

*I Love*  
**JAZZ & PASTA**

WEDNESDAY,  
FEBRUARY 12  
4PM-6PM

**MUSIC • PASTA • FUN**

VISTA WEST  
a capri community

Enjoy an evening of jazz music with Voodoo Jazz Band. Pasta bar dinner included.  
RSVP by 2/10 to the Front Desk.

# VISTA WEST

a capri community

150 Bella Vista Drive  
Madison, WI 53717

(608) 820-1800

**Happy Birthday!**

2/1 Lynn VC	2/19 Chantal F.
2/2 Flo M.	2/23 Nancy H.
2/9 Michael H.	2/24 Rose R.
2/11 Lois K.	2/24 Kathy S.
2/13 Jim F.	2/25 Lu K.
2/13 Mona M.	2/28 Kathryn A.
2/18 Karl D.	2/28 Virgil L.

## JOIN THE CLUB

Veteran's Club - David R.  
Meditation Group - Bonnie T.

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** \*FREE\* Monday 2/10 at 1pm in Union (3rd Flr)
- **Assisted & Independent Living Nail Care** Wednesdays 1:30pm
- **Grocery Outings** Tuesdays at 1:30pm (Except for week of 2/4 - Going on Friday 2/7)
- **Walgreens** Every/Other Tuesday at 10:45am
- **Outing to Olbrich Gardens - Orchid Escape** Thursday 2/21 1:30pm
- **Chili Cookoff** - Wednesday 2/26 11:30am
- **Women's Luncheon** Monday 2/17 11:30am
- **Outing to Musical** Saturday 2/15 6:30pm

# enjoy life

## THIS MONTH'S FEATURED PROGRAMS

Exploring the New

ADVENTURE

### Out to Lunch at Eagle Inn \$ & Eagle Viewing in Sauk Prairie

After a lovely lunch, we will drive by the river to see the Eagles, staying in the comfort of the bus. Eagles gather along the Lower Wisconsin River and the adjoining agricultural lands in winter.  
**Fridav. 2/14 Bus departs at 11am**

Positive, Meaningful, Relationships and Service

COMMUNITY

### I Love ... Jazz & Pasta!

An event you sure don't want to miss! Live music from the Voodoo Jazz Band from 4-5:30, a pasta bar dinner, drinks, and great company!  
Sign up at the front desk.  
**Wednesday, 2/12 4pm Community Room**

Self-Improvement and Discovery

LEARNING

### Planetarium: Back to the Moon \$

This program chronicles the history of lunar exploration, focusing on the teams competing for the Google Lunar XPRIZE, a competition to land a robotic spacecraft on the moon.  
**Thursday 2/27 Show begins at 1:30pm**

Pursuit of Overall Personal Wellness

HEALTH & WELLNESS

### Lunch & Learn - UW Kinesiology: Health Promotion and Health Equity

Julie Ober Allen, from the UW Kinesiology department, studies how exposure to stressors in social inequalities can affect health in later life; The ultimate goal being to reduce health disparities among older U.S. adults. Join this presentation to learn more!  
**Friday, 2/28 at 11:45am**

# February 2025

## Sending Love

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Location Keys</b> 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		<b>Program Key</b> <b>Bold</b> -enjoy life Special Feature Programs <u>Underline</u> -Program Requires Sign-Up \$-Cost for Program		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]
<b>Groundhog Day</b> 2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]	9:30 Seated Chair Dancing Around the World (Video) [W] 10:00 Seated Chair Dancing Around the World (Video) [W] 10:45 Meditation & Mindfulness Practice [W] 11:45 <u>All of Us</u> UW Research Program Lunch & Learn [CR] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: Are You There, God? It's Me, Margaret (1h45m) [S] 1:40 Tai Chi for Beginners - Standing [W] 2:00 7's Card Game [B] 2:00 Poker [BD] 2:30 Scrabble [B] 4:00 Wii Bowling/Golfing [W] 7:00 Resident's Choice Games [CR]	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 Movie: The Boy Who Could Fly (1h54m) [S] 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 <u>Meet the Candidate (City Council): Joann Pritchett</u> [CR] 2:00 Rummikub [CR] 4:00 BYOB Social Hour [CR] 7:00 Sevens Card Game [CR]	9:30 Balance - Seated (Video) [W] 10:00 Balance - Seated (Video) [W] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 <u>Assisted Living Nail Care by Appointment</u> [U] 2:00 Poker [BD] 3:30 Bingo [CR] 6:00 Pinochle [CR]	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:45 Meditation & Mindfulness Practice [W] 11:15 <u>Lunch @ Edgewater \$ - Watching Ice and Snow Sailing Championships</u> 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:30 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	<b>Team Spirit Fridays</b> <b>Wear Red Day</b> 9:30 Seated Exercise Video -Pilates [W] 10:00 Seated Exercise Video -Pilates [W] 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: You Gotta Believe (1h44m) [S] 2:00 <u>Outing to Metcalfe's</u> 7:00 Games Galore [CR]	10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: The Fabelmans (2h30m) [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]
1:00 Movie: Here (2024) (1h44m) 2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 5:30 <u>Superbowl Party</u> [CR] 7:00 Resident's Choice Game [B]	9:30 Seated Chair Dancing - Motown (Video) [W] 10:00 Seated Chair Dancing - Motown (Video) [W] 10:45 Meditation & Mindfulness Practice [W] 1:00 <u>Cardmaking with Sharon &amp; Kathie *FREE*</u> [U] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: The Wolf and the Lion(1h39m) [S] 1:40 Tai Chi for Beginners - Standing [W] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 New Resident Information Session [CR] 2:30 Scrabble [B] 3:30 TV Series: Rosemary & Thyme [S] 4:00 Wii Bowling/Golfing [W] 7:00 Resident's Choice Games [CR]	9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:45 Exercise Equipment Orientation [W] 11:00 Communion [U] 1:00 Bridge [B] 1:30 <u>Outing to Metro Market</u> 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 Valentines Happy Hour [CR] 7:00 Sevens Card Game [CR]	9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 American Trends: American Evolving Views about Climate Change and the Policies to Address it [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 <u>Independent &amp; Assisted Living Nail Care by Appointment</u> [U] 1:30 Movie: Wish You Well (1h50m) [S] 2:00 Poker [BD] 4:00 "I Love Jazz & Pasta" w/ Live Music (Voodoo Jazz Band) [CR] 6:00 Pinochle [CR]	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:45 Meditation & Mindfulness Practice [W] 11:30 <u>Valentines Brunch \$</u> 1:30 Documentary: The Blue Angels (2024)(1h32m) [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	<b>Team Spirit Fridays</b> <b>Valentine's Day</b> 9:30 Seated Exercise Video -Pilates [W] 10:00 Seated Exercise Video -Pilates [W] 10:45 Great Courses: Turning Points in American History [CR] 11:00 <u>Eagle Inn (Lunch) \$ &amp; Bald Eagle Watching in Sauk City</u> 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: Erin Brockovich (2h11m) [S] 7:00 Games Galore [CR]	10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 2:00 Resident's Choice Game [B] 6:30 <u>Outing to Memorial HS Musical: "Something Rotten!" \$</u> 7:00 Evening Game [CR]
2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]	<b>Presidents' Day</b> 9:30 Seated Cardio Blast (Video) [W] 10:00 Seated Cardio Blast (Video) [W] 10:45 Meditation & Mindfulness Practice [W] 11:30 <u>Ladies Lunch</u> [CR] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: 13 Going on 30 (1h38m) [S] 1:40 Tai Chi for Beginners - Standing [W] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 TV Series: Rosemary & Thyme [S] 4:00 Wii Bowling/Golfing [W] 7:00 Resident's Choice Games [CR]	9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: Stanley Milgram & Phillip Zimbardo by Larry W. [CR] 10:45 <u>Outing to Walgreens</u> 11:00 Blood Pressure Clinic [W] 1:00 Bridge [B] 1:30 <u>Outing to Metcalfe's</u> 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 BYOB Happy Hour [CR] 7:00 Sevens Card Game [CR]	9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 TED Talks & Thoughts: How to Solve the Education Crisis for Boys and Men [CR] 11:00 Bible Study Group [CC] 11:30 <u>Out to Lunch at Vintage \$</u> 1:00 Mah Jongg [B] 1:30 <u>Assisted Living Nail Care by Appointment</u> [U] 1:30 Movie: Lucca's World [S] 2:00 Poker [BD] 3:30 Bingo [CR] 6:00 Pinochle [CR]	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: The Melungeon People [CR] 10:45 Meditation & Mindfulness Practice [W] 11:00 Veterans Muster [CC] 1:30 Live Music: MSO Heartstrings [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:30 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	<b>Team Spirit Fridays</b> 9:30 Seated Exercise Video -Pilates [W] 10:00 Seated Exercise Video -Pilates [W] 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: Awakenings (2h) [S] 1:30 <u>Outing to Olbrich Gardens - Orchid Escape</u> 4:00 Life Enrichment Meeting & Margaritas! [CR] 7:00 Games Galore [CR]	10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: Green Book (2h10m) [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]
1:30 Movie: Wonka (1h56m) [S] 2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]	9:30 Seated Cardio - Disco (Video) [W] 10:00 Seated Cardio - Disco (Video) [W] 10:45 Meditation & Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: Irish Wish (1h33m) [S] 1:40 Tai Chi for Beginners - Standing [W] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 TV Series: Rosemary & Thyme [S] 4:00 Wii Bowling/Golfing [W] 7:00 Resident's Choice Games [CR]	9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: J Edgar Hoover 10:45 Exercise Equipment Orientation [W] 11:00 Communion [U] 1:00 Bridge [B] 1:00 Community Meeting [CR] 1:30 Yarn Crafting Club [CR] 1:45 <u>Outing to Metro Market</u> 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 Happy February Bdays Happy Hour - Ice Cream! [CR] 7:00 Sevens Card Game [CR]	9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 11:00 Bible Study Group [CC] 11:30 <u>Chili Cookoff Event</u> [CR] 1:00 Mah Jongg [B] 1:30 <u>Independent &amp; Assisted Living Nail Care by Appointment</u> [U] 1:30 Movie: The Horse Whisperer (2h50m) [S] 2:00 Poker [BD] 3:30 Book Club Meeting: A Walk in the Woods by Bill Bryson [CC] 6:00 Pinochle [CR]	9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: Pilgrimages to Italy: Then & Now [CR] 10:45 Meditation & Mindfulness Practice [W] 1:00 <u>Planetarium Outing: "Back to the Moon" \$ Show begins at 1:30pm</u> 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:30 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]	<b>Team Spirit Fridays</b> 9:30 Seated Exercise Video -Pilates [W] 10:00 Seated Exercise Video -Pilates [W] 10:45 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 11:45 <u>Lunch &amp; Learn: UW Kinesiology - Health Promotion and Health Equity</u> [CR] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 <u>Movie: Wicked 2nd Floor Stage *Sign-Up* (2h40m)</u> [S] 7:00 Games Galore [CR]	