Sanders's Birthday</b>  September 9<sup>th</sup></p> <p><b>Medical Van 8:00-5:00</b></p>

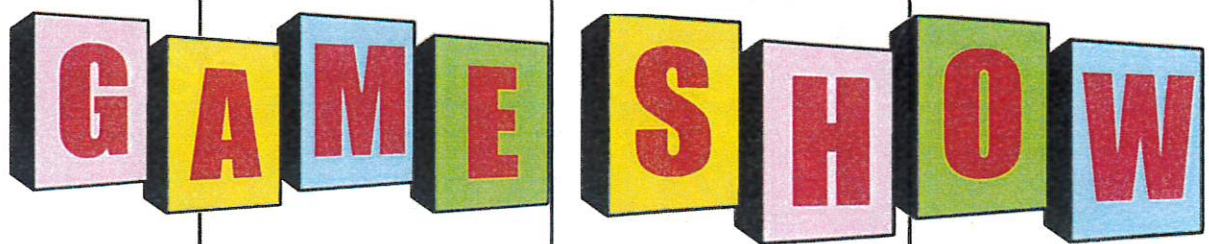
Thursday	Friday	Saturday
<p><b>10</b></p> <p><b>10:00 Yoga with Ashley (FC)</b></p> <p><b>1:00 Balance and Fall Prevention (FC)</b></p> <p><b>2:30 BINGO (A)</b></p> <p><b>5:00 Wai Mizutani &amp; Friends (Main Courtyard)</b></p> <p><b>6:30 Line Dancing Class with Marlene (FC)</b></p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><u>Covid-19 Safety Precautions</u></p> <p>All activities and classes have limited seating and are on a first come first served basis. Please wear a mask unless instructed otherwise. Thank you!</p> </div> <p><b>Name Tag Day</b> <b>Medical Van 8:00-5:00</b></p>	<p><b>11</b></p> <p><i>Donut Friday</i> Order a fresh donut with Breakfast!</p> <p><b>10:00 Basic Fitness (FC)</b></p> <p><b>10:45 Brain Games (WN)</b></p> <p><b>1:00 Basic Fitness (FC)</b></p> <p><b>2:30 Movie and Snacks (A)</b> <i>Featuring:</i> <b>Summer Holiday</b> 1948/Musical 1 hour &amp; 33 minutes The film takes place in Danville, Connecticut at the turn of the century. Young Richard Miller lives in a middle-class neighborhood with his family. He is in love with the girl next-door, Muriel, but her father isn't too happy with their puppy-love, since Richard always share his revolutionary ideas with her. <i>Finger sandwiches and Coca Cola will be served!</i></p>	<p><b>12</b></p> <p><b>Channel 3 Feature</b> <b>10:00 Gentle Seated Tai Chi Class</b></p> <p><b>2:30 Movie and Snacks (A)</b> <i>Featuring:</i> <b>The Parent Trap</b> 1961/Comedy/Family 2 hours &amp; 9 minutes Hayley Mills plays twins who, unknown to their divorced parents, meet at a summer camp. Products of single parent households, they switch places so as to meet the parent they never knew, and then contrive to reunite them. <i>Beer and popcorn will be served!</i></p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><b>7:00 End of Summer Concert!</b> (Main Courtyard) <i>Featuring:</i> <b>The Woodstock Trio</b></p> </div> <p><b>Medical Van 8:00-5:00</b></p>

Goodbye Summer Week!

Sunday	Monday	Tuesday	Wednesday
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><b>Channel 3 Feature</b> 10:00 Sunday Music</p> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A)</p> <p><b>Mr. Holland's Opus</b> 1995/Drama/Musical 2 hours &amp; 23 minutes</p> <p>Glenn Holland is an aspiring musician who takes a job teaching high school music classes, just to pay the bills.</p> <p>By the time he retires thirty years later, Holland has discovered that teaching is his true calling.</p> <p><i>Hershey's chocolate milk &amp; cookies will be served!</i></p> <p><b>Channel 3 Feature</b> 4:00 Message from Pastor Al</p> <p><i>Did you know...</i></p> <p>Today is Grandparents Day &amp; Milton Hershey's Birthday</p>	<p>10:00 Basic Fitness (FC)</p> <p>1:00 Basic Fitness (FC)</p> <p>1:30 Arts &amp; Crafts with Angela (A)</p> <p><i>Back to school themed craft!</i></p> <p>3:00 BINGO (A)</p>  <p><b>School Photo "Guess Who" Challenge!</b></p> <p>All residents and staff are encouraged to bring a school photo to the Recreation office.</p> <p>We'll make a copy and use it in a game later this week!</p> <p><i>(Pictures must be turned in by today to be used in our "guess who" game.)</i></p> <p>Medical Van 8:00-5:00</p>	<p>10:00 Yoga with Ashley (FC)</p> <p>11:00 Wii Bowling (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>1:30 Resident &amp; Staff Spelling Bee (A)</p> <p>Try your luck at our annual spelling bee.</p> <p><i>Fabulous prizes and a year's worth of bragging rights will be awarded!</i></p> <p>6:30 Line Dancing Class with Marlene (FC)</p> <p><b>Channel 3 Feature</b> 6:30 Spellbound Documentary</p> <p>Eight youthful competitors, sponsored by their hometown newspapers, travel with their families to WA, D.C., to compete in the 1999 Scripps National Spelling Bee.</p> <p>Now in the national spotlight and under heavy pressure to perform from parents, teachers and their audience, the children struggle to advance toward the championship.</p> <p>Medical Van 8:00-5:00</p>	<p>9:00 Water Aerobics (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p>10:00 Bible Study with Pastor Al (A)</p> <p>12:00 Retired Teachers Luncheon (A)</p> <p><i>Calling all retired teachers! RSVP with Recreation if you are able to attend.</i></p> <p>1:00 Brain Fitness with Todd (FC)</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>6:30 Back to School Trivia (A)</b></p> </div> <p>Medical Van 8:00-5:00</p>

