

SUN	MON	TUE	WED	THUR	FRI	SAT
5:00 Wii Bowling (RR) 31	ROOM KEY Aspen - Aspen FC - Fitness Center GR - Game Room HC - Health Care Activities Room	LC - Lower Commons RR - Rimrock Room SP - Swimming Pool			8:00 Circuit (RR) 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) 10:00 First Congregational Communion Service (The Courtyard MPR) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 1:30 Writer's Club (Ponderosa Room) 3:00 Friday Movie "On Wings of Eagles" (Theatre) 7:00 Friday Movie "On Wings of Eagles" (Theatre) 1	1:00 "Wizard" (Aspen Room) 1:30 500 Card Game (GR) 6:30 Wii Bowling (RR) 7:00 BH Symphony "Young Artist Competition" (Performing Arts Center) 2
5:00 Wii Bowling (RR) 3	8:00 Total Body Fitness (RR) 8:45 Aqua 402 (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Single-deck Pinochle (GR) 1:00 Safeway Shopping 2:00 Line Dancing with Janece (RR) 3:00 Great Decisions (Theatre) 4:30 PiYo (RR) 5:00 Floor Yoga (RR) 4	9:00 Woodshop Committee Meeting (Theatre) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 Mah Jongg (Aspen Room) 2:00 Matinee "The Citizen" (Theatre) 2:30 Trinity Lutheran Communion Service (HC) 3:30 Village Voices (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room) 5	Ash Wednesday 8:00 Total Body Fitness (RR) 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 10:00 Caregivers & Grief Support Group (Aspen) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 7:00 Bridge (Aspen Room) 6	8:30 Meditation Practice (RR) 8:45 Weights N' Water (SP) 9:00 Mt. Plains Audiology Clinic (WHV Clinic- CDE Wing 3rd Level) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:00 Deadwood Trip (The Lodge) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitchers (Ponderosa Room) 1:00 Wellness Committee Meeting (FC) 1:00 Poker Invitational (GR) 2:00 Episcopal Church Communion (The Courtyard MPR) 2:30 Syncro Basics (SP) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR) 7	8:00 Circuit (RR) 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 3:00 Friday Movie "Bohemian Rhapsody" (Theatre) 4:00 Presbyterian Women's Bible Study (Aspen Room) 7:00 Friday Movie "Bohemian Rhapsody" (Theatre) 8	1:00 Parkinson's Support Group (RR) 1:00 "Wizard" (Aspen Room) 1:30 500 Card Game (GR) 6:30 Wii Bowling (RR) 9
Daylight Saving Time starts 2:00 Matinee "O Brother, Where Art Thou?" (Theatre) 5:00 Wii Bowling (RR) 10	8:00 Total Body Fitness (RR) 8:45 Aqua 402 (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Walmart Shopping (Walmart) 1:00 Single-deck Pinochle (GR) 1:15 Gentle Hand Massage at the Courtyard (Westhills Assisted Living) 1:30 Interdenominational Bible Study (Aspen) 2:00 Line Dancing with Janece (RR) 3:00 Mini-Concert "Kim & the Senior Moments" (Theatre) 4:30 PiYo (RR) 5:00 Floor Yoga (RR) 11	9:00 Good Neighbor Committee Meeting (Theatre) 9:00 Greeting Card Recycling (Ponderosa Room) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 Mah Jongg (Aspen Room) 2:30 Great Courses "The Science of Natural Healing" (Theatre) 3:30 Village Voices (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room) 12	8:00 Total Body Fitness (RR) 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 9:30 Resident Council Meeting (Aspen Room) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 3:00 Informational Program "Health Friendly Air-In Pursuit of Environmental Wellness" (Theatre) 6:00 Darton Geological Society Meeting (RR) 7:00 Bridge (Aspen Room) 13	8:30 Meditation Practice (RR) 8:45 Weights N' Water (SP) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitchers (Ponderosa Room) 1:00 Poker Invitational (GR) 1:30 Visit at the Courtyard (Assisted Living Complex) 2:30 Syncro Basics (SP) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR) 14	8:00 Circuit (RR) 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 1:30 Writer's Club (Ponderosa Room) 3:00 Friday Movie "The Rider" (Theatre) 7:00 Friday Movie "The Rider" (Theatre) 15	8:00 Open Swim (SP) 9:00 Celebrate the Stucke's 90 Birthdays with Donuts! (LC) 1:00 "Wizard" (Aspen Room) 1:30 500 Card Game (GR) 2:00 WHV Talent Show (RR) 6:30 Wii Bowling (RR) 16
St. Patrick's Day 2:00 Entertainment with Karen Psiaki (The Courtyard MPR) 5:00 Wii Bowling (RR) 17	8:00 Total Body Fitness (RR) 8:45 Aqua 402 (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Single-deck Pinochle (GR) 1:00 Safeway Shopping 2:00 Line Dancing with Janece (RR) 2:00 Cookin' with Mr. Goodlookin' (The Courtyard Dining Room) 3:30 Activity Committee Meeting (Aspen Room) 4:30 PiYo (RR) 5:00 Floor Yoga (RR) 18	9:00 Garden Committee Meeting (Theatre) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 Mah Jongg (Aspen Room) 2:00 Matinee "The Stray" (Theatre) 3:30 Catholic Mass (HC) 3:30 Mini-Concert "Village Voices Spring Concert" (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room) 19	Spring Equinox 8:00 Total Body Fitness (RR) 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 3:00 Wednesday Mix n' Mingle (RR) 7:00 Bridge (Aspen Room) 20	8:30 Meditation Practice (RR) 8:45 Weights N' Water (SP) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 9:30 First Presbyterian Church Service (Aspen Room) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitchers (Ponderosa Room) 1:00 Poker Invitational (GR) 2:30 Syncro Basics (SP) 2:30 March Birthday/Anniversary Party (RR) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR) 21	8:00 Circuit (RR) 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 3:00 Friday Movie "The Old Man & The Gun" (Theatre) 7:00 Friday Movie "The Old Man & The Gun" (Theatre) 22	1:00 Hike in the Hills "Spearfish Canyon" (Spearfish) 1:00 "Wizard" (Aspen Room) 1:30 500 Card Game (GR) 2:30 Marge Range's 90 Birthday Celebration (RR) 6:30 Wii Bowling (RR) 23
1:30 BH Community Theatre "MacBeth" (Performing Arts Center) 2:00 Matinee "Two Mules for Sister Sara" (Theatre) 5:00 Wii Bowling (RR) 24	8:00 Total Body Fitness (RR) 8:45 Aqua 402 (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Walmart Shopping (Walmart) 1:00 Single-deck Pinochle (GR) 1:30 Interdenominational Bible Study (Aspen) 2:00 Line Dancing with Janece (RR) 3:00 WHV Book Club (Aspen Room) 4:30 PiYo (RR) 5:00 Floor Yoga (RR) 25	9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 First United Methodist Church Devotion (Aspen Room) 2:00 Mah Jongg (Aspen Room) 2:30 Great Courses "The Science of Natural Healing" (Theatre) 3:30 Village Voices (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room) 26	8:00 Total Body Fitness (RR) 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 3:00 March Social "St. Patrick's Day" (RR) 7:00 Bridge (Aspen Room) 27	8:30 Meditation Practice (RR) 8:45 Weights N' Water (SP) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitchers (Ponderosa Room) 1:00 Poker Invitational (GR) 2:00 Puppies Galore!!! (The Courtyard MPR) 2:30 Syncro Basics (SP) 3:00 Swim Lessons (SP) 3:00 Armchair Traveler "Australia" (Theatre) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR) 28	8:00 Circuit (RR) 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 3:00 Friday Movie "The Seagull" (Theatre) 7:00 Friday Movie "The Seagull" (Theatre) 29	1:00 "Wizard" (Aspen Room) 1:30 500 Card Game (GR) 6:30 Wii Bowling (RR) 30

March 2019

Westhills Village Apartment & Villa Activities



Please look for Committee meetings scheduled throughout March on the Events Calendar.

Friday, March 1, 3:00 & 7:00 p.m.- Theatre
Friday Movie “On Wings of Eagles”- Staring Ralph Fiennes, this movie tells the tale of Scotland’s greatest athlete. Everyone is welcome.

Saturday, March 2, 7:00 p.m.- Performing Arts Center
BH Symphony “Young Artist Competition” - Please, sign up on the Events Bulletin Board for transportation. A minimum of 8 required. Cost- \$3.00.

Monday, March 4, 3:00 p.m.- Theatre
Great Decisions- This is a current events discussion group developed by the Foreign Policy Association. The first topic for discussion is Refugees & Global Migration. Everyone is welcome.

Tuesday, March 5, 2:00 p.m.- Theatre
Matinee “The Citizen” - This is the story of a legal immigrant from the Middle East who arrives in NYC the day before 9/11. Everyone is welcome.

Thursday, March 7, 10:00 a.m.- Deadwood
The Lodge at Deadwood- Please, sign up on the Events Bulletin Board for transportation. Everyone is welcome.

Friday, March 8, 3:00 & 7:00 p.m.- Theatre
Friday Movie “Bohemian Rhapsody” - This biopic tells the story of Freddie Mercury and the band, *Queen*. Everyone is welcome.

Sunday, March 10, 2:00 p.m.- Theatre
Matinee “O’ Brother, Where Art Thou?”- Staring Judy Garland and James Mason, this is the second movie telling this timeless love story. Everyone is welcome.

Monday, March 11, 1:15 p.m.- The Courtyard
Gentle Hand Massage at the Courtyard- Please, sign up on the Events Bulletin Board to volunteer giving a gentle hand massage. Everyone is welcome.

Monday, March 11, 3:00 p.m.- Theatre
Mini- Concert “Kim & The Senior Moments”- What a nice way to spend part of an afternoon? Good music and good fun. Everyone is welcome to come and enjoy some good music.

Tuesday, March 12 & 26, 2:30 p.m.- Theatre
Great Courses “The Science of Natural Healing”- Dr. Mimi Guarneri, Founder of the Scripps Center for Integrative medicine, takes us the changing paradigms of holistic medicine. Everyone is welcome.

Wednesday, March 13, 3:00 p.m.- Theatre
Informational Program “Health Friendly Air- In Pursuit of Environmental Wellness” – Speaker, Steve Borchert, is here to educate on the importance of air quality to overall health. Everyone is welcome.

Thursday, March 14, 1:30 p.m.- The Courtyard
Visit at the Courtyard- Let’s go visit our neighbors right next door. Everyone is welcome.

Friday, March 15, 3:00 & 7:00 p.m.- Theatre
Friday Movie “The Rider” - Set on the Pine Ridge Reservation, this critically acclaimed film is based on the true story. Everyone is welcome.

Saturday, March 16, 9:00 a.m.- Lower Commons
Celebrate Grace & Earl Stucke’s 90 Birthdays with Donuts- Help Grace and Earl celebrate their respective birthdays. Everyone is welcome.

Saturday, March 16, 2:00 p.m.- Rimrock Room
Westhills Village Talent Show- Come out and meet some of everyone’s most talented neighbors. Everyone is welcome.

Monday, March 18, 2:00 p.m.- The Courtyard
Cookin’ with Mr. Goodlookin’- Brandon continues to develop his culinary skills. Everyone is welcome.

Tuesday, March 19, 2:00 p.m.- Theatre
Matinee “The Stray” - A stray dog adopts a family in dire need of a little TLC. Everyone is welcome.

Tuesday, March 19, 3:30 p.m.- Rimrock Room
Mini-Concert “Village Voices”- The Voices sing us into Spring. Everyone is welcome.

Wednesday, March 20, 3:00 p.m.- Rimrock Room
Wednesday Mix n’ Mingle- Come down for a little libation and socialization. Everyone is welcome.

Thursday, March 21, 2:30 p.m.- Rimrock Room
The March Birthday and Anniversary Party- Entertainment- Karen Psalki. Everyone’s invited to come and enjoy refreshments and entertainment.

Friday, March 22, 3:00 & 7:00 p.m.- Theatre
Friday Movie “The Old Man & The Gun”- Staring Robert Redford, this movie is based on the true story of a bank robber that comes out of retirement. Everyone is welcome.

Saturday, March 23, 2:30 p.m.- Rimrock Room
Marge Range’s 90 Birthday Celebration- Everyone is invited to help Marge celebrate such a momentous occasion.

Sunday, March 24, 1:30 p.m.- Performing Arts Center
BH Community Theatre “MacBeth” - Please, sign up on the Events Bulletin Board for transportation. A minimum of 8 required. Cost- \$3.00.

Sunday, March 24, 2:00 p.m.- Theatre
Matinee “Two Mules for Sister Sara”- This classic comedy set in the old west stars Clint Eastwood and Shirley MacClaine. Everyone is welcome.

Monday, March 25, 3:00 p.m.- Aspen Room
WHV Book Club- Please, check out in Nedra’s office. Book lovers always welcome.

Wednesday, March 27, 3:00 p.m.- Theatre
March Social “St. Patrick’s Day- Hosted by Kirk Funeral Home, this social is always a fun time. Everyone is welcome.

Thursday, March 28, 3:00 p.m.- Theatre
Armchair Traveler “Australia” - Speakers, Anita and Butch Paige, take us on a journey down under. Everyone is welcome.

Friday, March 29, 3:00 & 7:00 p.m.- Theatre
Friday Movie “The Seagull”- This tragicomedy unfolds as family and friends struggle against human folly to find a purpose driven life. Everyone is welcome.