

Immanuel Living

Resident
CALENDAR
& Activity
GUIDE

FEBRUARY 2025

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FEBRUARY
BIRTHDAYS






- Jan Super 1st
- Dud Mahler 3rd
- Lois Merrill 4th
- Jan Kammerzell 4th
- Rae Howard 11th
- JoAnn Swenson 13th
- Lola Brenneman 14th
- Etta Brown 18th
- Bill Beck 18th
- Ron Beaman 22nd
- Janet Bonnema 23rd
- Stu Nicholson 25th
- Geri Souhrada 26th
- Anne Sorte 29th

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



SATURDAY FEBRUARY 1	SUNDAY FEBRUARY 2	MONDAY FEBRUARY 3	TUESDAY FEBRUARY 4	WEDNESDAY FEBRUARY 5	THURSDAY FEBRUARY 6	FRIDAY FEBRUARY 7	SATURDAY FEBRUARY 8
1:30 Pinochle Group · CA 4:30 Buffalo Theater & Pizza · A	8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Virtual Church Service - Bethlehem Lutheran · A 2:30 Groundhog Craft · A 	10:00  Basic Fitness · FC 11:30 Bingo · A 1:00  Basic Fitness · FC 1:30 Groundhog Presentation with Hannah · A 3:00 Dementia Caregiver Support · PDR 6:30 Channel 3	9:00  Water Works · P 10:00  Yoga · FC 11:00 Catholic Communion · CA 11:45 Fingernail Painting · A 1:00  Balance & Fall · FC 2:30 Q&A - Resident Calendar · A 6:30 Toastmasters · A	10:00  Basic Fitness · FC 10:00 North & South Shuttle · SIGN UP  10:30 Brain Games with Angela · PR 1:00 Brain Fitness · FC 1:30 Pinochle · CA 2:00 Yarn Club · PR 2:30 Trivia Game Show & Popcorn · A	9:00  Water Works · P 9:30  Yoga · FC 11:30  Big for Life · FC 11:30 Bingo · A 1:00  Balance & Fall · FC 1:30 Wai · A 6:30 Channel 3	DONUT FRIDAY 8:30 Men's Group · WN 9:00  Water Aerobics · P 10:00  Basic Fitness · FC 1:30 Domino Game - PiP · CA 3:00 Updates & Questions with Carla · A	1:00 Buffalo Theater & Popcorn · A 1:30 Pinochle Group · CA 2:00 MS Support · CR 3:00 Skip-Bo · PR


SUNDAY FEBRUARY 9	MONDAY FEBRUARY 10	TUESDAY FEBRUARY 11
8:30-1:00 Church Shuttle · SIGN UP  9:30 Channel 3 1:00 Virtual Church Service - Northridge Lutheran · A 4:30 Super Bowl Party · A Jersey Day! 	10:00  Basic Fitness · FC 11:30 Bingo · A 12:00 Mystery Book Club · PDR 1:00  Basic Fitness · FC 2:00 Finance Committee · PDR 6:30 Channel 3	9:00  Water Works · P 10:00  Yoga · FC 11:00 Catholic Communion · CA 11:30 Fingernail Painting · PR 1:00  Balance & Fall · FC 1:00 Basic Drawing with Frank · CRAFT ROOM

WEDNESDAY FEBRUARY 12	THURSDAY FEBRUARY 13	♥ FRIDAY ♥ FEBRUARY 14	SATURDAY FEBRUARY 15
10:00  Basic Fitness · FC 10:00 North & South Shuttle · SIGN UP  10:00 Computer Help · SIGN UP 11:30 Business Shuttle · SIGN UP  1:00 Brain Fitness · FC 1:30 Pinochle · CA 2:00 Yarn Club · PR 2:00 Lecture Series - Carla Hannaford · A	9:00  Water Works · P 9:30  Yoga · FC 11:30  Big for Life · FC 11:30 Bingo · A 1:00  Balance & Fall · FC 1:30 Wai · A 6:30 Channel 3	HAPPY Valentine's Day! DONUT FRIDAY 8:30 Men's Group · WN 9:00  Water Aerobics · P 10:00  Basic Fitness · FC 10:00 Valentine's with Linderman · A 11:45 FVCC Senior Institute · SIGN UP  1:00 Facilities Committee · PDR 1:30 Domino Game - PiP · CA 3:30 Wine & Chocolate Tasting · A	1:30 Pinochle Group · CA 2:00 Depart - Scenic Drive · SIGN UP  6:30 Channel 3

SUNDAY FEBRUARY 16	MONDAY FEBRUARY 17	TUESDAY FEBRUARY 18
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 Virtual Church Service - Our Savior's Lutheran · A	1:00 ● Basic Fitness · FC	10:00 Visit with 2nd Grade KPS Students · A
1:15 Depart - NW History Museum · SIGN UP 	2:30 Presidents Day Trivia · A	11:00 Catholic Communion · CA
2:30 Montana State Old-Time Fiddlers · CA	3:00 Dementia Caregiver Support · A	11:30 Fingernail Painting · A
	6:30 Channel 3 	1:00 ● Balance & Fall · FC
		3:00 Flower Arranging · A
		6:30 Toastmasters · A

WEDNESDAY FEBRUARY 19	THURSDAY FEBRUARY 20	FRIDAY FEBRUARY 21	SATURDAY FEBRUARY 22
10:00 ● Basic Fitness · FC	9:00 ● Water Works · P	DONUT FRIDAY	1:30 Pinochle Group · CA
10:00 North & South Shuttle · SIGN UP 	9:30 ● Yoga · FC	8:30 Men's Group · WN	6:45 Depart - Glacier Symphony · SIGN UP 
10:30 Brain Games · PR	11:30 ● Big for Life · FC	9:00 ● Water Aerobics · P	
1:00 Brain Fitness · FC	11:30 Bingo · A	10:00 ● Basic Fitness · FC	
1:30 Pinochle · CA	1:00 ● Balance & Fall · FC	11:45 Depart - FVCC Senior Institute · SIGN UP 	
2:00 Yarn Club with Andy · PR	2:30 February Birthday Party & Music · A	1:30 Domino Game - PiP · CA	
4:30 Depart - Mercantile · SIGN UP 		6:30 Channel 3	

SUNDAY FEBRUARY 23	MONDAY FEBRUARY 24	TUESDAY FEBRUARY 25
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 Virtual Church Service - Bethlehem Lutheran · A	1:00 ● Basic Fitness · FC	10:00-1:00 Mary Ann's Spring Craft Show · PR
2:00 Depart - Scenic Drive · SIGN UP 	6:30 Channel 3	11:00 Catholic Communion · CA
		1:00 ● Balance & Fall · FC
		2:30 Book Club · CR

WEDNESDAY FEBRUARY 26	THURSDAY FEBRUARY 27	FRIDAY FEBRUARY 28
10:00 ● Basic Fitness · FC	9:00 ● Water Works · P	DONUT FRIDAY
10:00 North Shuttle · SIGN UP 	9:30 ● Yoga · FC	8:30 Men's Group · WN
10:00 Computer Help · SIGN UP	11:30 ● Big for Life · FC	9:00 ● Water Aerobics · P
11:30 Business Shuttle · SIGN UP 	11:30 Bingo · A	10:00 ● Basic Fitness · FC
12:00 Recreation Committee · CR	1:00 ● Balance & Fall · FC	10:00 Dining Committee · CA
1:00 Brain Fitness · FC	1:30 Wai · A	11:45 Depart - FVCC Senior Institute · SIGN UP 
1:30 Pinochle · CA	6:30 Channel 3	1:30 Domino Game - PiP · CA
1:00 Parkinson's Support · PDR		4:30 Dinner & a Movie · A
2:00 Yarn Club · PR		
3:30 Making Paper - Craft · CA		

GROUNDHOG DAY

SUNDAY, FEBRUARY 2

Search for the hidden hogs scattered throughout the building and report your discoveries to the Recreation staff to be entered into a prize drawing!



GATHER

Pampered Nails Fingernail Painting

Tuesday, February 4 | 11:45am | Auditorium
 Tuesday, February 11 | 11:30am | Patio Room
 Tuesday, February 18 | 11:30am | Auditorium

Bingo! in the Auditorium

Every Monday & Thursday | 11:30am
LOCATION CHANGE: Monday, February 24 | 11:30am | Café

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café

Domino Game - PiP

Every Friday | 1:30pm | Café

Men's Group

Every Friday | 8:30am | Wooden Nickel

Skip-Bo

Saturday, February 8 | 3:00pm | Patio Room

Mystery Book Club

Monday, February 10 | 12:00pm | Private Dining Room

Visit from 2nd Grade KPS Students

Tuesday, February 18 | 10:00am | Auditorium

Book Club

Tuesday, February 25 | 2:30pm | Conference Room

BETTER TOGETHER

Yarn Club with Andy

Every Wednesday | 2:00pm | Patio Room

Groundhog Day Craft - "Will he see his shadow?"

Saturday, February 2 | 2:30PM | Auditorium

Basic Drawing with Frank Tetrault

Tuesday, February 11 | 1:00pm | Craft Room

Crafting Valentine's with Linderman Students

Friday, February 14 | 10:00am | Auditorium

Fresh Flower Arranging

Tuesday, February 18 | 3:00pm | Auditorium

Making Paper from Scratch

Wednesday, February 26 | 3:30pm | Café

MUSIC

Wai Mizutani & Friends

Every Thursday | 1:30pm | Auditorium
 Except Thursday, February 20
TIME & DATES SUBJECT TO CHANGE



Montana State Old-Time Fiddlers Jam

Sunday, February 16 | 2:30pm-4:30pm | Café

February Birthday Celebration with Music by: John Dunnigan

Thursday, February 20 | 2:30pm | Auditorium

SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, February 3 | 3:00pm | Private Dining Room
 Monday, February 17 | 3:00pm | Auditorium

MS Support Group

Saturday, February 8 | 2:00pm | Conference Room

Parkinson's Caregiver Support Group

Wednesday, February 26 | 1:00pm | Private Dining Room



Computer Help Sessions

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

Toastmasters

Every other Tuesday | 6:30pm | Auditorium

Brain Fitness with Todd

Every Wednesday | 1:00pm | Fitness Center

Groundhog Presentation with Hannah

Monday, February 3 | 1:30pm | Auditorium

Resident Calendar & Activity Guide Q&A

Tuesday, February 4 | 2:30pm | Auditorium

All residents are welcome to attend this meeting on information about upcoming events and activities!

Brain Games with Recreation

Wednesday, February 5 & 19 | 10:30am | Patio Room

Updates & Questions with Carla

Friday, February 7 | 3:00pm | Auditorium

Residents are encouraged to attend this monthly informational meeting!

President's Day Trivia

Monday, February 17 | 2:30pm | Auditorium

Foundation 101

Wednesday, February 19 | 3:30pm | Auditorium

Come learn about what the Immanuel Foundation is all about!



Church Shuttle

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

Virtual Church Service

Every Sunday | 1:00pm | Auditorium

Catholic Communion

Every Tuesday | 11:00am | Café

Basic Fitness in the Fitness Center

Every Monday | 10:00am & 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 | 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.	

COMMITTEES

Finance Committee Meeting

Monday, February 10 | 2:00pm | Private Dining Room

Facilities Committee Meeting

Friday, February 14 | 1:00pm | Private Dining Room

Recreation Committee Meeting

Wednesday, February 26 | 12:00pm | Conference Room

Dining Committee Meeting

Friday, February 28 | 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

Timeless Gospel Hymns

Sunday, February 2 | 9:30am-12:30pm

Immanuel's Historic Video

Monday, February 3 | 6:30pm-8:30pm

Wonders of Planet Earth

Thursday, February 6 | 6:30pm-8:30pm
Most Magnificent Places

Timeless Gospel Hymns

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

Montana Living

Monday, February 10 | 6:30pm-8:30pm

Dr. Carla Hannaford, The Dominance Factor

Thursday, February 13 | 6:30pm-8:30pm
We Cannot Learn Sitting Still & Being Quiet

A Talking Dog?!

Saturday, February 15 | 6:30pm-8:30pm
The Border Collie with an IQ of 102
The creators of Animals In Love and Secret Life of Dogs, take us into the hilarious and bizarre world of super intelligent pets and their devoted and eccentric owners.

Timeless Gospel Hymns

Sunday, February 16 | 9:30am-12:30pm



Jimmy Carter American Experience

Monday, February 17 | 6:30pm-8:30pm
PBS Documentary

History of Pioneers: The Most Skillful Cowboy's

Friday, February 21 | 6:30pm-8:30pm
Black History Documentary

Have You Ever Heard About The Black Cowboys? Do you know that cowboy was a name given to the Black skilled horse riders who protected their communities back in the late nineteenth and early twentieth century? They would wear clothes we today link with cowboys, wearing long boots, hats and leather jackets, carrying revolvers for protection. They were the very creators of the cowboy culture we know today.

Timeless Gospel Hymns

Sunday, February 23 | 9:30am-12:30pm

Old Soul & Jazz Music

Monday, February 24 | 6:30pm-8:30pm
Timeless Tunes

The Surprising History of Everyday Things

Thursday, February 27 | 6:30pm-8:30pm

SHOPPING SHUTTLES

North Shopping

Every Wednesday | 10:00am | SIGN UP
Assisted Shopping: Wednesday, February 12

South Shopping

Wednesday, February 5 & 19 | 10:00am | SIGN UP

Taking Care of Business

Wednesday, February 12 & 26 | 11:30am-1:00pm | SIGN UP

OUTINGS

FVCC Senior Institute

Friday, February 14, 21 & 28 | Depart at 11:45am | SIGN UP
DROP OFF & PICK UP ONLY

Kalispell Historic Homes - Scenic Drive

Saturday, February 15 | Depart at 2:00pm | SIGN UP
Sunday, February 23 | Depart at 2:00pm | SIGN UP

John White Speaker Series - NW History Museum

Speaker: Denny Olson

Sunday, February 16 | Depart at 1:15pm | SIGN UP | TICKETS \$20

"Glacier National Park: The Little-known Stories Behind the Grandeur"

Glacier National Park's breathtaking scenery, with its towering mountains, azure lakes, snowfields, and active glaciers, leaves visitors in awe—earning it the nickname "nature's stun gun." After 27 years of teaching in the park, Olson remains captivated by its grandeur and fascinating natural history. Notably, Glacier is one of the few U.S. national parks to retain all its original animal species. Olson's engaging storytelling, full of little-known facts, reveals the park's hidden wonders and makes for perfect cocktail party trivia.

Out to Dinner at Mercantile

Wednesday, February 19 | Depart at 4:30pm | SIGN UP

Glacier Symphony - Scheherazade

Featuring: Les Arrivants Trio

Saturday, February 22 | Depart at 6:45pm | SIGN UP | TICKETS \$45

Celebrate the month of love with a program inspired by Middle Eastern folklore and romance. The Montreal trio Les Arrivants blends Argentine tango, Arabic classical, and Persian rhythms into a unique musical experience. Rimsky-Korsakov's Scheherazade adds exotic melodies and a captivating beauty-and-the-beast narrative to complete the evening.





Buffalo Theater & Pizza

Showing: The Color Purple

Saturday, February 1 | 4:30pm | Auditorium

Warner Bros. Pictures invites you to experience the extraordinary sisterhood of three women who share one unbreakable bond in The Color Purple. This bold new take on the beloved classic is directed by Blitz Bazawule (Black Is King, The Burial of Kojin).

Trivia Game Show & Popcorn

Showing: The 1% Club

Wednesday, February 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!

Documentary & Popcorn

Showing: Black History Activators

Saturday, February 8 | 1:00pm | Auditorium

This important and timely collection features educational, in-depth introductions to some of the most notable and integral individuals and events that make up Black History.

UPCOMING EVENTS

SUPER BOWL

SPEAK WITH A RECREATION STAFF MEMBER TO PLACE YOUR BID ON THE SUPER BOWL SQUARES!

Squares

Here's how it works:

- A 10x10 grid is set up, with rows and columns numbered 0 to 9.
- One team is assigned the rows, and the other team gets the columns.
- Participants can purchase individual squares on the grid.
- Winners are determined at the end of each quarter and the final score, based on the last digit of each team's score.



Super Bowl Party

Sunday, February 9 | 4:30pm | Auditorium

Subway sandwiches, cookies, chips, beer & soda!

Lecture Series

Speaker: Carla Hannaford, Ph.D.
 "Staying Sharp, Resilient & Happy"

Wednesday, February 12 | 2:00pm | Auditorium

In this mini-workshop, gain powerful science based tools to assist focus, memory, creativity and joy in all parts of your life.



Friday, February 14

Wear Red, Pink, Purple or White!

Pour Your Heart Out: Wine & Chocolate Tasting

Friday, February 14 | 3:30pm | Auditorium

Join us for 3 Cupid-approved wine and chocolate pairings, followed by a social hour with friends and neighbors!



Mary Ann Moreno's Spring Craft Sale

Tuesday, February 25 | 10:00am-1:00pm | Patio Room

Enjoy refreshments as you shop, or just come to window shop & visit!

Dinner & a Movie

Showing: Thelma

Friday, February 28 | 4:30pm | Auditorium | SIGN UP

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.



Please sign up **NO LATER** than noon on 2/28!

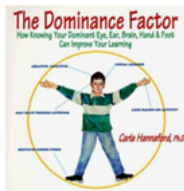


MORE THAN BOOKS

This month your library is highlighting several daily and/or monthly publications that are provided for your reading enjoyment. These newspapers and magazines are available both on the back counter of the library and in a magazine rack in the library's reading area. In every case, these publications are to be read **IN THE LIBRARY, ONLY!**

The **"Wall Street Journal"** editions arrive by mail each day, which means that the issues are a day or two post-publication date when you read them. These newspapers are kept on top of the back counter of the library, adjacent to the sitting area. Please enjoy these interesting and informative newspapers **IN THE LIBRARY, ONLY.**

"Birds and Blooms," "The Atlantic Magazine," "The Economist," and **"Brain and Life (Neurology for Everyday Living)"** may be found in the magazine rack toward the rear of the library. These publications are received through the mail either monthly or weekly. On occasion, a resident will donate a magazine from his or her personal subscription to those to which your library subscribes. Again, you are requested to read these magazines **IN THE LIBRARY ONLY.**



Check out these books by Carla Hannaford who is part of our February Lecture Series!
Available in the Terraces Library!



The Villas
AT BUFFALO HILL

The Terraces
AT BUFFALO HILL

The Cottages
AT BUFFALO HILL