

SUN

MON

TUE

WED

THUR

FRI

SAT

10:15 Calvary Lutheran Service Streamed (Theatre)
2:30 Anna Mae Paul's 90 Birthday Shindig (RR)
5:00 Wii Bowling (RR)

1

Read Across America Day
8:00 Total Body Fitness (RR)
8:45 Aqua 402 (SP)
9:30 Weights, Bands & More (RR)
10:15 Total Body Fitness (RR)
1:00 Single-deck Pinochle (GR)
1:00 Safeway Shopping
2:00 Line Dancing with Janece (RR)
2:30 Wellness Program "Walk with Ease" (Theatre)
4:30 PiYo (RR)
5:00 Floor Yoga (RR)

2

9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:15 Chair Yoga Plus (RR)
11:15 Body Challenge (RR)
1:00 Texas Hold 'Em (GR)
1:00 Mah Jongg (Aspen Room)
2:00 Matinee "Support Your Local Sheriff" (Theatre)
2:30 Trinity Lutheran Communion Service (HC)
3:00 Village Voices (RR)
4:00 Water Volleyball (SP)
6:15 RCCA "The Young Irishmen" (RC Civic Center)
7:00 Hand & Foot (GR)

3

8:00 Total Body Fitness (RR)
8:45 Cardio Core Fusion (SP)
9:30 Weights, Bands & More (RR)
10:00 Caregivers & Grief Support Group (Aspen)
10:15 Total Body Fitness (RR)
1:00 Play 500 (GR)
1:00 Painter's Group (Ponderosa Room)
1:15 Catholic Study Group (Aspen)
2:30 Catholic Communion Service (Aspen Room)
2:30 Wellness Program "Boost Your Brain Signup" (Theatre)
7:00 Bridge (Aspen Room)

4

8:30 Meditation Practice (RR)
8:45 Weights N' Water (SP)
9:00 Mt. Plains Audiology Clinic (WHV Clinic- CDE Wing 3rd Level)
9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:00 Low Vision Support Group (Aspen Room)
10:00 Deadwood Trip (The Lodge)
10:15 Chair Yoga Plus (RR)
11:15 Power 10 (RR)
11:30 TOPS for Weight Loss (Theatre)
1:00 WHV Stitches (Ponderosa Room)
1:00 Poker Invitational (GR)
2:30 Syncro Swim (SP)
4:30 Cardio Kickboxing (RR)
6:00 Wii Bowling (RR)
7:30 Table Tennis (GR)

5

8:00 Circuit (RR)
8:45 Aqua Dance (SP)
9:30 Gentle Moves (RR)
10:00 First Congregational Communion Service (The Courtyard MPR)
10:00 WHV Gavel Club (Aspen Room)
10:15 Learn to Play Table Tennis & Darts (GR)
10:15 Line Dancing with Janece (RR)
1:30 Bingo! (RR)
1:30 Writer's Club (Ponderosa Room)
3:00 Friday Movie "Lion King" (Theatre)
7:00 Friday Movie "Lion King" (Theatre)

6

8:00 Open Swim (SP)
1:00 Wizard (Aspen Room)
1:30 500 Card Game (GR)
6:30 Wii Bowling (RR)

7

Daylight Saving Time starts
10:15 Calvary Lutheran Service Streamed (Theatre)
2:00 Matinee "Despicable Me" (Theatre)
5:00 Wii Bowling (RR)

8

8:00 Total Body Fitness (RR)
8:45 Aqua 402 (SP)
9:30 Weights, Bands & More (RR)
10:15 Total Body Fitness (RR)
1:00 Walmart Shopping (Walmart)
1:00 Single-deck Pinochle (GR)
1:15 Gentle Hands Massage (The Courtyard MPR)
1:30 Interdenominational Bible Discussion (Aspen)
2:00 Line Dancing with Janece (RR)
3:00 Great Decisions (Theatre)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
4:30 PiYo (RR)
5:00 Floor Yoga (RR)

9

8:45 Learn to Play Darts (GR)
9:00 Greeting Card Recycling (Ponderosa Room)
9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:00 BH Playhouse Season Ticket Sale (Theatre)
10:15 Chair Yoga Plus (RR)
11:15 Body Challenge (FC)
1:00 Texas Hold 'Em (GR)
1:00 Mah Jongg (Aspen Room)
3:00 Boost Your Brain (Theatre)
3:00 Village Voices (RR)
4:00 Water Volleyball (SP)
7:00 Hand & Foot (GR)

10

8:00 Total Body Fitness (RR)
8:45 Cardio Core Fusion (SP)
9:30 Weights, Bands & More (RR)
9:30 Resident Council Meeting (Aspen Room)
10:15 Total Body Fitness (RR)
1:00 Play 500 (GR)
1:00 Painter's Group (Ponderosa Room)
1:15 Catholic Study Group (Aspen)
2:30 Catholic Communion Service (Aspen Room)
3:00 Library Committee Meeting (Library)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
6:00 Darton Geological Society Meeting (RR)
7:00 Bridge (Aspen Room)

11

8:30 Meditation Practice (RR)
8:45 Weights N' Water (SP)
9:00 Your Eyes Only Eyeglass Adjusting (WHV Clinic- CDE Wing 3rd Level)
9:15 Lion's Club Unwanted Eyeglasses & Hearing Aid Pickup (Upper Commons)
9:15 Unused/Outdated Prescription Pill Pickup (Upper Commons)
9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:00 Outdoor Excursion with Out-to-Lunch (Rapid City)
10:15 Chair Yoga Plus (RR)
11:15 Power 10 (RR)
11:30 TOPS for Weight Loss (Theatre)
1:00 WHV Stitches (Ponderosa Room)
1:00 Poker Invitational (GR)
2:30 Syncro Swim (SP)
4:30 Cardio Kickboxing (RR)
6:00 Wii Bowling (RR)
7:30 Table Tennis (GR)

12

8:00 Circuit (RR)
8:45 Aqua Dance (SP)
9:30 Gentle Moves (RR)
10:00 WHV Gavel Club (Aspen Room)
10:15 Learn to Play Table Tennis & Darts (GR)
10:15 Line Dancing with Janece (RR)
1:00 Pinochle (single deck) (GR)
1:00 Wellness Committee Meeting (FC)
1:30 Bingo! (RR)
3:00 Friday Movie "The Professor & the Madman" (Theatre)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
4:00 Presbyterian Women's Bible Study (Aspen Room)
7:00 Friday Movie "The Professor & the Madman" (Theatre)

13

1:00 Parkinson's Support Group (Theatre)
1:00 Wizard (Aspen Room)
1:30 500 Card Game (GR)
2:30 Mix n' Mini-Concert "Theissen Bros. & Larry" (RR)
6:30 Wii Bowling (RR)

14

10:15 Calvary Lutheran Service Streamed (Theatre)
2:00 Matinee "The Quiet Man" (Theatre)
5:00 Wii Bowling (RR)

15

8:00 Total Body Fitness (RR)
8:45 Aqua 402 (SP)
9:30 Weights, Bands & More (RR)
10:15 Total Body Fitness (RR)
1:00 Single-deck Pinochle (GR)
1:00 Safeway Shopping
2:00 Line Dancing with Janece (RR)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Activity Committee Meeting (Aspen Room)
3:30 Walk with Ease (The Courtyard MPR)
4:30 PiYo (RR)
5:00 Floor Yoga (RR)

16

St. Patrick's Day
9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:15 Chair Yoga Plus (RR)
11:15 Body Challenge (RR)
1:00 Texas Hold 'Em (GR)
1:00 Mah Jongg (Aspen Room)
3:00 Boost Your Brain (Theatre)
3:00 Village Voices (RR)
3:30 Catholic Mass (HC)
4:00 Water Volleyball (SP)
7:00 Hand & Foot (GR)

