

Shopping: Thursday at 1:00 p.m. the Bus takes residents to Safeway, Albertsons, Rite Aid, The Market and the Dollar Store. Make sure your walker can fold up for the trip. Walmart is the first and third Friday at 1:00 p.m. **NEED TO SIGN UP FOR THESE TRIPS ON THE BOARD!**

Crafts: Lonnie will be doing a St. Patrick's Day Cards on (Tuesday)March 3 at 9:30 a.m. in the Activity Room. Melanie will do Irish Craft time on March 5 at 9:30 a.m. On March 24 we will have Basket Weaving Demonstration at 1:00 p.m. in Activity Room.

Men's Breakfast to Weston – March 6: Sign up at the Announcement Board! Be in the lobby for 7:45 a.m. for departure. Third try is the charm!

KFC – March 16: Pay at the office ahead of time and have your receipt with you to Pick up meal in Game room on that Monday at 11:30 a.m. Remember to sign up at the main board.

St. Patrick's Day Celebration- March 17: We will be treated to a Concert at 1:30 p.m. in the Game Room. Nico and Bash(Sound and Stone) and everyone wears green!

90 and over Birthday Party- March 19: Honoring TLC and Apartment residents 90 and over. In the game room. Theme: (Spring Chicks Forever) 1:30 p.m.

Men's Den – March 26: This is an activity lead by two men volunteers giving Men a place to hang out together and visit. Time is at 1:30 p.m. in the Activity Room. Treats!

Cooking with Gail – March 27: Come join Gail in the Activities Room for a FUN class! Yummy

2020 BOCCE SIGN UP is on the Reader Board starting March 2!



March 2020 - TLC Calendar






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:30 Church: Trinity Baptist Game Room	2 9:00 Chair Exercise 9:30 Trivial Pursuit 9:30 Ceramics 10:00 Dominoes 10:00 Balance Class 1:00 Card Games 1:30 Bingo 2:45 Wheel of Fortune	3 9:00 Chair Exercise 9:30 Board Games 9:30 St. Patrick's Craft Cards with Lonnie(ACT) 10:00 Brain Games 1:30 Current Events 2:00 Dominoes 2:00 Narcissa Lodge	4 9:00 Chair Exercise 9:30 Board Games(LB) 9:30 Reminisce 10:00 Brain Joggers 1:00 Ceramics(MH) 1:30 TLC FOOT Clinic Auditorium	5 9:00 Chair Exercise 9:30 Board Games 9:30 Crafts with Melanie(AD) 10:00 Balance Class 1:00 Wii Bowling Tournament 1:05 Sing A Long	6 National OREO Cookie Day! 8:00 Men's Breakfast 9:00 Chair Exercise 9:30 Travel Video 9:30 Board Games 1:00 Wal-Mart Shopping 1:30 Ice Cream Social with Sam the Piano Man! 2:00 Poker WEAR BLACK and WHITE DAY!	7 1:30 Bingo 3:00 Hymn Sing A Long
8 Daylight Saving Time (Spring Ahead) 2:30 Church: WW First Presbyterian Game Room	9 9:00 Chair Exercise 9:30 Trivial Pursuit 9:30 Ceramics(MH) 9:30 Board Games(LB) 10:00 TV Movie 10:00 Balance Class(WC) 1:00 Card Games(LB) 1:30 Bingo(GR)	10 9:00 Chair Exercise 9:30 Board Games 9:30 Ship, Captain and Crew 1:30 Current Events 2:00 Dominoes 3:00 Humane Society Visit 7:00 Beehive Lodge	11 9:00 CLOTHING SALE Game Room 9:30 Board Games(ACT) 10:00 Brain Joggers(LB) 1:00 Ceramics(MH)	12 9:00 Chair Exercise 9:30 Board Games 9:30 Wheel of Fortune 9:45 Wild Horse Casino-Travel 10:00 Balance Class 1:00 Wii Bowling Tournament 1:05 Sing A Long	13 9:00 Chair Exercise 10:00 Lawrence Huntley on the Dulcimer(GR) 10:00 Catholic Mass (LB) 1:30 Ice Cream Social 2:00 Poker (LB)	14 1:30 Bingo 3:00 Hymn Sing A Long
15 2:30 Church: Pioneer Methodist Church Game Room	16 9:00 Chair Exercise 9:30 Ceramics 9:30 Trivial Pursuit 10:00 Dominoes 10:00 Balance Class 11:30 KFC (GR) 1:00 Card Games 1:30 Bingo with WWVA 2:45 Wheel of Fortune	17 9:00 Chair Exercise 9:30 Board Games 9:30 Ship, Captain and Crew 10:00 Brain Games 1:30 St. Patrick's Celebration Game Room Music by Sound and Stone(Nico and Bash) 2:00 Narcissa Lodge	18 9:00 Chair Exercise 9:30 Board Games 9:30 Reminisce 10:00 Brain Joggers 1:00 Ceramics 1:00 Movie 1:15 Trivial Pursuit 2:00 Wii Games 3 rd Floor	19 Spring Begins 9:00 Chair Exercise 9:30 Board Games 9:30 Wheel of Fortune 10:00 Balance Class 1:30 90 th and Over Birthday Party (GR) TLC and Apartment Residents (Spring Chicks Forever)	20 9:00 Chair Exercise(GR) 9:30 Sing A Long 9:30 Board Games 1:00 Wal-Mart Shopping 1:30 Ice Cream Social Nostalgic Guitars (GR) 2:00 Poker (LB)	21 1:30 Bingo 3:00 Hymn Sing A Long
22 2:30 Church: College Place Presbyterian 5:00 Blue Mt. Christian Fellowship Singers TLC Dining Room	23 9:00 Chair Exercise 9:30 Trivial Pursuit 9:30 Ceramics 10:00 Dominoes 10:00 Balance Class 1:00 Card Games 1:30 Bingo 2:45 Wheel of Fortune	24 9:00 Chair Exercise 9:30 Ship, Captain and Crew 9:30 Board Games 10:00 Brain Games 1:00 Basket Weaving Demonstration 3:00 Humane Society Visit 7:00 Beehive Lodge	25 9:00 Chair Exercise 9:30 Board Games 9:30 Food Committee(LB) 9:30 Reminisce 10:00 Brain Joggers 1:00 Ceramics 1:00 Movie 1:15 Trivial Pursuit 2:00 Wii Games 4 th Floor	26 Opening of Major League Baseball Season 9:00 Chair Exercise 9:30 Board Games(LB) 9:30 Wheel of Fortune 10:00 Balance Class 1:10 MARINER BASEBALL Game Room 1:30 Men's Den Activity Room	27 9:00 Chair Exercise(GR) 9:30 Cooking with Gail(ACT) 9:30 Board Games (LB) 1:30 Ice Cream Social Robisons on Piano (GR) 2:00 Poker (LB)	28 1:30 Bingo 3:00 Hymn Sing A Long
29 2:30 Church: Bethel Baptist Milton Freewater Game Room	30 9:00 Chair Exercise 9:30 Trivial Pursuit 9:30 Ceramics 10:00 Dominoes 10:00 Balance Class 1:00 Card Games 1:30 Bingo 2:45 Wheel of Fortune	31 9:00 Chair Exercise 9:30 Ship, Captain and Crew 9:30 Board Games 10:00 Brain Games 1:30 Current Events 2:00 Wii Games 2 nd Floor and Brick (GR)		Shopping Schedule Albertsons/Safeway Rite Aid Dollar Tree The Market 1:00 p.m. Every Thursday Sign-up at Reader Board	(AD)=Auditorium (WC)=Wellness Center (GR)=Game Room (LB)=Library (AT)=Activity Room (LO)=Lobby (EL)=Elevator (MH)=Mud Hut	<u>Activities</u> <u>Subject to</u> <u>Change. Check</u> <u>Reader Board by</u> <u>Dining Room or</u> <u>Reader Board by</u> <u>Activity Room on</u> <u>2nd Floor</u>

WELLNESS Programs - ODD Fellows March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00 Chair Exercise(AD) 10:00 Balance Class(WC)	3 9:00 Chair Exercise(AD) 10:00 Brain Games 1:00 Water Therapy	4 9:00 Chair Exercise 10:00 Brain Joggers 1:00 Water Therapy	5 9:00 Chair Exercise 10:00 Balance Class 1:00 Water Therapy 1:00 Wii Bowling Tournament	6 9:00 Chair Exercise	7
8	9 9:00 Chair Exercise 10:00 Balance Class(WC)	10 9:00 Chair Exercise 1:00 Water Therapy	11 9:00 Chair Exercise 10:00 Brain Joggers 1:00 Water Therapy	12 9:00 Chair Exercise 10:00 Balance Class 1:00 Water Therapy 1:00 Wii Bowling Tournament	13 9:00 Chair Exercise	14
15	16 9:00 Chair Exercise 10:00 Balance Class(WC)	17 9:00 Chair Exercise 10:00 Brain Games 1:00 Water Therapy	18 9:00 Chair Exercise 10:00 Brain Joggers 1:00 Water Therapy	19 9:00 Chair Exercise 10:00 Balance Class 1:00 Water Therapy	20 9:00 Chair Exercise	21
22	23 9:00 Chair Exercise 10:00 Balance Class(WC)	24 9:00 Chair Exercise 10:00 Brain Games 1:00 Water Therapy	25 9:00 Chair Exercise 10:00 Brain Joggers 1:00 Water Therapy	26 9:00 Chair Exercise 10:00 Balance Class 1:00 Water Therapy 1:10 Mariner Baseball	27 9:00 Chair Exercise	28
29	30 9:00 Chair Exercise 10:00 Balance Class(WC)	31 9:00 Chair Exercise 10:00 Brain Games 1:00 Water Therapy		Water Therapy <u>Tuesday, Wednesday and Thursday</u> 1:00 p.m.	AD – Auditorium WC – Wellness Center GR – Game Room LO – Front LB - Library	

MARCH 2020 - ECC ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Beach Ball Exercise 11:00 Visiting Hour 3:00 Afternoon Movie	2 10:00 Morning Crafts & March Decor 11:30 Tammy on Piano 1:30 Table Games 2:30 Ice Cream Social 3:30 Musical Matinee	3 9:30 Watercolor Art 10:30 Lower Body Exercise 11:00 Resident Council 1:30 Poker 2:30 Bingo 3:30 Book Club	4 9:30 Andy Griffith Show 10:30 Fumble Fingers Follies 11:00 Planet Earth 1:30 Pinochle 2:30 Nail Salon 4:00 Gaithers Gospel Music	5 9:30 Puppet Pals 10:30 Brain Joggers 11:00 Indoor Bocce Ball 1:30 Poker 2:30 Bingo 3:30 Book Club	6 National Oreo Day 9:30 Indoor Garden Class 10:30 Upper Body Exercise 11:00 Bunco! 1:30 Reminisce 2:30 Culinary Creations: Chocolate Covered Oreos	7 10:00 Morning Movie 2:00 Visiting Hour: Games & Crafts 3:30 Book Club
8 10:30 Beach Ball Exercise 11:00 Abundant Life Church 3:00 Afternoon Movie	9 9:30 Morning News 10:00 Culinary Creations 11:30 Tammy on Piano 1:30 Table Games 2:30 Ice Cream Social 3:30 Western Cinema	10 Purim 9:30 Tidbits Tuesday 10:30 Lower Body Exercise 11:00 Nostalgic Guitars 1:30 Poker 2:30 Bingo 3:30 Animal Visits!	11 CLOTHING SALE: 9 - 2 9:30 Andy Griffith Show 10:30 Fumble Fingers Follies 11:00 National Geographic 1:30 Pinochle 2:30 Nail Salon 4:00 Gaithers Gospel Music	12 9:30 Stitch & Thread 10:30 Brain Joggers 11:00 Indoor Bowling 1:30 Poker 2:30 Bingo 3:30 Book Club	13 9:30 Table Games 10:00 Communion 10:30 Upper Body Exercise 11:30 Lawrence Huntley on Dulcimer 1:30 Garden Club 2:30 Afternoon Art	14 10:00 Morning Movie 2:00 Visiting Hour: Games & Crafts 3:30 Basil on Violin 
15 10:30 Beach Ball Exercise 11:00 Visiting Hour 3:00 Afternoon Movie	16 9:30 Morning News 10:00 Culinary Creations 11:30 Tammy on Piano 2:30 Ice Cream Social & Game Hour 4:00 Musical Matinee	17 St. Patrick's Day 9:30 Watercolor Art 10:30 Lower Body Exercise 11:00 Irish Documentary 1:30 St. Patrick's Day Social & Concert (2nd) 3:30 Book Club	18 9:30 Andy Griffith Show 10:30 Fumble Fingers Follies 11:00 Planet Earth 1:30 Pinochle 3:00 Nail Salon 4:00 Gaithers Gospel Music	19 First Day of Spring 9:30 Guitar Gathering 10:30 Brain Joggers 11:00 Indoor Bocce Ball 1:30 Poker 3:00 90+ Birthday Party: "Spring Chickens Forever!"	20 9:30 Indoor Garden Class 10:30 Upper Body Exercise 11:00 Bingo! 1:30 Reminisce 2:30 Afternoon Art: Make Play Dough	21 10:00 Morning Movie 2:00 Visiting Hour: Games & Crafts 3:30 Book Club 6:00 Lawrence Welk
22 10:30 Beach Ball Exercise 11:00 Abundant Life Church 3:00 Afternoon Movie	23 9:30 Morning News 10:00 Culinary Creations 11:30 Tammy on Piano 1:30 Table Games 2:30 Ice Cream Social 3:30 Western Cinema	24 9:30 Tidbits Tuesday 10:30 Lower Body Exercise 11:00 Nostalgic Guitars 1:30 Poker 2:30 Bingo 3:30 Animal Visits!	25 9:30 Andy Griffith Show 10:30 Fumble Fingers Follies 11:00 National Geographic 1:30 Pinochle 2:30 Nail Salon 4:00 Gaithers Gospel Music	26 9:30 Stitch & Thread 10:30 Brain Joggers 11:00 Indoor Bowling 1:30 Men's Den 2:30 Bingo 3:30 Book Club	27 9:30 Table Games 10:30 Upper Body Exercise 11:00 Sam Kirtley on Piano 1:30 Garden Club 2:30 Pizza Party! 4:00 The Lucy Show	28 10:00 Morning Movie 2:00 Visiting Hour: Games & Crafts 3:30 Book Club
29 10:30 Beach Ball Exercise 11:00 Visiting Hour 3:00 Afternoon Movie	30 9:30 Morning News 10:00 Culinary Creations 11:30 Tammy on Piano 1:30 Table Games 2:30 Ice Cream Social 3:30 Musical Matinee	31 National Crayon Day 9:30 Watercolor Art 10:30 Lower Body Exercise 11:30 Roger Johnson on Violin 1:30 Poker 2:30 Bingo 3:30 Book Club		<i>Did you know...</i> <i>March is the third month of the year in both the Gregorian calendar and its predecessor, the Julian calendar.</i> <i>It was named after the Roman god of war, Mars.</i>	March Special Events 11 Clothing Sale 13 Dulcimer Performance 17 St. Patrick's Day Concert 19 90+ Birthday Party 26 Men's Den 27 Pizza Party!	<i>Activities subject to change daily</i>

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 All day: Independent activities as you please. 11:00 Song & Worship Hour w/ Abundant Life Church 1:30 Fun Fitness 3:00 Game Table	2 9:30 Book Nook 10:00 Donuts & Dominoes 1:00 Stitching Gals 2:30 Monday Sundaes! 3:00 Pinochle 3:15 Table Games w/Nick	3 9:00 Morning Greeting & News 10:00 Creative Cooking 1:00 Scrabble 2:00 Exercise 2:30 Bingo w/Thomas 3:00 Pinochle 3:30 Uno w/Valeria	4 8:00 Game Show Network 1:00 Popcicles, and Pets-on-TV 2:00 Exercise 2:30 Bingo w/ Lucy!	5 9:30 Morning Gathering, Table Projects, TV favorites 10:00 Exercise w/Miko 10:30 Right-Left-Center 2:30 Dominoes *Activity Room	6 9:15 Game Hour w/ our Community Friends 10:00 Exercise w/Miko 10:45 Elder Grow 2:30 Guitar Guys & Frozen treats! 3:00 Pinochle <u>National Frozen Food Day</u> 	7 9:30 Social Circle 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room	
8 All day: Independent activities as you please. 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Game Table	9 9:30 Book Nook 10:00 Mustangs & Munchies 1:00 Stitching Gals 2:30 Monday Sundaes! 3:00 Pinochle 3:15 Table Games w/Nick <u>Anniversary of the 1st FORD MUSTANG</u>	10 9:00 Morning Greeting & News 10:00 Creative Cooking: Blue Berry Popovers 1:00 Tile Rummy 2:00 Exercise 2:30 Paw Visits 3:00 Indoor Bocce 3:00 Pinochle <u>Nat. Blue Berry Popover Day!</u>	11 9:30 Book Nook 10:00 Pampered Nails 2:00 Exercise 2:30 Bingo w/ Lucy! 3:00 Pinochle <u>Clothing Sale 2nd fl. 9-2</u>	12 9:30 Coffee 'n Front Page 10:00 Exercise w/Miko 1:00 Matinee 2:30 Dominoes *Activity Room	13 9:15 Game Hour w/ our Community Friends 10:00 Exercise w/Miko 10:45 Lawrence Huntley on the Dulcimer 3:00 Pinochle	14 9:30 Social Circle 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room 	
15 11:00 Song & Worship Hour w/ Abundant Life Church 1:30 Fun Fitness 3:00 Game Table AAG Students Gone on Spring break	16 9:30 Book Nook 10:00 Chips, Dips & Dominoes 10:45 Pastor Terry 1:00 Stitching Gals 2:30 Monday Sundaes! 3:00 Pinochle 3:15 Table Games w/Nick <u>Nat. Chips & Dips day</u>	17 9:00 Morning Greeting & News 10:30 St. Paddy's Day Party! 11:00 Res. Cnsl. 1:00 Scrabble 2:00 Exercise 2:30 <i>Lucky Bingo</i> w/Valeria 3:00 Pinochle Quilt Raffle Begins!	18 9:30 Book Nook 10:00 Spring Art 1:00 Bingo! 2:00 Exercise 2:30 Afternoon Theater & Snack Shack 3:00 Pinochle	19 9:30 Coffee 'n Front Page 2:30 Over 90 Birthday Bash! “You're still a Spring Chicken at Heart!” *Act. Rm 2:30 Nail Salon & Cookie Social *dining room 1st Day Of Spring!	20 9:15 Game Hour w/ our Community Friends 10:00 Exercise w/Miko 10:45 Elder Grow 3:00 Pinochle <u>National Quilting Day!</u> <i>(Winner announced)</i>	21 9:30 Social Circle 10:30 Bingo! 2:30 Song & Worship *Activity room	
22 All day: Independent activities as you please. 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Game Table <i>American Chocolate Week!</i> AAG Students Still gone on Spring break	23 9:30 101 Dalmations (non-animated) 10:45 Pastor Terry 1:00 Stitching Gals 2:30 Monday Sundaes! 3:15 Table Games w/Nick & Valeria <u>National Puppy Day!</u>	24 9:00 Morning Greeting & News 10:00 Creative Cooking 1:00 Tile Rummy 2:00 Exercise 2:30 Paw Visits 3:00 Uno w/Valeria 3:00 Pinochle	25 9:30 Book Nook 10:00 Nail Salon 1:00 Patio Chat! 2:00 Exercise 2:30 Afternoon Theater & Snack Shack 3:00 Pinochle	26 9:30 Coffee 'n Front Page 10:00 Exercise 10:30 Patio Chat 1:30 Men's Den 2 nd floor Act. Room 2:30 Dominoes	27 9:15 Game Hour w/ our Community Friends 10:00 Piano w/Sam 11:00 Exercise w/Miko 3:00 Pinochle	28 9:30 Social Circle 10:00 Bingo! 3:30 Coffee/Cocoa Hour *dining room 	
29 All day: Independent activities as you please. 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Game Table AAG Students return!!	30 10:45 Pastor Terry 1:00 Stitching Gals 2:30 Monday Sundaes! 3:00 Pinochle 3:15 Table Games w/Nick & Valeria	31 9:00 Morning Greeting & News 10:00 Creative Cooking 1:00 Scrabble 2:00 Exercise 2:30 Bingo! 3:00 Pinochle 3:30 Uno w/Valeria	MARCH 2020			Odd Fellows Home... <u>WEST CARE CENTER</u>	All Activities subject to change daily