

Wildes Illside:	What'	s Ins	ide?
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BIRTHDAYS

Dick Wright 1st Charlotte Higgs 2nd Del Brenneman 4th Tom Muller 4th Cliff Brenneman 7th **Buzz Lund 8th** Dan Smiley 10th Mary Fritz 11th Mary Jo Look 13th Ed Rothfuss 19th Norma Henderson 20th Donna Johnson 23rd Donna Caldwell 23rd Nina Lund 26th

APRIL BIRTHDAY
WINE & CHEESE SOCIAL

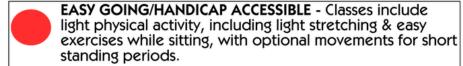
Ron St Onge 26th

Helen Gerry 27th

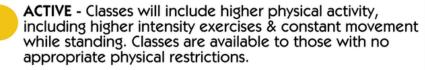
SATURDAY, APRIL 19 | 3:30PM | AUDITORIUM

CALENDAR OF EVENTS

FITNESS CLASS RATING SYSTEM







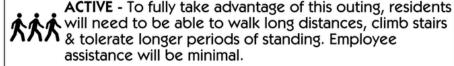
ACTIVITY RATING SYSTEM



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.





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	СУ	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

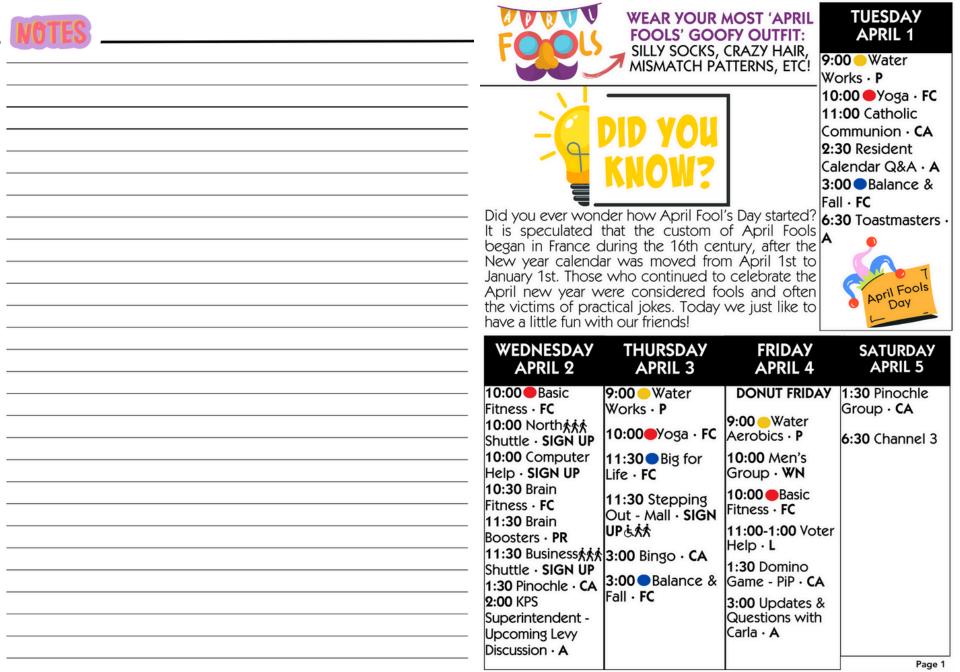
Emotional – to cope with life's challenges at any age

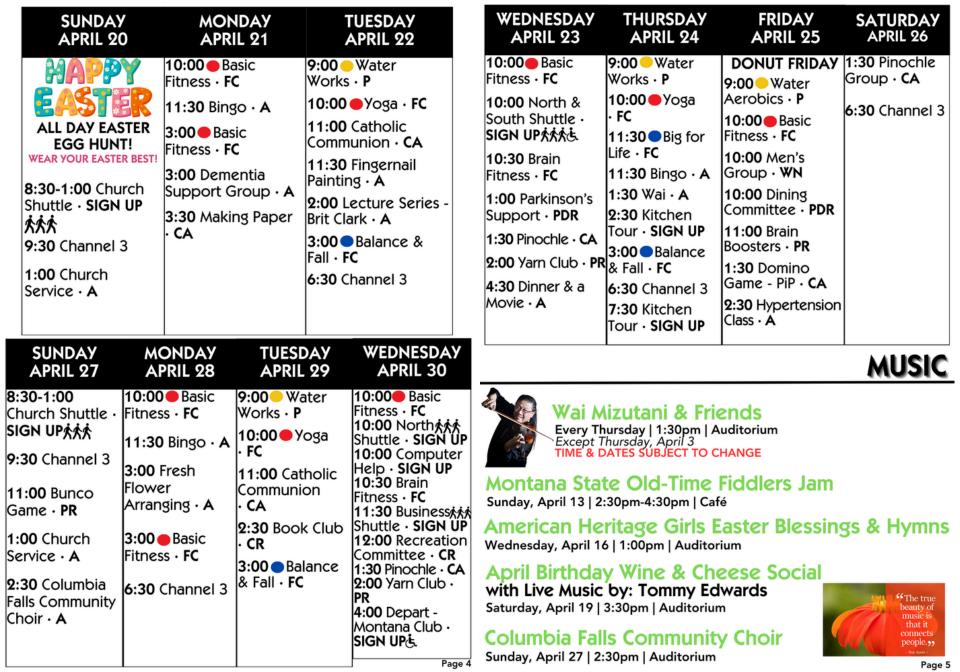
Intellectual – because your mind doesn't stop growing

Social – ensuring friendship, companionship and sharing

Spiritual – adding depth to every day

Vocational – with acknowledgement of your talent, experience & capabilities





GATHER

CREATE

Bingo! in the Auditorium

Every Monday & Thursday | 11:30am

LOCATION/TIME CHANGE: Thursday, April 3 | 3:00pm | Café Monday, April 7 | 2:30pm | Auditorium · Thursday, April 10 | 11:30am | Café

Pampered Nails Fingernail Painting

Tuesday, April 8 | 11:45am | Patio Room Tuesday, April 15 | 11:30am | Auditorium Tuesday, April 22 | 11:30am | Auditorium

Pinochle Group

Every Wednesday & Saturday | 1:30pm | Café LOCATION CHANGE: Wednesday, April 16 | Savory



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Domino Game - PiP

Every Friday | 1:30pm | Café Men's Group

Every Friday | 10:00am | Wooden Nickel

Bunco Game with the Flake Family

Sunday, April 6, 13 & 27 | 11:00am | Patio Room

What is Bunco? Bunco is a fun, luck-based dice game perfect for a casual game with friends. With no complex strategy, anyone can play!

Wine-O Bingo

Sunday, April 6 | 3:00pm | Auditorium

NCAA Men's Final Four Championship (CBS)

with Chips & Dips

Monday, April 7 | 6:45pm | Auditorium

Mystery Book Club

Monday, April 14 | 12:00pm | Private Dining Room

Visit from 2nd Grade KPS Students

Tuesday, April 15 | 10:00am | Auditorium

Visit with Linderman Education Students

Friday, April 18 | 10:00am | Café

Kitchen Tour with Kateri

Thursday, April 24 | 2:30pm & 7:30pm | SIGN UP

Book Club Tuesday, April 29 | 2:30pm | Conference Room Yarn Club with Andy Every Wednesday | 2:00pm | Patio Room Except Wednesday, April 2

After Church Palm Cross Craft

Sunday, April 13 | 2:00pm | Auditorium

Basic Drawing with Frank Tetrault

Tuesday, April 15 | 1:00pm | Craft Room

Making Paper Monday, April 21 | 3:30pm | Café

Fresh Flower Arranging

Monday, April 28 | 3:00pm | Auditorium

SUPPORT GROUPS

Dementia Caregiver Support Group Monday, April 7 | 3:00pm | Private Dining Room

Monday, April 21 | 3:00pm | Auditorium **MS Support Group**

Saturday, April 12| 2:00pm | Conference Room

Parkinson's Caregiver Support Group

Foundation Resident Advisory Committee

Wednesday, April 23 | 1:00pm | Private Dining Room

COMMITTEES

WE ARE

IN THIS

TOGETHER

Monday, April 14 | 3:00pm | Conference Room

Facilities Committee Meeting Thursday, April 17 | 1:00pm | Private Dining Room

Dining Committee Meeting

Friday, April 25 | 10:00am | Private Dining Room

Recreation Committee Meeting



Wednesday, April 30| 12:00pm | Conference Room

LEARN

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

Tuesday, April 1 | 2:30pm | Auditorium

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

Brain Boosters in the Patio Room

Wednesday, April 2 & 9 | 11:30am

Wednesday, April 16 | 3:30pm

Friday, April 25 | 11:00am

It's time to build and strengthen those brain connections! Let's master the art of brain games, boost our thinking power and have some fun doing it!

Upcoming High School Levy Discussion

Presented by: Matt Jensen, KPS Superintendent

Wednesday, April 2 | 2:00pm | Auditorium

Enjoy a short performance by the KMS Jazz Band followed by a presentation on why "This High School Levy Matters" by Superintendent Matt Jensen. After Mr. Jensen's presentation, there will be an open Q&A session.

Updates & Questions with Carla

Friday, April 4 | 3:00pm | Auditorium

Residents are encouraged to attend this monthly informational meeting!

Voter Registration Help

Friday, April 4 | 11:00am-1:00pm | Lobby

Curious if you're registered to vote? Want to know if you'll receive an absentee ballot? Have questions about the upcoming High School Levy Election? Stop by the table in the Front Lobby, where resident volunteers will be available to assist you! The High School Levy Election will be Tuesday, May 6.



















Basic Fitness in the Fitness Center

Every Monday | 10:00am & 3:00pm Except Monday, April 7 Every Wednesday & Friday | 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 | 3:00pm | Fitness Center

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

SPIRITUAL LIFE

Church Shuttle 於於於

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

Church Service

Every Sunday | 1:00pm | Auditorium

Catholic Communion

Every Tuesday | 11:00am | Café

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

Mark Twain

Documentary

Saturday, April 5 | 6:30pm-8:30pm His Amazing Adventures

Timeless Gospel **Hymns**

Sunday, April 6 | 9:30am-12:30pm Immanuel's Historic Viideo

Monday, April 7 | 6:30pm-8:30pm

Timeless Gospel **Hymns**

Sunday, April 13 | 9:30am-12:30pm

60 Minustes

Monday, April 14 | 6:30pm-8:30pm Holy Places - Full Episode

42 Easter DIY Crafts

Friday, April 18 | 6:30pm-8:30pm Home Decor

The Story of Easter

Saturday, April 19 | 6:30pm-8:30pm The Beginners Bible

SHOPPING SHUTTLES

North Shopping 於於

Every Wednesday | 10:00am | SIGN UP Assisted Shopping: Wednesday, April 23 &



Taking Care of Business於於 Wednesday, April 2, 16 & 30| 11:30am-1:00pm | SIGN UP

OUTINGS

Stepping Out -Kalispell Center Mall 於法

Thursday, April 3 | Depart at 11:30am | SIGN UP Limit 2 Wheelchairs

Northwest History Museum Exhibit Tour於於上圖 Tuesday, April 8 | Depart at 1:00pm | SIGN UP | TICKETS \$10 Limit 2 Wheelchairs

Wachholz Center - Hotel California 🕹 📟

Thursday, April 10 | Depart at 6:45pm | SIGN UP | TICKETS \$45 An Eagles Tribute - For nearly four decades now, HOTEL CALIFORNIA has been recreating the legendary sound of THE EAGLES, and thrilling audiences all over the world. Playing to huge outdoor and arena audiences, sharing bills with some of rock's legends, and going places no tribute band has gone before, the band has

remained the industry's leading substitute for The Eagles ever since setting the bar

in 1986. Generations United: Depart to Growing Roots Early Learning Center &

Friday, April 11 | Depart at 9:30am | SIGN UP Easter egg hunt and story time!

Glacier Symphony - Beethoven's Greatest 🗓 📟 Saturday, April 12 | Depart at 6:45pm | SIGN UP | TICKETS \$45

Out to Dinner - Spencer's Steak House & Tuesday, April 15 | Depart at 4:30pm | SIGN UP

Michelangelo Biography

instruments.

Museum

Thursday, April 24 | 6:30pm-8:30pm Artist & Genius

Beautiful Instrumental

Sunday, April 20 | 9:30am-12:30pm

For Easter and Resurrection Sunday. Harps, pianos, strings, flutes and other

Tuesday, April 22 | 6:30pm-8:30pm

Walk & Talk Tour - Kalispell, MT

Hymns for Easter

Conrad Mansion

Rick Steves' Iran Saturday, April 26 | 6:30pm-8:30pm Yesterday and Today

Timeless Gospel Hymns

Sunday, April 27 | 9:30am-12:30pm

Gunfighter Ballads & Trail Songs

Monday, April 28 | 6:30pm-8:30pm 1950's & 60's

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TRIPS (cont.)

UPCOMING EVENTS

FVCC - Wilderness Speaker Series &

Topic: "Taking Flight: Golden Eagles in GNP"

Speaker: Lisa Bate, Supervisory Wildlife Biologist at Glacier National Park

Wednesday, April 16 | Depart at 6:30pm | SIGN UP

Glacier National Park's Mount Brown Hawk Watch is part of an international effort to track raptor population trends and understand their migration between northern breeding grounds and warmer climates. Mount Brown is a key observation point along a major Golden Eagle migration route. Lisa Bate will discuss the vital role of raptors in ecosystems, the challenges they face, and the park's nest monitoring efforts—highlighting the contributions of volunteers. Lisa oversees research on birds, bats, and wildlife compliance monitoring to protect species like grizzly bears during major park projects. Prior to joining GNP, she specialized in bird and habitat research as a private wildlife biologist.

Natural Grocers: Demystifying Carbohydrates Class & Shopping & Saturday, April 19 | Depart at 10:30am | SIGN UP

Out to Dinner - Montana Club (Dinner & Gambling) & Wednesday, April 30 | Depart at 4:00pm | SIGN UP

BUFFALO THEATER

Buffalo Theater & Pizza

Showing: The Story of Jesus's Life (Part 1) 3-hour Movie Sunday, April 13 | 4:30pm | Auditorium

Told by the apostle John, narrated by Christopher Plummer.

Buffalo Theater & Popcorn

Showing: The Story of Jesus' Life (Part 2) 3-hour Movie Monday, April 14 | 3:00pm | Auditorium
Told by the apostle John, narrated by Christopher Plummer.



Dinner & a Movie

Showing: Cool Runnings

Wednesday, April 23 | 4:30pm | Auditorium | SIGN UP

When a Jamaican sprinter is disqualified from the Olympic Games, he enlists the help of a dishonored coach to start the first Jamaican Bobsled Team.

Please sign up NO LATER than noon on 4/23!

Hypertension Class in the Auditorium

Friday, April 11 | 2:30pm · Thursday, April 17 | 3:30pm · Friday, April 25 | 2:30pm

This is an 8 week program. Kaylee Miller is a Tobacco Education Specialist for the Flathead County Health Department. In her role as a TES, she educates students and teachers in Flathead County about the dangers of tobacco use, with a primary focus on ecigarettes. Additionally, she collaborates with healthcare providers, such as dentists, nurses, doctors, and pediatricians, to promote the Montana Quit Now Quitline for patients who are ready to make a positive change in their lives. In August, Kaylee was trained as a Healthy Coach for Hypertension Control. The hypertension class she leads is designed for individuals with hypertension who seek tips on how to manage their condition in a way that fits their lifestyle.

Willy's Distillery Cocktail Tasting

Friday, April 11 | 2:30pm | Wooden Nickel



'இர் Scout Cookie Sale Saturday, April 12 | 11:00am-1:00pm | Lobby

Spring Clean Open House

Wednesday, April 16 | 1:30pm-7:00pm | Café Thursday, April 17 | 10:00am-2:00pm | Café



Do you have spring cleaning fever and need a place to take your items?

 <u>RESIDENTS:</u> Bring your gently used items to the Café on the morning of Wednesday, April 16 from 9:00am to 1:00pm to allow time for staff to organize items.

Note: This is a NO CHARGE event! All items are free but donations to the Immanuel Foundation are welcome.

Lecture Series

Speaker: Brit Clark

"A Mansion in the Mountains"

Tuesday, April 22 | 2:00pm | Auditorium Come learn about the fascinating history of the Conrad Mansion. Executive Director Brit Clark will share how Kalispell's historic landmark came to be.



LIBRARY NEWS



FREE LIBRARY DELIVERY FOR HOMEBOUND CUSTOMERS Books & More Delivered to Your Door! by Friends of the Library Volunteers

INCLUDING:

- Large Print Books
- Movies on DVD
- · Regular Print Books
- Audiobooks

Magazines

Available to homes & residential facilities.

HOW IT WORKS

Volunteers who enjoy sharing their love of reading, will deliver materials to your door.

This service is completely free of charge, but a valid ImaginelF library card is required.

In order to qualify for this service, you must be unable to visit the library due to age, illness, accident or disability, and have a valid library card.

SIGN UP OR VOLUNTEER

www.imaginiflibraries.org/homebound

Call or email for information:

Kalispell

- Michelle Tohtz, Kalispell Homebound Coordinator, 406.871.1533
- Marylane Pannell, Kalispell Homebound Coordinator, 406.871.7613
- ImaginelF Kalispell, 406.758.5820
- · asklib@imagineiflibraries.org

Columbia Falls

- Elaine Winslow, Columbia Falls Homebound Coordinator, 406.892.5919
- ImaginelF Columbia Falls, 406.892.5919
- · asklib@imagineiflibraries.org





The Terraces
AT BUFFALO HILL

The Cottages