



Immanuel Living

**RESIDENT
CALENDAR
& ACTIVITY
GUIDE**

JULY 2024

What's Inside?

Calendar of Events P.1-5

Gather P.6

Music P.6

Support Groups P.7

Committees P.7

Learn P.8

Spiritual Life P.8

Create P.9

Get Fit P.9

Channel 3 Features P.10

Trips P.11

Monthly Happenings P.12

Upcoming Events & Outings P.13

Library News P.14



Sallie Wright 1st

Miriam Foster 8th

Bill Pederson 12th

Nancy Souder 13th

Burma Williams 13th

Phil Gurr 19th

Beverly Price 20th

Donna McCreedy 22nd

Paul Downie 23rd

George Ostrom 24th

Rose Stahlberg 26th

Linda Hoyt 31st

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 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



**MONDAY
JULY 1**

**TUESDAY
JULY 2**

**NATIONAL POSTAL
WORKER DAY**

**10:00 ● Basic
Fitness · FC**

**12:00 Executive
Committee ·
PDR**

**11:00 Patriotic
Crafts · A**

**1:00 ● Basic
Fitness · FC**

**3:00 Dementia
Caregiver
Support · PDR**

**9:00 ● Water
Works · P**

**10:00 ● Yoga
· FC**

**11:00 Catholic
Communion
· CA**

**1:00 ● Balance
& Fall · FC**

**6:30 Channel
3**

**SUNDAY
JULY 7**

**MONDAY
JULY 8**

**TUESDAY
JULY 9**

**8:30-1:00 Church
Shuttle · SIGN**



**1:00 Church
Service &
Communion · A**

6:30 Channel 3

**10:00 ● Basic
Fitness · FC**

**10:00 Craft with
Growing Roots
Day Care · CA**

**12:00 Mystery
Book Club · PDR**

**1:00 ● Basic
Fitness · FC**

**2:30 Arm Chair
Travel · A**

**3:00 Resident
Caregiver Support
· PDR**

**9:00 ● Water
Works · P**

10:00 ● Yoga · FC

**11:00 Catholic
Communion · CA**

**1:00 ● Balance &
Fall · FC**

6:30 Channel 3

WEDNESDAY
JULY 3

THURSDAY
JULY 4

FRIDAY
JULY 5

SATURDAY
JULY 6

10:00 ● Basic Fitness · FC
10:00 Assisted North Shuttle · **SIGN UP** ♣♣♣♿
10:00 Computer Help · **SIGN UP**
11:30 Assisted Business Shuttle · **SIGN UP** ♣♣♣♿
1:00 Brain Fitness · FC
1:30 Pinochle · CA
3:00 Bingo · A

HAPPY Independence Day
WEAR RED, WHITE & BLUE
9:15 4th of July Parade · **SIGN UP** ♿
11:00 4th of July BBQ · CY
1:30 Wai · A
6:30 Channel 3

DONUT FRIDAY
5:30 Quilt Club · CA
6:30 Symphony Night - Rebecca Farms · **SIGN UP** ♿

1:30 Pinochle · CA
6:30 Channel 3

WEDNESDAY
JULY 10

THURSDAY
JULY 11

FRIDAY
JULY 12

SATURDAY
JULY 13

10:00 ● Basic Fitness · FC
10:00 North & South Shuttle · **SIGN UP** ♣♣♣♿
11:30 Resident Ambassador · PDR
11:30 Picnic in the Park & Music · **SIGN UP** ♿
1:00 Brain Fitness · FC
1:30 Pinochle · CA
7:00 Summer Concert Series · CY

9:00 ● Water Works · P
10:00 Fingernail Painting · A
11:30 Bingo · A
1:00 ● Balance & Fall · FC
1:30 Wai · A
3:00 Updates & Questions with Carla · A


DONUT FRIDAY
9:00 ● Water Aerobics · P
10:00 ● Basic Fitness · FC
10:30 Brain Games · PR
1:00 ● Basic Fitness · FC
2:00 ● Yoga · FC
2:30 Devotions with Braden · LB
2:30 Writing Club · CA

1:30 Pinochle · CA
2:00 MS Support Group · CR
4:45 Hot Air Balloon Ride · **SIGN UP** ♣♣♣♿
6:30 Channel 3

**SUNDAY
JULY 14**

**MONDAY
JULY 15**

**TUESDAY
JULY 16**

8:30-1:00 Church Shuttle · **SIGN UP**


9:30 Channel 3
1:00 Church Service · **A**

9:30 Purple Mountain Lavender · **SIGN UP**


10:00 ● Basic Fitness · **FC**

1:00 ● Basic Fitness · **FC**

3:00 Dementia Caregiver Support · **A**

6:30 Channel 3

9:00 ● Water Works · **P**

10:00 ● Yoga · **FC**

11:00 Catholic Communion · **CA**

1:00 ● Balance & Fall · **FC**

1:00 Walking Club · **SIGN UP**


1:00 Basic Drawing with Frank · **CA**

1:30 Immanuel Guitar Design · **A**


2:30 Resident Advisory · **PDR**

6:30 Channel 3

**SUNDAY
JULY 21**

**MONDAY
JULY 22**

**TUESDAY
JULY 23**

8:30-1:00 Church Shuttle · **SIGN UP**


1:00 Church Service · **A**

2:30 Montana State Old-Time Fiddlers Jam · **CA**

10:00 ● Basic Fitness · **FC**

1:00 ● Basic Fitness · **FC**

4:30 Dinner & a Movie · **A**

9:00 ● Water Works · **P**

10:00 ● Yoga · **FC**

11:00 Catholic Communion · **CA**

12:00 Lake McDonald Boat Tour · **SIGN UP**


1:00 ● Balance & Fall · **FC**





6:30 Channel 3

WEDNESDAY
JULY 17

THURSDAY
JULY 18

FRIDAY
JULY 19

SATURDAY
JULY 20

10:00 ● Basic Fitness · FC
10:00 Bible Study · CA
10:00 North Shuttle · SIGN UP 
10:00 Computer Help · SIGN UP
11:30 Business Shuttle · SIGN UP 
1:00 Brain Fitness · FC
1:30 Pinochle · CA
2:30 Foundation Committee · PDR
7:15 Bigfork Summer Playhouse · SIGN UP  

9:00 ● Water Works · P
10:00 Fingernail Painting · A
11:30 Bingo · A
1:00 ● Balance & Fall · FC
1:30 Wai · A
3:00 Immanuel Millionaire · A

DONUT FRIDAY
12:30 Channel 3
2:00 ● Yoga · FC
2:15 July Birthday Party · A
2:30 Devotions with Braden · LB
5:30 Quilt Club · CA


1:30 Pinochle · CA
6:30 Channel 3

WEDNESDAY
JULY 24


THURSDAY
JULY 25

FRIDAY
JULY 26

SATURDAY
JULY 27

10:00 ● Basic Fitness · FC
10:00 North & South Shuttle · SIGN UP 
1:00 Brain Fitness · FC
1:30 Pinochle · PR
1:30 Parkinson's Support · PDR
7:00 Summer Concert Series · CY

9:00 ● Water Works · P
10:00 Fingernail Painting · A
11:30 Bingo · A
12:30 Channel 3
1:00 ● Balance & Fall · FC
1:30 Wai · A
6:30 Channel 3




DONUT FRIDAY
8:00 Two Brothers Café · SIGN UP 
9:00 ● Water Aerobics · P
10:00 ● Basic Fitness · FC
10:00 Dining Committee · CA
1:00 ● Basic Fitness · FC
2:00 ● Yoga · FC
3:00 Devotions with Braden · PDR
6:30 Channel 3

