

Resident
CALENDAR
& *Activity*
GUIDE

NOVEMBER 2024

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- Doris Brubaker 1st
- Monica Desjean 2nd
- Roe Hatlen 6th
- Josie Barrow 8th
- Violet Miller 9th
- Maralyn Barnes 9th
- Anna Burghardt 9th
- Bob Zion 12th
- Amanda Smart 13th
- Dolores Rupno 15th
- Louise McKay 15th
- John Ekman 16th
- Theora Mumm 16th
- Donna Vogel 16th
- Janet Gurr 19th
- Marie Purcell 20th
- Larry Rooney 21st
- Ellie Stimpson 25th
- Janie Nicholson 27th
- Kevin Shea 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

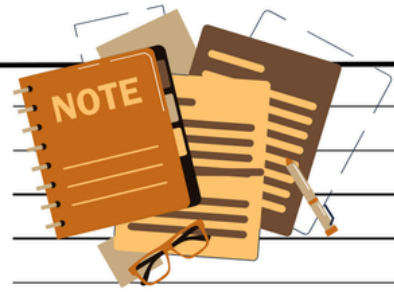
Emotional – to cope with life's challenges at any age

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



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DAYLIGHT SAVINGS





DON'T FORGET TO TURN YOUR CLOCKS BACK AN HOUR!











FRIDAY NOVEMBER 1	SATURDAY NOVEMBER 2
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<p>DONUT FRIDAY 9:00 ● Water Aerobics · P 10:00 ● Basic Fitness · FC 2:00 Domino Game - PiP · CA 6:30 Channel 3</p>	<p>DAYLIGHT SAVINGS *FALL BACK AN HOUR* 1:30 Pinochle Group · CA 6:30 Valley Aires · A 7:00 Depart - Glacier Symphony · SIGN UP 6:30 Channel 3</p>
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SUNDAY NOVEMBER 3	MONDAY NOVEMBER 4	TUESDAY NOVEMBER 5	WEDNESDAY NOVEMBER 6	THURSDAY NOVEMBER 7	FRIDAY NOVEMBER 8	SATURDAY NOVEMBER 9
<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>11:00 Executive Committee · PDR</p> <p>11:30 Bingo · A</p> <p>1:00 ● Basic Fitness · FC</p> <p>2:30 Documentary & Popcorn · A</p> <p>3:00 Dementia Caregiver Support · PDR</p>	<p>9:00 ● Water Works · P</p> <p>10:00 ● Yoga · FC</p> <p>10:00 Fingernail Painting · A</p> <p>11:00 Catholic Communion · CA</p> <p>1:00 ● Balance & Fall · FC</p> <p>6:30 Toastmasters · PDR</p>	<p>10:00 ● Basic Fitness · FC</p> <p>10:00 North & South Shuttle · SIGN UP </p> <p>10:00 Bible Study · CA</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 Yoga · FC</p> <p>11:30 ● Big for Life · FC</p> <p>11:30 Bingo · A</p> <p>1:00 ● Balance & Fall · FC</p> <p>1:00-4:00 Foot Clinic - Dr. Latter · SIGN UP</p> <p>1:30 Wai · A</p> <p>5:00 Arm Chair Travel to Fiji · A</p>	<p>DONUT FRIDAY</p> <p>9:00 ● Water Aerobics · P</p> <p>10:00 ● Basic Fitness · FC</p> <p>10:30 Brain Games · PR</p> <p>2:00 Domino Game - PiP · CA</p> <p>3:00 Updates & Questions with Carla · A</p> <p>4:00 Depart - Patriotic American Brewery · SIGN UP </p>	<p>1:30 Pinochle Group · CA</p> <p>2:00 MS Support Group · CR</p> <p>6:30 Channel 3</p>

