

Immanuel Living

Resident  
**CALENDAR**  
& Activity  
**GUIDE**

Happy  
New Year

**JANUARY 2025**

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**JANUARY**  
**BIRTHDAYS**

- Fred Thompson 1st  
Joyce Pickel 5th  
Lynn Woods 10th  
Betty Davis 11th  
Dana Muller 11th  
Jim Galvin 15th  
Bruce Jellison 18th  
Melinda Jobe 18th  
Muriel Hagerman 26th  
Kathleen Kurdy 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

<b>A</b>	Auditorium	<b>P</b>	Pool
<b>PR</b>	Patio Room	<b>CY</b>	Courtyard
<b>CA</b>	The Cafe	<b>FC</b>	Fitness Center
<b>PDR</b>	Private Dining Room	<b>LB</b>	Library
<b>CL</b>	Claremont	<b>L</b>	Lobby
<b>WN</b>	Wooden Nickel	<b>CR</b>	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



# NOTES




## THE TERRACES BRAIN AWARENESS MONTH



Visit a Recreation staff member during Brain Awareness Month to pick up brain games, puzzles and brain health information designed to engage and inspire your mind!



WEDNESDAY JANUARY 1	THURSDAY JANUARY 2	FRIDAY JANUARY 3	SATURDAY JANUARY 4
<i>Happy New Year</i> 🎉	9:00 🟡 Water Works · P	<b>DONUT FRIDAY</b>	1:30 Pinochle Group · CA
10:00 Basic Fitness · FC	9:30 🟠 Yoga · FC	9:00 🟡 Water Aerobics · P	2:00 Buffalo Theater & Popcorn · A
10:00 North Shuttle · SIGN UP 🚶🚶🚶♿	11:30 Resident Calendar & Activity Guide Q&A · A	9:00 Men's Group · WN	
10:00 Computer Help · SIGN UP	11:30 🟢 Big for Life · FC	10:00 🟠 Basic Fitness · FC	
11:30 Bingo · A	1:00 🟢 Balance & Fall · FC	10:30 Cookie Decorating with Students · A	
11:30 Business Shuttle · SIGN UP 🚶🚶🚶	2:00 Fred Thompson's 90th Birthday Party · A	1:30 Domino Game - PiP · CA	
1:00 Brain Fitness · FC		3:00 Updates & Questions with Carla · A	
1:30 Pinochle · CA			

SUNDAY JANUARY 5	MONDAY JANUARY 6	TUESDAY JANUARY 7
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
10:00 Church Service & Communion · A	1:00 ● Basic Fitness · FC	11:00 Catholic Communion · CA
2:30 Trivia Game Show & Popcorn · A	2:30 A Year in Review · A	11:45 Fingernail Painting · CA
	3:00 Dementia Caregiver Support · PDR	1:00 ● Balance & Fall · FC
	6:30 Channel 3	1:00 Walking Club · SIGN UP 
		6:30 Toastmasters Presentation · A



SUNDAY JANUARY 12	MONDAY JANUARY 13	TUESDAY JANUARY 14
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	11:30 Bingo · A	10:00 ● Yoga · FC
1:00 Church Service · A	12:00 Mystery Book Club · PDR	11:00 Catholic Communion · CA
3:00 Buffalo Theater & Snacks · A	1:00 ● Basic Fitness · FC	11:00 Lunch - Casa Mexico · SIGN UP 
	3:00 Flower Arranging · A	11:30 Fingernail Painting · CA
	3:00 Resident Caregiver Support · PDR	1:00 ● Balance & Fall · FC
	6:30 Channel 3	1:00 Basic Drawing with Frank · CA



WEDNESDAY JANUARY 8	THURSDAY JANUARY 9	FRIDAY JANUARY 10	SATURDAY JANUARY 11
10:00 ● Basic Fitness · FC	9:00 ● Water Works · P	<b>DONUT FRIDAY</b>	1:30 Pinochle Group · CA
10:00 North & South Shuttle · SIGN UP 	9:30 ● Yoga · FC	9:00 ● Water Aerobics · P	2:00 MS Support · CR
1:00 Brain Fitness · FC	11:30 ● Big for Life · FC	10:00 ● Basic Fitness · FC	<b>TBD</b>
1:30 Pinochle · CA	11:30 Bingo · A	1:30 Domino Game - PiP · CA	DEPART - CINEMARK MOVIE THEATER 
2:00 Music Theater & Wine · A	1:00 ● Balance & Fall · FC	2:30 January Birthday Party & Music · A	
	1:00 Foot Clinic - Dr. Latter · CA	6:30 Channel 3	
	1:30 Wai · A		

WEDNESDAY JANUARY 15	THURSDAY JANUARY 16	FRIDAY JANUARY 17	SATURDAY JANUARY 18
10:00 ● Basic Fitness · FC	9:00 ● Water Works · P	<b>DONUT FRIDAY</b>	1:30 Pinochle Group · CA
10:00 North Shuttle · SIGN UP 	9:30 ● Yoga · FC	9:00 ● Water Aerobics · P	6:45 Depart - Glacier Symphony · SIGN UP 
10:00 Computer Help · SIGN UP	11:30 ● Big for Life · FC	10:00 ● Basic Fitness · FC	
11:30 Business Shuttle · SIGN UP 	11:30 Bingo · A	11:30-1:30 New Resident Orientation · A	
1:00 Brain Fitness · FC	1:00 ● Balance & Fall · FC	1:00 Facilities Committee · PDR	
1:30 Pinochle · CA	1:30 Wai · A	1:30 Domino Game - PiP · CA	
2:00 Yarn Club with Andy · CA	6:30 Channel 3		

SUNDAY JANUARY 19	MONDAY JANUARY 20	TUESDAY JANUARY 21
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	10:00 Craft with 2nd Grade KPS Students · A
2:00 Buffalo Theater & Popcorn · A	3:00 Dementia Caregiver Support · A	11:00 Catholic Communion · CA
2:30 Montana State Old-Time Fiddlers · CA	6:30 Channel 3	11:30 Fingernail Painting · A
	 MARTIN LUTHER KING JR. <i>Day</i>	1:00 ● Balance & Fall · FC
		6:30 Toastmasters · PDR

WEDNESDAY JANUARY 22	THURSDAY JANUARY 23	FRIDAY JANUARY 24	SATURDAY JANUARY 25
10:00 ● Basic Fitness · FC	9:00 ● Water Works · P	<b>DONUT FRIDAY</b>	1:30 Pinochle Group · CA
10:00 North & South Shuttle · SIGN UP	9:30 ● Yoga · FC	9:00 ● Water Aerobics · P	2:00 Buffalo Theater & Popcorn · A
11:00 Hymn Sing-a-long with Joe & Ken · A	11:30 ● Big for Life · FC	10:00 ● Basic Fitness · FC	6:30 Channel 3
1:00 Brain Fitness · FC	11:30 Bingo · A	1:30 Domino Game - PiP · CA	
1:00 Parkinson's Support · PDR	1:00 ● Balance & Fall · FC	6:30 Channel 3	
1:30 Pinochle · CA	1:30 Wai · A		

SUNDAY JANUARY 26	MONDAY JANUARY 27	TUESDAY JANUARY 28
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
	4:30 Dinner - Buffalo Café in Whitefish · SIGN UP 	1:00 ● Balance & Fall · FC
	6:30 Channel 3	2:30 Book Club · CR

WEDNESDAY JANUARY 29	THURSDAY JANUARY 30	FRIDAY JANUARY 31
10:00 ● Basic Fitness · FC	9:00 ● Water Works · P	<b>DONUT FRIDAY</b>
10:00 North & South Shuttle · SIGN UP 	9:30 ● Yoga · FC	9:00 ● Water Aerobics · P
10:00 Computer Help · SIGN UP	11:30 ● Big for Life · FC	10:00 ● Basic Fitness · FC
11:30 Business Shuttle · SIGN UP 	11:30 Bingo · A	10:00 Dining Committee · PDR
12:00 Recreation Committee · CR	1:00 ● Balance & Fall · FC	1:30 Domino Game - PiP · CA
1:00 Brain Fitness · FC	1:30 Wai · A	
1:30 Pinochle · PR	6:30 Channel 3	
4:30 Dinner & a Movie · A		

New Year  
New Start  
endless possibilities

NEW YEAR

NEW MOMENTS

NEW ADVENTURES

NEW LESSONS  
NEW MEMORIES

NEW CHALLENGES

NEW OPPORTUNITIES

1 year = 365 opportunities

# GATHER

## Pampered Nails Fingernail Painting

Tuesday, January 7 | 11:45am | Café  
Tuesday, January 14 | 11:30am | Café  
Tuesday, January 21 | 11:30am | Auditorium

## Bingo! in the Auditorium

Wednesday, January 1 | 11:30am  
Every Monday | 11:30am  
Thursday, January 9, 16, 23 & 30 | 11:30am

## Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café  
Location Change: Wednesday, January 29 | Patio Room

## Domino Game - PiP

Every Friday | 1:30pm | Café

## Men's Group

Friday, January 3 | 9:00am | Wooden Nickel

## Mystery Book Club

Monday, January 13 | 12:00pm | Private Dining Room

## Book Club

Tuesday, January 28 | 2:30pm | Conference Room

# CREATE

## Cookie Decorating with Linderman Students

Friday, January 3 | 10:30am | Auditorium

## Fresh Flower Arranging

Monday, January 13 | 3:00pm | Auditorium

## Basic Drawing with Frank Tetrault

Tuesday, January 14 | 1:00pm | Café

## Yarn Club with Andy

Wednesday, January 15 | 2:00pm | Café

## Craft with 2nd Grade KPS Students

Tuesday, January 21 | 10:00am | Auditorium

BETTER  
TOGETHER

# MUSIC

## Wai Mizutani & Friends

Every Thursday | 1:30pm | Auditorium  
TIME & DATES SUBJECT TO CHANGE

## January Birthday Celebration

with Music by: TBD  
Friday, January 10 | 2:30pm | Auditorium

## Montana State Old-Time Fiddlers Jam

Sunday, January 19 | 2:30pm-4:30pm | Café

## Hymn Sing-a-long with Joe Super & Ken Larson

Wednesday, January 22 | 11:00am | Auditorium



# SPIRITUAL LIFE

## Church Shuttle

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

## Church Service

Every Sunday | 1:00pm | Auditorium  
Communion on January 5

## Catholic Communion

Every Tuesday | 11:00am | Café

# SUPPORT GROUPS

## Dementia Caregiver Support Group

Monday, January 6 | 3:00pm | Private Dining Room  
Monday, January 20 | 3:00pm | Auditorium

## MS Support Group

Saturday, January 11 | 2:00pm | Conference Room

## Resident Caregiver Support Group

Monday, January 13 | 3:00pm-4:30pm | Private Dining Room

## Parkinson's Caregiver Support Group

Wednesday, January 22 | 1:00pm | Private Dining Room



## Computer Help Sessions

Every other Wednesday | 10:00am-12:00pm | SIGN UP

## Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center  
Except Wednesday, January 1

## Resident Calendar & Activity Guide Q&A

Thursday, January 2 | 11:30am | Auditorium  
All residents are welcome to attend this meeting on information about upcoming events and activities!

## Updates & Questions with Carla

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

## New Resident Orientation

Friday, January 17 | 2:00pm | Auditorium | RSVP with Recreation  
Join us for a lunch and learn about Resident Services! Transportation, activities, wellness and other useful amenities.

## Toastmasters

**TOASTMASTERS PRESENTATION:** Tuesday, January 7 | 6:30pm | Auditorium  
Learn what Toastmasters is about with fun, food & game.  
Tuesday, January 21 | 6:30pm | Private Dining Room

# COMMITTEES

## Facilities Committee Meeting

Friday, January 17 | 1:00pm | Private Dining Room

## Recreation Committee Meeting

Wednesday, January 29 | 12:00pm | Conference Room

## Dining Committee Meeting

Friday, January 31 | 10:00am | Private Dining Room

## ● Basic Fitness in the Fitness Center

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

## ● Basic Fitness with Growing Roots Early Learning Center

Monday, January 13 | 10:00am | Fitness Center

## ● 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 | 9:30am | 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

## Timeless Gospel Hymns

Sunday, January 5 | 9:30am-12:30pm

## Wonders of Japan

Monday, January 6 | 6:30pm-8:30pm  
The Most Amazing Places in Japan

## 1991 John Denver

Friday, January 10 | 6:30pm-8:30pm  
Montana Christmas Skies TV Special

## Timeless Gospel Hymns

Sunday, January 12 | 9:30am-12:30pm

## The Lawrence Welk Show 12-17-1966

Monday, January 13 | 6:30pm-8:30pm  
Winter Wonderland

## Rodgers & Hammerstein's Cinderella (1957)

Thursday, January 16 | 6:30pm-8:30pm  
Julie Andrews, Jon Cypher, Edie Adams

## Timeless Gospel Hymns

Sunday, January 19 | 9:30am-12:30pm



## Martin Luther King Jr.

Monday, January 20 | 6:30pm-8:30pm  
"I've Been to the Mountaintop" -  
April 3, 1968 - Final Famous Speech

## How Dogs Became Man's Best Friend

Friday, January 24 | 6:30pm-8:30pm

## Rick Steves' the Holy Land

Saturday, January 25 | 6:30pm-8:30pm

## Timeless Gospel Hymns

Sunday, January 26 | 9:30am-12:30pm

## Backroads of Montana

Monday, January 27 | 6:30pm-8:30pm  
"Hook, Line & Singer" (2013)

## Bill 'Bojangles' Robinson

Thursday, January 30 | 6:30pm-8:30pm  
Tap Dancing Compilation 1935-1938

## SHOPPING SHUTTLES

### North Shopping

Every Wednesday | 10:00am | SIGN UP  
Assisted Shopping: Wednesday, January 1<sup>st</sup>

### South Shopping

Wednesday, January 8 & 22 | 10:00am | SIGN UP

### Taking Care of Business

Wednesday, January 1, 15 & 29 | 11:30am-1:00pm | SIGN UP

## OUTINGS

### Walking Club - Gateway West Mall

Tuesday, January 7 | Depart at 1:00pm | SIGN UP  
**LIMITED 2 WHEELCHAIRS**

### Out to Lunch at Casa Mexico

Tuesday, January 14 | Depart at 11:00am | SIGN UP

### Glacier Symphony - Jazz Night

Featuring Halie Loren & Steven Santoro

Saturday, January 18 | Depart at 6:45pm | SIGN UP | **TICKETS \$45**



Enjoy an exceptional evening of contemporary jazz with acclaimed singers Halie Loren and Steven Santoro. Echoing Norah Jones's soulful style, this dramatic musical experience fuses smooth melodies and captivating rhythms, blending popular and reimagined classics from the Great American Songbook arranged for jazz trio and orchestra. Join us for an unforgettable night of sophistication with jazz taking center stage.

### Out to Dinner at Buffalo Café in Whitefish

Monday, January 27 | Depart at 4:30pm | SIGN UP





## Documentary & Popcorn

Showing: The Brain with David Eagleman | PBS Documentary Episode 1 & 2  
Saturday, January 4 | 2:00pm | Auditorium

Neuroscientist David Eagleman explores the wonders of the human brain in an epic series that reveals the ultimate story of us, why we feel and think the things we do. This ambitious project blends science with innovative visual effects and compelling personal stories, and addresses some big questions. By understanding the human brain, we can come close to understanding humanity.

## Trivia Game Show & Popcorn

Showing: The 1% Club

Sunday, January 5 | 2:30pm | Auditorium

play along with 100 contestants who compete for the chance to win up to \$100,000. It's not about what you learned at school or your ability to memorize facts. It's a chance to test how your brain works through a series of questions that often lead to entertaining answers. Who can answer the question that only 1% of America got right and win the grand prize!? It's time to find out!



## Music Theater & Wine

Showing: Classic Yo-Yo Ma Chronicles  
Wednesday, January 8 | 2:00pm | Auditorium

Ma's unique work process and legendary performances with rarely seen rehearsal and concert footage from throughout his entire career. In addition to these exquisite musical selections, the program includes newly taped interviews with Yo-Yo Ma and his friends and colleagues Daniel Barenboim, Emanuel Ax, Tan Dun and Bobby McFerrin.

## Documentary & Brain Snacks

Showing: A Healthy Diet for a Healthy Brain  
Sunday, January 12 | 3:00pm | Auditorium

Food goes straight to our brain. So what do eat to make sure our brain stays healthy? Many recent discoveries have shown that our mental health, our moods, and our intellectual ability are directly influenced by what we eat, and sometimes in a matter of just a few days. One more reason to avoid "junk food" and to make what we put on our plate an ally for our intellectual and mental health.



## Documentary & Popcorn

Showing: The Brain with David Eagleman | PBS Documentary Episode 3 & 4  
Sunday, January 19 | 2:00pm | Auditorium

## Documentary & Popcorn

Showing: The Brain with David Eagleman | PBS Documentary Episode 5 & 6  
Saturday, January 25 | 2:00pm | Auditorium

## Fred Thompson's 90th Birthday Party

Thursday, January 2 | 2:00pm | Auditorium



## A Year in Review

Monday, January 6 | 2:30pm | Auditorium

A look back at the activities in 2024!

## Foot Clinic with Dr. Latter

Thursday, January 9 | 1:00pm-4:00pm | Café | SIGN UP



## Martin Luther King Jr. Day

Monday, January 20

Martin Luther King Jr. Day is a time to honor the life and legacy of Dr. King, a leader who championed civil rights, justice and equality for all. His vision of a united and peaceful society continues to inspire generations. Let's take this day to reflect on his message of love, hope and the power of nonviolent action to create meaningful change.

## Dinner & a Movie

Showing: Reagan

Wednesday, January 29 | 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 1/29!

# LIBRARY NEWS

## Mystery Book Club

Join fellow mystery book enthusiasts for lunch and discuss your favorite stories.

The 2nd Monday of every month at 12:00pm in the Private Dining Room.

\*Participants will order off the Claremont menu.

 READ MORE

## Immanuel Living BOOK CLUB

ALL ARE WELCOME!

MEETS ON THE LAST TUESDAY OF EVERY MONTH

AT 2:30PM IN THE AL CONFERENCE ROOM

WE READ AN ECLECTIC MIX OF BOOKS INCLUDING EVERYTHING FROM MYSTERIES TO HISTORY.



The Villas  
AT BUFFALO HILL

The Terraces  
AT BUFFALO HILL

The Cottages  
AT BUFFALO HILL