

RESIDENT CALENDAR & ACTIVITY GUIDE

OCTOBER 2024

What's Inside?

Calendar of Events	P.1-5
Gather	P.6
Committees	P.6
Music	P.7
Support Groups	P.7
Learn	P.8
Create	P.8
Spiritual Life	P.9
Get Fit	P.9
Channel 3 Features	P.10
Trips	P.11
Buffalo Theater	P.11-12
Monthly Happenings	P.12
Upcoming Events	P.13
Library News	P.14






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

-  **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

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 _____



**TUESDAY
OCTOBER 1**

9:00 ● Water Works · P
 10:00 ● Yoga · FC
 11:00 Catholic Communion · CA
 1:00 ● Balance & Fall · FC
 6:30 Toastmasters · PDR
 6:30 Channel 3

**WEDNESDAY
OCTOBER 2**

**THURSDAY
OCTOBER 3**

**FRIDAY
OCTOBER 4**

**SATURDAY
OCTOBER 5**


10:00 ● Basic Fitness · FC
 9:00-12:00 Flu & 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
 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 ● Big for Life · FC
 11:30 Bingo · A
 1:00 ● Balance & Fall · FC
 1:30 Wai · A


DONUT FRIDAY
 9:00 Water Aerobics · P
 10:00 ● Basic Fitness · FC
 11:00 Voter Registration · L
 1:00 Basic Fitness · FC
 2:00 Domino Game - PiP · CA
 3:00 Updates & Questions with Carla · A



1:30 Pinochle Group · CA
 6:30 Channel 3





SUNDAY OCTOBER 6	MONDAY OCTOBER 7	TUESDAY OCTOBER 8
<p>8:30-1:00 Church Shuttle · SIGN UP </p> <p>9:30 Channel 3</p> <p>1:00 Church Service & Communion · A</p>	<p>10:00 ● Basic Fitness · FC</p> <p>1:00 Finance Committee · PDR</p> <p>1:00 ● Basic Fitness · FC</p> <p>3:00 Dementia Caregiver Support · PDR</p> <p>6:30 Channel 3</p>	<p>9:00 ● Water Works · P</p> <p>10:00 ● Yoga · FC</p> <p>11:00 Catholic Communion · CR</p> <p>1:00 ● Balance & Fall · FC</p> <p>6:30 Channel 3</p>



SUNDAY OCTOBER 13	MONDAY OCTOBER 14	TUESDAY OCTOBER 15
<p>8:30-1:00 Church Shuttle · SIGN UP </p> <p>9:30 Channel 3</p> <p>10:00 Church Service · A</p> <p>REMINDER: Church Service is at <u>10am</u> not 1pm</p>	<p>COLUMBUS DAY</p> <p>10:00 ● Basic Fitness · FC</p> <p>10:00 Crafts with Growing Roots · CA</p> <p>12:00 Mystery Book Club · PDR</p> <p>1:00 ● Basic Fitness · FC</p> <p>2:30 Buffalo Theater & Popcorn · A</p> <p>3:00 Resident Caregiver Support · PDR</p> <p>6:30 Channel 3</p>	<p>9:00 ● Water Works · P</p> <p>10:00 ● Yoga · FC</p> <p>11:00 Catholic Communion · CA</p> <p>1:00 Basic Drawing with Frank · CA</p> <p>1:00 ● Balance & Fall · FC</p> <p>2:30 Buffalo Theater & Popcorn · A</p> <p>6:30 Toastmasters · PDR</p>

WEDNESDAY OCTOBER 9	THURSDAY OCTOBER 10	FRIDAY OCTOBER 11	SATURDAY OCTOBER 12
<p>10:00 ● Basic Fitness · FC</p> <p>10:00 Bible Study · CA</p> <p>10:00 North & South Shuttle · SIGN UP </p> <p>1:00 Brain Fitness · FC</p> <p>1:30 Pinochle · CA</p> <p>7:00 Pipeline Alaska Vocal Project · A</p>	<p>9:00 ● Water Works · P</p> <p>10:00 Fingernail Painting · A</p> <p>10:00 Yoga · FC</p> <p>11:30 Bingo · A</p> <p>11:30 ● Big for Life · FC</p> <p>1:00 ● Balance & Fall · FC</p> <p>1:30 Wai · A</p>	<p>DONUT FRIDAY</p> <p>9:00 ● Water Aerobics · P</p> <p>9:30 FullCount Uniguest Training · PR</p> <p>10:00 ● Basic Fitness · FC</p> <p>1:00 ● Basic Fitness · FC</p> <p>2:00 Domino Game - PiP · CA</p> <p>6:30 Channel 3</p>	<p>11:00-1:00 Order "Scouts of America Popcorn" from a Local Scout · L</p> <p>1:30 Pinochle Group · CA</p> <p>2:00 MS Support Group · CR</p> <p>6:30 Channel 3</p>

WEDNESDAY OCTOBER 16	THURSDAY OCTOBER 17	FRIDAY OCTOBER 18	SATURDAY OCTOBER 19
<p>10:00 ● Basic Fitness · FC</p> <p>10:00 Bible Study · CA</p> <p>10:00 North & South Shuttle · SIGN UP </p> <p>10:00 Computer Help · SIGN UP</p> <p>11:30 Business Shuttle · SIGN UP </p> <p>1:00 Brain Fitness · FC</p> <p>1:30 Pinochle · CA</p> <p>6:30 Channel 3</p>	<p>9:00 ● Water Works · P</p> <p>10:00 Fingernail Painting · A</p> <p>10:00 Yoga · FC</p> <p>11:30 Bingo · A</p> <p>11:30 ● Big for Life · FC</p> <p>1:00 ● Balance & Fall · FC</p> <p>1:30 Wai · A</p> <p>6:30 Channel 3</p>	<p>DONUT FRIDAY</p> <p>9:00 ● Water Aerobics · P</p> <p>10:00 ● Basic Fitness · FC</p> <p>11:00 Sing-a-long with Joe & Ken · A</p> <p>1:00 ● Basic Fitness · FC</p> <p>2:00 Domino Game - PiP · CA</p> <p>6:30 Channel 3</p>	<p>1:30 Pinochle Group · CA</p> <p>6:30 Channel 3</p>

SUNDAY OCTOBER 20	MONDAY OCTOBER 21	TUESDAY OCTOBER 22
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 5:00-6:30 Oktoberfest Party & Music · A	10:00 ● Basic Fitness · FC 11:30 Bingo · A 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 2:30 Buffalo Theater & Popcorn · A

WEDNESDAY OCTOBER 23	THURSDAY OCTOBER 24	FRIDAY OCTOBER 25	SATURDAY OCTOBER 26
10:00 ● Basic 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	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 10:30 Brain Games · PR 1:00 ● Basic Fitness · FC 2:00 Domino Game - PiP · CA 2:30 October Birthday Party with Music · A	1:30 Pinochle Group · CA 6:30 Channel 3

SUNDAY OCTOBER 27	MONDAY OCTOBER 28	TUESDAY OCTOBER 29
8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Church Service · A	10:00 ● Basic Fitness · FC 11:30 Bingo · A 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 11:00 Lunch - Buffalo Wild Wings · SIGN UP  1:00 ● Balance & Fall · FC 2:30 Book Club · CR

WEDNESDAY OCTOBER 30	THURSDAY OCTOBER 31
10:00 ● Basic Fitness · FC 10:00 Bible Study · CA 10:00 North & South Shuttle · SIGN UP  10:00 Computer Help · SIGN UP 11:30 Business Shuttle · SIGN UP  12:00 Recreation Committee · CR 1:00 Brain Fitness · FC 1:30 Pinochle · CA 2:30 Fall Scenic Drive · SIGN UP 	HAPPY HALLOWEEN 9:00 ● Water Works · P 10:00 Yoga · FC 11:00 Executive Committee Meeting · PDR 11:30 ● Big for Life · FC 1:00 ● Balance & Fall · FC 3:00-5:00 Halloween Party · A 6:30 Channel 3



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

BETTER
TOGETHER

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

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



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 Uniguest 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

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

RATING SYSTEM

● EASY GOING

● MODERATE

● ACTIVE

SEE 'FITNESS CLASS RATING SYSTEM' FOR MORE DETAIL.

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

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

Every Wednesday | 10:00am | SIGN UP

South Shopping

Wednesday, October 9 & 23 | 10:00am | SIGN UP

Taking Care of Business

Wednesday, October 2, 16 & 30 | 11:30am-1:00pm | 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 THEATER

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.



Documentary & Popcorn

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.

MONTHLY HAPPENINGS



Flu & 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 TO PLACE YOUR COMPLETED BALLOTS.

VOTE! VOTE! VOTE! VOTE! VOTE! VOTE! VOTE! VOTE! VOTE!

Oktoberfest

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

Food  **Beer**  **Music** 

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 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 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.



The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL