

**AUTUMN**  
*dance party*

**\$10**  
PER PERSON

**OCT. 9 • 4-5:30PM**

You are invited to dance the afternoon away in support of the Alzheimer's Association!

Join us for a festive time of dancing fun. Enjoy tasty refreshments and try your luck at our raffle! Live music will be provided by Gin Chocolate and Bottle Rockets. \$10 admission fee includes 1 raffle ticket. Additional raffle tickets are available for \$1.

RSVP by 10/7 Jackie at 608-820-1805 or jhill@capricommunities.com

VISTA WEST a capri community

# VISTA WEST

a capri community

150 Bella Vista Drive  
Madison, WI 53717

(608) 820-1800

**Happy Birthday!**

10/1 Chuck L.	10/17 Joanne C.
10/1 Marge Sw.	10/22 Joyce S.
10/2 Shirley P.	10/24 Mary R.
10/4 Jan F.	10/25 Larry W.
10/8 Ian S.	10/27 Joel M.
10/11 Nancy C.	10/30 Mary T.
10/16 Vernon K.	10/30 Ellie B.

Everyone is welcome to join in celebrating October birthdays on **Tuesday 10/22 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.

# enjoy life

## THIS MONTH'S FEATURED PROGRAMS

Exploring the New

**ADVENTURE**

### Diane's Delicious Diner at Madison College (2 Trips!) \$

This is a simulated restaurant environment where college students develop and apply their culinary skills. Students serve, cook, and take care of all aspects of the restaurant. This menu will be featuring Argentinian Cuisine.

**Tuesday 10/22 & Thursday 10/31**  
**\$30 Per Person - Bring Payment With You**

Positive, Meaningful, Relationships and Service

**COMMUNITY**

### Autumn Dance with Live Band \$

Enjoy music from the band *Gin, Chocolates, and Bottle Rockets* while socializing with neighbors and showing off your dance moves! We will have hot bites, cool drinks, and a raffle.

Tickets are \$10 per person.  
**Wednesday, 10/9 4pm**

Self-Improvement and Discovery

**LEARNING**

### Planetarium Show - Mysteries of Your Brain \$

An immersive, animated adventure into the human brain, exploring how the brain works and what makes human brains so special.

Developed by planetarium experts for the Bell Museum in Minnesota.

**Monday, 10/7 Bus departs at 1pm**  
**Show starts at 1:30pm**

Pursuit of Overall Personal Wellness

**HEALTH & WELLNESS**

### UW Presentation: Fall Prevention & What To Do if You Fall

A professional with the UW Falls Clinic will be giving an informative talk on how to prevent falls, the best way to fall, and how to get up after you have fallen.

**Thursday, 10/24 at 1pm**

## DON'T FORGET TO RSVP!

- **Cardmaking with Sharon & Kathie** \*FREE\* Tuesday 10/1 at 1pm in Union (3rd Flr)
- **Planetarium Outing** \$ Monday 10/7 Show starts at 1:30pm
- **Silk Scarf Dying** Friday 10/11 at 3pm in Union
- **Master Gardeners Presentation** Monday 10/14 at 1:30pm in Union
- **Dude's Dinner** Wednesday 10/23 at 4:30pm Community Room
- **Assisted Living Nail Care** Mondays at 3:30pm
- **Grocery Outings & Walgreens Outings** Various Days; See Calendar & Sign-Up Binder

# October 2024 On Broadway

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p>	<p><b>Covid &amp; Flu Shot Clinic</b></p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Biographies: Ida B. Wells [CR] 10:45 <u>Outing to Walgreens *Senior Day*</u> 1:00 Bridge [B] 1:00 <u>Cardmaking with Sharon &amp; Kathie: Christmas Cards *FREE* [U]</u> 2:00 <u>Blu Grotto Buddy Visits [BG]</u> 2:00 Cribbage in the Bistro [B] 2:30 Rummikub [CR] 4:00 Social Hour &amp; Nurses Talks: Bone Health &amp; Advanced Directives [CR] 7:00 Sevens Card Game [CR]</p>	<p>11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Live Music: Fitchburg Singers - Music of the 50's [CR] 2:00 Poker [BD] 6:30 Pinochle [CR]</p>	<p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: A History of the US Postal Service [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:30 Live Music: MSO Heartstrings [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]</p>	<p>8:00 <u>Blueberry Pancake Breakfast [B]</u> 9:30 Walk to End Alzheimer's -- Meet in Lobby -- Wear Purple! 10:45 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 11:30 Sagely App Sign-Up Session [CR] 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: The Sound of Music (3h) [S] 2:30 <u>Outing to Metro Market</u> 7:00 Games Galore [CR]</p>	<p>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]</p>
<p>2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:00 PLATO: Military History of the American Civil War [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 <u>Outing to VPMHS Planetarium: Mysteries of Your Brain \$ *NEW PROGRAM*</u> 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [W] 2:00 7's Card Game [CR] 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]</p>	<p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Biographies: Jean Nicolet, French Explorer (Roger P) [CR] 11:00 Communion [U] 1:00 Bridge [B] 1:30 Fox Therapy Talk: Nothing Should Be Falling But Leaves [CR] 1:30 Yarn Crafting Club [U] 2:00 <u>Blu Grotto Buddy Visits [BG]</u> 2:00 Cribbage in the Bistro [B] 2:30 New Resident Information Session [CR] 2:30 Rummikub [CR] 4:00 Social Hour [CR] 7:00 Sevens Card Game [CR]</p>	<p>10:00 FIRE DRILL - Meet in Community Rm after "All Clear" for Q&amp;A [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Showboat (1hr45min) [S] 1:30 <u>Outing to Metcalfe's</u> 2:00 Poker [BD] 4:00 <u>Autumn Dance w/ Live Band: Gin, Chocolate, &amp; Bottle Rockets! \$ [CR]</u> 6:30 Pinochle [CR]</p>	<p>10:00 PLATO: The New York Game [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 2:00 Blu Grotto Buddy Visits [BG] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]</p>	<p><b>Team Spirit Fridays</b> 9:30 Seated Exercise Video [W] 10:00 Exercise Video [W] 10:45 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 11:30 Life Enrichment Meeting [CR] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: Brigadoon (1h48m) [S] 1:30 Parkinson's Support Group [CR] 3:00 <u>Silk Scarf Dying \$ - Must Sign Up! [U]</u> 7:00 Games Galore [CR]</p>	<p>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]</p>
<p>2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p><b>Columbus Day</b> <b>Indigenous People's Day</b> 9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:00 PLATO: Military History of the American Civil War [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 10:45 <u>Outing to Metro Market</u> 1:00 Voting Deputies Present - Absentee Ballots [CR] 1:30 <u>Master Gardeners: Getting Your Garden Ready for Winter [U]</u> 2:00 7's Card Game [CR] 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]</p>	<p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Biographies: Jimmy Carter [CR] 11:00 Vets Muster [CC] 1:00 Bridge [B] 1:30 Yarn Crafting Club [U] 2:00 <u>Blu Grotto Buddy Visits [BG]</u> 2:00 Cribbage in the Bistro [B] 2:00 <u>Outing to Walgreens</u> 2:30 Rummikub [CR] 4:00 *BRING*YOUR*OWN*BEVERAGE* Social Hour [CR] 7:00 Sevens Card Game [CR]</p>	<p>11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Pretty Woman (2h) [S] 2:00 Genealogy Club [CC] 2:00 Poker [BD] 3:30 Voting Deputies Present - Absentee Ballots [CR] 6:30 Pinochle [CR]</p>	<p>10:00 PLATO: Karner Blue Butterfly Habitat Conservation Plan [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:30 Live Music: MSO Heartstrings [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]</p>	<p><b>Team Spirit Fridays</b> 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: Swing Time (Fred Astaire) (1h43m) [S] 7:00 Games Galore [CR]</p>	<p>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]</p>
<p>2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:00 PLATO: Military History of the American Civil War [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [W] 1:45 Movie: Cabaret (2h) 2:00 7's Card Game [CR] 2:00 Cardmaking - Iris Paper Folding [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]</p>	<p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Biographies: Elizabeth Loftus (Larry W) [CR] 11:00 Communion [U] 11:15 <u>Outing to Diane's Delicious Diner (Madison College) \$</u> 1:00 Bridge [B] 1:30 Yarn Crafting Club [U] 2:00 <u>Blu Grotto Buddy Visits [BG]</u> 2:00 Cribbage in the Bistro [B] 2:30 Rummikub [CR] 4:00 *Happy October Bdays* Social Hour [CR] 7:00 Sevens Card Game [CR]</p>	<p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 American Trends: Americans' Health and Healthcare [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Gentleman Prefer Blondes (1h30m) [S] 1:30 <u>Outing to Metcalfe's</u> 2:00 Poker [BD] 4:30 <u>Dudes Dinner - Must Sign Up \$ [CR]</u> 6:30 Pinochle [CR]</p>	<p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: Chief Blackhawk [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 <b>UW Presentation: Fall Prevention [CR]</b> 2:00 Blu Grotto Buddy Visits [BG] 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]</p>	<p><b>Team Spirit Fridays</b> 9:30 Seated Exercise Video [W] 10:00 Exercise Video [W] 10:45 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 11:30 Sagely App Sign-Up Session [CR] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Informational Presentation: Premier World Discovery Travel Opportunities [CR] 1:30 Movie: The Pianist (War/Drama) (2h30m) [S] 3:30 Bingo [CR] 7:00 Games Galore [CR]</p>	<p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 2:00 Resident's Choice Game [B] 3:00 Live Music: Men of Blackhawk Choir [CR] 7:00 Evening Game [CR]</p>
<p>2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:00 PLATO: Military History of the American Civil War [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [W] 1:45 Movie: Maharaj (Bollywood movie) (2h11min) [S] 2:00 7's Card Game [CR] 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]</p>	<p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 1:00 Bridge [B] 1:30 <u>Outing to Metro Market</u> 1:30 Yarn Crafting Club [U] 2:00 <u>Blu Grotto Buddy Visits [BG]</u> 2:00 Cribbage in the Bistro [B] 2:30 Rummikub [B] 7:00 Sevens Card Game [CR]</p>	<p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:00 PLATO: Biographies: Frances Perkins [CR] 11:00 Bible Study Group [CC] 1:00 Community Meeting [CR] 1:00 Mah Jongg [B] 2:00 Movie: Coco (Animated) (1h45m) [S] 2:00 Poker [BD] 5:00 Trick or Treat Event -- (Sign Up to Pass Out Candy!) 6:30 Pinochle [CR]</p>	<p><b>Halloween</b> 9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: Irish Emigration [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 11:15 <u>Outing to Diane's Delicious Diner (Madison College) \$</u> 2:00 Blu Grotto Buddy Visits [BG] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:00 Cardio Drumming [W] 4:00 Halloween Costume Happy Hour -- Dress Up! [CR] 7:00 Rummikub [CR]</p>	<p><b>Location Keys</b> Badger Den, 4th Floor Bistro Blu Grotto Capitol Club, 5th Floor Community Room Stage Theater, 2nd Floor Union, 3rd Floor Wellness Suite</p> <p>BD B BG CC CR S U W</p>	<p><b>Program Key</b> <b>Bold</b>-enjoy life Special Feature Programs <u>Underline</u>-Program Requires Sign-Up \$-Cost for Program</p>