

**Wii Bowling Tournament** – Begins Thursday, January 4: Join a team (sign-up sheets on the bulletin board in the lobby) and come play some wii bowling in the Auditorium! See Dee for more details!

**TLC Floor Parties** – Starting in January we will be holding monthly “block” parties on each floor to help everyone get better acquainted!! Everyone is welcome!

2<sup>nd</sup> Floor Party: Thursday, January 4, 3:00 p.m.

3<sup>rd</sup> Floor Party: Thursday, January 11, 3:00 p.m.

Brick Building Party: Tuesday, January 16, 3:00 p.m.

4<sup>th</sup> Floor Party: Thursday, January 18, 3:00 p.m.

**Zumba** – Begins Monday, January 8: Zumba is an aerobic exercise style set to music. Get out your workout attire and come and join us at 5:00 p.m. in the Auditorium every Monday and Wednesday in January. The class is led by our very own Kylea! The class is open to residents and staff only.

**January Birthday Bash** – Friday, January 19: Calling all folks with January Birthdays!! Come and celebrate with cake and ice cream! Everyone welcome! Stop by the Auditorium at 1:30 p.m.!

**WINTER HEATWAVE WEEK AND TROPICAL PARTY** -- January 22-26: We’re bringing tropical paradise to Odd Fellows! Get out of the cold and snow and come warm up and relax in a nice recliner, available all week long in the Auditorium. Enjoy a tropical drink at our Tropical Party on Thursday, January 25, 2:30 p.m. in the Auditorium!




**90 PLUS BIRTHDAY PARTY!** – Tuesday, January 30: This is a special party for all those 90 years and older! If you are 90 years or older, come celebrate with us in the Auditorium at 2:00 p.m.! There will be cake, ice cream, music, and good company!





# January 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>1:30 Bingo(GR)</p>	<p>2</p> <p>9:00 Chair Exercise(AD) 9:30 Ship, Captain, Crew 10:00 Sing A Long(AD) 10:30 Wheel of Fortune(AD) 1:00 Crafts(ACT) 1:30 National Geographic(GR) 2:00 Narcissa Lodge(AD)</p>	<p>3</p> <p>8:30 Devotions/Guidepost(AD) 9:00 Chair Exercise(AD) 9:30 Memory Game(AD) 10:00 Wheel of Fortune(AD) 10:00 Bookworm Club(LB) 1:00 Ceramics(MH) 1:00 Movie(GR) 1:15 Wii Bowling(AD)</p>	<p>4</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) 3:00 TLC 2<sup>nd</sup> Floor Party</p>	<p>5</p> <p>9:00 Chair Exercise(AD) 9:15 Men's Coffee 9:30 Board Game(LB) 9:30 Baking Club(ACT) 9:30 Wii Bowling(AD) 1:00 Wal-Mart Shopping 1:30 Ice Cream Social(GR)</p>	<p>6</p> <p>1:30 Bingo (Game Room) 2:30 Bible Study(LB) 3:00 Hymn Sing-A-Long Game Room</p>
<p>7</p> <p>2:30 Church: Trinity Baptist Church Auditorium</p>	<p>8</p> <p>9:00 Chair Exercise(AD) 9:30 Ceramics(MH) 9:30 Resident Council(AD) 10:00 Balance Class(WC) 12:00 KFC 1:30 Bingo(GR) 1:30 Pinochle(LB) 2:30 Wheel of Fortune(AD) 5:00 Zumba(AD)</p>	<p>9</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Wheel of Fortune 1:00 Crafts 1:30 National Geographic 3:15 Humane Society 7:00 Beehive Lodge</p>	<p>10</p> <p>8:30 Devotions/Guidepost 9:00 Chair Exercise 9:30 Memory Game 10:00 Wheel of Fortune 10:00 Bookworm Club 1:00 Ceramics 1:00 Movie 1:15 Wii Bowling 5:00 Zumba</p>	<p>11</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 3<sup>rd</sup> Floor Party</p>	<p>12</p> <p>9:00 Chair Exercise 9:30 Baking Club 9:30 Board Games 9:30 Wii Bowling 10:00 Catholic Mass(LB) 1:30 Ice Cream Social</p>	<p>13</p> <p>1:30 Bingo (Game Room) 2:30 Bible Study(LB) 3:00 Hymn Sing-A-Long Auditorium</p>
<p>14</p> <p>2:30 Church: WW First Presbyterian</p>	<p>15 Martin Luther King Jr. Day</p> <p>9:00 Chair Exercise 9:30 Wii Jeopardy 9:30 Ceramics 10:00 Current Events 10:00 Balance Class 1:30 Bingo 1:30 Pinochle 2:30 Wheel of Fortune 5:00 Zumba</p>	<p>16</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Wheel of Fortune 1:00 Crafts 1:30 National Geographic 2:00 Narcissa Lodge 3:00 TLC Brick Building Party</p>	<p>17</p> <p>8:30 Devotions/Guidepost 9:00 Chair Exercise 9:30 Memory Game 10:00 Wheel of Fortune 10:00 Bookworm Club 1:00 Ceramics 1:00 Movie 1:15 Wii Bowling 5:00 Zumba</p>	<p>18</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 4<sup>th</sup> Floor Party</p>	<p>19</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</p>	<p>20</p> <p>1:30 Bingo (Game Room) 2:30 Bible Study(LB) 3:00 Hymn Sing-A-Long Game Room</p>
<p>21</p> <p>2:30 Church: Pioneer Methodist</p> 	<p>22</p> <p>9:00 Chair Exercise 9:30 Ceramics 9:30 Wii Jeopardy 10:00 Balance Class 10:00 Current Events 1:30 Bingo 1:30 Pinochle 2:30 Wheel of Fortune 5:00 Zumba</p>	<p>23 WINTER</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Wheel of Fortune 11:00 Lunch Bunch 1:30 National Geographic 3:15 Humane Society 7:00 Beehive Lodge</p>	<p>24 Heatwave</p> <p>8:30 Devotions/Guidepost 9:00 Chair Exercise 9:30 Memory Game 9:30 Food Committee(LB) 10:00 Wheel of Fortune 1:00 Movie 1:00 Ceramic 1:15 Wii Bowling 5:00 Zumba</p>	<p>25 Week!</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 2:30 HEATWAVE Party!</p>	<p>26</p> <p>9:00 Chair Exercise 9:30 Board Games 9:30 Baking Club 9:30 Wii Bowling 1:30 Ice Cream Social</p> 	<p>27</p> <p>1:30 Bingo (Game Room) 2:30 Bible Study(LB) 3:00 Hymn Sing-A-Long Game Room</p>
<p>28</p> <p>2:30 Church: C.P. Presbyterian</p>	<p>29</p> <p>9:00 Chair Exercise 9:30 Ceramics 9:30 Wii Jeopardy 10:00 Balance Class 10:00 Current Events 1:30 Bingo 1:30 Pinochle 2:30 Wheel of Fortune 5:00 Zumba</p>	<p>30</p> <p>9:00 Chair Exercise 9:30 Ship, Captain, Crew 10:00 Sing A Long 10:30 Travel Video 1:00 Movie 2:00 90<sup>th</sup> Birthday Party</p>	<p>31</p> <p>8:30 Devotions/Guidepost 9:00 Chair Exercise 9:30 Memory Game 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 <u>Albertsons/Safeway</u> <u>K-Mart/Rite Aid</u> 1:00 <u>Thursday</u> <u>Lunch Bunch</u> <u>January 23</u> <u>El Sombrero</u></p>	<p>(AD)=Auditorium (WC)=Wellness Center (GR)=Game Room (LB)=Library (ACT)=Activity Room (LO)=Lobby (MH)=Mud Hut</p>	<p>30</p> <p>1:30 Bingo (Game Room) 2:30 Bible Study(LB) 3:00 Hymn Sing-A-Long Game Room</p>

# WELLNESS Programs at ODD Fellows January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Happy New Years</b>	<b>2</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>3</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD)	<b>4</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>5</b> 9:00 Chair Exercise (AD) 9:30 Wii Bowling(AD)	<b>6</b>
<b>7</b>	<b>8</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>9</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>10</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD) 5:00 Zumba (AD)	<b>11</b> 9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 1:00 Water Therapy	<b>12</b> 9:00 Chair Exercise 9:30 Wii Bowling	<b>13</b>
<b>14</b>	<b>15</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>16</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>17</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD) 5:00 Zumba (AD)	<b>18</b> 9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 1:00 Water Therapy	<b>19</b> 9:00 Chair Exercise 9:30 Wii Bowling	<b>20</b>
<b>21</b>	<b>22</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>23</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>24</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Wii Bowling(AD) 5:00 Zumba (AD)	<b>25</b> 9:00 Chair Exercise 9:30 Fumble Fingers 9:30 Wii Bowling Tournament 10:00 Balance Class 1:00 Water Therapy	<b>26</b> 9:00 Chair Exercise 9:30 Wii Bowling	<b>27</b>
<b>28</b>	<b>29</b> 9:00 Chair Exercise(AD) 10:00 Balance Class(WC) 5:00 Zumba(AD)	<b>30</b> 9:00 Chair Exercise(AD) 1:00 Water Therapy	<b>31</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>	

East Care Center

# January 2018

Odd Fellows Home

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Having a HEAT WAVE!!</b> 22<sup>nd</sup>-26<sup>th</sup></p>	<p><b>1</b> <b>HAPPY NEW YEAR</b></p>	<p><b>2</b> Weather Report 10:30 Exercise <b>11:00 Resident Council: All residents welcome!</b> 2:30 Bingo 3:30 Book Club</p>	<p><b>3</b> Current Events 10:30 Fumble Fingers 1:30 Men's Poker 3:00 Sewing Club: Cut, Sew &amp; Fill Fleece Pillows 4:00 Gaithers Spiritual Hr</p>	<p><b>4</b> Weather Report 10:30 Exercise 11:00 Reminisce: New Year's Resolutions 2:30 Bingo (book club reschedule Fri)</p>	<p><b>5</b> Seahawk Friday 9:30 New Year's Cleanup &amp; Give-Away Day 11:00 Piano with Bob Lewis 1:30 Men's Poker 3:30 Ice Cream &amp; Book Club</p>	<p><b>6</b> SPORTS TV 10:00 Morn Movie 1:30 Bingo – 2<sup>nd</sup> Fl Board Games &amp; Cards available in Activity Rm</p>
<p><b>7</b> 2:30 Church – 2<sup>nd</sup> Floor Board games &amp; cards avail in Activity Rm</p>	<p><b>8</b> Current Events DoggieDay Bella 10:30 Exercise 11:00 Gaither Hour 1:30 Men's Poker</p>	<p><b>9</b> Weather Report 10:30 Exercise 11:00 Nostalgia Guitars 2:30 Bingo 3:30 Book Club</p>	<p><b>10</b> Current Events 10:30 Fumble Fingers 1:30 Men's Poker 3:15 Cultural Cooking: German Apple Strudel 4:00 Gaither Spiritual Hour</p>	<p><b>11</b> Weather Report 10:00 Favorite Intl Foods 10:30 Exercise 11:15 Maple Tree School 2:30 Bingo - Diagonals 3:30 Book Club</p>	<p><b>12</b> Seahawk Friday Shirt 9:30 New Year's Cleanup &amp; Give-Away Day 11:00 Piano with Bob Lewis 1:30 Men's Poker 3:00 Ice Cream &amp; Game Hr</p>	<p><b>13</b> SPORTS TV 10:00 Morn Movies 1:30 Bingo – 2<sup>nd</sup> Fl Board Games &amp; Cards available in Activity Rm</p>
<p><b>14</b> 2:30 Church 2<sup>nd</sup> Board Games &amp; Cards Avail Activity Rm</p>	<p><b>15</b> Current Events Doggie Day Bella 10:30 Exercise 1:30 Men's Poker 3:00 Indoor Garden Club: Ivy Pots</p>	<p><b>16</b> Weather Report 10:30 Exercise 11:00 JanWilliams Sings 2:30 Bingo 3:30 Book Club: Canadian History</p>	<p><b>17</b> Current Events 10:30 Fumble Fingers 1:30 Mens Poker 3:30 Sewing Club: Cut, Sew &amp; Fill Fleece Pillows 4:00 Gaither Spiritual Hour</p>	<p><b>18</b> Weather Report 10:00 Reminisce: Travel 10:30 Exercise 11:00 Maple Tree School 2:30 Bingo – Ls &amp; Ts 3:30 Book Club</p>	<p><b>19</b> Seahawk Friday 11:00 ECC Birthday Party &amp; Piano with Bob Lewis 1:30 Men's Poker <b>2:00 OFH Birthday Bash</b> 3:00 Game Hr &amp; Ice Cream</p>	<p><b>20</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>21</b> 10:30 Beach Ball w/Mika 11:00 Activities 2:30 Church</p>	<p><b>22</b> "HEAT WAVE Week of 22<sup>nd</sup>-26<sup>th</sup>" 10:30 Exercise 11:00 Hymns w/Barb 1:30 Men's Poker 2:30 Heat Wave &amp; Beverage – 2<sup>nd</sup> Fl</p>	<p><b>23</b> Weather Report 9:30 Heat Wave &amp; Coffee – 2<sup>nd</sup> Fl 10:30 Exercise 11:00 Nostalgia Guitars 2:30 Bingo 3:30 Book Club</p>	<p><b>24</b> Current Events 9:30 Heat Wave – 2<sup>nd</sup> Fl 10:30 Fumble Finger Follies 1:30 Men's Poker 3:15 Cultural Cooking: Italian Tiramisu 4:00 Gaither Spiritual Hour</p>	<p><b>25</b> 10:30 Exercise 11:00 Maple Tree School Craft Exchange <b>2:30 HAVIN A HEAT WAVE PARTY – 2<sup>nd</sup> Fl – Tropical Drinks &amp; Heat Lamps</b></p>	<p><b>26</b> 9:30 Julia on Harp 10:00 Painting Class: Heat Wave &amp; Tropical Landscapes 11:00 Piano with Bob Lewis 1:30 Men's Poker 2:00 Ice Cream w/AAG – 2<sup>nd</sup> 3:00 Ice Cream &amp; Game Hr</p>	<p><b>27</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>28</b> 10:30 Beach Ball w/Mika 11:00 Activites 2:30 Church</p>	<p><b>29</b> Current Events 10:30 Exercise 1:30 Men's Poker 3:00 Painting Class: Winter Landscapes</p>	<p><b>30</b> Weather Report 10:30 Exercise <b>2:00 OFH 90 PLUS PARTY - 2<sup>ND</sup> Floor</b> 3:30 Book Club</p>	<p><b>31</b> 10:30 Fumble Fingers 1:30 Men's Poker 3:00 Sew Club: Cut, Sew &amp; Fill Fleece Pillows 4:00 Gaithers Spiritual Hour</p>	<p><b>Wednesdays:</b> <b>Cultural Cooking Class: GERMAN APPLE STRUDEL ITALIAN TIRAMISU</b></p>		<p><b>TUES 30th</b> <b>90- PLUS PARTY: 2<sup>nd</sup> Floor Auditorium TO HONOR ALL 90+</b></p>

# JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>West Care Center</b>  All Activities subject to change daily	<b>1</b> <i>Happy New Year!</i>  May 2018 be a year filled with Love, Laughter, Many Blessings, And Warm Memories~	<b>2</b> 9:15 Book Nook  10:15 Kitchen Creations  2:00 Exercise!  2:30 Chase The Ace	<b>3</b> 9:30 Group Trivia  10:30 Nail Salon  1:00 Bingo  2:00 Exercise!  3:00 Pinochle	<b>4</b> 11:00 Church Service w/Pastor Skip  2:00 Exercise!  2:30 Dominoes  <i>3:45 Act. Staff Mtg</i> 3:45 Gaithers Gospel Music	<b>5</b> 9:15 Uno  2:30 Nostalgic Guitar Men  3:30 Word Searches and "World of Color"	<b>6</b>  <u>All morning:</u> Animal Planet favorites  10:30 Bingo!  <u>Afternoon:</u> Visits with Family and Friends
<b>7</b> 10:00 NFL Football  1:30 Game Hour  3:00 Fun Fitness  <u>Afternoon:</u> Visits with Family and Friends	<b>8</b> 9:15 Book Nook  10:45 Pastor Terry  1:00 Stitche Nitche  2:00 Exercise!  2:30 Monday Sundaes	<b>9</b> 9:15 Book Nook  10:15 Kitchen Creations  2:00 Exercise!  2:30 Chase The Ace	<b>10</b> 9:30 Group Trivia  10:00 Faith Finders  10:30 Nail Salon  1:00 Bingo  2:00 Exercise!  3:00 Pinochle	<b>11</b> 9:30 EZ Art  2:00 Exercise!  2:30 Dominoes  3:45 Gaithers Gospel Music	<b>12</b> 9:30 Harp w/Julia  2:30 I Love Lucy  3:30 Word Searches and "World of Color"	<b>13</b>  <u>All morning:</u> Animal Planet favorites  10:30 Bingo!  <u>Afternoon:</u> Visits with Family and Friends
<b>14</b> 10:00 NFL Football  1:30 Game Hour  3:00 Fun Fitness  <u>Afternoon:</u> Visits with Family and Friends	<b>15</b> 9:15 Book Nook  10:45 Pastor Terry  1:00 Stitche Nitche  2:00 Exercise!  2:30 Monday Sundaes	<b>16</b> 9:15 Book Nook  11:00 Resident Council Mtg.  2:00 Exercise!  2:30 Chase The Ace	<b>17</b> 9:30 Group Trivia  10:00 Faith Finders  2:00 Exercise!  3:00 Pinochle	<b>18</b> 9:30 EZ Art  2:00 Exercise!  2:30 Dominoes  3:45 Gaithers Gospel Music	<b>19</b> 10:00 Piano w/Bob Lewis  1:30 January Birthday Bash 2 <sup>nd</sup> floor  2:30 I Love Lucy  3:30 Word Searches and "World of Color"	<b>20</b>  <u>All morning:</u> AMC favorites  10:30 Bingo!  <u>Afternoon:</u> Visits with Family and Friends
<b>Heat Wave Begins!</b> Pull out your flip-flops and Sunglasses! 10:00 NFL Football  1:30 Game Hour  3:00 Fun Fitness	<b>22</b> 9:15 Book Nook  10:45 Pastor Terry  1:00 Stitche Nitche  2:00 Exercise!  2:30 Monday Sundaes	<b>23</b> 9:15 Book Nook  10:30 Game Hour w/Jonathon 11:00 Lunch Bunch- El Sombrero 1:00 Art w/Lucy 2:00 Exercise!  2:30 Chase The Ace	<b>24</b> 9:30 Group Trivia  10:00 Faith Finders  10:30 Nail Salon 1:00 Bingo  2:00 Exercise!  3:00 Pinochle	<b>25</b> 9:30 EZ Art  2:00 Exercise!  2:30 Heat Wave Party! (2 <sup>nd</sup> fl.)  3:45 Gaithers Gospel Music	<b>26</b> 9:30 Harp w/Julia  10:00 Piano w/Bob Lewis  2:30 I Love Lucy  3:30 Word Searches and "World of Color"	<b>27</b>  <u>All morning:</u> Animal Planet favorites  10:30 Bingo!  <u>Afternoon:</u> Visits with Family and Friends