

VISTA WEST

a capri community

150 Bella Vista Drive
Madison, WI 53717

(608) 820-1800

Happy Birthday!

11/4 Lois A.	11/12 Barb Pr.
11/4 David P.	11/18 Marilyn G.
11/6 Patricia P.	11/23 Nancy O.
11/6 Abul B.	11/25 Peg Gi.
11/8 Lyne C.	11/28 Julie T.
11/10 Roger W.	11/28 Joyce H.
11/11 Margaret T.	11/30 Carol H.

Everyone is welcome to join in celebrating October birthdays on **Tuesday 11/26 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

Guided Tour of WI State Capitol

Come tour our stunning state capitol building! View amazing architecture & art while learning about the history of our government and what goes on present-day.

Friday, November 22nd Bus departs at 1:15pm
FREE

Positive, Meaningful, Relationships and Service



COMMUNITY

Fall Play at Memorial High School "Lend Me A Tenor" \$

A short bus ride across the street, this will be sure to be a great show!

Friday, November 8th Bus departs at 6:15pm \$10 Per Person

Self-Improvement and Discovery



LEARNING

Outing to L.R. Ingersoll Physics Museum

On the UW Campus, This museum was established in 1918, and was the one of the first museums in the country focused on physics. Enjoy the hands-on exhibits and learn a little more about the cool world around us!

Tuesday, November 19th Bus departs at 1:30pm *FREE*

Pursuit of Overall Personal Wellness

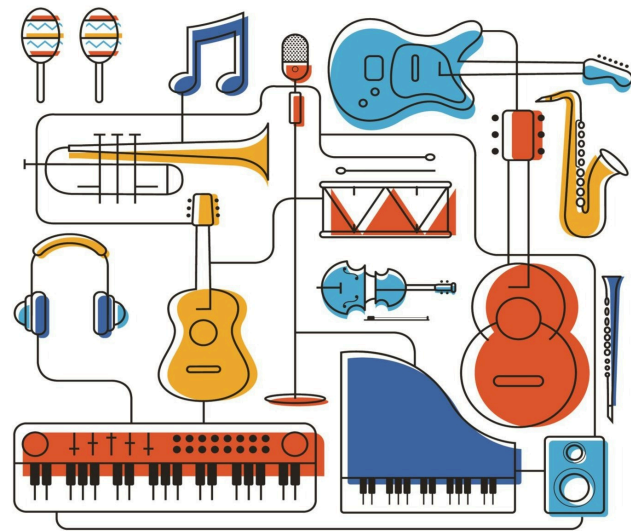


HEALTH & WELLNESS

Audiology Presentation with UW's Erik Jorgensen, Au.D., Ph.D.

Erik will go over some basics about hearing loss and its impact on daily life, how hearing aids can (and sometimes can't) help, different ways to obtain hearing aids, and what to expect from your provider in terms of care and cost. He will also talk about research.

Friday, October 1st at 10:30am CR



Live Music!

Vets on Frets

Tuesday, 11/12 at 3pm
Community Room



DON'T FORGET TO RSVP!

- **Cardmaking with Sharon & Kathie *FREE*** Monday 11/4 at 1pm in Union (3rd Flr)
- **Outing to Vote (Election Day)** Tuesday 11/5 at 1:30pm
- **Lunch Outing to Longhorn Steakhouse** Tuesday 11/12 at 11:30am
- **Lunch Outing to Biaggis** Monday 11/18 at 11:30am
- **Assisted Living Nail Care** Various Days & Times; See Calendar
- **Grocery Outings** Wednesdays at 1:30pm
- **Walgreens Every/Other** Tuesday at 10:45am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p>Location Keys</p> <p>Badger Den, 4th Floor BD Bistro B Capitol Club, 5th Floor CC Community Room CR Stage Theater, 2nd Floor S Union, 3rd Floor U Wellness Suite W</p>		<p>Program Key</p> <p>Bold-enjoy life Special <u>Underline</u>-Program Requires Sign-Up \$-Cost for Program</p>		<p>Food & Pantry Drive Begins</p> <p>Team Spirit Fridays</p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 10:30 Audiology Presentation with UW's Erik Jorgensen, Au.D., Ph.D. [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: Casablanca (1h42m) [S] 7:00 Games Galore [CR]</p>	<p>1</p> <p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: Ordinary Angels (2024) (2h) [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>
<p>Daylight Saving Time Ends</p> <p>1:30 Movie: Remember the Titans (1h53m) [S] 2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p>3</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 & Mindfulness Practice [W] 1:00 Cardmaking with Sharon & Kathie *Free* [U] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [W] 1:45 Movie: Splash (1984) (1h50m) [S] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 New Resident Information Session [CR] 2:30 Scrabble [B] 7:00 Resident's Choice Games [CR]</p>	<p>4</p> <p>Election Day</p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Biographies - Historic Curmudgens [CR] 10:45 <u>Outing to Walgreens</u> 1:00 Bridge [B] 1:30 <u>Outing to Vote -- Lussier Comm. Edu. Ctr.</u> 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 BYOB Social Hour [CR] 7:00 Sevens Card Game [CR]</p>	<p>5</p> <p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 TED Talks & Thoughts: What Does it Take to Change a Mind? [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Notting Hill (2h) [S] 1:30 <u>Outing to Metcalfe's</u> 2:00 Poker [BD] 3:30 <u>Assisted Living Nail Care by Appointment [U]</u> 3:30 Bingo 6:00 Pinochle [CR]</p>	<p>6</p> <p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: What In The World Happened? - Margaret Mountaineer [CR] 10:45 Meditation & Mindfulness Practice [W] 1:00 <u>Silk Scarf Dyeing \$ [U]</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]</p>	<p>7</p> <p>Team Spirit Fridays</p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 10:45 (STAGE 2ND FLR): Great Courses: Turning Points in American History (1845 - Baseball) [S] 11:00 Rosary [U] 11:30 <u>Lunch & Learn: Cross Pre-Planning & Natural Burial [CR]</u> 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: Arthur the King (2024) (1h45m) [S] 3:00 Life Enrichment Meeting [CR] 6:15 <u>Outing to Memorial HS Fall Play "Lend Me A Tenor" \$</u> 7:00 Games Galore [CR]</p>	<p>8</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>10</p> <p>Veterans Day</p> <p>10:00 (UNION 3RD FLR) PLATO: Military History of the American Civil War [U] 11:00 Veteran's Day Ceremony [CR] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [W] 1:45 Movie: Around the World in 80 Days (2h) 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 7:00 Resident's Choice Games [CR]</p>	<p>11</p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Biographies - Historic Curmudgens [CR] 11:00 Communion [U] 11:30 <u>Lunch Outing to Longhorn Steakhouse \$</u> 1:00 Bridge [B] 1:30 <u>Assisted Living Nail Care by Appointment [U]</u> 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 3:00 Live Music: "Vets on Frets" [CR] 4:00 Social Hour [CR] 7:00 Sevens Card Game [CR]</p>	<p>12</p> <p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 TED Talks & Thoughts: Is Democracy Doomed? The Global Fight for Our Future [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Chocolat (2h) [S] 1:30 <u>Outing to Metro Market</u> 2:00 Poker [BD] 4:00 <u>Gallery Night Event [CR]</u> 6:00 Pinochle [CR]</p>	<p>13</p> <p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 <u>Outing to Lodi HS- Brunch & Musical "The Music Man" \$ --Details in EnjoyLife Binder</u> 10:00 PLATO: What In The World Happened? - Ostia Antica [CR] 10:45 Meditation & 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>14</p> <p>Team Spirit Fridays</p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 10:45 Great Courses: Turning Points in American History (1846 Mexican War) [CR] 11:00 Rosary [U] 11:30 <u>Outing to First Unitarian -- Friday Noon Musicale</u> 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: All That Jazz (2h) [S] 3:30 Mystery Prize Bingo [CR] 7:00 Games Galore [CR]</p>	<p>15</p> <p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: The Long Game (2024) (1h52min) [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>	
<p>1:30 Movie: The Hill (2h) [S] 2:00 Resident-Led Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p>17</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 & Mindfulness Practice [W] 11:30 <u>Out to Lunch at Biaggis</u> 1:00 Tai Chi for Beginners - Seated [W] 1:30 Tai Chi for Beginners - Standing [W] 1:45 Movie: The Prize Winner of Defiance, Ohio (1h39m) [S] 2:00 7's Card Game [CR] 2:00 <u>Iris Paper Folding - Cards with Kathy [U]</u> 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 Book Club Meeting: The Book Woman of Troublesome Creek [CC] 7:00 Resident's Choice Games [CR]</p>	<p>18</p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Biographies: Helen Hopkins MIT Biologist [CR] 10:45 <u>Outing to Walgreens</u> 1:00 Bridge [B] 1:30 <u>Outing to L.R. Ingersoll Physics Museum</u> 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 BYOB Social Hour & "Swap Shop" [CR] 7:00 Sevens Card Game [CR]</p>	<p>19</p> <p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:30 Dementia Family & Caregiver Support Group [U] 10:45 American Trends: Trust in Institutions [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Breakfast at Tiffany's (1h55m) [S] 1:30 <u>Outing to Metcalfe's</u> 2:00 Genealogy Club [CC] 2:00 Poker [BD] 4:30 <u>Ladies Steak Dinner \$ [CR]</u> 6:00 Pinochle [CR]</p>	<p>20</p> <p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: What In The World Happened? [CR] 10:30 <u>Assisted Living Nail Care by Appointment [U]</u> 10:45 Meditation & Mindfulness Practice [W] 1:30 <u>Paint N Sip: Fall Scene [CR]</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]</p>	<p>21</p> <p>Team Spirit Fridays</p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 10:45 Great Courses: Turning Points in American History (1862 Homestead Act) [CR] 11:00 Rosary [U] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:15 <u>Guided Tour of WI State Capitol</u> 1:30 Movie: Fly Me to the Moon (2024) (2h12m) [S] 7:00 Games Galore [CR]</p>	<p>22</p> <p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: The Long Game (2024) (1h52min) [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>	
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