



GREEN BAY PACKERS Green & Gold Movie

Wednesday, 4/9 at 3pm
Community Room

Newly released to streaming this month, Green & Gold tells the story of a fourth-generation dairy farmer on the brink of losing his farm to the bank. He wagers everything on a bet with his beloved Green Bay Packers while his granddaughter pursues music to save what they've worked for their whole lives.

*Wear your packer gear, it's also
Curly Lambeau's Birthday!*



VISTA WEST

a capri community

150 Bella Vista Drive
Madison, WI 53717

(608) 820-1800

Happy Birthday!

4/1 Ron J.	4/13 Lois R.
4/3 Helen S.	4/15 Mary C.
4/4 Sally K.	4/15 Barb H.
4/5 Georgellen	4/16 Helen T.
4/10 Nancy B.	4/17 Sue L.
4/10 Ted T.	4/21 David S.
4/11 Margaret Sa.	4/27 Barry C.
4/12 Jerry C.	4/28 John R.
4/13 Sandra P.	

JOIN THE CLUB

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

UW Varsity Band Spring Concert
Held at the Kohl Center, we are honoring Badger Band traditions like the ever popular Fifth Quarter and "On, Wisconsin!" This is always a great show!
Saturday 4/12 Bus departs at 11:45am
\$20 per person
RSVP in the Eniov Life Binder

Positive, Meaningful, Relationships and Service

COMMUNITY

Movers for Moms Drive
Help support moms in need by donating new items such as clothing and personal care items. Complete list of needed items at the front desk.

April 8th - May 8th
Bins in lobby

Self-Improvement and Discovery

LEARNING

WI Science Museum
The Wisconsin Science Museum connects visitors to the research happening right here in WI. In addition to their exhibits with lasers, nanotechnology, and cancer treatments, the museum is currently hosting the Nikon Small World photomicrography exhibition.
Thursday, 4/24 Bus departs at 1pm

Pursuit of Overall Personal Wellness

HEALTH & WELLNESS

National Walking Day Group Walk
Join us for a group walk on National Walking Day! We will meet in the lobby. Your choice between the short route or the longer one.

Wednesday 4/2 at 2:00pm

DON'T FORGET TO RSVP!

- **Cardmaking with Sharon & Kathie** Monday 4/7 at 1pm in Union (3rd Flr)
- **Men's Luncheon** - Monday 4/7 at 11:30
- **Assisted & Independent Living Nail Care** Wednesdays 1:30pm
- **Grocery Outings** Tuesdays at 1:30pm
- **Walgreens** Every/Other Tuesday 10:45am
- **Outing to Backstage Tour of Overture Center** - Friday 4/18 Bus Departs at 1:30pm
- **Outing to Friday Musicale** Friday 4/25 11:45am
- **Out to Dinner at OLIVA** - 4/30 at 3:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>VISTA WEST a capri community</p>	<p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p>	<p>9:30 Feelin' Strong [W] 9:30 <u>Outing to Vote at Lussier</u> 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: Robert F. Stroud [CR] 10:45 <u>Outing to Walgreens *Senior Day*</u> 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 Happy Hour [CR] 7:00 Movie: The Hunt for Red October (2h15m) [S] 7:00 Sevens Card Game [CR]</p> <p style="text-align: right;">1</p>	<p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 TED Talks & Thoughts: Smartphones - It's Time to Confront Our Global Addiction [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: A Million Miles Away (2h) [S] 1:30 <u>Nail Care by Appointment [U]</u> 2:00 National Walking Day - Group Walk Meeting in Lobby 2:00 Poker [BD] 3:30 Bingo [CR] 6:00 Pinochle [CR]</p> <p style="text-align: right;">2</p>	<p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH [CR] 10:45 Meditation & Mindfulness [W] 1:30 The Americas: The Atlantic Coast & Mexico (1h15m) [S] 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 Movie: Miracle on Ice (2h30m) [S] 7:00 Rummikub [CR]</p> <p style="text-align: right;">3</p>	<p>9:30 Seated Posture & Balance [W] 10:00 Posture & Balance [W] 11:00 Great Courses: 1948 The Berlin Airlift & Cold War [CR] 11:00 Rosary [U] 11:30 <u>Lunch with The Raging Grannies [B]</u> 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:00 Live Singing: Raging Grannies Songs of Peace & Social Justice [CR] 2:00 Movie: Mrs. Palfrey at the Claremont (1h46m) [S] 7:00 Games Galore [CR]</p> <p style="text-align: right;">4</p>	<p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: Atonement (2h) 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p> <p style="text-align: right;">5</p>
		<p>1:30 Movie: Twisters (2024) [S] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p> <p style="text-align: right;">6</p>	<p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation & Mindfulness [W] 11:30 <u>Men's Luncheon - RSVP [CR]</u> 1:00 <u>Cardmaking with Sharon & Kathie [U]</u> 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: Come Fly with Me (1h24m) [S] 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 [W] 6:00 Sheepshead</p> <p style="text-align: right;">7</p>	<p>Movers for Moms Drive Begins - Item List & Bins in Lobby 9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: Richard Holbrook [CR] 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 Poetry Happy Hour - Bring a Poem! [CR] 7:00 Movie: Starman (1h55m) [S] 7:00 Sevens Card Game [CR]</p> <p style="text-align: right;">8</p>	<p>Wear Green & Gold! - Curly Lambeau's Birthday 9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 11:00 Bible Study Group [CC] 11:30 <u>Lunch & Learn: Balancing Risk & Independence in Dementia Care [CR]</u> 1:00 Mah Jongg [B] 1:30 <u>Nail Care by Appointment [U]</u> 2:00 Poker [BD] 3:00 Movie: Green & Gold (1h45m) [CR] 6:00 Pinochle [CR]</p> <p style="text-align: right;">9</p>	<p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: Vesuvius [CR] 10:45 Meditation & Mindfulness [W] 1:30 The Americas: The Wild West & The Amazon (1h10m) [S] 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 Movie: Devine Secrets of the Yaya Sisterhood (2h) [S] 7:00 Rummikub [CR]</p> <p style="text-align: right;">10</p>
<p>3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p> <p style="text-align: right;">13</p>	<p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation & Mindfulness [W] 11:00 New Resident Info Session [CR] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: Uptown Girls (1h30m) [S] 2:00 7's Card Game [CR] 2:00 Life Enrichment Meeting [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 TV Series: Rosemary & Thyme [S] 4:00 Wii Bowling [W]</p> <p style="text-align: right;">14</p>	<p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: Georgia O'Keefe [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 Happy Hour Potluck [CR] 7:00 Movie: I Am Sam (2h12m) [S] 7:00 Sevens Card Game [CR]</p> <p style="text-align: right;">15</p>	<p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:30 Alzheimer's Family & Caregiver Support Group [U] 11:00 Bible Study Group [CC] 11:30 <u>Buffet Brunch - Sign Up with Dining</u> 1:00 Mah Jongg [B] 1:30 Movie Replay: A Complete Unknown (2h20m) [S] 1:30 <u>Nail Care by Appointment [U]</u> 2:00 Poker [BD] 4:00 Live Music: Marimba w/ Eric De Los Santos [CR] 6:00 Pinochle [CR]</p> <p style="text-align: right;">16</p>	<p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: Pompeii [CR] 10:45 Meditation & Mindfulness [W] 11:00 Veterans Muster [CC] 1:30 MSO: Heartstrings: Carnival of the Animals [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 Movie: Men of Honor (2h9m) [S] 7:00 Rummikub [CR]</p> <p style="text-align: right;">17</p>	<p>9:30 Seated Posture & Balance [W] 10:00 Posture & Balance [W] 11:00 Great Courses: 1960 The Pill [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: Tender Mercies (1h32m) [S] 1:30 <u>Outing: Backstage Tour of Overture Center</u> 7:00 Games Galore [CR]</p> <p style="text-align: right;">18</p>	<p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: Wild Oats (1h26m) [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p> <p style="text-align: right;">19</p>
<p>Easter 1:30 Movie: Easter Parade (1h47m) [S] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p> <p style="text-align: right;">20</p>	<p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation & Mindfulness [W] 1:00 <u>Iris Paper Folding: Cardmaking [U]</u> 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: Quartet (1h38m) [S] 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 [W] 6:00 Sheepshead</p> <p style="text-align: right;">21</p>	<p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: Hans Christian Heg [CR] 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 Wild & Witty Happy Hour - Nature Trivia [CR] 7:00 Movie: The Scout (1h40m) [S] 7:00 Sevens Card Game [CR]</p> <p style="text-align: right;">22</p>	<p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: The Post (1h56m) [S] 1:30 <u>Nail Care by Appointment [U]</u> 2:00 Poker [BD] 3:30 Bingo [CR] 6:00 Pinochle [CR]</p> <p style="text-align: right;">23</p>	<p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: Goodreads [CR] 10:45 Meditation & Mindfulness [W] 1:00 <u>Outing to WI Science Museum</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 Movie: The Rules of Engagement (2h) [S] 7:00 Rummikub [CR]</p> <p style="text-align: right;">24</p>	<p>9:30 Seated Posture & Balance [W] 10:00 Posture & Balance [W] 11:00 Great Courses: 1963 Birmingham - Civil Rights [CR] 11:00 Rosary [U] 11:45 <u>Outing to Friday Musicales at FUS: Four Seasons Theater</u> 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: Going in Style (1h36m) [S] 3:30 5th Floor Block Party [CC] 7:00 Games Galore [CR]</p> <p style="text-align: right;">25</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 style="text-align: right;">26</p>
<p>3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p> <p style="text-align: right;">27</p>	<p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation & Mindfulness [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie Replay: Green & Gold (1h45m) [S] 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 [W]</p> <p style="text-align: right;">28</p>	<p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:30 Medieval and Mesoamerican Painted Manuscripts w/ Cynthia & Mark Graham [CR] 10:45 <u>Outing to Walgreens</u> 1:00 Bridge [B] 1:00 Community Meeting [CR] 1:30 Yarn Crafting Club [CR] 1:45 <u>Outing to Metcalfe's</u> 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 April Birthdays Happy Hour [CR] 7:00 Movie: Sandlot 2 (1h43m) [S] 7:00 Sevens Card Game [CR]</p> <p style="text-align: right;">29</p>	<p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 11:00 American Trends: The State of Our Democracy [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Movie: Benny & Joon (1h38m) [S] 1:30 <u>Nail Care by Appointment [U]</u> 2:00 Poker [BD] 3:30 <u>Out to dinner at OLIVA</u> 6:00 Pinochle [CR]</p> <p style="text-align: right;">30</p>	<p style="text-align: center;">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 style="text-align: center;">Program Key</p> <p>Bold-enjoy life Special Feature Programs <u>Underline</u>-Program Requires Sign-Up \$-Cost for Program</p>		