17

8:00 Total Body Fitness (RR)
8:45 Cardio Core Fusion (SP)
9:30 Weights, Bands & More (RR)
10:15 Total Body Fitness (RR)
1:00 Play 500 (GR)
1:00 Painter's Group (Ponderosa Room)
1:15 Catholic Study Group (Aspen)
2:30 Catholic Communion Service (Aspen Room)
3:00 Mini-Concert "Irish/Celtic Music" (Theatre)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
7:00 Bridge (Aspen Room)

18

Spring Equinox
8:30 Meditation Practice (RR)
8:45 Weights N' Water (SP)
9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
9:30 Protestant Church Service (Aspen Room)
10:15 Chair Yoga Plus (RR)
11:15 Power 10 (RR)
11:30 TOPS for Weight Loss (Theatre)
1:00 WHV Stitches (Ponderosa Room)
1:00 Poker Invitational (GR)
2:30 Syncro Swim (SP)
2:30 March Birthday/Anniversary Party (RR)
4:30 Cardio Kickboxing (RR)
6:00 Wii Bowling (RR)
7:30 Table Tennis (GR)

19

8:00 Circuit (RR)
8:45 Aqua Dance (SP)
9:30 Gentle Moves (RR)
9:30 Doggies Galore!!! (The Courtyard)
10:00 WHV Gavel Club (Aspen Room)
10:15 Learn to Play Table Tennis & Darts (GR)
10:15 Line Dancing with Janece (RR)
1:00 Pinochle (single deck) (GR)
1:30 Bingo! (RR)
1:30 Writer's Club (Ponderosa Room)
3:00 Friday Movie "A Beautiful Day in the Neighborhood" (Theatre)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
7:00 Friday Movie "A Beautiful Day in the Neighborhood" (Theatre)

20

8:00 Open Swim (SP)
1:00 Wizard (Aspen Room)
1:30 500 Card Game (GR)
6:30 Wii Bowling (RR)

21

10:15 Calvary Lutheran Service Streamed (Theatre)
2:00 Matinee "The Oddball & the Penguins" (Theatre)
5:00 Wii Bowling (RR)

22

8:00 Total Body Fitness (RR)
8:45 Aqua 402 (SP)
9:30 Weights, Bands & More (RR)
10:15 Total Body Fitness (RR)
1:00 Walmart Shopping (Walmart)
1:00 Single-deck Pinochle (GR)
1:30 Interdenominational Bible Discussion (Aspen)
2:00 Line Dancing with Janece (RR)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
4:30 PiYo (RR)
5:00 Floor Yoga (RR)

23

8:45 Learn to Play Darts (GR)
9:00 Garden Committee Meeting (Theatre)
9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:15 Chair Yoga Plus (RR)
11:15 Body Challenge (RR)
1:00 Texas Hold 'Em (GR)
1:00 First United Methodist Church Devotion (Aspen Room)
1:00 Mah Jongg (Aspen Room)
2:00 Mah Jongg (Aspen Room)
2:30 Concert "Kim Plender" (Theatre)
3:00 Village Voices (RR)
4:00 Water Volleyball (SP)
7:00 Hand & Foot (GR)

24

8:00 Total Body Fitness (RR)
8:45 Cardio Core Fusion (SP)
9:30 Weights, Bands & More (RR)
10:15 Total Body Fitness (RR)
1:00 Play 500 (GR)
1:00 Painter's Group (Ponderosa Room)
1:15 Catholic Study Group (Aspen)
2:30 Catholic Communion Service (Aspen Room)
3:00 March Social (RR)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
7:00 Bridge (Aspen Room)

25

8:30 Meditation Practice (RR)
8:45 Weights N' Water (SP)
9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:15 Chair Yoga Plus (RR)
11:15 Power 10 (RR)
11:30 TOPS for Weight Loss (Theatre)
1:00 WHV Stitches (Ponderosa Room)
1:00 Poker Invitational (GR)
2:30 Syncro Swim (SP)
4:30 Cardio Kickboxing (RR)
6:00 Wii Bowling (RR)
7:30 Table Tennis (GR)

26

8:00 Circuit (RR)
8:45 Aqua Dance (SP)
9:30 Gentle Moves (RR)
10:00 WHV Gavel Club (Aspen Room)
10:15 Learn to Play Table Tennis & Darts (GR)
10:15 Line Dancing with Janece (RR)
1:00 Pinochle (single deck) (GR)
1:30 Bingo! (RR)
3:00 Friday Movie "Harriet" (Theatre)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
7:00 Friday Movie "Harriet" (Theatre)

27

10:00 Hike in the Hills (Custer State Park)
1:00 Wizard (Aspen Room)
1:30 500 Card Game (GR)
6:30 Wii Bowling (RR)

28

National Vietnam War Veterans Day
10:15 Calvary Lutheran Service Streamed (Theatre)
1:30 BH Community Theatre "Tommy The Musical" (Performing Arts Center)
2:00 Matinee "Broken Hill" (Theatre)
5:00 Wii Bowling (RR)

29

8:00 Total Body Fitness (RR)
8:45 Aqua 402 (SP)
9:30 Weights, Bands & More (RR)
10:15 Total Body Fitness (RR)
1:00 Dollar Tree Shopping (Rapid City)
1:00 Single-deck Pinochle (GR)
2:00 Line Dancing with Janece (RR)
3:00 WHV Book Club (Aspen Room)
3:15 Stretch with Ease (The Courtyard MPR)
3:30 Walk with Ease (The Courtyard MPR)
4:30 PiYo (RR)
5:00 Floor Yoga (RR)

30

9:30 *Water Walking (SP)
9:30 Balance & Agility (RR)
10:15 Chair Yoga Plus (RR)
11:15 Body Challenge (RR)
1:00 Texas Hold 'Em (GR)
1:00 Mah Jongg (Aspen Room)
2:00 Boost Your Brain (Theatre)
3:00 Village Voices (RR)
4:00 Water Volleyball (SP)
6:15 RCCA "Sultans of String" (RC Civic Center)
7:00 Hand & Foot (GR)

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ROOM KEY
Aspen - Aspen
FC - Fitness Center
GR - Game Room
HC - Health Care
Activities Room

RR - Rimrock Room
SP - Swimming Pool

March 2020

Westhills Village Apartment & Villa Activities



Look to the Calendar for upcoming Volunteer Committee Meetings!

Sunday, March 1, 2:30 p.m. – Rimrock Room – Anna Mae Paul’s 90 Birthday Shindig- Everyone is invited to join Anna Mae as she celebrates such a wonderful occasion.

Monday, March 2, 2:30 p.m.- Theatre – Wellness Program “Walk with Ease”- Erin Smith introduces and invites everyone to participate in an 8 week walking program. Everyone is welcome.

Tuesday, March 3, 2:00 p.m. - Theatre – Matinee “Support Your Local Sheriff” - This classic romantic western stars Jim Gardner. Everyone is welcome.

Tuesday, March 3, 6:15 p.m.- Civic Center – RCCA “The Young Irishlanders”- Please, have tickets purchased and reservations made prior to signing up on the Events Bulletin Board for transportation; a minimum of eight required. Transportation Cost-

Wednesday, March 4, 2:30 p.m.- Theatre – Wellness Program “Boost Your Brain” - Erin Smith informs everyone of an upcoming 8 week program that focuses on brain health and wellness. This program officially starts on Tuesday, February 10. Everyone is welcome.

Thursday, March 5, 10:00 a.m.- Deadwood – The Lodge at Deadwood- Please, sign up on the Events Bulletin Board for transportation. Everyone is welcome.

Friday, March 6, 3:00 & 7:00 p.m.- Theatre – Friday Movie “Lion King”- This reimagine musical features the most up-to-date CGI animations available. Everyone is welcome.

Sunday, March 8, 2:00 p.m.- Theatre – Matinee “Despicable Me”- Featuring voice work by Steve Carell and Julie Andrews, this animated tale introduces you to the good, the bad, and the Minions. Everyone is welcome.

Monday, March 9, 1:15 p.m.- The Courtyard MPR – Gentle Hands Massage- This events is one of the most rewarding volunteer programs offered for both our Independent Living and Courtyard Residents. If you are interested, please travel over to the Courtyard and we will get you started.

Monday, March 9, 3:00 p.m.- Theatre – Great Decisions- This current event program covers *The State of Diplomacy*. It is the first of eight sessions brought to us by the Foreign Policy Association. Everyone is welcome.

Tuesday, March 10, 10:00 a.m.- Theatre – BH Playhouse Season Ticket Sale- Everyone is welcome to purchase tickets and confirm seating reservations. Also, early transportation reservations are available at this time.

Tuesday, March 10, 17, & 31, See calendar for times as they vary- Theatre – Boost Your Brain- This is an 8 session course which focuses on brain health and wellness. Everyone is welcome.

Thursday, March 12, 10:00 a.m.- The Dahl – Outdoor Excursion with Out-to-Lunch- We travel to the Dahl and view the Termisphere exhibition. Afterwards, it is onward to Jambones for lunch. Please, sign up on the Events Bulletin Board; a minimum of 8 required. Transportation Cost- \$3.00. Everyone is welcome.

Friday, March 13, 3:00 & 7:00 p.m.- Theatre – Friday Movie “The Professor & the Madman” - Starring Sean Penn and Mel Gibson, this movie tells the story of the two men who were primarily responsible for the Oxford English Dictionary. Everyone is welcome.

Saturday, March 14, 2:30 p.m.- Rimrock Room – Mix n’ Mini-Concert “Theissen Bros. & Larry” - Everyone is invited to come and listen to Irish music, watch the line dancers and have some green beer.

Sunday, March 15, 2:00 p.m.- Theatre – Matinee “The Quiet Man”- This classic romance stars John Wayne and Maureen O’Hara. Everyone is welcome.

Wednesday, March 18, 3:00 p.m.- Theatre – Mini-Concert “Irish/Celtic Music” - Everyone is invited to come and listen to Cliff & Tiff take us on a musical trip to Ireland.

Thursday, March 19, 2:30 p.m.- Rimrock Room – The March Birthday and Anniversary Party- Entertainment- Joyful Gals & Guys. Everyone’s invited to come and enjoy refreshments and entertainment.

Friday, March 20, 3:00 & 7:00 p.m.- Theatre – Friday Movie “A Beautiful Day in the Neighborhood” - Starring Tom Hanks, this movie explores the life of Fred Rogers and his impact on generations of people. Everyone is welcome.

Sunday, March 22, 2:00 p.m. - Theatre – Matinee “The Oddball & the Penguins”- An eccentric farmer who runs a penguin sanctuary finds he needs help with security and finds it in the form of a dog. Everyone is welcome.

Tuesday, March 24, 2:30 p.m.- Theatre – Mini-Concert “Kim Plender” - Everyone is welcome to come and listen to one of this area’s most delightful and talented singers.

Wednesday, March 25, 3:00 p.m.- Rimrock Room – March Social – Hosted by Kirk Funeral Home, everyone is invited to this St. Patrick’s Day themed party.

Friday, March 27, 3:00 & 7:00 p.m.- Theatre – Friday Movie “Harriet” - This Oscar nominated biopic focuses on the life of Harriet Tubman and the inception of the Underground Railroad. Everyone is welcome.

Sunday, March 29, 1:30 p.m.- Performing Arts Center – BH Community Theatre “Tommy The Musical”- Please, have tickets purchased and reservations made prior to signing up on the Events Bulletin Board for transportation; a minimum of eight required. Transportation Cost- \$3.00.

Sunday, March 29, 2:00 p.m.- Theatre – Matinee “Broken Hill”- A young man with dreams of becoming a rock star lands himself in trouble. His community service involves turning the most unlikely into a choir. Everyone is welcome.

Monday, March 30, 3:00 p.m.- Aspen Room – WHV Book Club- Books can be checked out in Nedra’s office. Book lovers are always welcome.

Tuesday, March 31, 6:15 p.m.- Civic Center – RCCA “Sultans of String”- Please, have tickets purchased and reservations made prior to signing up on the Events Bulletin Board for transportation; a minimum of eight required. Transportation Cost- \$3.00.