SUNDAY NOVEMBER 10	MONDAY NOVEMBER 11	TUESDAY NOVEMBER 12	WEDNESDAY NOVEMBER 13	THURSDAY NOVEMBER 14	FRIDAY NOVEMBER 15	SATURDAY NOVEMBER 16
<p>8:30-1:00 Church Shuttle · SIGN UP </p> <p>9:30 Channel 3</p> <p>1:00 Church Service · A</p>	<p></p> <p>10:00 ● Basic Fitness · FC</p> <p>10:00 Crafts with Growing Roots · CA</p> <p>11:11 Veterans Day Program · A</p> <p>12:00 Mystery Book Club · PDR</p> <p>1:00 ● Basic Fitness · FC</p> <p>3:00 Resident Caregiver Support · PDR</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>6:30 Channel 3</p>	<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>2:00 Book Talk with Author Kate Fraser · A</p>	<p>9:00 ● Water Works · P</p> <p>10:00 Yoga · FC</p> <p>11:30 ● Big for Life · FC</p> <p>1:00 ● Balance & Fall · FC</p> <p>6:30 Channel 3</p>	<p>DONUT FRIDAY</p> <p>10:00 ● Basic Fitness · FC</p> <p>1:30 November Birthday Party with Wai · A</p> <p>2:00 Domino Game - PiP · CA</p>	<p>1:30 Pinochle Group · CA</p> <p>6:30 Channel 3</p>

SUNDAY NOVEMBER 17	MONDAY NOVEMBER 18	TUESDAY NOVEMBER 19
<p>8:30-1:00 Church Shuttle · SIGN UP </p> <p>9:30 Channel 3</p> <p>1:00 Church Service · A</p> <p>2:30 Montana State Old-Time Fiddlers Jam · CA</p> <p>2:30 Depart - Glacier Symphony · SIGN UP </p>	<p>10:00 ● Basic Fitness · FC</p> <p>11:30 Bingo · A</p> <p>1:00 ● Basic Fitness · FC</p> <p>2:00 Yarn Club with Andy · CA</p> <p>3:00 Dementia Caregiver Support · A</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 ● Balance & Fall · FC</p> <p>2:30 Foundation Resident Advisory · PDR</p> <p>6:30 Toastmasters · PDR</p>

WEDNESDAY NOVEMBER 20	THURSDAY NOVEMBER 21	FRIDAY NOVEMBER 22	SATURDAY NOVEMBER 23
<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>3:00 Flower Arranging · A</p> <p>6:45 Depart - Mannheim Steamroller Christmas · SIGN UP </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>3:00 Immanuel Millionaire · A</p>	<p>DONUT FRIDAY</p> <p>9:00 ● Water Aerobics · P</p> <p>10:00 ● Basic Fitness · FC</p> <p>2:00 Domino Game - PiP · CA</p> <p>3:00 Book Talk with Leslie Budewitz · A</p>	<p>10:30 Depart - Cinemark Theater · SIGN UP </p> <p>1:30 Pinochle Group · CA</p> <p>6:30 Channel 3</p>

SUNDAY NOVEMBER 24	MONDAY NOVEMBER 25	TUESDAY NOVEMBER 26
<p>8:30-1:00 Church Shuttle · SIGN UP </p> <p>9:30 Channel 3</p> <p>1:00 Church Service · A</p>	<p>10:00 ● Basic Fitness · FC</p> <p>10:00 Fingernail Painting · A</p> <p>11:30 Bingo · A</p> <p>1:00 ● Basic Fitness · FC</p> <p>4:30 Dinner & a Movie · A</p>	<p>9:00 ● Water Works · P</p> <p>10:00 ● Yoga · FC</p> <p>11:00 Catholic Communion · CA</p> <p>11:30-1:00 New Resident Orientation · A</p> <p>1:00 ● Balance & Fall · FC</p> <p>2:30 Book Club · CR</p>

