

Immanuel Living

Resident
CALENDAR
& Activity
GUIDE

DECEMBER 2024

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DECEMBER
BIRTHDAYS






- Mary Loth 3rd
- Kathryn Lapp 4th
- Jeane Frandrup 8th
- Bill Mosher 11th
- Jennifer Graham 11th
- Peter Holzer 14th
- Jean Smith 17th
- Mary Reckin 19th
- Mary Duryee 28th
- Joyce Takemoto 29th
- Marcia Smiley 29th
- Stu Wilson 30th
- Alice Oechsli 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





SUNDAY DECEMBER 1	MONDAY DECEMBER 2	TUESDAY DECEMBER 3
8:30-1:00 Church Shuttle · SIGN UP 🚶🚶🚶	10:00 ● Basic Fitness · FC	9:00 ● Water Works · P
9:30 Channel 3	11:00 Executive Committee · PDR	10:00 ● Yoga · FC
1:00 Church Service & Communion · A	11:30 Bingo · A	11:00 Nativity Reading · A
	1:00 ● Basic Fitness · FC	11:00 Catholic Communion · CA
	3:00 Dementia Caregiver Support · PDR	1:00 ● Balance & Fall · FC
	6:30 Channel 3	6:30 Toastmasters · PDR

WEDNESDAY DECEMBER 4	THURSDAY DECEMBER 5	FRIDAY DECEMBER 6	SATURDAY DECEMBER 7
10:00 Basic Fitness · FC	9:00 ● Water Works · P	DONUT FRIDAY	1:30 Pinochle Group · CA
10:00 North Shuttle · SIGN UP 🚶🚶🚶♿	10:00 ● Yoga · FC	9:00 Water Aerobics · P	2:00 Swan Chapel Choir · A
10:00 Bible Study · CA	11:30 ● Big for Life · FC	10:00 Basic Fitness · FC	5:00 Depart - Cazan Duo Concert · SIGN UP 🚶🚶🚶
11:30 Business Shuttle · SIGN UP 🚶🚶🚶	11:30 Bingo · A	10:30 Brain Games · A	
1:00 Brain Fitness · FC	1:00 Balance & Fall · FC	2:00 Domino Game - PiP · CA	
1:30 Pinochle · CA	1:30 Wai · A	3:00 Updates & Questions with Carla · A	
2:30 December Birthday Party & Music · A		6:30 Channel 3	


SUNDAY DECEMBER 8	MONDAY DECEMBER 9	TUESDAY DECEMBER 10
8:30-1:00 Church Shuttle · SIGN UP 	10:00 ● Basic Fitness with Growing Roots · FC	9:00 ● Water Works · P
9:30 Channel 3	12:00 Mystery Book Club · PDR	10:00 ● Yoga · FC
1:00 Church Service · A	1:00 ● Basic Fitness · FC	11:00 Catholic Communion · CA
2:15 Depart - Handel's Messiah · SIGN UP 	1:00 Finance Committee · PDR	11:45 Fingernail Painting · CA
	2:00 Documentary & Popcorn · A	1:00 ● Balance & Fall · FC
	3:00 Resident Caregiver Support · PDR	2:30 Christmas Card Making with Tracy · CA



SUNDAY DECEMBER 15	MONDAY DECEMBER 16	TUESDAY DECEMBER 17
8:30-1:00 Church Shuttle · SIGN UP 	10:00 ● Basic Fitness · FC	9:00 ● Water Works · P
9:30 Channel 3	11:00 Flower Arranging · A	10:00 ● Yoga · FC
1:00 Church Service · A	1:00 ● Basic Fitness · FC	11:00 Catholic Communion · CA
3:00 Winter Concert · CA	2:00 Yarn Club with Andy · CA	11:30 Fingernail Painting · CA
4:30 Winter Concert · CA	3:00 Dementia Caregiver Support · A	1:00 ● Balance & Fall · FC
	6:30 Channel 3	1:00 Basic Drawing with Frank · CA
		4:30 Depart - Christmas Lights Tour · SIGN UP 
		6:30 Toastmasters · PDR

WEDNESDAY DECEMBER 11	THURSDAY DECEMBER 12	FRIDAY DECEMBER 13	SATURDAY DECEMBER 14
10:00 ● Basic Fitness · FC	Friends & Family Christmas Party 	DONUT FRIDAY	1:15 Depart - Nutcracker · SIGN UP 
10:00 Bible Study · CA	9:00 ● Water Works · P	9:00 ● Water Aerobics · P	1:30 Pinochle Group · CA
10:00 North & South Shuttle · SIGN UP 	10:00 ● Yoga · FC	10:00 ● Basic Fitness · FC	2:00 MS Support · CR
10:00 Computer Help · SIGN UP	11:30 ● Big for Life · FC	11:00 Christmas Craft · CA	2:30 Christmas Recital · A
1:00 Brain Fitness · FC	1:00 ● Balance & Fall · FC	2:00 Domino Game - PiP · CA	4:00 Christmas Recital · A
1:30 Pinochle · CA	6:30 Channel 3	6:30 Channel 3	

WEDNESDAY DECEMBER 18	THURSDAY DECEMBER 19	FRIDAY DECEMBER 20	SATURDAY DECEMBER 21
10:00 ● Basic Fitness · FC	9:00 ● Water Works · P	DONUT FRIDAY	1:30 Pinochle Group · CA
10:00 Bible Study · CA	10:00 ● Yoga · FC	9:00 ● Water Aerobics · P	2:00 Music Recital · A
10:00 North & South Shuttle · SIGN UP 	11:30 ● Big for Life · FC	10:00 ● Basic Fitness · FC	4:30 Depart - Dinner at Jagz · SIGN UP 
11:00 Business Shuttle · SIGN UP	11:30 Ensemble Echoes Choir · A	2:00 Domino Game - PiP · CA	6:30 Channel 3
1:00 Brain Fitness · FC	1:00 ● Balance & Fall · FC	2:00 Book Club Q&A with Greg Forbes · A	
1:30 Pinochle · CA	1:30 Wai · A	5:45 Depart - Yuletide Affair · SIGN UP 	
2:30 Christmas Sing-a-long · A	3:00 Bingo · A		
4:30 Depart - Christmas Lights Tour · SIGN UP 	6:30 Channel 3		

SUNDAY DECEMBER 22	MONDAY DECEMBER 23	TUESDAY DECEMBER 24
8:30-1:00 Church Shuttle · SIGN UP 	10:00 ● Basic Fitness · FC	9:00 ● Water Works · P
9:30 Channel 3	1:00 ● Basic Fitness · FC	10:00 ● Yoga · FC
1:00 Church Service · A	5:00-6:00 Festive Christmas Sweater Party & Music · A	11:00 Catholic Communion · CA
2:30 Christmas Movie Montage & Popcorn · A		11:30 Fingernail Painting · A
		1:00 Balance & Fall · FC
		1:00 Christmas Eve Service · A
		6:30 Channel 3

SUNDAY DECEMBER 29	MONDAY DECEMBER 30	TUESDAY DECEMBER 31
8:30-1:00 Church Shuttle · SIGN UP 	10:00 ● Basic Fitness · FC	9:00 ● Water Works · P
9:30 Channel 3	11:30 Bingo · A	10:00 ● Yoga · FC
1:00 Church Service · A	1:00 ● Basic Fitness · FC	11:00 Catholic Communion · CA
2:30 Buffalo Theater & Popcorn · A	6:30 Channel 3	1:00 ● Balance & Fall · FC
		2:30 Book Club · CR
		7:30-9:00 New Year's Eve Party & Music · A

WEDNESDAY DECEMBER 25	THURSDAY DECEMBER 26	FRIDAY DECEMBER 27	SATURDAY DECEMBER 28
 9:00-8:00 Channel 3 11:00-5:00 Christmas Dinner · CL 	9:00 ● Water Works · P 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 10:00 Dining Committee · PDR 2:00 Domino Game - PiP · CA 4:30 Dinner & a Movie · A	1:30 Pinochle Group · CA 2:30 Buffalo Theater & Popcorn · A

Holiday Tunes





Away in a Manger
Choir of the Bells
Dominick the Donkey
Frosty the Snowman
Holly Jolly Christmas
Jingle Bell Rock
Jingle Bells
Let it Snow
Little Drummer Boy
Little St Nick
O Holy Night
Rudolph
Santa Baby
Silent Nigh
Silver Bells
The Christmas Song
The First Noel
Winter Wonderland

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

GATHER

Pampered Nails Fingernail Painting

Tuesday, December 10 | 11:45am | Café
Tuesday, December 17 | 11:30am | Café
Thursday, December 24 | 11:30am | Auditorium

Bingo! in the Auditorium

Monday, December 2 & 30 | 11:30am
Thursday, December 5 & 26 | 11:30am
Thursday, December 19 | 3:00pm

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café
Except on Wednesday, December 25

Domino Game - PiP

Every Friday | 2:00pm | Café

Nativity Reading - Stillwater Christian School

Tuesday, December 3 | 11:00am-11:15am | Auditorium
NOTE: This is about a 15-minute program

Mystery Book Club

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

Book Club

Tuesday, December 31 | 2:30pm | Conference Room

CREATE

Christmas Card Making with Tracy

Tuesday, December 10 | 2:30pm | Café

Christmas Craft

Friday, December 13 | 11:00am | Café

Basic Drawing with Frank Tetrault

Tuesday, December 17 | 1:00pm | Café

Fresh Flower Arranging

Monday, December 16 | 11:00am | Auditorium

Yarn Club with Andy

Monday, December 16 | 2:00pm | Café

BETTER
TOGETHER



MUSIC

Wai Mizutani & Friends

Thursday, December 5, 19 & 26 | 1:30pm | Auditorium
TIME & DATES SUBJECT TO CHANGE

December Birthday Celebration

with Music by: Razz-ma-tazz
Wednesday, December 4 | 2:30pm | Auditorium

Swan Chapel Choir

Saturday, December 7 | 2:00pm | Auditorium

Students of Talitha Sorenson Christmas Recital

Saturday, December 14 | 2:30pm & 4:00pm | Auditorium

VanAllen Winter Concert

Sunday, December 15 | 3:00pm & 4:30pm | Café

Christmas Sing-a-long

Wednesday, December 18 | 2:30pm | Auditorium

Amy Hamond Student Music Recital

Saturday, December 21 | 2:00pm | Auditorium



Church Shuttle

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

Church Service

Every Sunday | 1:00pm | Auditorium
Communion on December 1

Catholic Communion

Every Tuesday | 11:00am | Café

Bible Study

Every Wednesday | 10:00am | Café
Except Wednesday, December 25

Christmas Eve Service

Tuesday, December 24 | 1:00pm | Auditorium



Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center
Except Wednesday, December 4 & 25

Toastmasters

Tuesday, December 3 & 17 | 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.

Brain Games with Linderman Education Center

Friday, December 6 | 10:30am | Auditorium

Updates & Questions with Carla

Friday, December 6 | 3:00pm | Auditorium
Residents are encouraged to attend this monthly informational meeting!

Computer Help Sessions

Wednesday, December 11 | 10:00am-12:00pm | SIGN UP

Book Club Q & A with Greg Forbes

Friday, December 20 | 2:00pm | Auditorium



SUPPORT GROUPS

Dementia Caregiver Support Group

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

MS Support Group

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

Resident Caregiver Support Group

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



● Basic Fitness in the Fitness Center

Every Monday | 10:00am & 1:00pm
Every Wednesday | 10:00am
Except Wednesday, December 4

● Basic Fitness with Growing Roots Early Learning Center

Monday, December 9 | 10:00am | Fitness Center

● Water Works

Every Tuesday & Thursday | 9:00am | Pool
Except Thursday, December 5

● Balance & Fall Prevention

Every Tuesday & Thursday | 1:00pm | Fitness Center
Except Tuesday, December 24 & Thursday, December 26

● Yoga with Anna

Every Thursday | 10:00am | Fitness Center
Except Thursday, December 26

● Big for Life

Every Thursday | 11:30am | Fitness Center

● Water Aerobics with Todd

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

RATING SYSTEM

● EASY GOING

● MODERATE

● ACTIVE

SEE 'FITNESS CLASS RATING SYSTEM' FOR MORE DETAIL.

COMMITTEES

Executive Committee Meeting

Monday, December 2 | 11:00am | Private Dining Room

Finance Committee Meeting

Monday, December 9 | 1:00pm | Private Dining Room

Dining Committee Meeting

Friday, December 27 | 10:00am | Private Dining Room

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, December 1 | 9:30am-12:30pm

Charles Dickens

Monday, December 2 | 6:30pm-8:30pm
Documentary

Mercury Theater: A Christmas Carol

Friday, December 6 | 6:30pm-8:30pm

Timeless Gospel Hymns

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

Christmas Concert

Thursday, December 12 | 6:30pm-8:30pm
Gracias Choir

Living in the Time of Jesus

Friday, December 13 | 6:30pm-8:30pm
What was a normal life like during Biblical times

Timeless Gospel Hymns

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



Rick Steves' European Christmas

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

Legends of Santa

Thursday, December 19 | 6:30pm-8:30pm
Documentary

Timeless Gospel Hymns

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

Best Christmas Music

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

Timeless Gospel Hymns

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

Classic Christmas Movies

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

All Day Christmas Music

Wednesday, December 25 | 9:00am-8:00pm

Timeless Gospel Hymns

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

Backroads of Montana

Monday, December 30 | 6:30pm-8:30pm

SHOPPING SHUTTLES

North Shopping

Every Wednesday | 10:00am | SIGN UP
Except Wednesday, December 25

South Shopping

Wednesday, November 6 & 20 | 10:00am | SIGN UP | ASSISTED
Except Wednesday, December 25

Taking Care of Business

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

OUTINGS

The Cazan Duo Concert

at Bethlehem Lutheran Church
Saturday, December 7 | Depart at 5:00pm | SIGN UP |
DROP OFF & PICK UP ONLY

Christmas Lights Tour Scenic Drive

Tuesday, December 17 | Depart at 4:30pm | SIGN UP
Wednesday, December 18 | Depart at 4:30pm | SIGN UP

Out to Dinner at Jagz

Saturday, December 21 | Depart at 4:30pm | SIGN UP

BUFFALO THEATER

Christmas Movie Montage & Popcorn

Showing: Charlie Brown Christmas/How the Grinch Stole Christmas/Frosty the Snowman
Sunday, December 22 | 2:30pm | Auditorium



Buffalo Theater & Popcorn

Showing: The Help
Saturday, December 28 | 2:30pm | Auditorium
In 1960s Mississippi, Southern society girl Skeeter turns her small town on its ear when she interviews the black women who have spent their lives taking care of prominent white families.

Buffalo Theater & Popcorn

Showing: Mrs. Doubtfire
Sunday, December 29 | 2:30pm | Auditorium
With help from his creative brother Frank, he dresses as an older British woman and convinces his ex-wife, Miranda, to hire him as a nanny.

Mrs. Doubtfire



UPCOMING EVENTS & OUTINGS

Glacier Symphony: Handel's Messiah

Sunday, December 8 | Depart 2:15pm | SIGN UP | TICKETS \$45



NOTE: 6 available tickets

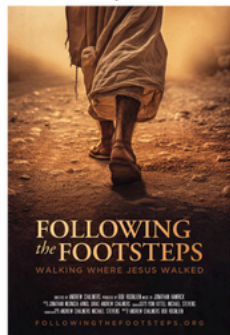
Immerse yourself in Handel's musical portrayal of Christ's Nativity story. This performance showcases the beautiful combination of large chorale, talented voice soloists and orchestra. The piece celebrates the meaning of Christmas and it's incredibly touching to hear the audience sing along to the well-known "Hallelujah" chorus. This is a classic Glacier Symphony performance and a perfect start the holiday season!

Documentary & Popcorn

Showing: Following the Footsteps

Monday, December 9 | 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.



Friends & Family Resident Christmas Party

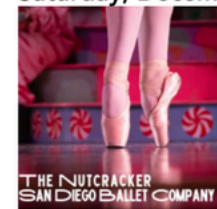
Thursday, December 12 | Starting at 4:00 | Claremont



Glacier Symphony: The Nutcracker

Featuring: The San Diego Ballet Company

Saturday, December 14 | Depart at 1:15pm | SIGN UP | TICKETS \$45



NOTE: 6 available tickets

Glacier Symphony brings the beloved holiday tradition of Tchaikovsky's The Nutcracker to the Flathead Valley! Featuring the San Diego Ballet Company and 60+ young local dancers, this performance uniquely blends local talent, professional ballet artistry and live symphonic music. With sold-out shows and rave reviews the past two years, create an unforgettable experience filled with joy and wonder for the whole family.

UPCOMING EVENTS & OUTINGS

Glacier High School Ensemble Echoes Choir

Thursday, December 19 | 11:30am | Auditorium

Yuletide Affair 21

Friday, December 20 | Depart at 5:45pm | SIGN UP | TICKETS \$50



NOTE: 10 available tickets | 2 wheelchair tickets

Alpine Theater Project's most popular offering 21 years running! Need we say more? This eclectic mix of heartwarming holiday music & irreverent satire has delighted the Valley for a generation.

Festive Christmas Sweater Party

A Visit with Santa and Music by: Ahti Mohala

Monday, December 23 | 5:00pm-6:00pm | Auditorium



Christmas Day Dinner

Wednesday, December 25 | 11:00am-5:00pm | Claremont

Dinner & a Movie

Showing: Reagan

Friday, December 27 | 4:30pm | Auditorium | SIGN UP
From dusty small-town roots, to the glitter of Hollywood, and then on to commanding the world stage, REAGAN is a cinematic journey of overcoming the odds. Told through the voice of Viktor Petrovich, a former KGB agent whose life becomes inextricably linked with Ronald Reagan's when Reagan first caught the Soviets' attention as an actor in Hollywood, this film offers a perspective as unique as it is captivating. Dennis Quaid brings to life a story that transcends the boundaries of a traditional biopic, offering a profound exploration of the enduring impact of the power of one man who overcame the odds, sustained by the love of a woman who supported him in his journey.



Please sign up **NO LATER** than noon on 12/27!



New Year's Eve Party

with Music by: Montana Lite

Tuesday, December 31 | 7:30pm-9:00pm | Auditorium



reading
Clubs

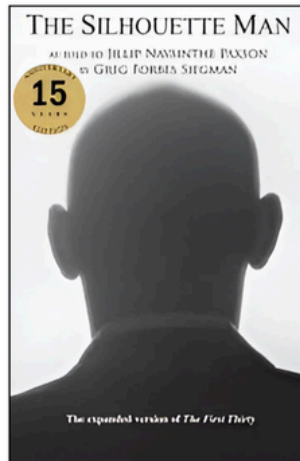
SEE RECREATION
TO RECEIVE A BOOK
FOR READING CLUB.

Limited books available, you choose:
The Silhouette Man or The First Thirty.



The First Thirty is a
shortened version (93
pages) of Silhouette Man.

The Silhouette Man
is the full version.
(184 pages)



THE SILHOUETTE MAN

Driven by his experiences as a student,
and guided by the grandmother who
mentors him, a rookie educator leads
a team of volunteers in an effort to
make a difference in the community.

Based on a true story.



The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL