



S'MORES AND MORE

SEP 18
6PM-8PM

Join us in the courtyard for an evening of fun! Enjoy tasty s'mores treats, socializing with friends and live music by The 10 Strings from 6-7pm.

TREATS • MUSIC • FUN

RSVP by 9/16 to the Front Desk at 608-820-1800

VISTA WEST
a capri community

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150 Bella Vista Drive
Madison, WI 53717

(608) 820-1800

Happy Birthday!

9/1 Duane N.	9/21 Jane R.
9/9 Frank H.	9/24 Bonnie T.
9/11 Bill S.	9/29 Sandra S.

Everyone is welcome to join in celebrating September birthdays on Tuesday 9/24 at 4pm during happy hour!

JOIN THE CLUB

- Veteran's Club - David R.
- Meditation Group - Bonnie T.
- Genealogy Club - Joyce H.
- Book Club - Caitlin
- Bible Study Group - John R.

We have many clubs to join here at Vista West. Many are resident-led! Please let us know if you are interested in a club that you don't see on the list.

DON'T FORGET TO RSVP!

- Cardmaking with Sharon & Kathie 8/5 at 1pm
- Outing to UW Geology Museum 8/9 at 1:15pm
- Outing to vote at Lussier 8/13 at 10:05am
- Silk Scarf Dying with Jackie 8/13 at 2:45pm
- Outing to Botham Vineyards 8/23 at 1pm
- Pontoon Boat Ride 8/29 at 9:15am
- Outing to Paul's Palooza 8/25 at 10:30am
- Picnic Lunch @ Indian Lake Park 8/26 at 11:30am

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

Adventure: Outing to Devils Lake

Join us at the beautiful and accessible North Shore Beach for a delightful day that will include water gun fun, beach blanket bingo and a grilled hamburger lunch. \$15 per person
Tuesday, 9/17 Bus departs at 9:15am

Positive, Meaningful, Relationships and Service



COMMUNITY

Live Musical Entertainment: 10 Strings (Wendy & Dan) & Smore's in the Courtyard

Come on outside for some good music and tasty treats! Relax by the firepit and enjoy our beautiful courtyard.
Wednesday, 9/18 at 6pm

Self-Improvement and Discovery



LEARNING

Waste Management Presentation

Come learn about what is recyclable, what is not. Get your questions answered right from the source!

Monday, 9/23 at 2:30pm in the Community Room

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Pilates (Video)

Back by popular demand! Pilates is a low-impact strengthening and stretching exercise. It can help improve posture, reduce risk of injury, improve balance, breathing and circulation.

Fridays at 9:30 & 10am in CR (except 9/20 in Wellness Suite)**

September 2024

Turn Over A New Leaf

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]	1 Labor Day 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 7:00 Resident's Choice Games [CR]	2	9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:45 <u>Outing to Walgreens *Senior Day*</u> 1:00 Bridge [B] 1:30 Live Musical Performance: Michael Wu [CR] 1:30 Yarn Crafting Club [U] 2:00 Cribbage in the Bistro [B] 2:30 Rummikub [B] 4:00 Social Hour [CR] 7:00 Sevens Card Game [CR]	3	9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 PBS Talks & Thoughts: Smartphones' Affect on Teens [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Far From Home (1h21m) [S] 1:30 <u>Outing to Metro Market</u> 2:00 Poker [BD] 3:30 Bingo [CR] 6:30 Pinochle [CR]	4	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:45 Meditation & Mindfulness Practice [W] 1:30 Help Registering to Vote And/Or Request Absentee Ballot Online [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:00 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	5	9:30 Seated Exercise Video - Pilates [CR] 10:00 Exercise Video - Pilates [CR] 10:45 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Culinary Meeting [CR] 1:30 Movie: Joyride (1h35m) [S] 3:00 <u>Paint n Sip - Must Sign Up</u> [CR] 7:00 Games Galore [CR] 7:15 Packers v. Eagles on Peacock [CR]	6	10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: Where the Heart Is (2h) [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]	7	
1:30 Movie: Evan Almighty (1h36m) [S] 2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 3:00 <u>Grandparents Day Ice Cream Social</u> [CR] 7:00 Resident's Choice Game [B]	8	9:30 Movement to Music [CR] 10:00 Movement to Music [CR] 10:45 Meditation & Mindfulness Practice [W] 1:00 <u>Master Gardeners Presentation: Making & Using Compost in your Back Yard</u> [CR] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [CR] 1:45 Movie: Confessions of a Shopaholic (1h46m) 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 <u>Assisted Living Nail Care by Appointment</u> [U] 2:30 Scrabble [B] 7:00 Resident's Choice Games [CR]	9	9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 11:00 Communion [U] 1:00 Bridge [B] 1:30 Yarn Crafting Club [U] 2:00 Cribbage in the Bistro [B] 2:30 Rummikub [CR] 4:00 *Bring*Your*Own*Beverage* Social Hour [CR] 7:00 Sevens Card Game [CR]	10	9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 11:00 9/11 Ceremony [CR] 1:00 Mah Jongg [B] 1:30 Movie: Diverted (1hr26m) [S] 1:30 <u>Outing to Metcalfe's</u> 2:00 Poker [BD] 4:00 <u>"Wine Wednesday" Marketing Event with Baked Potato Bar & Old Fashioneds</u> [CR] 6:30 Pinochle [CR]	11	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:45 Meditation & Mindfulness Practice [W] 1:30 Parkinson's & Other Movement Disorders Support Group - Focusing on Projecting Voice (Everyone Welcome) [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:00 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	12	9:30 Seated Exercise Video - Pilates [CR] 10:00 Exercise Video - Pilates [CR] 11:00 Rosary [U] 11:30 <u>Picnic Lunch at Indian Lake \$ (Weather Permitting)</u> 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: Night at the Museum Battle of the Smithsonian (1h45m) [S] 7:00 Games Galore [CR]	13	10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]	14
1:00 <u>Outing to Middleton Players Theater: Steel Magnolias \$</u> 2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]	15	9:30 Movement to Music [CR] 10:00 Movement to Music [CR] 10:45 Meditation & Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [CR] 1:45 Movie: Zeus and Roxanne (1h38m) [S] 2:00 7's Card Game [B] 2:00 Poker [BD] 2:00 Vista West Memorial Service [CR] 2:30 Scrabble [B] 3:30 <u>Assisted Living Nail Care by Appointment</u> [U] 7:00 Resident's Choice Games [CR]	16	9:15 <u>Outing to Devils Lake \$ (Capri Adventure Series)</u> 10:00 PLATO: Biographies: Oi Choi Oi (Vietnam) [CR] 1:00 Bridge [B] 1:30 Yarn Crafting Club [U] 2:00 Cribbage in the Bistro [B] 2:30 Rummikub [CR] 4:00 Social Hour [CR] 7:00 Sevens Card Game [CR]	17	9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:30 Alzheimer's Caregiver Support Group [U] 10:45 American Trends: American Exceptionalism [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Young Woman and the Sea [S] 1:30 <u>Outing to Metro Market</u> 2:00 Genealogy Club [CC] 2:00 Poker [BD] 6:00 <u>Live Musical Entertainment: Wendy & Dan + Smores</u> [CY] 6:30 Pinochle [CR]	18	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: What In The World Happened? [CR] 10:45 Meditation & Mindfulness Practice [W] 10:45 <u>Outing to Walgreens</u> 1:30 Live Musical Performance: Madison Symphony Orchestra - Heartstrings [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:00 Cardio Drumming [W] 3:00 Informative Presentation with Caption Call [CR] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	19	9:30 Seated Exercise Video - Pilates [CR] 10:00 Exercise Video - Pilates (Wellness Suite) [CR] 11:00 Rosary [U] 11:30 <u>Ladies Luncheon - Wear your dyed scarf!</u> [CR] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: Mighty Joe Young (1h54m) [S] 7:00 Games Galore [CR]	20	10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: First Knight (2h14m) [S] 2:00 Resident's Choice Game [B] 2:30 Joyce R's Bday Celebration! Everyone Welcome [CR] 7:00 Evening Game [CR]	21
1:30 Movie: Ticket to Paradise (1h44m) [S] 2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]	22	9:15 <u>Pontoon Boat Ride on Lake Mendota \$</u> 9:30 Movement to Music [CR] 10:00 Movement to Music [CR] 10:45 Meditation & Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [CR] 1:45 Movie: The Call of the Wild (1h40m) 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 2:30 Waste Management Presentation [CR] 3:30 <u>Assisted Living Nail Care by Appointment</u> [U] 7:00 Resident's Choice Games [CR]	23	9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: W. B. Griffin and the Prairie School (Presented by Sandy P.) [CR] 11:00 Communion [U] 1:00 Bridge [B] 1:00 Community Meeting [CR] 1:30 Yarn Crafting Club [U] 2:00 Cribbage in the Bistro [B] 2:30 Book Club Meeting: The Personal Librarian [CC] 2:30 Rummikub [CR] 4:00 Happy September Birthdays! Social Hour [CR] 7:00 Sevens Card Game [CR]	24	9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 TED Talks & Thoughts: A Case for Color Blindness [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: The Greatest Game Ever Played (2h) [S] 1:30 <u>Outing to Metcalfe's</u> 2:00 Poker [BD] 3:30 Register to Vote//Request Absentee Help - In Union [U] 6:30 Pinochle [CR]	25	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: What In The World Happened? [CR] 10:45 Meditation & Mindfulness Practice [W] 11:00 <u>Out to Lunch at Buck & Honeys (Monona)</u> 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:00 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	26	9:30 Seated Exercise Video - Pilates [CR] 10:00 Exercise Video - Pilates [CR] 10:45 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: Crazylegs (1h27m) [S] 3:30 Virtual Concert: Vienna Philharmonic Summer Night Concert 2024 [CR] 7:00 Games Galore [CR]	27	10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]	28
2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]	29	9:30 Movement to Music [CR] 10:00 Movement to Music [CR] 10:45 Meditation & Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [CR] 1:45 Movie: Because of Winn-Dixie (1h46m) 2:00 7's Card Game [CR] 2:00 <u>Cardmaking - Iris Paper Folding</u> [U] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 <u>Assisted Living Nail Care by Appointment</u> [U] 7:00 Resident's Choice Games [CR]	30	<div style="text-align: center;">  <p>VISTA WEST</p> <p>a capri community</p> </div> <p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p>			<p>Location Keys</p> <p>Badger Den, 4th Floor Bistro Capitol Club, 5th Floor Community Room Courtyard Stage Theater, 2nd Floor Union, 3rd Floor Wellness Suite</p> <p>BD B CC CR CY S U W</p>	<p>Program Key</p> <p>Bold-enjoy life Special Feature Programs <u>Underline</u>-Program Requires Sign-Up \$-Cost for Program</p>					