1:30 Pinochle · CA
6:30 Channel 3




**SUNDAY
JULY 28**

**MONDAY
JULY 29**



**TUESDAY
JULY 30**

8:30-1:00 Church Shuttle · **SIGN UP**

12:15 Glacier Range Riders Baseball Game · **SIGN UP**  
1:00 Church Service · **A**

10:00  Basic Fitness · **FC**
11:30 Lunch - Buffalo Hill Golf Course · **SIGN UP** 
1:00  Basic Fitness · **FC**
6:30 Channel 3

9:00  Water Works · **P**
10:00  Yoga · **FC**
11:00 Catholic Communion · **CA**
1:00  Balance & Fall · **FC**
2:30 Book Club · **CR**

**WEDNESDAY
JULY 31**

10:00  Basic Fitness · **FC**
10:00 Bible Study · **CA**
10:00 North  Shuttle · **SIGN UP**
11:30 Business  Shuttle · **SIGN UP**
12:00 Recreation Committee · **CR**
1:00 Brain Fitness · **FC**
1:30 Pinochle · **PR**
2:00 Flower Arranging · **A**



GATHER

Pampered Nails Fingernail Painting

Thursday, July 11, 18 & 25 | 10:00am | Auditorium

Bingo! in the Auditorium

Wednesday, July 3 | 3:00pm

Thursday, July 11, 18 & 25 | 11:30am

BETTER
TOGETHER

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café

Location Change: Wednesday, July 31 | 1:30pm | **Patio Room**

Quilt Club

Friday, July 5 & 19 | 5:30pm | Café

Mystery Book Club

Monday, July 8 | 12:00pm | Private Dining Room

'Tell Your Story' Writing Club with Carol Buchanan

Friday, July 12 | 2:30pm | Café

Who wants to be an Immanuel Millionaire?

Hosted by Pastor Al

Thursday, July 18 | 3:00pm | Auditorium

July Birthday Celebration

with Comedy by: Candy the Comedian

Friday, July 19 | 2:15pm | Auditorium

Book Club

Tuesday, July 30 | 2:30pm | Conference Room

MUSIC

Wai Mizutani & Friends

Every Thursday | 1:30pm | Auditorium

Montana State Old-Time Fiddlers Jam

Sunday, July 21 | 2:30pm-4:30pm | Café



SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, July 1 | 3:00pm | Private Dining Room

Monday, July 15 | 3:00pm | Auditorium



Resident Caregiver Support Group

Monday, July 8 | 3:00pm-4:30pm | Private Dining Room

MS Support Group

Saturday, July 13 | 2:00pm | Conference Room

Parkinson's Caregiver Support Group

Wednesday, July 24 | 1:30pm | Private Dining Room

COMMITTEES

Executive Committee Meeting

Monday, July 1 | 12:00pm | Private Dining Room

Resident Ambassador Committee

Wednesday, July 10 | 11:30am | Private Dining Room

Resident Advisory Committee

Tuesday, July 16 | 2:30pm | Private Dining Room

Foundation Committee Meeting

Wednesday, July 17 | 2:30pm | Private Dining Room

Dining Committee Meeting

Friday, July 26 | 10:00am | Café

Recreation Committee Meeting

Wednesday, July 31 | 12:00pm | Conference Room

Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center

Computer Help Sessions

Wednesday, July 3 & 17 | 10:00am-12:00pm | SIGN UP

Updates & Questions with Carla

Thursday, July 11 | 3:00pm | Auditorium

Residents are encouraged to attend this monthly informational meeting!

Arm Chair Travel to Sequim, Washington

Presented by Angela DeShazer

Monday, July 8 | 2:30pm | Auditorium

Travel with Angela to Sequim, Washington: the Lavender Capital of the World!