WEDNESDAY NOVEMBER 27	THURSDAY NOVEMBER 28	FRIDAY NOVEMBER 29	SATURDAY NOVEMBER 30
<p>10:00 ● Basic Fitness · FC</p> <p>10:00 Bible Study · CA</p> <p>10:00 North Shuttle · SIGN UP </p> <p>10:00 Computer Help · SIGN UP</p> <p>11:00 Business Shuttle · SIGN UP </p> <p>12:00 Recreation Committee · CR</p> <p>1:00 Brain Fitness · FC</p> <p>1:00 Parkinson's Support · PDR</p> <p>1:30 Pinochle · PR</p>	<p><i>Happy Thanksgiving</i></p> <p>THANKSGIVING</p> <p>11:00-5:00 Thanksgiving Dinner · CL</p> <p>6:30 Channel 3</p>	<p>DONUT FRIDAY</p> <p>10:00 ● Basic Fitness · FC</p> <p>10:00 Dining Committee · CA</p> <p>2:00 Domino Game - PiP · CA</p> <p>2:30 Depart - Scenic Drive · SIGN UP </p>	<p>1:30 Pinochle Group · CA</p> <p>6:30 Channel 3</p>



Thanksgiving

WORD SEARCH

R U G Z L L G N I F F U T S F
 S U N P W U F R T G Q D E A S
 E B I L U M F U A F Z I L E R
 V A V S T M R K H T R L O J E
 S E I H W K P C N R I T D T H
 M H G T E E D K E A A T Y R T
 I O S Y Q J E B I T H L U A A
 R L K Z X U N T O N N T X D G
 G I N A B A E P O F Q P H I E
 L D A V R L X V F E A S T T C
 I A H C B S E Y L I M A F I O
 P Y T B H M A G E U D D S O R
 O T O P B P L Y M O U T H N N
 U G L E E I P I R I M H Q B T
 C O R N U C O P I A J Z R B Y

- | | | |
|----------|------------|--------------|
| FALL | THANKFUL | NOVEMBER |
| GATHER | TURKEY | PLYMOUTH |
| HOLIDAY | CORNUCOPIA | STUFFING |
| PILGRIMS | FAMILY | THANKSGIVING |
| PUMPKIN | GOBBLE | CRANBERRIES |
| CORN | GRATITUDE | POTATOES |
| FEAST | PIE | TRADITION |



BETTER
TOGETHER

Pampered Nails Fingernail Painting

Monday, November 15 | 10:00am | Auditorium
 Tuesday, November 5 | 10:00am | Auditorium
 Thursday, November 21 | 10:00am | Auditorium

Bingo! in the Auditorium

Monday, November 4, 18 & 25 | 11:30am
 Thursday, November 7 & 21 | 11:30am

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café
 Wednesday, November 27 | Patio Room

Domino Game - PiP

Every Friday | 2:00pm | Café

Mystery Book Club

Monday, November 11 | 12:00pm | Private Dining Room

Who wants to be an Immanuel Millionaire?

Hosted by Pastor Al
 Thursday, November 21 | 3:00pm | Auditorium

Book Club

Tuesday, November 26 | 2:30pm | Conference Room

SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, November 4 | 3:00pm | Private Dining Room
 Monday, November 18 | 3:00pm | Auditorium

MS Support Group

Saturday, November 9 | 2:00pm | Conference Room

Resident Caregiver Support Group

Monday, November 11 | 3:00pm-4:30pm | Private Dining Room

Parkinson's Caregiver Support Group

Wednesday, November 27 | 1:00pm | Private Dining Room



Valley Aires

Saturday, November 2 | 6:30pm | Auditorium

Wai Mizutani & Friends

Thursday, November 7 & 21 | 1:30pm | Auditorium

TIME & DATES SUBJECT TO CHANGE

November Birthday Celebration

with Music by: Wai Mizutani & Friends

Friday, November 15 | 1:30pm | Auditorium

Montana State Old-Time Fiddlers Jam

Sunday, November 17 | 2:30pm-4:30pm | Café



Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center

Toastmasters

Tuesday, November 5 & 19 | 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.

Brain Games with Linderman Education Center

Friday, November 8 | 10:30am | Patio Room

Updates & Questions with Carla

Friday, November 8 | 3:00pm | Auditorium

Residents are encouraged to attend this monthly informational meeting!

Computer Help Sessions

Wednesday, November 13 & 27 | 10:00am-12:00pm | SIGN UP

New Resident Orientation

Tuesday, November 26 | 11:30am-1:00pm | Auditorium | **RSVP with Recreation**

Join us for a lunch and learn about Resident Services! Transportation, activities, wellness and other useful amenities.

COMMITTEES

Executive Committee Meeting

Monday, November 4 | 11:00am | Private Dining Room

Foundation Resident Advisory Committee

Tuesday, November 19 | 2:00pm | Private Dining Room

Recreation Committee Meeting

Wednesday, November 27 | 12:00pm | Conference Room

Dining Committee Meeting

Friday, November 29 | 10:00am | Café

CREATE

Craft with Growing Roots Early Learning Center

Monday, November 11 | 10:00am | Café

Basic Drawing with Frank Tetrault

Tuesday, November 12 | 1:00pm | Café

Yarn Club with Andy

Monday, November 18 | 2:00pm | Café

Fresh Flower Arranging

Wednesday, November 20 | 3:00pm | Auditorium



SPIRITUAL LIFE

Church Shuttle

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

Church Service

Every Sunday | 1:00pm | Auditorium

Communion on November 3

Catholic Communion

Every Tuesday | 11:00am | Café

Bible Study

Every Wednesday | 10:00am | Café

● Basic Fitness in the Fitness Center

Every Monday | 10:00am
Every Wednesday | 10:00am

● Water Works

Every Tuesday & Thursday | 9:00am | Pool
Except Thursday, November 28

● Yoga with Anne

Every Tuesday | 10:00am | Fitness Center

● Balance & Fall Prevention

Every Tuesday & Thursday | 1:00pm | Fitness Center
Except Thursday, November 28

● Yoga with Anna

Every Thursday | 10:00am | Fitness Center
Except Thursday, November 28

● Big for Life

Every Thursday | 11:30am | Fitness Center
Except Thursday, November 28

● Water Aerobics with Todd

Every Friday | 9:00am | Pool
Except Friday, November 5 & 26

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

Michael "AIR" Jordan

Friday, November 1 | 6:30pm-8:30pm
Documentary

Timeless Gospel Hymns

Sunday, November 3 | 9:30am-12:30pm

White House Documentary

Wednesday, November 6 | 6:30pm-8:30pm

Mr. Overton

Saturday, November 9 | 6:30pm-8:30pm
The oldest Veteran's life from 109-112

Timeless Gospel Hymns

Sunday, November 10 | 9:30am-12:30pm

American Traditions

Tuesday, November 12 | 6:30pm-8:30pm
The Oregon Trail | Narrated by Red Steagall



Backroads of Montana

Thursday, November 14 | 6:30pm-8:30pm
Comin' Round the Mountain (2009)

Wild Canada

Saturday, November 16 | 6:30pm-8:30pm
Nature's Untamed Beauty

Timeless Gospel Hymns

Sunday, November 17 | 9:30am-12:30pm

The Hero (Full Movie)

Monday, November 18 | 6:30pm-8:30pm
Sam Elliott 2017 | Romance, Inspirational

Happy Bach Music

Saturday, November 23 | 6:30pm-8:30pm

Timeless Gospel Hymns

Thursday, November 28 | 6:30pm-8:30pm

Mastering the Art of Studying the Bible


Saturday, November 30 | 6:30pm-8:30pm



TRIPS

SHOPPING SHUTTLES

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

South Shopping 
Wednesday, November 6 & 20 | 10:00am | SIGN UP | ASSISTED

Taking Care of Business 
Wednesday, November 13 & 27 | 11:30am-1:00pm | SIGN UP





OUTINGS

Glacier Symphony  
Saturday, November 2 | Depart at 7:00pm | SIGN UP | TICKETS \$75.00
DROP OFF & PICK UP ONLY | LIMITED TICKETS AVAILABLE

Patriotic American Brewery 
Friday, November 8 | Depart at 4:30pm | SIGN UP
Local Beer Tasting & Pizza

Glacier Symphony  
Sunday, November 17 | Depart at 2:30pm | SIGN UP | TICKETS \$75.00
Local Beer Tasting & Pizza

Mannheim Steamroller Christmas  
Wednesday, November 20 | Depart at 6:45pm | SIGN UP | TICKETS \$175.00

Cinemark Theater  
Showing: The Metropolitan Opera: Tosca (2024)
Saturday, November 23 | Depart at 10:30am | SIGN UP | TICKETS \$25.00

Scenic Drive 
Friday, November 29 | Depart at 2:30pm | SIGN UP



MONTHLY HAPPENINGS



Foot Clinic with Dr. Letter
Thursday, November 7 | 1:00pm-4:00pm | Café | SIGN UP

Arm Chair Travel to Fiji
with John & Christina Allison
Thursday, November 7 | 5:00pm | Auditorium



Book Talk with Author Kate Fraser
Wednesday, November 15 | 2:00pm | Auditorium
Hitler's noose tightens around Hungary during the early 1940's. Two well-to-do Jewish teenagers fall in love in Budapest, together navigating the many dangers surrounding them. Streets away, a Nazi officer attempts to protect his family from the rapidly changing political chaos. Their stories intersect during a journey of escape on a lonely trail in the Austian Alps. Here a violent encounter tragically transforms the lives of two generations.
Do You Really Want To Know? is a novel based on Holocaust memoirs, exploring shameful secrets and shared humanity, eventually culminating in forgiveness and healing.

Book Talk with Author Leslie Budewitz
Friday, November 22 | 3:00pm | Auditorium
Mary Fields, the Black experience in 19th century Montana, and my new book, All God's Sparrows and Other Stories: A Stagecoach Mary Fields Collection.

Born into slavery in Tennessee, the remarkable "Stagecoach Mary" Fields was a larger-than-life figure who cherished her independence, yet formed a deep bond with the Ursuline Sisters, traveling to their Montana mission in 1885 and spending the last thirty years of her life living there or in nearby Cascade. Mary is believed to have been the first Black woman in the country to drive a U.S. Postal Star Route, the source of her nickname.



In All God's Sparrows and Other Stories, Agatha Award-winning author Leslie Budewitz brings together three short stories, each originally published in Alfred Hitchcock Mystery Magazine, imagining the life of Stagecoach Mary in her first year in Montana, and a novella exploring her later life.



Documentary & Popcorn

Showing: The Hornet's Nest

Monday, November 4 | 2:30pm | Auditorium

The Hornet's Nest is a groundbreaking and immersive feature film, using unprecedented real footage to tell the story of an elite group of U. S. troops sent on a dangerous mission deep inside one of Afghanistan's most hostile valleys. What was planned as a single day strike turned into nine intense days of combat against an invisible, hostile enemy in terrain where troops had never dared go before.

Veteran's Day Program



Monday, November 11 | 11:11am | Auditorium

Flathead Composite Civil Air Patrol Flag Folding and Colors, Bugle & Trumpet!

Dinner & a Movie

Showing: The Prince & Me

Monday, November 25 | 4:30pm | Auditorium

Julia Stiles stars in this fairy-tale romance as a serious pre-med student who doesn't realize that her new boyfriend is heir to the throne of Denmark.



Please sign up NO LATER than noon on 11/25!

Thanksgiving Dinner

Thursday, November 28 | 11:00am-5:00pm | Claremont Dining Room

Happy Thanksgiving



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The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL