

JANUARY



2021

**Calendar and
Activity Guide**



Stand Tall

Presentation on Improving Balance & Reducing Fall Risk

Presented By: Todd Roush, Fitness Coordinator

Learn how you can improve your balance, reduce your risk of falling, what you should do if you do experience a fall, injury prevention tips, how to make your home safer and much more!

Presented every Tuesday in January

Time: 3:00pm

Location: Fitness Center

Sign up by the front desk

Only 15 seats available per presentation!



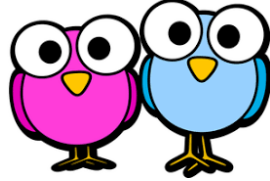

Contact Todd in the Fitness Center for more information


Channel 3 Feature

Every Friday at 10am and 5:30pm

Bible Study with Pastor Al

	Friday	Saturday
	1	2
<p>Did you know...</p> <p>Immanuel has a weekly radio spot! Tune in to</p> <p>“A Happier, Healthier You”</p> <p>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 Touchtown app!</p>	<p>Donut Friday Order a fresh donut with Breakfast!</p> <p>10:00 Basic Fitness (FC)</p> <p>Channel 3 Feature 10am and 5:30pm Bible Study with Pastor Al</p> <p>10:45 Brain Games (WN)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:00 Knitting Group (Café)</p> <p>2:30 Movie & Snacks (A) Newsies & New Year Day Snacks! PG 1992 2hr 1min Musical/Family</p> <p>A musical based on the New York City newsboy strike of 1899. When young newspaper sellers are exploited beyond reason by their bosses they set out to enact change and are met by the ruthlessness of big business.</p> <p>Medical Van 8:00-5:00</p>	<p>Channel 3 Feature 10:00 Sit and Be Fit</p> <p>2:30 Movie & Popcorn (A) Rocketman (2019) (R) 2h1min Biography, Drama, Music</p> <p>A musical fantasy about the fantastical human story of Elton John's breakthrough years.</p> <p>'Rocketman' is Rated R for Sex, Drugs, and Rock 'n' Roll.</p> 


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">3</p> <p>Channel 3 Feature 10:00 Sunday Music</p> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A)</p> <p>Think Like a Dog (PG) 2020 1h 35m Family/Comedy A 12-year-old boy develops a telepathic connection with his dog after a middle-school science experiment goes awry.</p> <p><u>With Chocolate Covered Cherries!</u></p> <p>Channel 3 Feature 4:00 Message from Pastor Al Pastor Al shares a brief message for those who missed the 1:00PM service. <i>(This will play on a loop until 6:00PM)</i></p>  <p><u>National Chocolate Covered Cherry Day</u></p>	<p style="text-align: center;">4</p> <p>10:00 Basic Fitness (FC)</p> <p>11:00– 1:00 (A) Come to the Auditorium to make a card, write a letter, paint a rock or donate \$ for snacks to be delivered to the local Law enforcement by the Recreation Team.</p> <p>1:00 Basic Fitness (FC)</p> <p>2:30 BINGO (A)</p> <p>Channel 3 Feature 6:30 Law Enforcement Appreciation montage Tune your T.V. to Channel 3!</p>  <p><u>National Law Enforcement Appreciation Day</u></p> <p>Medical Van 8:00-5:00</p>	<p style="text-align: center;">5</p> <p>9:00 Ambassador Committee Meeting (A)</p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>3:00 Stand Tall (FC) Presented by Todd (Sign Up)</p> <p>3:00 Movie & Snacks (A) Fly Away Home PG 1996 1hr 47min Family/Adventure Amy is reunited with her father after her mother's death. She withdraws from her new life, until she finds a reason to participate in something: the preservation, parenting, and eventual migration-instruction of a flock of orphaned geese.</p> <p>6:30 Line Dancing Class (FC)</p>  <p><u>National Bird Day</u></p> <p>Medical Van 8:00-5:00</p>	<p style="text-align: center;">6</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>1:00 Brain Fitness with Todd (FC)</p> <p>2:30 January Birthday Party (A)</p>  <p>Medical Van 8:00-5:00</p>

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">7</p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>2:30 BINGO (A)</p> <p>6:30 Line Dancing Class with Marlene (FC)</p> <p style="text-align: center;">Channel 3 Feature</p> <p style="text-align: center;">6:30</p> <p><i>The Star of Bethlehem</i> is a 2007 documentary by Frederick A. "Rick" Larson to show what he found when he searched for clues about the Star of Bethlehem. Larson used the Starry Night astronomy computer program along with an article written by astronomer Craig Chester; based in part on the work of Ernest Martin. Larson also used details from the Christian Bible to find nine data points about the Star of Bethlehem which, according to the second chapter of the Gospel of Matthew, stopped over Bethlehem, bringing the Magi to Jesus.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Name Tag Day Medical Van 8:00-5:00</p>	<p style="text-align: center;">8</p> <p style="text-align: center;"><i>Donut Friday</i> Order a fresh donut with Breakfast!</p> <p>10:00 Basic Fitness (FC)</p> <p style="text-align: center;">Channel 3 Feature 10am and 5:30pm Bible Study with Pastor Al</p> <p>10:45 Brain Games (WN)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:00 Knitting Group (Café)</p> <p>3:00 Updates and Questions with Carla (A) <i>Residents are encouraged to attend this monthly informational meeting.</i> (50 person capacity)</p> <p style="text-align: center;">Channel 3 Feature</p> <p>6:30 Elvis Presley - Loving You 1957 A musician and a publicist help a delivery man achieve stardom.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Elvis Presley's Birthday Medical Van 8:00-5:00</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Channel 3 Feature</p> <p>10:00 Gentle Seated Tai Chi Class</p> <p>2:30 Movie & Snacks (A) E.T. the Extra-Terrestrial (1982) 1h 55min</p> <p style="text-align: center;">A troubled child summons the courage to help a friendly alien escape Earth and return to his home world.</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><u>National Cuddle Day</u> Bring a cuddly stuffed Friend to the movie</p> <div style="text-align: center;">  </div>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">10</p> <p>Channel 3 Feature 10:00 Sunday Music</p> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A)</p> <p>Dolittle PG 2020 1hr 41min Fantasy/Family</p> <p>A physician who can talk to animals embarks on an adventure to find a legendary island with a young apprentice and a crew of strange pets.</p>  <p>Channel 3 Feature 4:00 Message from Pastor Al <i>(This will play on a loop until 6:00PM)</i></p>	<p style="text-align: center;">11</p> <p>10:00 Basic Fitness (FC)</p> <p>12:00 Mystery Book Club (Café)</p> <p>Order takeout from the Claremont and join fellow mystery enthusiasts for lunch!</p> <p>1:00 Basic Fitness (FC)</p> <p>2:30 BINGO (A)</p> <p>Channel 3 Feature 6:30 From Moo to You: The Story of Milk</p> <p>How much water does a cow drink each day? What do they eat for breakfast? How does milk get from the cow to your table? Watch this delightful video to see what goes on behind-the-scenes at Kleinpeter Farms Dairy.</p>  <p>Medical Van 8:00-5:00</p>	<p style="text-align: center;">12</p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>2:30 Movie and Tea Party (A) The Importance of Being Earnest Dress up in a fancy hat or tie.</p> <p>Two young gentlemen living in 1890's England use the same pseudonym ("Ernest") on the sly, which is fine until they both fall in love with women using that name, which leads to a comedy of mistaken identities...</p> <p>3:00 Stand Tall (FC) Presented by Todd (Sign Up)</p> <p>6:30 Line Dancing Class with Marlene (FC)</p>  <p>Medical Van 8:00-5:00</p>	<p style="text-align: center;">13</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>1:00 Brain Fitness with Todd (FC)</p> <p>2:30 Pub Style Trivia (WN)</p> <p>Channel 3 Feature 6:30 Brain Games -Illusion</p> <p>Are you ready for a truly mind-blowing experience? The Emmy® Award nominated Brain Games features interactive games and experiments designed to mess with your mind and reveal the inner-workings of your brain</p>  <p>Medical Van 8:00-5:00</p>

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">14</p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>2:30 BINGO (A)</p> <p>4:30 Order Out- Wendy's Fast Food Dinner with Door Dash and a Movie (Sign-Up)</p> <p>Saving Mr. Banks PG 13 2013 2h 6m Drama/Music</p> <p>Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.</p> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <p>6:30 Line Dancing Class with Marlene (FC) <i>Name Tag Day</i></p> <p>Medical Van 8:00-5:00</p>	<p style="text-align: center;">15</p> <p style="text-align: center;"><i>Donut Friday</i> Order a fresh donut with Breakfast!</p> <p>10:00 Basic Fitness (FC)</p> <p style="text-align: center;">Channel 3 Feature 10am and 5:30pm Bible Study with Pastor Al</p> <p>10:45 Brain Games (WN)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:00 Knitting Group (Café)</p> <p>3:00 A Year in Review by Angela DeShazer (A)</p> <p style="text-align: center;">Remember 2020? Lets review the year with a slide show!</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Medical Van 8:00-5:00</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Channel 3 Feature 10:00 Sit and Be Fit</p> <p>2:30 Movie & Popcorn (A)</p> <p style="text-align: center;">Troop Zero PG 2019 1h 37m Comedy/Drama</p> <p>In rural Wiggly, Georgia in 1977, a group of elementary-school misfits band together to form their own troop of Birdie Scouts.</p> <div style="text-align: center;">  </div> <div style="border: 1px solid red; padding: 10px; margin-top: 20px;"> <p style="text-align: center;"><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.</p> <p style="text-align: center;">Thank you!</p> </div>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">17</p> <p>Channel 3 Feature 10:00 Sunday Music</p> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A) Popeye PG 1980 1hr 54m Fantasy/Musical The adventures of the famous sailor man and his friends in the seaside town of Sweethaven.</p>  <p>Channel 3 Feature 4:00 Message from Pastor Al</p>  <p>National Popeye Day</p>	<p style="text-align: center;">18</p> <p>10:00 Basic Fitness (FC)</p> <p>10:00 Women's Group (A)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:30 BINGO (A)</p> <p>Channel 3 Feature 6:30</p> <ul style="list-style-type: none"> -I Have a Dream, Martin Luther King Jr. Full Speech -MISTER KING song for educational and celebration purposes in homage to Dr. Martin Luther King Jr. -Martin Luther King's last speech.  <p>Medical Van 8:00-5:00</p>	<p style="text-align: center;">19</p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>6:30 Line Dancing Class (FC)</p> <p>2:30 Documentary Penguins With flavored popcorn 2019 G 1h 16m A coming-of-age story about an Adélie penguin named Steve who joins millions of fellow males in the icy Antarctic on a quest to build a suitable nest, find a life partner and start a family.</p> <p>3:00 Stand Tall (FC) Presented by Todd (Sign Up)</p>  <p>National Penguin Day And National Popcorn Day</p> <p>Medical Van 8:00-5:00</p>	<p style="text-align: center;">20</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>1:00 Brain Fitness with Todd (FC)</p> <p>Inauguration (A) Time will be announced</p> <p>Stay tuned for information on the time of the Inauguration: president-elect Joe Biden He will be sworn into office stating the following oath: "I do solemnly swear that I will faithfully execute the Office of President of the United States, and will to the best of my ability, preserve, protect and defend the Constitution of the United States."</p> <p>Medical Van 8:00-5:00</p>

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">21</p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>2:30 BINGO (A)</p> <p>6:30 Line Dancing Class with Marlene (FC)</p> <p>Channel 3 Feature 6:30 Music Back to the 50's Oldies mix of rock n' roll classics from the 50's</p>  <p style="text-align: center;">Name Tag Day Medical Van 8:00-5:00</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Donut Friday Order a fresh donut with Breakfast!</p> <p>10:00 Basic Fitness (FC)</p> <p>Channel 3 Feature 10am and 5:30pm Bible Study with Pastor Al</p> <p>10:45 Brain Games (WN)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:00 Knitting Group (Café)</p> <p>2:30 Fresh Flower Arranging (A)</p> <p style="text-align: center;">Medical Van 8:00-5:00</p>	<p style="text-align: center;">23</p> <p>Channel 3 Feature 10:00 Gentle Seated Tai Chi Class</p>  <p>2:30 19th Annual John White Series (A) Northwest Montana History Museum Where Our Past is Present Established Friend of the Museum John Fraley will take us inside his latest collection, <i>Heroes of the Bob Marshal Wilderness</i>, from old-timers like Joe Murphy, to Smoke Elser, and on to the present. Over the past century, these heroes have ridden, packed, and hiked from one end of the Bob to the other, and they've helped make the wilderness what it is today. The "Bob" holds a special place in John's heart, and the passion that he brings to this topic is immediately evident.</p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p style="text-align: center;">24</p> <p>Channel 3 Feature 10:00 Sunday Music</p> <p>1:00 Church Service (A)</p> <p>2:30 Buffalo Theater (A) Emma</p> <p>PG 2020 2h 12m Romance/Drama</p> <p>In 1800s England, a well meaning but selfish young woman meddles in the love lives of her friends.</p>  <p>Channel 3 Feature 4:00 Message from Pastor Al</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Happy Chinese New Year</p> <p>10:00 Basic Fitness (FC)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:30 BINGO (A)</p> <p>Channel 3 Feature 6:30 Documentary Beijing: The Traditions of the Chinese New Year</p>  <p style="text-align: center;">Medical Van 8:00-5:00</p>	<p style="text-align: center;">26</p> <p>10:00 Yoga with Ashley (FC)</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p>3:00 Stand Tall (FC) Presented by Todd (Sign Up)</p> <p>4:30 Dinner and a Movie (A) Boundaries R 2018 1hr 44m Comedy/Drama</p> <p>Single mom, along with her awkward 14 year-old son is forced to drive her estranged, care-free pot dealing father across country after he's kicked out of yet another nursing home.</p> <p><i>Normal meal charges apply + \$5.00.</i></p> <p><i>*Please sign up <u>no later than</u> 12:00pm the day of.</i></p> <p>6:30 Line Dancing Class with Marlene (FC)</p> <p style="text-align: center;">Medical Van 8:00-5:00</p>	<p style="text-align: center;">27</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 Recreation Committee Meeting (A)</p> <p>1:00 Brain Fitness with Todd (FC)</p> <p>2:30 Documentary and Popcorn (A) Masters of Photography</p> <p>National Geographic Masters of Photography goes inside the creative process of the industry's most sought-after photographers as they reveal their working methods.</p> <p> NATIONAL GEOGRAPHIC</p> <p style="text-align: center;">National Geographic Day Medical Van 8:00-5:00</p>

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p style="text-align: center;">28</p> <p>10:00 Yoga with Ashley (FC)</p> <p style="text-align: center;">.</p> <p>1:00 Balance and Fall Prevention (FC)</p> <p style="text-align: center;">2:30 BINGO (A)</p> <p>6:30 Line Dancing Class with Marlene (FC)</p> <p style="text-align: center;">Channel 3 Feature 6:30 Music Greatest Hits of the 60's</p> <div data-bbox="136 1150 537 1549" data-label="Image"> </div> <p style="text-align: center;">Name Tag Day Medical Van 8:00-5:00</p>	<p style="text-align: center;">29</p> <p style="text-align: center;"><i>Donut Friday</i> Order a fresh donut with Breakfast!</p> <p>9:00 Fine Dining Committee Meeting (A)</p> <p>10:00 Basic Fitness (FC)</p> <p style="text-align: center;">Channel 3 Feature 10am and 5:30pm Bible Study with Pastor Al</p> <p>10:45 Brain Games (WN)</p> <p>1:00 Basic Fitness (FC)</p> <p>2:00 Knitting Group (Café)</p> <p style="text-align: center;">2:30 Arts & Crafts with Angela (A)</p> <p style="text-align: center;"><i>Check out a sample of our craft at the sign-up desk!</i></p> <div data-bbox="592 1524 1053 1866" data-label="Image"> </div> <p style="text-align: center;">Medical Van 8:00-5:00</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Channel 3 Feature 10:00 Gentle Seated Tai Chi Class</p> <p style="text-align: center;">Celebrate Chinese New Year</p> <p>2:30 Movie and Egg Rolls (A) Rush Hour PG-13 1998 1h 38m Action/Comedy</p> <p>Staring Jackie Chan and Chris Tucker as mismatched police officers who are assigned to rescue a Chinese diplomat's abducted daughter.</p> <div data-bbox="1089 1314 1523 1556" data-label="Image"> </div>

Sunday

31

Channel 3 Feature

10:00 Sunday Music

1:00 Church Service (A)

2:30 Buffalo Theater (A)

God Bless the Broken Road

PG 2018 1hr 51min

Romance/Family

A story of a young mother who loses her husband in Afghanistan and struggles to raise their young daughter in his absence.

The film combines elements of faith, country music, and stock car racing while paying tribute to those who serve in the United States Military.



Channel 3 Feature

4:00 Message from Pastor Al

Thursday, January 14th

4:30 Order Out

Wendy's Fast Food

Dinner with Door Dash

and a Movie

Saving Mr. Banks

(Sign-up at the Recreation Office)



Please see a Recreation Staff Member to put in your order from Wendy's.

Cash or Account Charge plus a 20% tip for the Door Dasher will be required.



The Library Volunteers would like to send out a special thank you to all the residents who had contributions, suggestions for books to add, and for using the Library!

The Montana Talking Book Library (MTBL) offers alternative reading materials for Montana residents who cannot read standard print materials due to vision loss, physical limitation, or reading disability. If you would like more information please see a Recreation staff member.





**Every Friday
at 2:00pm
Knitting
Group
(Café)**



The two baby blankets and 13 hats you see in these pictures were delivered to Logan Health (formerly Kalispell Regional Medical Center) on December 21st. With the patient, persistent, and excellent leadership of Barbara St. Michaels, Vera Roth, Rose Stahlberg, Marion Van Helden, Betty Davis, Marlene Rutherford, Barbara Gould, Cathy Gould and B.J. Carlson collaborated in this effort. It took some discussion, planning and the talents of both knitters and crocheters. We are happy with the results and will be planning more projects for the New Year.

The knitting group (crocheters and kibitzers also welcome) was started by Barbara Gould and meets every Friday afternoon at 2:00 o'clock in the Café. We have enjoyed our sessions together and share our projects, patterns, needles and tips learning new techniques and being inspired by others' talents and expertise. We welcome anyone that would like to join us.

Birthdays in January

Martha Maurer 1st
Fred Thompson 1st
Laurel Powell 3rd
Wilson Higgs 5th
Betty Davis 11th
Frank Lundquist 12th
Bob Fraser 13th
Joan Fraser 17th
Bob Desjean 18th
Fred LaRoque 18th
Marilyn Knutson 31st

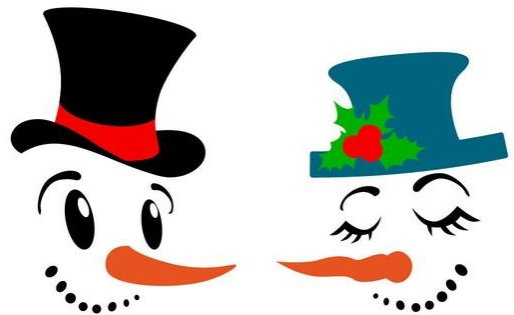


BIRTHDAYS
THIS MONTH

Curio Cabinet Theme
Snowmen
and
women

Drop Items off at the
Recreation office.

Thank you!



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.

Buffalo Hill
— TERRACE —
A Ministry of Immanuel Lutheran Communities

THE
Villas
— AT BUFFALO HILL —
A Ministry of Immanuel Lutheran Communities