Thursday	Friday	Saturday
<b>17</b>	<b>18</b>	<b>19</b>
<p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>2:30 BINGO (A)</p> <p>5:00 Wai Mizutani &amp; Friends (Main Courtyard)</p> <p>6:30 Line Dancing Class with Marlene (FC)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>Covid-19 Safety Precautions</u></p> <p>All activities and classes have limited seating and are on a first come first served basis.</p> <p>Please wear a mask unless instructed otherwise.</p> <p>Thank you!</p> </div> <p>Name Tag Day Medical Van 8:00-5:00</p>	<p><i>Donut Friday</i> Order a fresh donut with Breakfast!</p> <p>10:00 Basic Fitness (FC)</p> <p>10:45 Brain Games (WN)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:30 School Photo "Guess Who" Challenge (A)</p> <p>Can you identify fellow residents and Immanuel's staff from their school photos?</p> <p><b>Channel 3 Feature</b> <b>Documentary</b> 6:30 What's Life Like in a Private British Boarding School?</p> <p>At Highfield Prep School in Hampshire, four new 8 year olds are about to find a new home that could shape the course of their whole lives.</p> <p>Medical Van 8:00-5:00</p>	<p><b>Channel 3 Feature</b> 10:00 Sit and Be Fit</p> <p>2:30 Movie and Snacks (A) <i>Featuring:</i> <b>Kindergarten Cop</b> 1990/Comedy/Action 1 hour &amp; 51 minutes</p> <p>In this action-comedy, unusual circumstances find big, brawny cop John Kimble (Arnold Schwarzenegger) posing as a kindergarten teacher in order to apprehend major drug lord Cullen Crisp (Richard Tyson), as well as his ruthless accomplice and mother, Eleanor (Carroll Baker).</p> <p>While pretending to be a kid-friendly instructor, Kimble falls for pretty fellow teacher Joyce Palmieri (Penelope Ann Miller) as he battles both unruly children and dangerous bad guys.</p> <p><i>PB&amp;J sandwiches &amp; juice will be served!</i></p>
<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>Back to School Week!</b></p> </div>		

Sunday	Monday	Tuesday	Wednesday
<p><b>20</b></p> <p><b>Channel 3 Feature</b> <b>10:00 Sunday Music</b></p> <p><b>1:00 Church Service (A)</b></p> <p><b>2:30 Buffalo Theater (A)</b></p> <p><b>Quiz Show</b> 1994/Drama/History 2 hours &amp; 13 minutes</p> <p>A young lawyer, Richard Goodwin, investigates a potentially fixed game show.</p> <p>Charles Van Doren, a big time show winner, is under Goodwin's investigation.</p> <p><b>Channel 3 Feature</b> <b>4:00 Message from Pastor Al</b></p> <p>Pastor Al shares a brief message from those who missed the 1:00PM service. <i>(This will play on a loop until 6:00PM)</i></p>	<p><b>21</b></p> <p>10:00 Basic Fitness (FC)</p> <p><b>10:00 Women's Group (Café)</b></p> <p>Come learn about the history behind nursery rhymes.</p> <p><i>Write your favorite nursery rhyme down and drop it by apartment 1002 ahead of time!</i></p> <p>1:00 Basic Fitness (FC)</p> <p><b>1:30 The Price is Right Game (A)</b></p> <p>Join us for our own version of the classic game show!</p>  <p><b>3:00 BINGO (A)</b></p>	<p><b>22</b></p> <p>10:00 Yoga with Ashley (FC)</p> <p><b>11:00 Wii Bowling (FC)</b></p> <p>1:00 Balance and Fall Prevention (FC)</p> <p><b>1:30 Door-to-Door Cake &amp; Champagne</b> Bob and Shirley Anderson are celebrating their 73rd wedding anniversary!</p> <p>They hope everyone joins the celebration with some chocolate layer cake and a toast, compliments of the happy couple. <b>Cheers to 73 years!</b></p> <p><b>3:00 "What's Your Bid?" (A)</b></p> <p>The Recreation team has created their own game show.</p> <p>Come try your luck and win a prize!</p> <p>6:30 Line Dancing Class (FC)</p>	<p><b>23</b></p> <p>9:00 Water Aerobics (Pool)</p> <p>10:00 Basic Fitness (FC)</p> <p><b>10:00 Bible Study with Pastor Al (A)</b></p> <p><b>1:00 Brain Fitness with Todd (FC)</b></p> <p><b>6:30 Documentary and Popcorn (A)</b></p> <p><b>Game Show Dynamos</b></p> <p>He was a history teacher, she was a children's author.</p> <p>Together, Bernard and Claire Boiko of Queens, NY were the dead-broke parents of five children.</p> <p>A pair of curiously relatable outsiders, they captured American hearts and saved their family by doing it.</p> <p>They appeared on TV game shows 28 times over 37 years. From Tic-Tac-Dough (1956) to Trivial Pursuit (1993), and they had the answers.</p>
	<p>Medical Van 8:00-5:00</p>	<p>Medical Van 8:00-5:00</p>	<p>Medical Van 8:00-5:00</p>



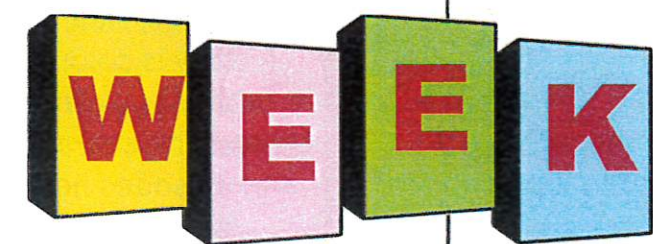
Thursday	Friday	Saturday
<p><b>24</b></p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p><b>2:30 BINGO (A)</b></p> <p><b>5:00 Wai Mizutani &amp; Friends (Main Courtyard)</b></p> <p>6:30 Line Dancing Class with Marlene (FC)</p>	<p><b>25</b></p> <p><i>Donut Friday</i> Order a fresh donut with Breakfast!</p> <p>10:00 Basic Fitness (FC)</p> <p><b>10:45 Brain Games (WN)</b></p> <p>1:00 Basic Fitness (FC)</p> <p><b>3:00 Door-to-Door Wine and Cheese</b></p> <p><b>Channel 3 Feature</b> <b>6:30 Let's Make A Deal (Episode 1, 1971)</b></p> <p>The first episode of Game Show Network's run of <i>Let's Make A Deal</i> with Monty Hall.</p>	<p><b>26</b></p> <p><b>Channel 3 Feature</b> <b>10:00 Gentle Seated Tai Chi Class</b></p> <p><b>1:30 Move and Popcorn (A)</b></p> <p><b>Slumdog Millionaire</b> 2008/Romance/Drama 2 hours &amp; 3 minutes</p> <p>As 18-year-old Jamal Malik (Dev Patel) answers questions on the Indian version of "Who Wants to Be a Millionaire," flashbacks show how he got there.</p> <p>Part of a stable of young thieves after their mother dies, Jamal and his brother, Salim, survive on the streets of Mumbai.</p> <p>Salim finds the life of crime agreeable, but Jamal scrapes by with small jobs until landing a spot on the game show.</p> <p><i>Rated R for some violence, disturbing images and language.</i></p>
	<p>Medical Van 8:00-5:00</p>	<p>Medical Van 8:00-5:00</p>

Covid-19 Safety Precautions

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Please wear a mask unless instructed otherwise.

Thank you!



Name Tag Day

Sunday	Monday	Tuesday	Wednesday
<p><b>27</b></p> <p><b>Channel 3 Feature</b> <b>10:00 Sunday Music</b></p> <p><b>1:00 Church Service (A)</b></p> <p><b>2:30 Buffalo Theater (A)</b></p> <p><b>National Lampoon's European Vacation</b> 1985/Family/Comedy 1 hour &amp; 35 minutes After winning a European vacation on a game show, Clark Griswold (Chevy Chase) convinces his reluctant family to accompany him. His wife, Ellen (Beverly D'Angelo), is excited, but daughter Audrey (Dana Hill) is reluctant to leave her boyfriend behind, while teen son Rusty (Jason Lively) dreams of meeting girls. After arriving in London, the clan encounters one disaster after another as they travel through France, Germany and Italy.</p> <p><b>Channel 3 Feature</b> <b>4:00 Message from Pastor Al</b></p>	<p><b>28</b></p> <p><b>10:00 Basic Fitness (FC)</b></p> <p><b>1:00 Basic Fitness (FC)</b></p> <p><b>1:30 Fresh Flower Arranging (A)</b></p> <p><b>3:00 BINGO (A)</b></p> <p><b>6:30 Documentary and Popcorn (A)</b> <b>PBS Makers: Women Who Make America Women in Space</b> Documentary/ 54 minutes <i>PBS Makers: Women in Space</i> traces the history of women pioneers in the U.S. space program.</p> <p>Medical Van 8:00-5:00</p>	<p><b>29</b></p> <p><b>10:00 Yoga with Ashley (FC)</b></p> <p><b>11:00 Wii Bowling (FC)</b></p> <p><b>1:00 Balance and Fall Prevention (FC)</b></p> <p><b>4:30 Dinner and a Movie (A)</b> <b>The Personal History of David Copperfield</b> 2019 Drama/Comedy 2 hours A fresh and distinctive take on Charles Dickens' semi-autobiographical masterpiece, <i>The Personal History of David Copperfield</i>, set in the 1840s, chronicles the life of its iconic title character as he navigates a chaotic world to find his elusive place within it. From his unhappy childhood to the discovery of his gift as a storyteller and writer, David's journey is by turns hilarious and tragic, but always full of life, color and humanity. <i>Normal meal charges apply + \$5.00.</i> <i>*Please sign up no later than 12:00pm the day of.</i></p> <p><b>6:30 Line Dancing (FC)</b></p> <p>Medical Van 8:00-5:00</p>	<p><b>30</b></p> <p><b>9:00 Water Aerobics (Pool)</b></p> <p><b>10:00 Basic Fitness (FC)</b></p> <p><b>10:00 Bible Study with Pastor Al (A)</b></p> <p><b>10:45 Recreation Committee Meeting (A)</b></p> <p><b>1:00 Brain Fitness with Todd (FC)</b></p> <p><b>Channel 3 Feature</b> <b>6:30 Montana Historical Society Presentation</b> <b>Hidden History of Helena, Montana</b> Two of Helena's premier historians, Ellen Baumler and Jon Axline, share their newest book. Distinguished by statesmen and magnates, Helena's history is colored with many other compelling characters and episodes nearly lost to time.</p>

Thursday	Friday	Saturday
<p><b>Reminder:</b></p> <p>The Buffalo Hill Library now has a print <u>and</u> online subscription to the <u>Wall Street Journal!</u></p> 		
<p><b>Covid-19 Safety Precautions</b></p> <p>All activities and classes have limited seating and are on a first come first served basis.</p> <p>Please wear a mask unless instructed otherwise.</p> <p>Thank you!</p>		
<p>Did you know... Immanuel has a weekly radio spot! Tune in to <b>"A Happier, Healthier You"</b> every Wednesday at 12:45 on <u>KGEZ AM 600</u> or FM 96.5.</p> <hr/> <p>You can listen to previous recordings on your computer, smart-phone or tablet using the <b>Touchtown</b> app!</p>		

## *Birthdays in September*

Hi Gibson **3rd**  
 Barb Kropp **6th**  
 Lynda Collins **14th**  
 Lynn Krichbaum Grain **14th**  
 Ruth McKoy **15th**  
 Florence Jacobson **16th**  
 Bernadine Sather **16th**  
 Stan Stephens **16th**  
 Virginia Obermiller **19th**  
 Glenna Small **19th**  
 Lucille Sorensen **20th**  
 Paul Bonin **21st**  
 Toni Quigley **24th**  
 Margot Glenn **29th**  
 Barbara St Michaels **29th**  
 Patricia Hellman **30th**  
 Ken Larson **30th**

## *Curio Cabinet Theme*

### Travel

*Residents and staff are encouraged to share photos, souvenirs and memorabilia from their travels!*

*Drop Items off at the Recreation offices.*



A—Auditorium  
 Private Dining Room—PDR  
 Patio Room—P  
 The Café—CA  
 The Salon—S  
 The Claremont—CL  
 Wooden Nickel—WN

History Room—HR  
 Fitness Center—FC  
 Library—LB  
 Lobby—L  
 Tranquility Room—TR  
 Conference Room—CR

## *Whole Person Wellness Philosophy*

Morning oatmeal? Annual flu shot? There's so much more to Whole Person Wellness, where mind, body and spirit are valued equally. Our goal is to encourage meaningful living by providing a variety of healthy activities to ensure wellness in all six dimensions.

### **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

The Recreation Calendar and Activity guide is color coded, making it easy for you to match the program or event to the dimension of wellness.

*Have an idea for a movie, activity or outing? We'd love to hear from you! Resident requests and suggestions are a big part of what shapes our monthly calendar. Give us a call or stop by the Recreation office to speak with a team member.*