Brain Games with Angela

Friday, July 12 | 10:30am | Patio Room



Church Shuttle

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

Church Service

Every Sunday | 1:00pm | Auditorium

Communion on July 7

Catholic Communion

Every Tuesday | 11:00am | Café

Bible Study

Every Wednesday | 10:00am | Café

Devotions with Braden

Friday, July 12, 19 & 26 | 2:30pm | Library

CREATE



Patriotic Crafts

Monday, July 1 | 11:00am-3:00pm | Auditorium
Multiple craft choices!

Craft with Growing Roots Day Care

Monday, July 8 | 10:00am | Café

Basic Drawing with Frank Tetrault

Tuesday, July 16 | 1:00pm | Café

Fresh Flower Arranging

Wednesday, July 31 | 2:00pm | Auditorium

GET FIT

● Basic Fitness in the Fitness Center

Every Monday & Friday | 10:00am & 1:00pm

Except Friday, July 5

Every Wednesday | 10:00am

● Water Works

Every Tuesday & Thursday | 9:00am | Pool

Except Thursday, July 4

● Yoga with Anne

Every Tuesday | 10:00am | Fitness Center

● Balance & Fall Prevention

Every Tuesday & Thursday | 1:00pm | Fitness Center

Except Thursday, July 4

● Water Aerobics with Todd

Every Friday | 9:00am | Pool

Except Friday, July 5

● Yoga with Anna

Every Friday | 2:00pm | Fitness Center

Except Friday, July 5

RATING SYSTEM

● EASY GOING

● MODERATE

● ACTIVE

SEE 'FITNESS CLASS RATING SYSTEM' FOR MORE DETAIL.

CHANNEL 3 FEATURES

Basic Fitness with Todd

Every Monday, Tuesday, Thursday | 10am & 1pm
Every Saturday | 10:00am

Strength & Fitness with Todd

Every Wednesday | 10:00am & 1:00pm
Every Friday | 9:30am & 1:00pm
Every Saturday | 1:00pm

Bible Study with Pastor Al

Every Friday | 10:00am & 5:30pm

Message from Pastor Al

Every Sunday | 4:00pm-6:00pm

The History of Independence Day, 4th of July

Tuesday, July 2 | 6:30pm-8:30pm

Fireworks Show with Music

Thursday, July 4 | 6:30pm-8:30pm

Pledge of Allegiance

Saturday, July 6 | 6:30pm-8:30pm
Recited by John Wayne & Red Skelton

Scenic Montana

Sunday, July 7 | 6:30pm-8:30pm
with Piano Music

Tractor Inventions Throughout History

Tuesday, July 9 | 6:30pm-8:30pm

Chair Exercises for Seniors

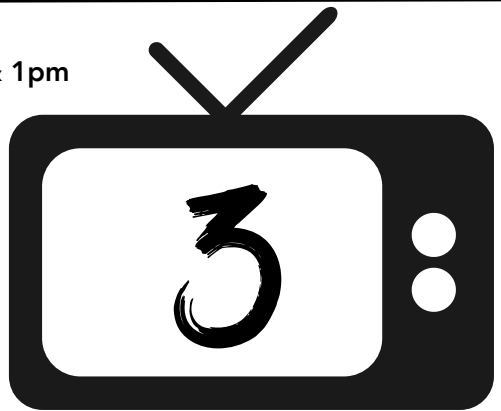
Friday, July 12 | 12:30pm-2:00pm
with Music from the 50's, 60's & 70's

Golden Oldies Video Mix

Saturday, July 13 | 6:30am-8:30pm

The Greatest Hymns That Time Forgot

Sunday, July 14 | 9:30am-2:00pm



Silent Drill Platoon Performance

Monday, July 15 | 6:30pm-8:30pm

The Top 20

Tuesday, July 16 | 6:30pm-8:30pm

Chair Exercises for Seniors

Thursday, July 19 | 12:30pm & 6:30pm
with Music from the 50's, 60's & 70's

Best Country Love Songs

Saturday, July 20 | 6:30pm-8:30pm
Best of 80's & 90's

Children of Adam DNA

Tuesday, July 23 | 6:30pm-8:30pm
National Geographic Documentary

Chair Exercises for Seniors

Thursday, July 25 | 12:30pm-2:00pm
with Music from the 50's, 60's & 70's

Holy Places

Friday, July 26 | 6:30pm-8:30pm

Glacier National Park Tour

Saturday, July 27 | 6:30pm-8:30pm

The Red Skelton Show (1971)

Monday, July 29 | 6:30pm-8:30pm
with Jill St. John



TRIPS

SHOPPING SHUTTLES



North Shopping 
Every Wednesday | 10:00am | SIGN UP
ASSISTED | WEDNESDAY, JULY 3 



South Shopping 
Wednesday, July 10 & 24 | 10:00am | SIGN UP

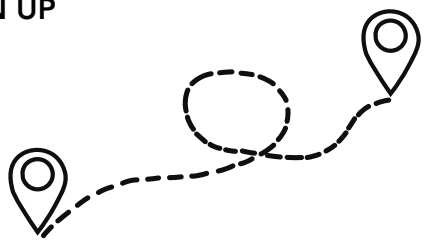
Taking Care of Business 
Wednesday, June 3, 17 & 31 | 11:30am-1:00pm | SIGN UP
ASSISTED | WEDNESDAY, JULY 3 

OUTINGS

Symphony Night at Rebecca Farms  
Friday, July 5 | Depart at 6:30pm | Return at 11:30pm | SIGN UP
TICKETS \$75.00


Picnic in the Park with Music by Brett Holmquist 
Wednesday, July 10 | Depart at 11:30am | SIGN UP



Hot Air Balloon Ride 
Saturday, July 13 | Depart at 4:45am
Talk with Angela in Recreation if you are interested.



Purple Mountain Lavender 
Monday, July 15 | Depart at 9:30am | SIGN UP

Walking Club at Somers Walking Trail 
Tuesday, July 16 | Depart at 1:00pm | SIGN UP

Out to Breakfast at Two Brothers Café 
Friday, July 26 | Depart at 8:00am | SIGN UP

Glacier Range Riders Baseball Game  
Sunday, July 28 | Depart at 12:15pm | SIGN UP | **TICKETS \$20.00**

Out to Lunch at Buffalo Hill Golf Course Restaurant 
Monday, July 29 | Depart at 11:30am | SIGN UP

Immanuel *Living*

COURTYARD SUMMER CONCERT SERIES



Jack Gladstone

WEDNESDAY, JULY 10
7:00PM | COURTYARD

AN ENROLLED CITIZEN OF THE BLACKFEET INDIAN NATION, JACK ILLUSTRATES WESTERN AND NATIVE AMERICAN CULTURE THROUGH A MOSAIC OF MUSIC, LYRIC POETRY & SPOKEN WORD!



Good Company

WEDNESDAY, JULY 24
7:00PM | COURTYARD

A DUO THAT PLAYS SOFT & CLASSIC ROCK. THEIR SETLIST COVERS 60 DECADES!



UPCOMING EVENTS & OUTINGS

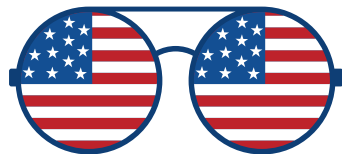
4th of July Parade! 

Thursday, July 4 | Depart at 9:15am | SIGN UP



4th of July BBQ

Thursday, July 4 | 11:00am-2:00pm | Courtyard



Immanuel Guitar Design Planning - "Courage Ignited"

Tuesday, July 16 | 1:30pm | Auditorium

Immanuel will be participating with LeadingAge and other Novare Communities in designing our very own customized acoustic guitar. Once designed, it will then be donated and displayed in classrooms across Tennessee! **Come learn more about this special project!**



Bigfork Summer Playhouse  
Crazy For You (Tap Dancing Extravaganza!)

Wednesday, July 17 | Depart at 7:15pm | SIGN UP

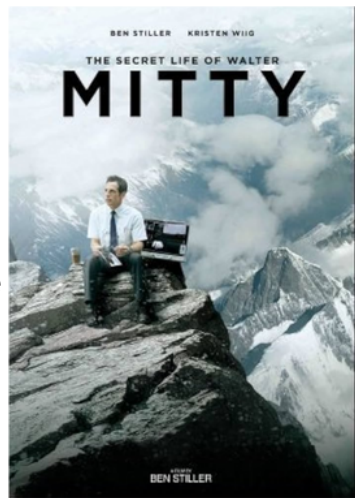
TICKETS \$35.00

Dinner & a Movie!

Movie Showing: The Secret Life of Walter Mitty
Monday, July 22 | 4:30pm | Auditorium | SIGN UP

Please sign up NO LATER than noon on 7/22!

Walter Mitty (Ben Stiller), an employee at Life magazine, spends day after monotonous day developing photos for the publication. To escape the tedium, Walter inhabits a world of exciting daydreams in which he is the undeniable hero. Walter fancies a fellow employee named Cheryl (Kristen Wiig) and would love to date her, but he feels unworthy. However, he gets a chance to have a real adventure when Life's new owners send him on a mission to obtain the perfect photo for the final print issue.



Lake McDonald Boat Tour  

Tuesday, July 23 | Depart at 12:00pm | SIGN UP | **Tickets \$40.00**



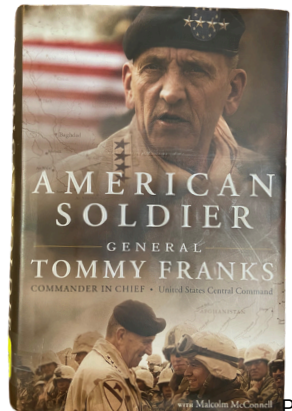
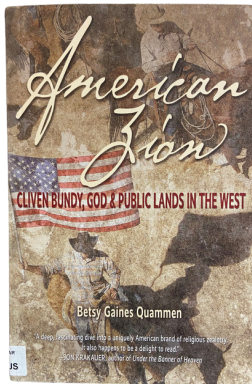
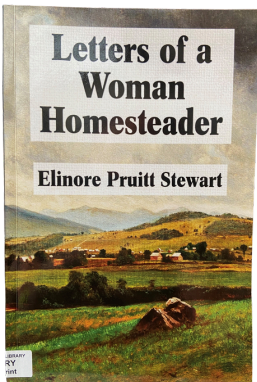
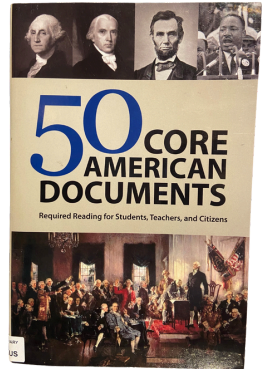
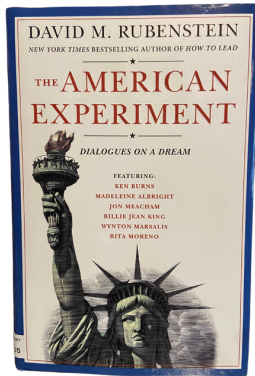
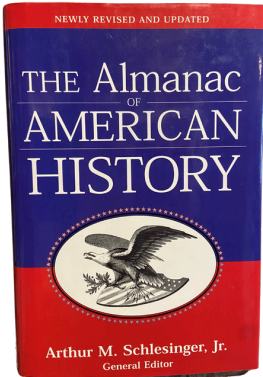
LIBRARY NEWS



THE TERRACES LIBRARY OFFERS MULTIPLE BOOKS THAT HAVE SHAPED OUR NATION'S HISTORY AND THE PRINCIPLES OF FREEDOM THAT WE VALUE SO DEEPLY.



As we honor the sacrifices & celebrate the freedom that Independence Day brings, check out these books that we have available in our Library:





The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL