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

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BIRTHDAYS Mary Ake 2nd Marge Moreno 3rd Jackie Jensen 3rd Delores Lee 5th **Donna Trippet 5th** Susie Dorn 11th **David Shephard 13th** Colleen Beaman 16th **Bob Zavadil 18th** Helen Yager 22nd Lucy Guilbault 22nd Della Helgeson 23rd Nancy Van Natta 24th Marcia Litchfield 28th Joe Super 29th

MARCH BIRTHDAY
WINE & CHEESE SOCIAL
FRIDAY, MARCH 7 | 3:00PM | AUDITORIUM

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

Α	Auditorium	Р	Pool
PR	Patio Room	CY	Courtyard
CA	The Cafe	FC	Fitness Center
PDR	Private Dining Room	LB	Library
CL	Claremont	L	Lobby
WИ	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

-*NOTE:	SATURDAY	SUNDAY	MONDAY	TUESDAY
	MARCH 1	MARCH 2	MARCH 3	MARCH 4
	11:30 Stepping Out - Mall · SIGN UP 於意 2:30 Resident & Activity Guide Q&A · A	Church Shuttle · SIGN UPAAA 9:30 Channel 3 1:00 Virtual Church Service - Northridge Lutheran · A 2:30 Depart - Historic Homes	3:00 Basic Fitness · FC 3:00 Dementia Caregiver Support · PDR 6:30 Channel 3	9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 2:00 Mardi Gras Party & Live Music · A 3:00 Balance & Fall · FC 6:30 Toastmasters · A
	WEDNESDA	Y THURSDAY	FRIDAY	SATURDAY
	MARCH 5	MARCH 6	MARCH 7	MARCH 8
	ASH WEDNESDAY 10:00 Basic Fitness · FC 10:00 North & South Shuttle · SIGN UP於於 10:00 Compute Help · SIGN UP 10:30 Brain Fitness · FC 11:30 Brain Games · PR 1:00 Bible Study with Braden · A 1:30 Pinochle · C 2:00 Yarn Club · 6:30 Channel 3	Works · P 10:00 Yoga · I 11:30 Big for Life · FC 11:30 Bingo · A 1:30 Wai · A 3:00 Balance Fall · FC 3:00 Updates & Questions with	Aerobics · P 9:30 Depart - Growing Roots · SIGN UP · 10:00 Basic Fitness · FC 11:45 FVCC Senior Institute · SIGN UP 於於 1:30 Domino Game - PiP · CA 3:00 March Birthday Wine,	SPRING FORWARD SET YOUR CLOCKS AHEAD AN HOUR BEFORE BED 1:30 Pinochle Group · CA 2:00 MS Support Group · CR 3:00 Wai

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUR
MARCH 9	MARCH 10	MARCH 11	MARCH 12	MARCH 13	MARCH 14	MARCI
Shuttle · SIGN UP 於於 9:30 Channel 3 1:00 Virtual Church Service - Our Savior's · A 2:30 Montana	11:30 Bingo · A 12:00 Mystery Book Club · PDR 2:00 Finance Committee · PDR 3:00 Basic Fitness · FC 3:00 Irish Sing-a- long · A	9:00 Water Works · P 10:00 Yoga · FC 11:00 Catholic Communion · CA 11:30 Fingernail Painting · PR 1:00 Basic Drawing with Frank · CRAFT ROOM 2:00 Brain Games · PR 3:00 Balance & Fall · FC 6:30 Channel 3	10:00 Basic Fitness · FC 10:00 North於於 Shuttle · SIGN UP 10:30 Brain Fitness · FC 11:30 Business於於 Shuttle · SIGN UP 1:30 Pinochle · CA 2:00 Yarn Club · PR 2:00 Lecture Series - Don Hickethier · A 6:30 Channel 3	9:00 Water Works · P 10:00 Yoga · FC 11:30 Big for Life · FC 11:30 Bingo · A 1:00-4:00 Foot Clinic · Dr. Latter · SIGN UP 1:30 Wai · A 2:30 Kitchen Tour · SIGN UP 3:00 Balance & Fall · FC 7:30 Kitchen Tour · SIGN UP	DONUT FRIDAY 8:30 Men's Group · WN 9:00 Water Aerobics · P 10:00 Basic Fitness · FC 10:00 Coloring & Cocoa with Linderman · CA 11:00 Wellness Workshop · A 11:45 FVCC Senior Institute · SIGN UP *** 1:00 Facilities Committee · PDR 1:30 Domino Game - PiP · CA	1:30 Pino Group · C 3:00 Buffa Theater & Popcorn 6:45 Dep Glacier Symphon SIGN UP&
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUR
MARCH 16	MARCH 17	MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH
8:30-1:00 Church Shuttle · SIGN UP 於於 9:30 Channel 3 1:00 Virtual Church Service - Bethlehem Lutheran · A 3:00 Buffalo Theater & Popcorn · A	10:00 Basic Fitness FC 11:30 Bingo · A 3:00 Basic Fitness FC 3:00 Dementia Caregiver Support · PDR 6:30 St Patrick's Day	9:00 Water Works · P 10:00 Yoga · FC 10:00 Visit with 2nd Grade KPS Students · A 11:00 Catholic Communion · CA 11:30 Fingernail Painting · A 2:30 Foundation Committee · PDR 3:00 Balance & Fall · FC 3:00 Flower Arranging · A 6:30 Toastmasters · A	Fitness · FC 10:00 North & South Shuttle · SIGN UP AA 10:00 Computer Help · SIGN UP 10:30 Brain Fitness · FC 1:30 Pinochle · CA 2:00 Yarn Club · PR	Life · FC 11:30 Arm Chair Travel with Hannah - Greece · A 3:00 Balance & Fall · FC	8:30 Men's Group	1:30 Pinod Group · C 3:30 Buffa Theater & Popcorn

MARCH 23	MARCH 24	MARCH 23	
8:30-1:00 Church Shuttle · SIGN UP	10:00 ● Basic Fitness · FC	9:00 ●Water Works • P	
水水水	11:30 Bingo · A	10:00 ● Yoga · FC	
9:30 Channel 3	3:00 ● Basic	11:00 Catholic Communion · CA	
1:00 Virtual Church Service	Fitness · FC	11:30 Fingernail	
- Northridge Lutheran · A	5:30 Spring Break Social & Live	Painting · A	
	Music · A	2:30 Book Club · CR 3:00 Balance &	
3:30 Making Paper - Step 2 · CA	6:30 Channel 3	Fall · FC	
SUNDAY MARCH 30	MONDAY MARCH 31	May I WI	
8:30-1:00 Church	10:00 Basic	and Laughter light your day	u
Shuttle · SIGN UP 於於	Fitness · FC	MAY GOOD and faithful BE wherevel	Š
9:30 Channel 3	11:30 Bingo · A 2:30 Trivia	* YOU MAY KOAN	1
1:00 Virtual	Game Show &	May peace and plenty bless your wo with Fands F & & & F	rld
Church Service - Our Savior's	Popcorn · A	IOY endures	/
Lutheran · A	3:00 ● Basic Fitness · FC	Mary all life's passure bring the best to you and yours season	w
3:00 Spring Flower Pot Craft • A	Traness TC	*	
POL Craft • A			
		Page	4

MONDAY

MARCH 24

TUESDAY

MARCH 25

SUNDAY

MARCH 23

WEDNESDAY **FRIDAY THURSDAY SATURDAY** MARCH 26 MARCH 27 MARCH 28 MARCH 29 DONUT FRIDAY 1:30 Pinochle 10:00 Basic 9:00 Water Fitness · FC Works · P Group · CA 8:30 Men's Group 10:00 North 於於 10:00 Yoga WN 4:30 Depart Shuttle · SIGN UP FC - Mackenzie 10:30 Brain **19:00** — Water 11:30 Big for River · SIGN Fitness · FC Aerobics · P UPė |11:30 Business於於|Life·FC 10:00 Dining Shuttle · SIGN UP 11:30 Bingo · A Committee · PDR 12:00 Recreation 1:30 Wai · A Committee · CR 10:00 Basic 1:30 Pinochle · CA 12:30 Depart -Fitness · FC 1:30 Parkinson's Historic Homes · 1:30 Domino Support · PDR SIGN UPE Game - PiP · CA 2:00 Yarn Club · PR 3:00 Balance 6:30 Depart -4:30 Dinner & a & Fall · FC McClaren Hall • Movie · A SIGN UP ¿ 6:30 Channel 3 MUSIC



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

March Birthday Wine & Cheese Social

with Music by: Cascade County Friday, March 7 | 3:00pm | Auditorium

Wai Mizutani & Friends

Wai Mizutani Student Recital

Saturday, March 8 | 3:00pm | Auditorium Montana State Old-Time Fiddlers Jam Sunday, March 9 | 2:30pm-4:30pm | Café

Irish Sing-a-long Monday, March 10 | 3:00pm | Auditorium

Crown of the Continent Choir

Wednesday, March 19 | 6:30pm | Auditorium



GATHER

CREATE

Pampered Nails Fingernail Painting

Tuesday, March 11 | 11:30am | Patio Room Tuesday, March 18 | 11:30am | Auditorium Tuesday, March 25 | 11:30am | Auditorium

Bingo! in the Auditorium

Every Monday & Thursday | 11:30am Except Monday, March 3 & Thursday, March 20

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

Mystery Book Club

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

Kitchen Tour with Kateri

Thursday, March 13 | 2:30pm & 7:30pm | SIGN UP

Visit from 2nd Grade KPS Students

Tuesday, March 18 | 10:00am | Auditorium

Book Club

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

SUPPORT GROUPS

Dementia Caregiver Support Group

Monday, March 3 | 3:00pm | Private Dining Room Monday, March 17 | 3:00pm | Private Dining Room

MS Support Group

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

Parkinson's Caregiver Support Group

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

Yarn Club with Andy Every Wednesday | 2:00pm | Patio Room

Basic Drawing with Frank Tetrault

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

Destress & Relax Coloring Party with Hot Cocoa Bar with Linderman Education Center Students

Friday, March 14 | 10:00am | Café

Fresh Flower Arranging

Tuesday, March 18 | 3:00pm | Auditorium

Making Paper from Scratch- Step 2

Sunday, March 23 | 3:30pm | Café

Spring Flower Pot Craft with Angela

Sunday, March 30 | 3:00pm | Auditorium

COMMITTEES

Executive Committee Meeting

Monday, March 3 | 11:00am | Private Dining Room

Finance Committee Meeting

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

Facilities Committee Meeting

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

Foundation Resident Advisory Committee

Tuesday, March 18 | 2:30pm | Private Dining Room

Recreation Committee Meeting

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

Dining Committee Meeting

Friday, March 28 | 10:00am | Private Dining Room

WE ARE IN THIS

TOGETHERS

LEARN

GET FI1

RATING SYSTEM

EASY GOING

MODERATE

SEE 'FITNESS CLASS

RATING SYSTEM'

FOR MORE DETAIL.

ACTIVE

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 | 10:30am | Fitness Center

Resident Calendar & Activity Guide Q&A

Saturday, March 1 | 2:30pm | Auditorium

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

Brain Games with Recreation

Wednesday, March 5 | 11:30am | Patio Room Tuesday, March 11 | 2:00pm | Patio Room

Updates & Questions with Carla

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

Wellness Workshop

Presented by: Erick from Natural Grocers Friday, March 14 | 11:00am-1:00pm | Auditorium

Arm Chair Travel to Greece

Presented by: Hannah

Tuesday, March 20 | 11:30am | Auditorium

Toastmasters Speech Contest

Saturday, March 22 | 10:00am-12:00pm | Auditorium

Come and go as you please!



















Basic Fitness in the Fitness Center

Every Monday | 10:00am & 3:00pm Every Wednesday & Friday | 10:00am Except Friday, March 14 & Monday, March 17

Water Works

Every Tuesday & Thursday | 9:00am | Pool

Yoga with Anne

Every Tuesday | 10:00am | Fitness Center

Balance & Fall Prevention

Every Tuesday & Thursday | 3:00pm | Fitness Center Except Thursday, March 13

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 Except Friday, March 14

SPIRITUAL LIFE

Church Shuttle 於於

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

Virtual Church Service

Every Sunday | 1:00pm | Auditorium

Catholic Communion

Every Tuesday | 11:00am | Café

Bible Study with Braden

Wednesday, March 5 | 1:00pm | Auditorium

CHANNEL 3 FEATURES

Chair Exercise with Music

Every Monday, Tuesday, Thursday & Friday | 1:45pm Basic Fitness with Todd

Every Monday, Tuesday, Thursday | 10am & 3pm

Every Saturday | 10:00am

Strength & Fitness with Todd

Every Wednesday | 10:00am & 3:00pm Every Friday | 9:30am & 3:00pm Every Saturday | 3:00pm

80's & 90's Romantic Female Love Songs Saturday, March 1 | 6:30pm-8:30pm

Timeless Gospel Hymns Sunday, March 2 | 9:30am-12:30pm

Relaxing Beautiful Love Songs - 80's to 90's Sunday, March 2 | 6:30pm-8:30pm

Immanuel's Historic Video

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

Inventions Made by WOMEN Wednesday, March 5 | 6:30pm-8:30pm

Patsy Cline PBS Documentary Thursday, March 6 | 6:30pm-8:30pm

100 Years of Women's Voting Rights

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

Timeless Gospel Hymns Sunday, March 9 | 9:30am-12:30pm

Abigail Adams: Mrs. President

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

St. Patrick: The Irish Legend (Movie)

Tuesday, March 11 | 6:30pm-8:30pm Relaxing Beautiful

Love Songs Wednesday, March 12 | 6:30pm-8:30pm pivotal figure in the fight for equality.

North Shopping 於於

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

South Shopping 於於

Taking Care of Business 大木 Wednesday, March 12 & 26 | 11:30am-1:00pm | SIGN UP

OUTINGS

Timeless Gospel Hymns

for the Cause

Women's Stories

citizens of the 20th century.

From Ordinary to

Extraordinary

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

Thursday, March 20 | 6:30pm-8:30pm

Rosie the Riveter: Local

Friday, March 21 | 6:30pm-8:30pm

Timeless Gospel Hymns

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

Rosa Parks Interview (1995) Monday, March 24 | 6:30pm-8:30pm

Rosa Parks, the "Mother of the Civil Rights

Movement" was one of the most important

The Most Dangerous Spy of

WW2 - The Limping Lady

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

Timeless Gospel Hymns

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

Lucrecia Mott's Life Story:

Monday, March 31 6:30pm-8:30pm

Explore the groundbreaking journey of a

Susan B. Anthony - Rebel

FVCC Senior Institute 於於

Every Friday (except March 28) | Depart at 11:45am | SIGN UP **DROP OFF & PICK UP ONLY**

Stepping Out - Kalispell Center Mall 於於 Saturday, March 1 | Depart at 11:30am | SIGN UP

Limit 2 Wheelchairs

Kalispell Historic Homes (Part 2) - Scenic Drive & Sunday, March 2 | Depart at 2:30pm | SIGN UP

Thursday, March 27 | Depart at 2:30pm | SIGN UP

Generations United: Depart to Growing &

Roots Early Learning Center Friday, March 7 | Depart at 9:30am | SIGN UP

Whitefish Theater Co. - Shrek the Musical 🕹 📼

Saturday, March 8 | Depart at 6:45pm | SIGN UP | TICKETS \$25

Glacier Symphony - Jeans N' Classics 法 🕮

Saturday, March 15 | Depart at 6:45pm | SIGN UP | TICKETS \$45

STEP AFRIKA!

McClaren Hall - Step AFRIKA!と回

Wednesday, March 26 | Depart at 6:30pm | SIGN UP | TICKETS \$35 Step Afrika! combines percussive dance from African American fraternities and sororities, traditional African dance, and modern styles into a dynamic performance. More than just dance, their shows include music, storytelling, humor, and audience participation, creating an energetic and unforgettable experience.

Out to Dinner - Mackenzie River

Saturday, March 29 | Depart at 4:30pm | SIGN UP



SHOPPING SHUTTLES

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

BUFFALO THEATER

Buffalo Theater & Pizza

Showing: 9-5 (Lily Tomlin, Jane Fonda, Dolly Parton)

Sunday, March 9 | 3:00pm | Auditorium

Three working women rebel against their sexist employer.

Buffalo Theater & Popcorn

Showing: One Woman, One Vote: PBS Documentary

Saturday, March 15 | 3:00pm | Auditorium

How could America claim to be the world's greatest democracy, but deny the right to vote to women? With an introduction by Ruth Bader Ginsburg, One Woman, One Vote documents the events that culminated in the passing of the 19th Amendment.



Buffalo Theater & Popcorn

Showing: Darby O'Gill and the Little People

Sunday, March 16 | 3:00pm | Auditorium

Darby O'Gill is desperately seeking the proverbial pot of gold. There's just one tiny thing standing in his way: a 21-inch leprechaun named King Brian. In order to get the gold, Darby must match his wits against the shrewd little trickster.

Buffalo Theater & Popcorn

Showing: Rosie: Stories from the Homefront Documentary Saturday, March 22 | 3:30pm | Auditorium

Women who worked during WWII as part of the war effort, or Rosie the Riveters as they became known, recount stories and talk about their experiences. These women took on jobs traditionally reserved for men out of necessity, and in the process, challenged gender roles that ultimately changed the mores of the United States.





Dinner & a Movie

Showing: On the Basis of Sex

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

Felicity Jones stars as a young Ruth Bader Ginsburg, who brings a groundbreaking case to the U.S. Court of Appeals that overturns a century of gender discrimination.

Trivia Game Show & Popcorn

Showing: The 1% Club

Monday, March 31 | 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! Page 12

UPCOMING EVENTS



Mardi Gras Party

with Live Music by: Grafe and Loveless Tuesday, March 4 | 2:00pm | Auditorium

Wear Purple, Gold and/or Green!

Lecture Series

Speaker: Don Hickethier, Ph.D.

"A Few Simple Numbers"

Wednesday, March 12 | 2:00pm | Auditorium This presentation will explore the history and significance of five key numbers that form the foundation of modern mathematics and everyday life. Along with examining these intriguing numbers, it will unveil an astonishing equation that unites them into a single identity.





, Foot Clinic with Dr. Latter Thursday, March 13 | 1:00pm-4:00pm | Café | SIGN UP

St. Patrick's Day Party & Dinner

with Live Music by: Irish Folk & Fun Monday, March 17 [6:30pm | Auditorium Wear Green all day!





LIBRARY NEWS

writers in our Neighborhood

The Terraces has been fortunate to showcase the talents of many local authors. Books written by a Terraces resident, Flathead County locals and Montana state authors have found a place in our library. We invite you to explore and enjoy these literary "gifts" from our friends and neighbors. Here are a few examples:

Leslie Budewitz. Leslie has written the food Lovers Village Mysteries set in a fictional place quite like nearby Bigfork, Montana. How about trying "Butter off Dead?"

Carol Buchanan. Carol writes Montana historical novels. Begin with "God's Thunderbolt."

Debbie Burke. Debbie's Tawny Lindholm thrillers are set locally. You will feel at home as you read "Instrument of the Devil."

Christine Carbo. Christine's novels are set in this area of Montana, so you will recognize many places. Begin with "The Wild Inside."

Ivan Doig. Ivan's wonderful tales of Montana history, family and landscapes paint lovely pictures of life in early Montana. His final novel, "The Last Bus to Wisdom" is delightful!

John Fraley. John's years of involvement with Montana wildlife services provide him with the background for his fascinating publications. "Wild River Pioneers" will please you.

Mark Leichliter. Mark's interesting "police procedural" set in Flathead County cannot be beat for gorgeous scenery, suspense and surprise.

Norman McLean. One of the most vivid story tellers from Montana, Norman's "down home" stories have been popular for years. "A River Runs Through It" will thrill you.



The Villas

The Terraces

The Cottages