

**Mardi Gras: Taste of New Orleans!** – Tuesday, February 6: Get your gold, purple and green on for a fun and festive Mardi Gras celebration. We will be tasting some delicious New Orleans cuisine, including the traditional Mardi Gras King Cake. Event starts at 2:00 p.m. in the Game Room.

**Woman and Man of the Year Awards** – Tuesday, February 13: Everyone is welcome as Narcissa Rebekah Lodge No. 2 announces the winners of the competition in the Auditorium at 2 pm. A woman and man will be named by the Rebekahs from each living unit: TLC – Assisted Living, East Care – First Floor, West Care Center, Merriam Apartments, Clinton Apartments. Enjoy Valentine cookies and punch as the winners receive a certificate, flowers, and chocolates.

**Valentine's Day Party** – Wednesday, February 14: Come enjoy a heartwarming Valentine's Day Party with our neighborly Whitman College students!! Party starts at 2:30 p.m. in the Auditorium.

**Community Music Recital** – Thursday, February 15: Our neighbor, music teacher Liubov Schmidt, will be bringing her students to perform in the Auditorium at 6:00 p.m. Don't miss out on a wonderful music recital! Cookies and punch to follow.

**February Birthday Bash** – Friday, February 16: Calling all folks with February Birthdays!! Come and celebrate with cake and ice cream! Everyone welcome! Stop by the Auditorium at 1:30 p.m.!

**French Fries & Milkshakes Game Day** – Friday, February 23: Join us in the afternoon for some fun board and card games while munching on french fries and slurping milkshakes. Come on by the Auditorium at 1:30 pm to participate.

**Please note:**

**Lunch Bunch:** Lunch Bunch will be on Friday, Feb. 23 this month. Please sign up on the bulletin board for a seat on the bus. Bring your own money!

**Zumba:** Zumba will take place in the Auditorium on Mondays, Wednesdays, AND Fridays this month, 5:00 p.m.




# WELLNESS Programs at ODD Fellows February 2018






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 9:00 Chair Exercise(AD) 9:30 Fumble Fingers(GR) 9:30 Wii Bowling Tournament(AD) 10:00 Balance Class(WC) 1:00 Water Therapy	<b>2</b> 9:00 Chair Exercise (AD) 5:00 Zumba	<b>3</b>
<b>4</b> <b>Super Bowl Sunday</b>	<b>5</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>6</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>7</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD) 5:00 Zumba (AD)	<b>8</b> 9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 1:00 Water Therapy	<b>9 Winter Olympics Start</b> 9:00 Chair Exercise 9:30 Wii Bowling 5:00 Zumba	<b>10</b>
<b>11</b>	<b>12</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>13</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>14 Valentine's Day            Ash Wednesday</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD) 5:00 Zumba (AD)	<b>15</b> 9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 1:00 Water Therapy	<b>16</b> 9:00 Chair Exercise 9:30 Wii Bowling 5:00 Zumba	<b>17</b>
<b>18</b>	<b>19</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>20</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>21</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD) 5:00 Zumba (AD)	<b>22</b> 9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 1:00 Water Therapy	<b>23</b> 9:00 Chair Exercise 9:30 Wii Bowling 5:00 Zumba	<b>24</b>
<b>25 Winter Olympics Closes</b>	<b>26</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>27</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>28</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD) 5:00 Zumba (AD)		<b>AD - Auditorium</b> <b>WC - Wellness Center</b> <b>GR - Game Room</b>	



# February 2018 - TLC Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Activities Subject to Change. Check Reader Board by Dining Room and Activity Board by Activity Room on 2<sup>nd</sup> Floor for Changes and updates!</u></p>				<p>1</p> <p>9:00 Chair Exercise(AD) 9:30 Fumble Fingers(GR) 9:30 Wii Bowling(AD) Tournament 10:00 Balance Class(WC) 12:30 Wii Bowling(AD) Tournament 1:00 Downton Abby(GR)</p>	<p>2</p> <p>9:00 Chair Exercise(AD) 9:15 Men's Coffee 9:30 Board Game(LB) 9:30 Baking Club(ACT) 1:30 Ice Cream Social(GR) 5:00 Zumba</p>	<p>3</p> <p>1:30 Bingo (Game Room)  2:30 Bible Study(LB)  3:00 Hymn Sing-A-Long Auditorium</p>
<p>4</p> <p>2:30 Church: Trinity Baptist Church Auditorium</p> <p>Super Bowl Sunday</p>	<p>5</p> <p>9:00 Chair Exercise(AD) 9:30 Ceramics(MH) 9:30 Wii Jeopardy(AD) 10:00 Dominoes(AD) 10:00 Balance Class(WC) 10:00 Bingo(GR) 1:30 Pinochle(LB) 2:30 Wheel of Fortune(AD) 5:00 Zumba(AD)</p>	<p>6</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Wheel of Fortune 2:00 Narcissa Lodge(AD) 2:00 Mardi Gras Party Game Room</p>	<p>7</p> <p>9:00 Chair Exercise 9:30 Memory Game 10:00 Wheel of Fortune 10:00 Bookworm Club 1:00 Ceramics 1:00 FOOT CLINIC 5:00 Zumba</p>	<p>8</p> <p>9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 12:30 Wii Bowling 1:00 Downton Abby 2:30 Sweet Adeline's DVD (AD) 3:00 TLC 2<sup>nd</sup> Floor and Brick Building Party Game Room</p>	<p>9 Winter Olympics Opens</p> <p>9:00 Chair Exercise 9:30 Baking Club 9:30 Board Games 9:30 Wii Bowling 10:00 Catholic Mass(LB) 1:00 Wal-Mart Shopping 1:30 Ice Cream Social 5:00 Zumba</p>	<p>10</p> <p>1:30 Bingo (Game Room)  2:30 Bible Study(LB)  3:00 Hymn Sing-A-Long Auditorium</p>
<p>11</p> <p>2:30 Church: WW First Presbyterian</p>	<p>12</p> <p>9:00 Chair Exercise 9:30 Residents Council(AD) 9:30 Ceramics 10:00 Dominoes 10:00 Balance Class 12:00 KFC 1:30 Bingo 1:30 Pinochle 2:30 Wheel of Fortune 5:00 Zumba</p>	<p>13</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Wheel of Fortune 1:00 Famous People DVD 2:00 Rebekah's Award Party (AD) 3:15 Humane Society 7:00 Beehive Lodge</p>	<p>14 Valentine's Day Ash Wednesday</p> <p>9:00 Chair Exercise 9:30 Memory Game 10:00 Wheel of Fortune 10:00 Bookworm Club 1:00 Ceramics 1:00 Movie(GR) 2:30 AAG Valentine's Party(AD) 5:00 Zumba</p>	<p>15</p> <p>9:00 Chair Exercise 9:30 Fumble Fingers(AD) 9:30 Wii Bowling Tournament 10:00 Balance Class 12:30 Wii Bowling Tournament 1:00 Downton Abby 3:00 TLC 3rd Floor Party 6:00 Music Recital (AD)</p>	<p>16</p> <p>9:00 Chair Exercise 9:30 Baking Club 9:30 Board Games 9:30 Wii Bowling 1:30 Ice Cream Social and Birthday Bash Party Auditorium 5:00 Zumba</p>	<p>17</p> <p>1:30 Bingo (Game Room)  2:30 Bible Study(LB)  3:00 Hymn Sing-A-Long Auditorium</p>
<p>18</p> <p>2:30 Church: Pioneer Methodist</p>	<p>19 Presidents' Day</p> <p>9:00 Chair Exercise 9:30 Ceramics 9:30 Presidents Trivia 10:00 Balance Class 10:00 Brain Games 1:30 Bingo 1:30 Pinochle 2:30 Wheel of Fortune 5:00 Zumba</p>	<p>20</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Wheel of Fortune 1:30 Famous People DVD 2:00 Narcissa Lodge</p>	<p>21</p> <p>9:00 Chair Exercise 9:30 Memory Game 10:00 Wheel of Fortune 1:00 Movie 1:00 Ceramic 1:15 Wii Bowling 5:00 Zumba</p>	<p>22</p> <p>9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 12:30 Wii Bowling Tournament 1:00 Downton Abby 3:00 TLC 4<sup>th</sup> Floor Party</p>	<p>23</p> <p>9:00 Chair Exercise 9:30 Board Games 9:30 Baking Club 9:30 Wii Bowling 11:00 Lunch Bunch 1:30 French Fries and Milkshakes! 5:00 Zumba</p>	<p>24</p> <p>1:30 Bingo (Game Room)  2:30 Bible Study(LB)  3:00 Hymn Sing-A-Long Auditorium</p>
<p>25 Winter Olympics Closes</p> <p>2:30 Church: C.P. Presbyterian</p>	<p>26</p> <p>9:00 Chair Exercise 9:30 Ceramics 9:30 Wii Jeopardy 10:00 Balance Class 10:00 Brain Games 1:30 Bingo 1:30 Pinochle 2:30 Wheel of Fortune 5:00 Zumba</p>	<p>27</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Travel Video 1:00 Crafts 1:30 Famous People DVD 3:15 Humane Society 7:00 Beehive Lodge</p>	<p>28</p> <p>9:00 Chair Exercise 9:30 Memory Game 9:30 Food Committee(LB) 10:00 Wheel of Fortune 10:00 Bookworm Club 1:00 Ceramics 1:00 Movie 1:15 Wii Bowling 5:00 Zumba</p>	<p>Shopping Schedule Albertsons/Safeway K-Mart/Rite Aid</p> <p>1:00 Thursday</p> <p>Lunch Bunch Mill Creek Pub</p>	<p>(AD)=Auditorium (WC)=Wellness Center (GR)=Game Room (LB)=Library (ACT)=Activity Room (LO)=Lobby (MH)=Mud Hut</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>4 Superbowl</b></p> 	<p><b>6 MARDI GRAS</b></p> 	<p><b>14 PARTIES</b></p> 	<p><b>19<sup>TH</sup> Presidents Day</b></p> 	<p><b>1</b> Weather Report                      10:00 Trivia: February                      10:30 Exercise                      11:00 Maple Tree School Children visit                      2:30 Bingo</p>	<p><b>2 GROUNDHOG DAY</b>                      10:00 Painting Class: Flowers                      11:00 Piano w/ Bob Lewis &amp; Name That Tune: Love Song                      1:30 Men's Poker                      3:30 Ice Cream &amp; Book Club</p>	<p><b>3 SPORTS TV</b>                      10:00 Morn Movie                      1:30 Bingo – 2<sup>nd</sup> Fl                      2:00 Activities 1-on-1                      3:00 Board Games</p>
<p><b>4</b>                      10:30 Beach Ball 1/Mika                      2:30 Church – 2<sup>nd</sup> Floor  <b>SUPERBOWL</b></p>	<p><b>5</b> Current Events                      Doggie Day w/ Bella                      10:30 Exercise                      1:30 Men's Poker                      3:00 I-pad Hour: Music &amp; Games I-pad</p>	<p><b>6</b> Weather Report                      10:30 Exercise                      11:00 Resident Council  <b>2:00 MARDI GRAS PARTY 2<sup>nd</sup> Fl: Music, Beads, Refreshments</b></p>	<p><b>7</b> 10:00 Current Events                      10:30 Fumble Fingers                      1:30 Men's Poker                      3:15 Cooking: Dipped Chocolate Valentine Bars                      4:00 Gaither Spiritual Hour</p>	<p><b>8</b> Weather Report                      10:00 10:30 Exercise                      11:15 Maple Tree School Valentine Exchange                      2:30 Bingo - Diagonals                      3:30 Book Club</p>	<p><b>9</b> 9:30 JULIA ON HARP                      10:00 Craft, Weave &amp; Sew                      11:00 Piano with Bob Lewis                      1:30 Men's Poker                      3:00 Ice Cream &amp; Game Hr  <b>WINTER OLYMPICS START</b></p>	<p><b>10</b> SPORTS TV                      10:00 Morn Movies                      1:30 Bingo – 2<sup>nd</sup> Fl                      3:00 Board Games</p>
<p><b>11</b>                      2:30 Church 2<sup>nd</sup>                      Board Games &amp; Cards Avail                      Activity Rm</p>	<p><b>12</b> Current Events                      Doggie Day w/Bella                      10:30 Exercise                      1:30 Men's Poker                      3:00 I-pad Hour: Music &amp; Games I-pad</p>	<p><b>13</b> Weather Report                      10:00 UNO Card Game                      10:30 Exercise                      11:00 Nostalgia Guitars                      2:30 Bingo                      3:30 Book Club</p>	<p><b>14 VALENTINES DAY</b>  <b>10:00 ECC Valentine Party</b>                      10:30 Fumble Fingers                      1:30 Mens Poker  <b>2:30 OFH VALENTINE PARTY w/Whitman Students – 2<sup>nd</sup> Fl</b></p>	<p><b>15</b> Weather Report                      10:00 Trivia: Olympics                      10:30 Exercise                      11:00 Maple Tree School                      2:30 Bingo – Ls &amp; Ts                      3:30 Book Club</p>	<p><b>16</b> 10: Craft, Weave &amp; Sew                      11:00 ECC Birthdays &amp; Piano w/ Bob Lewis -Refreshments                      1:30 Men's Poker  <b>2:00 OFH Birthday Bash</b>                      3:00 Ice Cream &amp; Game Hr</p>	<p><b>17</b> SPORTS TV                      10:00 Morn Movie                      1:30 Bingo – 2<sup>nd</sup>Fl                      2:00 Activities 1-on-1                      3:00 Board Games</p>
<p><b>18</b>                      10:30 Beach Ball w/Mika                      11:00 Activities                      2:30 Church</p>	<p><b>19 President Trivia PRESIDENTS DAY</b>                      10:30 Exercise                      11:00 Hymns w/Barb                      1:30 Men's Poker                      2:30 Do St. Patrick's Day Decorations</p>	<p><b>20</b> Weather Report                      10:00 Ship-Capt-Crew                      10:30 Exercise                      11:00 Jan Williams Sings &amp; Plays Guitar                      2:30 Bingo                      3:30 Book Club</p>	<p><b>21</b> 10:00 Current Events                      10:30 Fumble Finger Follies                      1:30 Men's Poker  <b>3:15 Olympics Cooking: South Korean Food and Beverages</b>                      4:00 Gaither Spiritual Hour</p>	<p><b>22</b> Weather Report                      10:00 Trivia: Olympics                      10:30 Exercise                      11:00 Maple Tree School                      2:30 Bingo – Lucky #                      3:30 Book Club: Photos of Canadian Wilderness</p>	<p><b>23</b> 9:30 JULIA ON HARP                      10:00 Decorate St. Patrick's                      11:00 Piano with Bob Lewis                      1:30 Men's Poker                      1:30 Milk Shake &amp; Fries with Whitman Students – 2<sup>nd</sup> Fl                      3:00 Game Hour</p>	<p><b>24</b> SPORTS TV                      10:00 Morn Movie                      1:30 Bingo – 2<sup>nd</sup> Fl                      2:00 Activities 1-on-1                      3:00 Board Games</p>
<p><b>25</b>                      10:30 Beach Ball w/Mika                      11:00 Activities                      2:30 Church</p>	<p><b>26</b> Current Events                      10:30 Exercise                      1:30 Men's Poker                      3:00 I-pad Hour: Music &amp; Games I-pad</p>	<p><b>27</b> Weather Report                      10:30 Exercise                      11:00 Nostalgia Guitars                      2:30 Bingo                      3:30 Book Club</p>	<p><b>28</b> 10:00 Current Events                      10:30 Fumble Fingers                      1:30 Men's Poker  <b>3:00 ECC PIZZA PARTY</b>                      4:00 Gaithers Spiritual Hour</p>	<p><b>OLYMPICS FEB 9<sup>th</sup> –25<sup>th</sup></b></p> 		<p>*****  <b>21<sup>st</sup> Cooking Olympics: Korean Food-Beverage</b></p>

# February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Winter Olympics in South Korea this month!! How many <b>GOLDS</b> will the USA win in PyeongChang 2018?!</p> <p>Watch NBC daily beginning at 12pm</p>	<p><b>West Care Center</b></p>		<p><b>1</b></p> <p>9:30 EZ Art *Valentine Art 11:00 Church Service w/Skip 1:00 Yarners Circle 2:00 Exercise 2:30 Dominoes w/ Sheri</p> <p><i>Ipad in WCC 10-3</i> Act. Staff Mtg. 3:30-5:00 (M-F)</p>	<p><b>2</b></p> <p>9:30 Harp w/Julia 10:30 Creative Cooking 1:00 Games with Jonathon 2:30 Nostalgic Guitar Music 2:30 Sweet Bingo w/Amara!</p>	<p><b>3</b></p> <p>9:30 Greetings and such w/Mika 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room</p>
<p><b>4</b></p> <p><u>All day:</u> Independent activities as you please. 1:30 Game Hour 3:00 Fun Fitness 3:30 SuperBow!</p> 	<p><b>5</b></p> <p>9:30 Book Nook 10:45 Pastor Terry 1:00 Stitch Nitch 2:00 Exercise 2:30 Monday Sundaes! 3:00 Left-Right-Center w/Lucy</p>	<p><b>6</b></p> <p>9:30 Sittercise 10:00 Memory Games (Big Screen) 1:00 Art w/Lucy 2:00 Exercise Also: Mardi Gras-2<sup>nd</sup> floor 2:30 Chase The Ace! 3:30 The Living Word</p>	<p><b>7</b></p> <p>10:00 Faith Finders 10:30 Yarners 1:00 BINGO! 2:00 Exercise 3:00 Pinochle</p>	<p><b>8</b></p> <p>9:30 EZ Art *Valentine Art 1:00 Yarners Circle 2:00 Exercise 2:30 Dominoes w/ Sheri</p> <p><i>Ipad in WCC 10-4</i></p>	<p><b>9</b></p> <p>9:15 Uno! 10:30 Creative Cooking 1:00 Games with Jonathon</p>  <p>Winter Olympics 9<sup>th</sup>-25<sup>th</sup> 2:30 Sweet Bingo w/Amara!</p>	<p><b>10</b></p> <p>9:30 Greetings and such w/Mika 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room</p>
<p><b>11</b></p> <p>1:30 Game Hour 3:00 Fun Fitness</p>  <p>Watch the Olympics on TV All week long!</p>	<p><b>12</b></p> <p>9:15 Olympic Gold Updates 9:30 Book Nook 10:45 Pastor Terry 1:00 Stitch Nitch 2:00 Exercise 2:30 Monday Sundaes! 3:00 Left-Right-Center w/Lucy</p>	<p><b>13</b></p> <p>10:00 Memory Games (Big Screen) 1:00 Art w/Lucy 2:00 Exercise 2:30 Chase The Ace, &amp; Valentine Pizza Party! 3:30 The Living Word</p>	<p><b>14</b></p> <p>10:00 Faith Finders 10:30 Valentine Social 1:00 BINGO! 2:00 Exercise 2:30 AAG Presents: A Valentine's Day to remember</p>	<p><b>15</b></p> <p>9:30 EZ Art 1:00 Yarners Circle 2:00 Exercise 2:30 Dominoes &amp; Valentine Cookies</p> <p><i>Ipad in WCC 10-4</i></p>	<p><b>16</b></p> <p>9:30 Harp w/Julia 10:00 Piano w/Bob 1:00 Games with Jonathon 2:30 Sweet Bingo w/Amara!</p>	<p><b>17</b></p> <p>9:30 Greetings and such w/Mika 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room</p> 
<p><b>18</b></p> <p><u>All day:</u> Independent activities as you please. 1:30 Game Hour 3:00 Fun Fitness</p> <p>Watch the Olympics on TV All week long!</p>	<p><b>19</b></p> <p>9:15 Olympic Gold Updates 9:30 Book Nook 10:45 Pastor Terry 1:00 Stitch Nitch 2:00 Exercise 2:30 Monday Sundaes! 3:00 Left-Right-Center w/Lucy</p>	<p><b>20</b></p> <p>9:30 Sittercise 10:00 Memory Games (Big Screen) 11:00 Res. Cnsl. 1:00 Art w/Lucy 2:00 Exercise 2:30 Chase The Ace! 3:30 The Living Word</p>	<p><b>21</b></p> <p>10:00 Faith Finders 10:30 Yarners 1:00 BINGO! 2:00 Exercise 3:00 Pinochle</p>	<p><b>22</b></p> <p>9:30 EZ Art 12:00 KFC luncheon 1:00 Yarners Circle 2:00 Exercise 2:30 Dominoes w/ Sheri</p> <p><i>Ipad in WCC 10-4</i></p>	<p><b>23</b></p> <p>9:15 Uno! 10:00 Piano w/Bob 1:00 Games with Jonathon 2:30 Sweet Bingo w/Amara!</p>	<p><b>24</b></p> <p>9:30 Greetings and such w/Mika 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room</p> 
<p><b>25</b></p> <p><u>All day:</u> Independent activities as you please. 1:30 Game Hour 3:00 Fun Fitness</p>	<p><b>26</b></p> <p>9:30 Book Nook 10:45 Pastor Terry 1:00 Stitch Nitch 2:00 Exercise 2:30 Monday Sundaes! 3:00 Left-Right-Center w/Lucy</p>	<p><b>27</b></p> <p>9:30 Sittercise 10:00 Memory Games (Big Screen) 1:00 Art w/Lucy 2:00 Exercise 2:30 Chase The Ace! 3:30 The Living Word</p>	<p><b>28</b></p> <p>10:00 Faith Finders 10:30 Yarners 1:00 BINGO! 2:00 Exercise 3:00 Pinochle</p>		<p>Activities subject to change daily</p>	