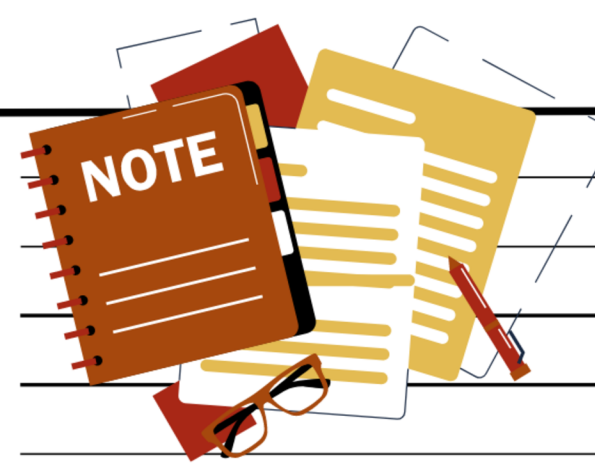
A scenic photograph of a park in autumn. The trees are covered in vibrant orange, red, and yellow leaves. In the foreground, there is a calm body of water reflecting the trees. A path with a bench and a lamppost is visible on the left side.

RESIDENT CALENDAR & ACTIVITY GUIDE

SEPTEMBER 2024



A series of horizontal lines for writing, starting from the top right and extending down the page.

What's Inside?

Calendar of Events	P.1-5
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BIRTHDAYS





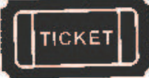
- Cathy Hanson 1st
- Carol Buchanan 1st
- Gale Hanson 3rd
- Barney Barnicoat 4th
- Linda Stricker 5th
- Elaine Trotman 7th
- Carey Chery 10th
- Lynda Collins 14th
- Virginia Obermiller 19th
- Glenna Small 19th
- Connie Tetrault 20th
- Frances Patton 21st
- Barbara St Michaels 29th
- Ken Larson 30th

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


SUNDAY SEPTEMBER 1	MONDAY SEPTEMBER 2	TUESDAY SEPTEMBER 3	WEDNESDAY SEPTEMBER 4	THURSDAY SEPTEMBER 5	FRIDAY SEPTEMBER 6	SATURDAY SEPTEMBER 7
8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Church Service & Communion · A	 10:00 Basic Fitness - FC 11:00-2:00 Labor Day BBQ · CY 12:30 Gambling with Hannah · SIGN UP  1:00 Basic Fitness - FC 3:00 Dementia Caregiver Support · PDR 6:30 Channel 3	9:00  Water Works · P 10:00  Yoga · FC 10:30 Part 2 - Montana Vigilantes · A 11:00 Catholic Communion · CA 1:00  Balance & Fall · FC	10:00  Basic Fitness · FC 10:00 North Shuttle · SIGN UP  10:00 Bible Study · CA 10:00 Computer Help · SIGN UP 11:00 Business Shuttle · SIGN UP  1:00 Brain Fitness · FC 1:30 Pinochle · CA 7:00 CY Concert Series · CY	9:00  Water Works · P 10:00 Fingernail Painting · A 10:00 Yoga - FC 11:30  Big for Life · FC 1:00  Balance & Fall · FC 1:30 Wai · A 3:00 Bingo · A	DONUT FRIDAY 9:00 Water Aerobics - P 10:00  Basic Fitness · FC 10:30 Brain Fitness · FC 1:00  Basic Fitness · FC 1:30 Almost There Gospel Music · A	9:00 Fun Run/Walk a Mile · SIGN UP  1:30 Pinochle Group · CA 4:00 Concert Series FINALE · CY 6:30 Channel 3

SUNDAY SEPTEMBER 8	MONDAY SEPTEMBER 9	TUESDAY SEPTEMBER 10
8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Church Service · A	10:00 ● Basic Fitness · FC 12:00 Mystery Book Club · PDR 1:00 ● Basic Fitness · FC 2:00 Bingo · A 3:00 Resident Caregiver Support · PDR 6:00 Buffalo Theater & Popcorn · A	9:00 ● Water Works · P 10:00 ● Yoga · FC 11:00 Catholic Communion · CR 12:00 Lake McDonald Boat Tour · SIGN UP 1:00 ● Balance & Fall · FC

WEDNESDAY SEPTEMBER 11	THURSDAY SEPTEMBER 12	FRIDAY SEPTEMBER 13	SATURDAY SEPTEMBER 14
10:00 ● Basic Fitness · FC 10:00 Bible Study · CA 10:00 North & South Shuttle · SIGN UP 11:00 Guitar Design Project · A 11:30 Resident Ambassador · PDR 1:00 Executive Committee · PDR 1:00 Brain Fitness · FC 1:30 Pinochle · CA 2:30 Buffalo Theater & Popcorn · A	9:00 ● Water Works · P 10:00 Fingernail Painting · A 10:00 Yoga · FC 11:30 Bingo · A 11:30 ● Big for Life · FC 1:00 ● Balance & Fall · FC 1:30 Wai · A 6:30 Channel 3	DONUT FRIDAY WEAR SOMETHING LUCKY 9:00 ● Water Aerobics · P 10:00 ● Basic Fitness · FC 10:30 Brain Fitness · FC 1:00 ● Basic Fitness · FC 2:30 Tell your Story · CA 3:00 Updates & Questions with Carla · A	1:30 Pinochle Group · CA 2:00 MS Support Group · CR 6:30 Channel 3

SUNDAY SEPTEMBER 15	MONDAY SEPTEMBER 16	TUESDAY SEPTEMBER 17
8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Church Service · A	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 Basic Drawing with Frank · CA 1:00 ● Balance & Fall · FC 2:30 Resident Advisory Committee · PDR

WEDNESDAY SEPTEMBER 18	THURSDAY SEPTEMBER 19	FRIDAY SEPTEMBER 20	SATURDAY SEPTEMBER 21
10:00 ● Basic Fitness · FC 10:00 Bible Study · CA 10:00 North & South Shuttle · SIGN UP 10:00 Computer Help · SIGN UP 11:00 Business Shuttle · SIGN UP 1:00 Brain Fitness · FC 1:30 Pinochle · CA	9:00 ● Water Works · P 10:00 Fingernail Painting · A 10:00 Yoga · FC 11:30 Bingo · A 11:30 ● Big for Life · FC 1:00 ● Balance & Fall · FC 3:00 Flower Arranging · A	DONUT FRIDAY SPORT YOUR FAVORITE TEAM JERSEY 9:00 ● Water Aerobics · P 10:00 ● Basic Fitness · FC 10:00-1:00 Craft Sale with Mary Ann Moreno · PR 11:00-1:00 Voter Help · L 1:00 ● Basic Fitness · FC 1:30 Quilt Show · SIGN UP 2:00 Domino Game - PiP · CA	8:00 Missoula Griz Football Game · SIGN UP  1:30 Pinochle Group · CA 6:30 Channel 3

SUNDAY SEPTEMBER 22	MONDAY SEPTEMBER 23	TUESDAY SEPTEMBER 24
8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Church Service · A 2:30 Montana State Old-Time Fiddlers Jam · CA	10:00 ● Basic Fitness · FC 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 1:30 Crafting with Angela · A 6:30 Channel 3

WEDNESDAY SEPTEMBER 25	THURSDAY SEPTEMBER 26	FRIDAY SEPTEMBER 27	SATURDAY SEPTEMBER 28
10:00 ● Basic Fitness · FC 10:00 Bible Study · CA 10:00 North & South Shuttle · SIGN UP  12:00 Recreation Committee · CR 1:00 Brain Fitness · FC 1:30 Pinochle · CA 1:00 Parkinson's Support · PDR	9:00 ● Water Works · P 10:00 Fingernail Painting · A 10:00 Yoga · FC 11:30 Bingo · A 11:30 ● Big for Life · FC 1:00 ● Balance & Fall · FC 1:30 Wai · A 3:00 Immanuel Millionaire · A	9:00 ● Water Aerobics · P 10:00 ● Basic Fitness · FC 10:00 Dining Committee · CA 11:00-1:00 Voter Help · L 1:00 ● Basic Fitness · FC 1:30 August & September Birthday Party with Music · A	10:30 Walk to End Alzheimer's · SIGN UP  1:30 Pinochle Group · CA 6:30 Channel 3

SUNDAY SEPTEMBER 29	MONDAY SEPTEMBER 30
8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Church Service · A 6:30 Channel 3	10:00 ● Basic Fitness · FC 11:00 Lunch - Nickel Charlies · SIGN UP  1:00 ● Basic Fitness · FC



As of September 1st, the Recreation Department will no longer be accepting cash or checks. All purchases will be account charge only and will show up on your monthly statement. (i.e. outings, dinner and a movie, event tickets, etc.)

1st Snow Prediction

Come see Angela in Recreation to predict when the 1st snow will fall!

The prediction will consist of the specific date and time you think snow will skiff the ground.

Whoever is closest, wins a **PRIZE!**

GATHER

Pampered Nails Fingernail Painting

Every Thursday | 10:00am | Auditorium

Bingo! in the Auditorium

Monday, September 9 | 2:00pm

Every Thursday | 11:30am

Time Change: Thursday, September 5 | 3:00pm

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café

Labor Day BBQ

Monday, September 2 | 11:00am-2:00pm | Courtyard

Mystery Book Club

Monday, September 9 | 12:00pm | Private Dining Room

'Tell Your Story' Writing Club with Carol Buchanan

Friday, September 13 | 2:30pm | Café

Mary Ann Moreno Craft Sale

Friday, September 20 | 10:00am-1:00pm | Patio Room

Learn a New Domino Game - PiP

Friday, September 20 | 2:00pm | Café

Book Club

Tuesday, September 24 | 2:30pm | Conference Room

Who wants to be an Immanuel Millionaire?

Hosted by Pastor Al

Thursday, September 26 | 3:00pm | Auditorium

BETTER
TOGETHER

COMMITTEES

Resident Ambassador Meeting

Wednesday, September 11 | 11:30am | Private Dining Room

Executive Committee Meeting

Wednesday, September 11 | 1:00pm | Private Dining Room

Resident Advisory Committee

Tuesday, September 17 | 2:30pm | Conference Room

Recreation Committee Meeting

Wednesday, September 25 | 12:00pm | Conference Room

Dining Committee Meeting

Friday, September 27 | 10:00am | Café

MUSIC

Wai Mizutani & Friends

Every Thursday | 1:30pm | Auditorium

TIME & DATES SUBJECT TO CHANGE

Almost There Gospel Music

Friday, September 6 | 1:30pm | Auditorium

Montana State Old-Time Fiddlers Jam

Sunday, September 22 | 2:30pm-4:30pm | Café



August & September Birthday Celebration

with Music by: Dave vonKleist

Friday, September 27 | 1:30pm | Auditorium



SPIRITUAL LIFE

Church Shuttle

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

Church Service

Every Sunday | 1:00pm | Auditorium

Communion on September 1

Catholic Communion

Every Tuesday | 11:00am | Café

Location Change: Tuesday, September 10 | Conference Room

Bible Study

Every Wednesday | 10:00am | Café

LEARN

Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center
Friday, September 6 & 13 | 10:30am | Fitness Center

Part 2 - Montana's Vigilantes - Good Guys or Bad Guys?

Presented by Carol Buchanan

Tuesday, September 3 | 10:30am | Auditorium
You won't want to miss Part 2 of Montana's Vigilantes!

Computer Help Sessions

Wednesday, September 4 & 18 | 10:00am-12:00pm | SIGN UP

Updates & Questions with Carla

Friday, September 13 | 3:00pm | Auditorium
Residents are encouraged to attend this monthly informational meeting!

SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, September 2 | 3:00pm | Private Dining Room
Monday, September 16 | 3:00pm | Auditorium

Resident Caregiver Support Group

Monday, September 9 | 3:00pm-4:30pm | Private Dining Room

MS Support Group

Saturday, September 14 | 2:00pm | Conference Room

Parkinson's Caregiver Support Group

Wednesday, September 25 | 1:00pm | Private Dining Room



CREATE



Basic Drawing with Frank Tetrault

Tuesday, September 17 | 1:00pm | Café

Fresh Flower Arranging

Thursday, September 19 | 3:00pm | Auditorium

Crafting with Angela

Tuesday, September 24 | 1:30pm | Auditorium



GET FIT

● Basic Fitness in the Fitness Center

Every Monday & Friday | 10:00am & 1:00pm
Except Monday, September 2 | 10:00am & 1:00pm
Every Wednesday | 10:00am

● Water Works

Every Tuesday & Thursday | 9:00am | Pool

● Yoga with Anne

Every Tuesday | 10:00am | Fitness Center

● Balance & Fall Prevention

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

● Big for Life

Every Thursday | 11:30am | Fitness Center

● Yoga with Anna

NO YOGA WITH ANNA IN SEPTEMBER

● Water Aerobics with Todd

Every Friday | 9:00am | Pool
Except Friday, September 6

RATING SYSTEM

- EASY GOING
- MODERATE
- ACTIVE

SEE 'FITNESS CLASS RATING SYSTEM' FOR MORE DETAIL.

CHANNEL 3 FEATURES

Chair Exercise with Music

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

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

Timeless Gospel Hymns

Sunday, September 1 | 9:30am-12:30pm

Most Extreme Weather Events Caught on Video

Monday, September 2 | 6:30pm-8:30pm

Patriotic Relaxing Piano Music

Saturday, September 7 | 6:30pm-8:30pm

God Bless America, America the Beautiful, Star Spangled Banner

Timeless Gospel Hymns

Sunday, September 8 | 9:30am-12:30pm

The Story of Us

Thursday, September 12 | 6:30pm-8:30pm

The Women who Shaped Montana

Monster Jam World Finals

Saturday, September 14 | 6:30pm-8:30pm

The Women XXII Highlights | At Monster Jam events, monster trucks face off in three forms of competition.

Timeless Gospel Hymns

Sunday, September 15 | 9:30am-12:30pm



The Phillipines

Monday, September 16 | 6:30pm-8:30pm

Islands of Mystery Documentary

Backroads of Montana

Wednesday, September 18 | 6:30pm-8:30pm

Sales & Tales

The Farmer Boy who Invented Hershey's

Saturday, September 21 | 6:30pm-8:30pm

Milton Hershey created one of America's most beloved brands.

Timeless Gospel Hymns

Sunday, September 22 | 9:30am-12:30pm

Jazz Music

Monday, September 23 | 6:30pm-8:30pm

Frank Sinatra, Dean Martin, Nat King Cole, Bing Crosby & more.

The Secret Lives of Birds

Tuesday, September 24 | 6:30pm-8:30pm

And their Aerial Feats Documentary

Japans Forgotten Paradise

Saturday, September 28 | 6:30pm-8:30pm

Timeless Gospel Hymns

Sunday, September 29 | 9:30am-12:30pm

The Book of Genesis (Full Movie)

Sunday, September 29 | 6:30pm-8:30pm

TRIPS

SHOPPING SHUTTLES

North Shopping

Every Wednesday | 10:00am | SIGN UP

South Shopping

Wednesday, September 11 & 25 | 10:00am | SIGN UP

Taking Care of Business

Wednesday, September 4 & 18 | 11:30am-1:00pm | SIGN UP



OUTINGS



Gambling with Hannah

Monday, September 2 | Depart at 12:30pm | SIGN UP

Lake McDonald Boat Trip

Tuesday, September 10 | Depart at 12:00pm

See Hannah to Sign Up | TICKETS \$40.00



Quilt Show at the Fairgrounds

Friday, September 20 | Depart at 1:30pm | SIGN UP

Limited Wheel Chair Assists



Griz Football Game in Missoula | Day Trip

Saturday, September 21 | Depart at 8:00am

See Recreation to Sign Up | TICKETS \$75.00

Lunch at Nickel Charlies

Monday, September 30 | Depart at 11:00am | SIGN UP

MONTHLY HAPPENINGS

Immanuel Living COURTYARD SUMMER CONCERT SERIES



The Notables

WEDNESDAY, SEPTEMBER 4
7:00PM | COURTYARD

A FOUR-PIECE BAND THAT UTILIZES THE TRADITIONAL SINGLE MIC PERFORMANCE, PLAYING BOTH TRADITIONAL BLUEGRASS & "GRASSED UP" POPULAR TUNES. THIS ENTERTAINING GROUP KEEPS AUDIENCES AMUSED WITH STORIES, JOKES, & MUSIC.



finale Christian Johnson Project

SATURDAY, SEPTEMBER 7
4:00PM | COURTYARD

ORIGINAL FOUNDING MEMBER OF THE ICONIC MISSION MOUNTAIN WOOD BAND, CHRISTIAN JOHNSON HAS TOURED AND PERFORMED ACROSS THIS COUNTRY EXTENSIVELY SINCE 1972. FIDDLE FUELED FUN WITH A ROCKING NEW GRASS/COUNTRY ROCK FLAVOR!

UPCOMING EVENTS & OUTINGS



Fun Run/Walk a Mile

Saturday, September 7 | Depart at 9:00am | SIGN UP
The Great Fish Fun Run will be at Depot Park in Whitefish starting at 10:00am!

- **Advanced registration is required** (no day of registration).
 - Follow this link to register: <https://runsignup.com/great-fish-fun-run> or call Beth at 406.858.0144 if you need assistance with registering.
- **The races are \$20 each & T-shirts will be available to wear!**
 - Races: 5K, 1-Mile, 5K Para Athlete

Buffalo Theater & Popcorn Showing: Hemingway (Part 2)

Monday, September 9 | 6:00pm | Auditorium



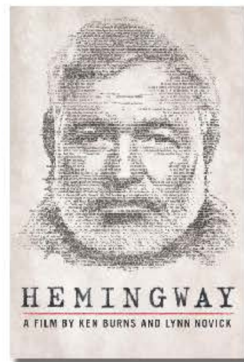
Part 2 of Ken Burns' three-part documentary series on Ernest Hemingway, one of America's greatest and most influential writers. The six-hour series, from Burns and Lynn Novick, examines the visionary work and the turbulent life of Hemingway, interweaving his eventful biography with carefully selected excerpts from his iconic short stories, novels, and non-fiction, to reveal the brilliant, ambitious, charismatic, and complicated man behind the myth, and the art he created. Part 2 covers Hemingway's life after achieving literary fame, and as he reports on the Spanish Civil War and begins a romance with Martha Gellhorn.



Immanuel Guitar Design Planning Project Wednesday, September 11 | 11:00am-12:00pm | Auditorium

This will be our 2nd meeting to discuss Immanuel's Guitar Design. 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!

UPCOMING EVENTS & OUTINGS



Buffalo Theater & Popcorn Showing: Hemingway (Part 3)

Wednesday, September 11 | 2:30pm | Auditorium

In the finale, Hemingway follows the Army as they advance through Europe. Afterwards, he tries to start a life with Mary Welsh, but is beset with tragedies. He publishes *The Old Man and the Sea* to acclaim but is overcome by his declining mental condition.

Voter Registration Help VOTE

Thursday, September 20 & 27 | 11:00am-1:00pm | Lobby

We will be offering help with voter registration on September 20th, September 27th, and October 4th from 11-1 in the front lobby. If you are not sure whether or not you are registered, or registered with your current address we can check for you and also answer questions you may have about the upcoming November 5th election. The process is very simple and will not take more than a few minutes.

Walk to End Alzheimer's

Saturday, September 28 | Depart at 10:30am | SIGN UP

See Hannah Pierce to register!



Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

DRESS UP DAYS

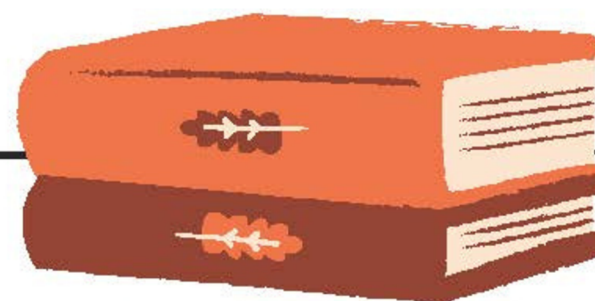
FRIDAY, SEPTEMBER 13

WEAR SOMETHING LUCKY



FRIDAY, SEPTEMBER 20

SPORT YOUR FAVORITE JERSEY



LIBRARY NEWS



USING THE TERRACES LIBRARY

Your Terraces Library contains much for your reading and entertainment pleasure, as well as comfortable chairs in which to read. If you are not familiar with your library, here is a short introduction to its contents.

- At the entry to the library, on the right, are bookcases containing collections of the writings of popular authors. These books are rotated from time to time.
- On your left, the first bookcase holds biographies; the second displays newly acquired books. Between these bookcases is a large atlas on a stand.
- In the first alcove on your left, you will find on the far wall, a regional collection, a Montana collection and a local collection. These will assist you in learning about the part of the world that you now call "home." On the right side of the alcove are non-fiction books, labeled with their category (i.e. animals, nature, history, women's issues, etc.).
- On the right you will see revolving racks. One contains alphabetically organized "Grab and Go" paperback books, one contains alphabetically organized movie DVDs, and another contains music CDs.
- The second alcove on your left contains alphabetically organized fiction.
- As you proceed further into the library, the "endcase" on your left is the beginning of the LARGE PRINT segment of library fiction. Large print books continue around the corner into the final alcove (that also contains tables and chairs).
- On the back counter of the library copies of the Wall Street Journal are available to be read IN THE LIBRARY.



The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL