

September 2015 - TLC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activities Subject to Change. Check Calendar by Dining Room and check Activity Board by Activity Room on 2nd Floor.	Shopping Schedule Haggen/Safeway K-Mart/Rite Aid 9:00 a.m. Tuesday	1 9:00 Chair Exercise(AD) 9:30 Book Club(ACT) 10:00 Bocce League Play 1:00 Water Therapy 1:00 Current Events(GR) 1:30 Movie(GR) 2:00 Narcissa Lodge(AD) 2:45 UNO(GR) 3:30 Humane Society Visit	2 8:00 Cowboy Breakfast(AD) 10:15 Bookworm Club(LIB) 1:00 Water Therapy 1:00 Ceramics/Crafts(ACT) 1:00 Wii Bowling(AD) 1:00 Movie(GR) 4:00 Chair Exercise(AD) 6:30 Bible Study(AD)	3 9:00 Chair Exercise(AD) 9:30 Fumble Finger Follies (GR) 10:00 Balance Class(WC) 10:30 Travel to the Fair 1:00 Water Therapy 1:00 Movie(GR) 2:45 Fitness for Life(WC)	4 9:00 Chair Exercise(AD) 9:30 Sunny Club with Dee 10:00 Catholic Bible Study(LB) 1:30 Ice Cream Social with Bob Lewis 2:30 Nostalgic Guitars in West Care	5 1:30 Bingo 3:00 Great Hymns of the Faith
6 2:30 Church: Trinity Baptist	7 Labor Day 10:00 Balance Class(WC) 1:30 Bingo(GR) 2:45 Fitness for Life(AD) 3:30 Bible Study(LIB)	8 9:00 Chair Exercise(AD) 9:30 Book Club(ACT) 10:00 Bocce League Play 1:00 Water Therapy 1:00 Current Events(GR) 1:30 Bible Video(GR) 2:45 UNO(GR) 7:00 Beehive Lodge(AD)	9 9:00 Chair Exercise 10:00 Doreen Greg Concert In the Auditorium 10:15 Bookworm Club 1:00 Water Therapy 1:00 Ceramics/Crafts 1:00 Wii Bowling 1:00 Movie 6:30 Bible Study	10 9:00 Chair Exercise 9:30 Fumble Finger Follies 10:00 Balance Class 10:00 Bocce-League Play 12:30 Mariner Baseball(GR) 1:00 Water Therapy 2:45 Fitness for Life(WC)	11 Patriot Day 9:00 Chair Exercise(AD) 9:30 Sunny Club with Dee 10:00 Catholic Mass(LB) 1:30 Root Beer and Coke Floats Social with Bob Lewis SEAHAWK FRIDAY's Begin! Dress in the colors of the team!	12 1:30 Bingo 3:00 Great Hymns of the Faith
13 Grandparents' Day 2:30 Church: WW First Presbyterian	14 9:00 Chair Exercise 9:30 Stamp Camp(ACT) 9:40 Bocce Free Play 10:00 Balance Class 12:00 KFC 1:30 2 Card Bingo 2:45 Fitness for Life 3:30 Bible Study	15 9:00 Chair Exercise 9:30 Book Club 10:00 Bocce ODD Cup Playoffs 1:00 Water Therapy 1:00 Current Events 1:30 Bible Video 2:00 Narcissa Lodge 3:30 Humane Society Visit	16 9:00 Chair Exercise 10:00 Bingo Bash 10:15 Book Worm Club 1:00 Water Therapy 1:00 Wii Bowling 1:00 Movie 6:30 Bible Study	17 9:00 Chair Exercise 9:30 Fumble Finger Follies 10:00 Balance Class 10:00 Bocce ODD Cup Playoffs 1:00 Movie 1:00 Water Therapy(AD) 2:45 Fitness for Life	18 SEAHAWK FRIDAY 9:00 Chair Exercise 10:00 Travel to Quilt Show 10:00 Catholic Bible Study 1:30 Ice Cream Social with Nostalgic Guitars	19 1:30 Bingo 3:00 Great Hymns of the Faith
20 Alzheimer Walk at Ft. Walla Walla 2:30 Church: Pioneer Methodist	21 9:00 Chair Exercise 9:30 Baking with Mariah 10:00 Balance Class 1:30 Bingo 2:45 Fitness for Life 3:30 Bible Study	22 9:00 Chair Exercise 9:30 Book Club 10:00 Bocce ODD Cup Playoffs 1:00 Water Therapy 1:30 Bible Video 7:00 Beehive Lodge	23 Autumn Begins 9:00 Chair Exercise 9:30 Food Committee 10:15 Book Worm Club 1:00 Water Therapy 1:30 ODD STOCK by the Fountain 6:30 Bible Study	24 9:00 Chair Exercise 9:30 Fumble Finger Follies 10:00 Balance Class 10:00 BOCCE ODD CUP Final 1:00 Movie 1:00 Water Therapy 2:45 Fitness for Life(AD)	25 SEAHAWK FRIDAY 9:00 Chair Exercise 9:15 Men's Coffee 10:00 Catholic Bible Study 11:00 All-Star vs. Bocce World Cup Team 1:00 Wal-Mart Shopping 1:30 Ice Cream Social with Patience on the Harp	26 1:30 Bingo 3:00 Great Hymns of the Faith
27 2:30 Church: C.P. Presbyterian	28 9:00 Chair Exercise 9:30 Baking with Mariah 9:45 Bocce 2 on 2 Tour. 10:00 Balance Class 10:30 Travel Video 1:30 2 Card Bingo 2:45 Fitness for Life 3:30 Bible Study 3:45 UNO	29 9:00 Chair Exercise 9:30 Book Club 9:45 Bocce 2 on 2 Tour. 1:00 Current Events 1:00 Water Therapy 1:30 Bible Video 2:45 Dominoes	30 9:00 Chair Exercise 9:45 Bocce 2 on 2 Tour. 10:15 Book Worm Club 1:00 Water Therapy 1:00 Ceramics/Crafts 1:00 Wii Bowling(ACT) 1:30 FOOT CLINIC(AD) 4:14 Dinner Dash 6:30 Bible Study	Dinner Dash To Applebee's	(AD)=Auditorium (WC)=Wellness Center (GR)=Game Room (LB)=Library (ACT)=Activity Room	

WELLNESS Programs at Odd Fellows – September 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Chair Exercise 10:00 Bocce League Play 1:00 Water Therapy	2 1:00 Water Therapy 1:00 Wii Bowling 4:00 Chair Exercise	3 9:00 Chair Exercise 9:30 Fumble Fingers Follies 10:00 Balance Class 1:00 Water Therapy 2:45 Fitness For Life	4 9:00 Chair Exercise	5 Mariners at Oakland 6:05
6 Mariners at Oakland 1:07	7 Labor Day 10:00 Balance Class 2:45 Fitness For Life	8 9:00 Chair Exercise 10:00 Bocce League Play 1:00 Water Therapy	9 9:00 Chair Exercise 1:00 Water Therapy 1:00 Wii Bowling	10 9:00 Chair Exercise 9:30 Fumble Fingers Follies 10:00 Bocce League Play 10:00 Balance Class 1:00 Water Therapy 2:45 Fitness For Life	11 9:00 Chair Exercise	12 Mariners vs. Colorado 6:10
13 Mariners vs. Colorado 1:10 <u>Seahawks</u> at Rams 10:00 a.m.	14 9:00 Chair Exercise 9:40 Bocce Free Play 10:00 Balance Class 2:45 Fitness For Life	15 9:00 Chair Exercise 10:00 Bocce ODD Cup Tournament 1:00 Water Therapy	16 9:00 Chair Exercise 1:00 Water Therapy 1:00 Wii Bowling	17 9:00 Chair Exercise 9:30 Fumble Fingers Follies 10:00 Bocce ODD Cup Tournament 10:00 Balance Class 1:00 Water Therapy 2:45 Fitness For Life	18 9:00 Chair Exercise	19 Mariners at Texas 5:05
20 Mariners at Texas 12:05 Seahawks at Green Bay 5:30 p.m.	21 9:00 Chair Exercise 10:00 Balance Class 2:45 Fitness For Life	22 9:00 Chair Exercise 10:00 Bocce ODD Cup Tournament 1:00 Water Therapy	23 9:00 Chair Exercise 1:00 Water Therapy	24 9:00 Chair Exercise 9:30 Fumble Fingers Follies 10:00 Bocce ODD Cup FINAL 10:00 Balance Class 1:00 Water Therapy 2:45 Fitness For Life	25 9:00 Chair Exercise	26 Mariners at LAA 6:05
27 Mariners at LAA 12:35 p.m. <u>Seahawks vs. Bears</u> 1:25 p.m.	28 9:00 Chair Exercise 9:45 Bocce 2 on 2 10:00 Balance Class 2:45 Fitness For Life	29 9:00 Chair Exercise 9:45 Bocce 2 on 2 Tournament 1:00 Water Therapy	30 9:00 Chair Exercise 9:45 Bocce 2 on 2 Tournament 1:00 Water Therapy 1:00 Wii Bowling			

East Care Center

September 2015

Odd Fellows Home

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Morning Bocce 10:30 Exercise Therapy 11:30 Travel Video 1:40 Men's Poker 2:30 Bingo 4:00 Book Club	2 News Headlines 8:30 Cowboy Breakfast -2nd Fl 10:30 Exercise Therapy 1:30 Ceramics – 2 nd Flr 3:30 Photography: Leaves 4:00 Gaither Spiritual Hr	3 Weather Report 10:30 Exercise Group 10:30 Fairgrounds (No Poker & Bingo today) 4:00 Book Club	4 Weather Report 10: Maple Leaf Preschool 10:30 Exercise Therapy 11:00 Piano w/Bob Lewis 1:30 Men's Poker 3:00 Ice Cream & Games	5 Sports TV 1:30 Men's Poker Makeup Game 1:30 Bingo – 2 nd Floor 3:00 Hymns -2 nd Flr ~Pet Therapy Dog~
6 2:30 Church -2 nd Fl oor	7 Weather LABOR DAY HOLIDAY TV and games avail ~Pet Therapy Dog~	8 Morning Bocce 10:00 Maple Leaf Preschoolers 10:30 Exercise Therapy 11:30 Travel Video 1:40 Men's Poker 2:30 Bingo 4:00 Book Club	9 News Headlines NATL GRANDPARENTS DAY 10:00 Doreen Greg Sings -2nd 10:30 Fumble Finger Follies 1:30 Ceramics – 2 nd Flr 3:00 JAN WILLIAMS SINGS – Patriotic, Country & Spiritual	10 Weather Report 10:00 Bocce Front Lawn 10:30 Exercise Group 1:40 Men's Poker 2:30 Bingo – L's & T's 4:00 Book Club	11 Weather Report 10:00 Catholic Mass-2 nd Flr 10:30 Exercise Therapy 11:00 STAFF & RESIDENT PARTY w/Bob Lewis Piano 1:30 Men's Poker 3:00 Ice Cream & Games ~~SEAHAWKS T-SHIRTS~~	12 Sports TV All Day 10:00 Movie: South Pacific (musical) 1:30 Bingo – 2 nd Floor 3:00 Hymns – 2 nd Flr ~Pet Therapy Dog~
13 2:30 Church 2 nd Floor	14 Weather 9:00 NBC Today 10:30 Exercise Group TV and games avail ~Pet Therapy Dog~	15 Bocce Playoffs 10:00 Maple Preschool 10:30 Exercise Therapy 1:30 Men's Poker 2:30 Bingo 4:00 Book Club	16 News Headlines 10:00 Bingo Bash – 2nd Floor 10:30 Fumble Finger Follies 1:30 Ceramics – 2 nd Flr 3:30 Craft Hour: Silk Leaves 4:00 Gaither Spiritual Hr	17 Weather Report 10:00 Bocce Playoffs 10:30 Exercise Group 1:40 Men's Poker 2:30 Bingo –Lucky # 4:00 Book Club	18 Weather Report 9:30 WW Quilt Show 10:30 Exercise Therapy 11:00 Piano w/Bob Lewis 1:30 Men's Poker 3:00 Ice Cream & Games	19 Sports TV All Day 10: 00 Mo1:30 3:00 Hymns – 2 nd Flr 3:30 Basil plays VIOLIN ~Pet Therapy Dog~
20 2:30 Church 2 nd Floor	21 9:00 NBC Today 10:30 Exercise Group TV and games avail ~Pet Therapy Dog~	22 Bocce Playoffs 10:00 Maple Preschool 10:30 Exercise Therapy 1:40 Men's Poker 2:30 Bingo 4:00 Book Club	23 News Headlines 10:30 Fumble Finger Follies 11:00 Gaither Spiritual Hr 2:00 ODDSTOCK FESTIVAL OUTSIDE w/Music & Refreshments ~~~First Day of Fall~~~~~	24 Weather Report 10:00 Bocce World Cup 10:30 Exercise Group 1:40 Men's Poker 2:30 Bingo – Lucky # 4:00 RESIDENT COUNCIL	25 Weather Report 10:00 Bocce All Stars 10:00 Exercise Therapy 11:00 Piano w/Bob Lewis & Name That Tune 1:30 Men's Poker 3:00 Ice Cream & Games	26 Sports TV All Day 10: 1:30 Bingo -2 nd Flr 3:00 Hymns -2 nd Flr 3:30 Supply Cart ~Pet Therapy Dog~
27 2:30 Church 2 nd Floor	28 9:00 NBC Today 10:30 Exercise TV and games avail ~ Pet Therapy Dog~	29 Morn Bocce 10:00 Maple Preschool 10:30 Exercise Therapy 1:40 Men's Poker 2:30 Bingo	30 News Headlines 10:30 Fumble Finger Follies 1:30 Ceramics -2 nd Flr 3:00 Craft Hr 4:00 Gaithers		Wear Seahawks T-Shirts Fridays!	

**West Care Center
Odd Fellows Home**

SEPTEMBER 2015

"A late summer garden has a tranquility found no other time of the year."

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fridays this month: Show your Seahawk Pride- Proudly show your support for our home state NFL team!	West Care Center	1 "Yee-Hawwww Let 'em Kick!" 10:00 Side-line Bocce 1:00 Arts 'n Crafts County Fair horses 2:00 Fumble Fingers Class 3:30 Peace & Tranquility Hour	2 Cowboy BREAKFAST 8-10 1:00 Sewing Circle 2:00 Exercise class 3:30 BINGO 3:30 Peace & Tranquility Hour <u>Whitman students are back to school!</u>	3 WW Fair! 10:30 Trips to Fairground! 2:00 Music 'n movement 2:30 Dominoes! 3:30 Peace & Tranquility Hour 7pm. Seahawks vs. Oakland	4 9:00 T.V. Favorites 2:00 Exercise class 2:30 Guitar Guys	5 <i>Walla Walla Fair & Frontier Days Parade...downtown</i> Saturday <u>Morning</u> : AMC favorites (60) <u>Afternoon</u> : Garden strolls with family & friends
6 10:00 NFL Football!  <u>2:30 Church</u> 2 nd Floor: Trinity Baptist National <u>Waffle Week</u> begins!	7 It's LABOR DAY! Enjoy the time away from work! 	8 10:00 Side-line Bocce 1:30 Sippin' social 2:00 Fumble Fingers Class 3:30 Mini Waffles Social-dining room 3:30 Peace & Tranquility Hour -Activity Room	9 9:30 Book Nook 1:00 BINGO 2:00 Exercise class 3:30 Easy Baking <i>Cake Mix Waffles</i> 3:30 Peace & Tranquility Hour	10 10:00 Side-line Bocce 2:00 Music 'n movement 2:30 Dominoes! 2:30 Paw Visits 3:30 Cinnamon Roll Waffles social 3:30 Peace & Tranquility Hour	11 10:00 Arts/Crafts 1:00 BINGO 2:00 Exercise class 3:30 Peace & Tranquility Hour <i>Remembering 9/11...wear Red, White and Blue</i>	12 Saturday <u>Morning</u> : AMC favorites (60) <u>Afternoon</u> : Garden strolls with family & friends
13 10:00 Seahawks vs. Rams  <u>2:30 Church</u> 2 nd Floor: First Presbyterian	14 9:30 Book Nook 10:30 Pastor Terry 11:00 Res. Cns. 12:00 KFC lunch 2 nd floor 1:00 Sewing Circle 2:00 Exercise class 3:00 Monday Sundae 3:30 Peace & Tranquility Hour	15 10:00 BOCCE QUARTERFINALS Begin 1:30 Sippin' social 2:00 Fumble Fingers Class 3:30 Peace & Tranquility Hour	16 9:30 Book Nook 10:00 Bingo Bash- 2 nd fl. 1:00 BINGO 2:00 Music 'n movement 3:00 Jan Williams sing along	17 10:00 BOCCE QUARTERFINALS 1:30 Foot Doctor  3:30 Peace & Tranquility Hour	18 QUILT Show at Fairgrounds...load at 9:30 10:00 Piano with Bob Lewis 1:00 BINGO 2:00 Exercise class 3:30 Peace & Tranquility Hour	19 Saturday <u>Morning</u> : AMC favorites (60) <u>Afternoon</u> : Garden strolls with family & friends
20 <u>2:30 Church</u> 2 nd Floor: Pioneer Methodist 5:30 Seahawks vs. Green Bay 	21 9:30 Book Nook 10:30 Pastor Terry 1:00 Sewing Circle 2:00 Exercise class 3:00 Monday Sundae 3:30 Peace & Tranquility Hour	22 10:00 BOCCE SEMIFINALS 1:30 Sippin' social 2:00 Fumble Fingers Class 3:30 Peace & Tranquility Hour	23 9:30 Book Nook 2:00 Exercise class Also: Oddstock! 3:30 Peace & Tranquility Hour <u>1st Day of Fall</u>	24 10:00 BOCCE WORLD CUP 2:00 Music 'n movement 2:30 Dominoes! 3:30 Easy Baking 3:30 Peace & Tranquility Hour	25 10:00 Piano with Bob Lewis 10:00 All-Star vs. World Cup Bocce 1:00 BINGO 2:00 Exercise class 3:30 Peace & Tranquility Hour	26 Saturday <u>Morning</u> : AMC favorites (60) <u>Afternoon</u> : Garden strolls with family & friends
27 1:30 Seahawks vs. Chicago  <u>2:30 Church</u> 2 nd Floor: C.P. Presbyterian	28 2-On-2 Bocce 10:30 Pastor Terry 1:00 Sewing Circle 2:00 Exercise class 3:00 Monday Sundae 3:30 Peaceful Hour	29 10:00 Sideline Bocce 1:30 Sippin' social 2:00 Fumble Fingers Class 3:30 Peace & Tranquility Hour	30 9:30 Book Nook 1:00 Sewing Circle 2:00 Exercise class 3:30 BINGO 3:30 Peace & Tranquility Hour			All Activities subject to change daily.