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BIRTHDAYS

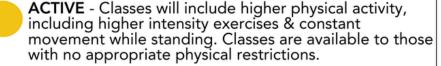
Ivan O'Neil 1st Carolyn Wilson 1st BJ Carlson 1st Hank Dawson 2nd Joe Guilbault 2nd Susanne Beck 4th Gail Parsons 7th Carol Halcro 7th Jo Mahler 9th Carlene Brooner 12th Wally Barrow 14th Lilly Rogers 14th Lucille Ritter 15th Lindy Marriott 15th Eileen DuGuid 16th Rosemarie Nelson 17th Tom Kurdy 23rd Kathy Babcock 24th Roger Rogers 28th

CALENDAR OF EVENTS

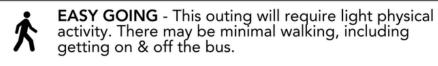
FITNESS CLASS RATING SYSTEM

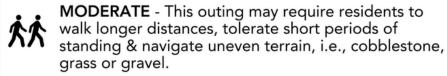


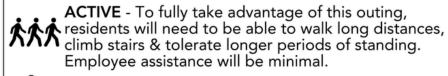


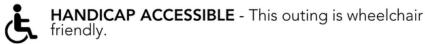


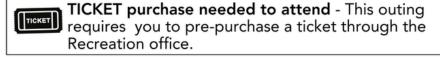
ACTIVITY RATING SYSTEM











ROOM KEY

Α	Auditorium	Р	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

Halloween Word Scramble

- 1. oshtg
- 2. ncyda _____
- 3. persid _____
- 4. usoctem
- 5. cikrt _____
- 6. kleetosn
- 7. cwiht _____
- 8. nipkump _____
- 9. rontems _____
- 10. cresa
- 11. pemvira _____
- 12. boizme





OCTOBER 2
10:00 Basic
Fitness · FC
9:00-12:00 Flu 8
Covid Clinic · A
10:00 North
Shuttle · SIGN
UP☆☆☆
10:00 Bible Study
·CA
10:00 Computer
Help · SIGN UP
11:30 Business
Shuttle · SIGN
UP永永永
1:00 Brain
rain

Fitness · FC 1:30 Pinochle · CA

OCTOBER 3 OCTOBER 4 DONUT FRIDAY **9:00** Water Works · P 9:00 Water & 10:00 Fingernail Aerobics · P Painting $\cdot A$ 10:00 Basic 10:00 Yoga · FC Fitness · FC 11:30 Big for 11:00 Voter Life · FC Registration · L 11:30 Bingo · A 1:00 Basic 1:00 Balance Fitness · FC & Fall · FC 2:00 Domino 1:30 Wai · A Game - PiP · CA **3:00** Updates & Questions with Carla · A

DAY 1:30 Pinochle Group · CA 6:30 Channel sic 3 r n · L no · CA ses & with

OCTOBER 5

SUNDAY OCTOBER 6	MONDAY OCTOBER 7	TUESDAY OCTOBER 8	WEDNESDAY OCTOBER 9	THURSDAY OCTOBER 10	FRIDAY OCTOBER 11	SATURDAY OCTOBER 12
8:30-1:00 Church Shuttle · SIGN UP 於於 9:30 Channel 3 1:00 Church Service & Communion · A	10:00 Basic Fitness · FC 1:00 Finance Committee · PDR 1:00 Basic Fitness · FC 3:00 Dementia Caregiver Support · PDR 6:30 Channel 3	9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CR 1:00 Balance & Fall · FC 6:30 Channel 3	Fitness · FC 10:00 Bible Study · CA 10:00 North& South Shuttle · SIGN UP於於 1:00 Brain Fitness · FC 1:30 Pinochle · CA	Painting · A 10:00 Yoga · FC 11:30 Bingo · A 11:30 Big for Life · FC	9:30 FullCount Uniguest Training • PR 10:00 Basic Fitness • FC	11:00-1:00 Order "Scouts of America Popcorn" from a Local Scout · L 1:30 Pinochle Group · CA 2:00 MS Support Group · CR 6:30 Channel
SUNDAY OCTOBER 13	MONDAY OCTOBER 14	TUESDAY OCTOBER 15	WEDNESDAY OCTOBER 16	THURSDAY OCTOBER 17	FRIDAY OCTOBER 18	SATURDAY OCTOBER 19
8:30-1:00 Church Shuttle · SIGN UP 大大 9:30 Channel 3 10:00 Church Service · A REMINDER: Church Service is at 10am not 1pm	10:00 Basic Fitness · FC 10:00 Crafts with Growing Roots · CA 12:00 Mystery Book Club · PDR 1:00 Basic Fitness · FC 2:30 Buffalo Theater & Popcorn · A 3:00 Resident Caregiver Support · PDR	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 Buffalo Theater & Popcorn · A 6:30 Toastmasters · PDR	Shuttle · SIGN UF 10:00 Computer Help · SIGN UP 11:30 Business	Painting · A 10:00 Yoga · FC 11:30 Bingo · A 11:30 Big for Life · FC 1:00 Balance & Fall · FC	 10:00 	1:30 Pinochle Group · CA 6:30 Channel 3
	6:30 Channel 3	Page 2	2			Page 3

F111F30.6	MONDAY OCTOBER 28 10:00 Basic Fitness · FC 3:00 Dementia Caregiver Support A 5:30 Channel 3 MONDAY OCTOBER 28 10:00 Basic Fitness · FC 11:30 Bingo · A 1:00 Basic Fitness · FC 4:30 Dinner & a	TUESDAY OCTOBER 22 9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 1:00 Balance & Fall · FC 2:30 Buffalo Theater & Popcorn · A TUESDAY OCTOBER 29 9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 11:00 Lunch - Buffalo Wild Wings · SIGN UP 1:00 Balance & Fall · FC 2:30 Book Club ·		Fitness · FC 10:00 Bible Study · CA 10:00 North & South Shuttle · SIGN UP *** 1:00 Brain Fitness · FC 1:30 Pinochle · CA 1:00 Parkinson's Support · PDR 2:00 Flower Arranging · CA WEDNESDAY OCTOBER 30 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 12:00 Recreation Committee · CR	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 THURSDAY OCTOBER 31 P:00 Water Works · P 10:00 Yoga · FC 11:00 Executive Committee Meeting · PDR 11:30 Big for Life · FC Life · FC	Fitness · FC 10:00 Dining Committee · CA 10:30 Brain Games · PR 1:00 Basic Fitness · FC 2:00 Domino Game - PiP · CA 2:30 October Birthday Party with Music · A	SATURDAY OCTOBER 26 1:30 Pinochle Group · CA 6:30 Channel 3
	Movie · A	Buffalo Wild Wings • SIGN UP.Ł 1:00 Balance &	ı_	Help · SIGN UP 11:30 Business AN Shuttle · SIGN UP 12:00 Recreation Committee · CR 1:00 Brain Fitness · FC 1:30 Pinochle · CA 2:30 Fall Scenic	Committee Meeting · PDR 11:30 Big for Life · FC	Si Hate Stalle	Page 5

GATHER

MUSIC

Pampered Nails Fingernail Painting

Every Thursday | 10:00am | Auditorium Except Thursday, October 31

Bingo! in the Auditorium

Monday, October 21 & 28 | 11:30am Every Thursday | 11:30am Except Thursday, October 31

Domino Game - PiP

Every Friday | 2:00pm | Café

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café Wednesday, October 28 | Patio Room

Order "Scouts of America Popcorn"

Saturday, October 12 | 11:00am-1:00pm | Lobby We will have a Local Scout here selling popcorn!

Mystery Book Club

Monday, October 14 | 12:00pm | Private Dining Room
Who wants to be an Immanuel Millionaire?

Hosted by Pastor Al

Thursday, October 24 | 3:00pm | Auditorium

Book Club

Tuesday, October 29 | 2:30pm | Conference Room

COMMITTEES

Finance Committee Meeting

Monday, October 7 | 1:00pm | Private Dining Room

Dining Committee Meeting Friday, October 25 | 10:00am | Café

Recreation Committee Meeting

Wednesday, October 30 | 12:00pm | Conference Room

Executive Committee Meeting

Thursday, October 31 | 11:00am | Private Dining Room

Wai Mizutani & Friends

Every Thursday | 1:30pm | Auditorium

Except Thursday, October 31
TIME & DATES SUBJECT TO CHANGE





Pipeline Vocal Project

Wednesday, October 9 | 7:00pm | Auditorium

Pipeline Vocal Project (PVP) is Alaska's first professional vocal trio comprised of a lead, bass and vocal percussion. This group puts a unique twist on well-known favorites from all eras, whether it's crossing decades or genres.

Sing-a-long with Joe Super & Ken Larson Friday, October 18 | 11:00am | Auditorium

Montana State Old-Time Fiddlers Jam

Sunday, October 20 | 2:30pm-4:30pm | Café

October Birthday Celebration

with Music by: Kaz-Uke-Ees Friday, October 25 | 2:30pm | Auditorium



SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, October 7 | 3:00pm | Private Dining Room

Monday, October 21 | 3:00pm | Auditorium

MS Support Group

Saturday, October 12 | 2:00pm | Conference Room

Resident Caregiver Support Group

Monday, October 14 | 3:00pm-4:30pm | Private Dining Room

Parkinson's Caregiver Support Group

Page 6 Wednesday, October 23 | 1:00pm | Private Dining Room

WE ARE

IN THIS TOGETHERS

LEARN



Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center

What is Toastmasters?

Tuesday, October 1 & 15 | 6:30pm | Private Dining Room

Toastmasters International is a nonprofit educational organization that builds confidence and teaches public speaking skills through a worldwide network of clubs. It is through this regular practice that members are empowered to meet personal and professional communication goals.

Computer Help Sessions

Wednesday, October 2, 16 & 30 | 10:00am-12:00pm | SIGN UP

Updates & Questions with Carla

Friday, October 4 | 3:00pm | Auditorium

Residents are encouraged to attend this monthly informational meeting!

Full Count Uniguest Training with Suzanne Beck

Friday, October 11 | 9:30am-11:30am | Patio Room

Bring your device (smart phone/tablet) to the Patio Room to learn how to use FullCount on the Uniquest App.

Brain Games with Angela

Friday, October 25 | 10:30am | Patio Room

CREATE

Craft with Growing Roots Daycare Monday, October 14 | 10:00am | Café

Basic Drawing with Frank Tetrault

Tuesday, October 15 | 1:00pm | Café

Fresh Flower Arranging

Wednesday, October 23 | 2:00pm | Auditorium

Church Shuttle 大大大

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

Church Service

Every Sunday | 1:00pm | Auditorium

Communion on October 6

TIME CHANGE: Sunday, October 13 | 10:00am

Catholic Communion

Every Tuesday | 11:00am | Café

Bible Study

Every Wednesday | 10:00am | Café Except Wednesday, October 16



Basic Fitness in the Fitness Center

Every Monday & Friday | 10:00am & 1:00pm Except Friday, October 4 | 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

Yoga with Anna

Every Thursday | 10:00am | Fitness Center

Big for Life

Every Thursday | 11:30am | Fitness Center

Water Aerobics with Todd

Every Friday | 9:00am | Pool



Every Monday, Tuesday, Thursday & Friday | 1:45pm Basic Fitness with Todd

Chair Exercise with Music

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

Bible Study with Pastor Al Every Friday | 10:00am & 5:30pm

Message from Pastor Al Every Sunday | 4:00pm-6:00pm

Every Saturday | 1:00pm

Most Extreme Weather Events Monday, October 1 | 6:30pm-8:30pm

Patriotic Relaxing Piano Music Saturday, October 5 6:30pm-8:30pm

God Bless America, America the Beautiful, Star Spangled Banner

Timeless Gospel Hymns Sunday, October 6 | 9:30am-12:30pm

Johnny Cash's America Monday, October 7 | 6:30pm-8:30pm

HBO Special | Live at the Kennedy Center Washington, DC 1982

Inside a Perfectly Preserved Early Tudor Mansion Tuesday, October 8 | 6:30pm-8:30pm

The Story of Us

Friday, October 11 | 6:30pm-8:30pm The Women who Shaped Montana

Monster Jam World Finals Saturday, October 12 | 6:30pm-8:30pm XXII Highlights | At Monster Jam Events

Timeless Gospel Hymns Sunday, October 13 | 9:30am-12:30pm

Password TV Game Show Wednesday, October 16 | 6:30pm-8:30pm with Lucille Ball

Backroads of Montana Thursday, October 17 | 6:30pm-8:30pm Sales & Tales

The Phillipines

Friday, October 18 | 6:30pm-8:30pm Islands of Mystery Documentary

Symphony of Psalms Saturday, October 19 | 6:30pm-8:30pm

Timeless Gospel Hymns Sunday, October 20 | 9:30am-12:30pm

24 Best Traditional Hymns Monday, October 21 | 6:30pm-8:30pm Best hymns written on the Organ

Magic Saturday, October 26 | 6:30pm-8:30pm

:Timeless Gospel Hymns Sunday, October 27 | 9:30am-12:30pm

:Not-too-Spooky Halloween Songs Thursday, October 31 | 6:30pm-8:30pm

SHOPPING SHUTTLES

North Shopping 於於 Every Wednesday | 10:00am | SIGN UP



OUTINGS

Out to Lunch at Buffalo Wild Wings Tuesday, October 29 | Depart at 11:00am | SIGN UP

Fall Scenic Drive Wednesday, October 30 | Depart at 2:30pm | SIGN UP



BUFFALO THE

Documentary & Popcorn

Showing: America Before Columbus - Part 1

Monday, October 14 | 2:30pm | Auditorium

Part 1: This is the story of the Columbian Exchange, the greatest cultural exchange in history. The first part describes the Americas before Columbus. 100 million 'Indians' lived in organized communities. One example is the Cahokia tribe, who farmed,

built cities and traded across North America. Their land was spacious and provided ample food.

BUFFALO THEATER

UPCOMING EVENTS

Documentary & Popcom

Showing: America Before Columbus - Part 2

Tuesday, October 15 | 2:30pm | Auditorium

Part 2: The second part describes how Columbus' arrival influenced the Americas and how Europe itself benefitted. The introduction of European flora and fauna to America changed the landscape and diet forever. As the wild continent became a second Europe, the native population was devastated by smallpox and plague.



Buffalo Theater & Popcorn Showing: Twister (1996)

Tuesday, October 22 | 2:30pm | Auditorium Two storm chasers on the brink of divorce must work together to create an advanced weather alert system by putting themselves in the cross-hairs of extremely violent tornadoes.



Ru & Covid Vaccine Clinic

Wednesday, October 2 | 9:00am-12:00pm | Auditorium Vaccination forms are available for pick up at the Reception Desk.

Voter Registration Help 🚳

Friday, October 4 | 11:00am-1:00pm | Lobby

ELECTION DAY | NOVEMBER 5, 2024

THERE WILL BE A BALLOT BOX IN THE FRONT LOBBY BEGINNING OCTOBER 12TH O PLACE YOUR COMPLETED BALLOTS.

V&TE!<mark>V&TE!</mark>V&TE!<mark>V&TE!</mark> V&TE! <mark>V&TE!</mark> V&TE! V&TE! V&TE!



Sunday, October 20 | 5:00pm-6:30pm | Auditorium with Music by The Bavarian Echoes



Dinner & a Movie

Showing: Twisters (2024)

Monday, October 28 | 4:30pm | Auditorium



Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking MONTHLY HAPPENINGS system. She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central Oklahoma.

Please sign up NO LATER than noon on 10/28!

HALLOWEEN PARTY Thursday, October 31 | 3:00pm-5:00pm | Auditorium

THEME: Mystical Forest Halloween



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.
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The Villas The Terraces

The Cottages