







September 2019 - TLC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:30 Church: Trinity Baptist(AD)	2 Labor Day 	3 9:00 Chair Exercise(AD) 9:30 Trivial Pursuit(AD) 9:30 Board Games(GR) 10:00 Wheel of Fortune(AD) 1:00 Movie(GR) 1:15 Walking Club(LO) 2:00 Narcissa Lodge(AD)	4 9:00 Clothing Sale Day (AD) 9:30 Board Games(GR) 1:00 Ceramics(MH) 1:00 Movie(GR)	5 9:00 Chair Exercise(AD) 9:30 Fumble Fingers(AD) 10:00 Balance Class(WC) 10:00 Bocce WORLD CUP 1:00 Movie(AD)	6 Seahawk Friday 9:00 Chair Exercise(AD) 9:15 Men's Coffee(LO) 9:30 Board Games(GR) 9:30 Travel Video(AD) 1:00 Wal-Mart 1:30 Ice Cream Social	7 9:00 – 1:30 Brunch in the Well 1:30 Bingo 3:00 Hymn Sing A Long Auditorium
8 Grandparents Day 2:30 Church: WW First Presbyterian	9 9:00 Chair Exercise 9:30 Trivial Pursuit 9:30 Ceramics 10:00 Dominoes 10:00 Balance Class 11:30 KFC 1:00 Pinochle 1:30 Bingo 2:45 Wheel of Fortune	10 9:00 Chair Exercise 9:30 Travel Video 9:30 Board Games 10:00 Bocce WORLD CUP 1:00 Movie 1:15 Walking Club 3:00 Humane Society Visit 7:00 Beehive Lodge	11 9:00 Chair Exercise 9:30 Board Game 9:30 Reminisce 10:00 Wheel of Fortune 10:30 Brain Games 1:00 Ceramics 1:30 TLC Foot Clinic	12 9:00 Chair Exercise 9:30 Fumble Fingers(AD) 10:00 Balance Class(WC) 10:00 Bocce WORLD CUP 1:00 Movie(AD) 1:30 Bocce World Cup if Necessary 3:00 Afternoon Group Ceramics (AD)	13 Seahawk Friday 9:00 Chair Exercise 9:30 Board Games(ACT) 10:00 Travel Video (GR) 10:00 Catholic Mass(LB) 1:00 Ice Cream Social (GR) 1:30 Jerry Lewis on Trumpet in the Auditorium	14 1:30 Bingo 3:00 Hymn Sing A Long Auditorium
15 2:30 Church: Pioneer Methodist Church	16 9:00 Chair Exercise 9:30 Travel Video 9:30 Ceramics 10:00 Balance Class 1:00 Pinochle 1:30 Bingo	17 9:00 Chair Exercise 9:30 Travel Video 9:30 Board Games 10:00 Bocce 2 on 2 1:30 ODD STOCK by the Fountain 2:00 Narcissa Lodge	18 9:00 Chair Exercise 9:30 Board Games 9:30 Reminisce 10:00 Wheel of Fortune 10:30 Brain Games 1:00 Ceramics 1:00 Movie 1:30 Bocce 2 on 2	19 9:00 Chair Exercise 9:30 Fumble Fingers 10:00 Balance Class 1:00 Movie	20 Seahawk Friday 9:00 Chair Exercise 9:30 Hispanic Culture Video's (AD) 1:00 Wal-Mart 1:30 Ice Cream Social with Nostalgic Guitars Game Room	21 1:30 Bingo 3:00 Hymn Sing A Long Auditorium
22 2:30 Church: College Place Presbyterian	23 Autumn begins 9:00 Chair Exercise 9:30 Trivial Pursuit 9:30 Ceramics 10:00 Dominoes 10:00 Balance Class 1:00 Pinochle 1:30 Bingo 2:45 Wheel of Fortune	24 9:00 Chair Exercise 9:30 Travel Video 9:30 Board Games 10:00 Bocce 2 on 2 1:00 Movie 1:15 Walking Club 3:00 Humane Society Visit 7:00 Beehive Lodge	25 9:00 Chair Exercise 9:30 Board Games 9:30 Reminisce 9:30 Food Committee(LB) 10:00 Wheel of Fortune 1:00 Ceramics 1:30 Bocce 2 on 2 3:00 Chris Anderson Concert Auditorium	26 9:00 Chair Exercise 9:30 Fumble Fingers 10:00 Balance Class 10:00 Bocce 2 on 2 1:00 Movie(GR) 1:30 Bocce 2 on 2 3:00 Afternoon Art Class Auditorium	27 Seahawk Friday 9:00 Chair Exercise 9:30 Board Games 9:35 Cooking with Dee 1:30 Ice Cream Social with Dick Robison and daughter Shannon on the Piano	28 1:30 Bingo 3:00 Hymn Sing A Long Auditorium
29 2:30 Church: Bethel Baptist Milton Freewater	30 9:00 Chair Exercise 9:30 Trivial Pursuit 9:30 Ceramics 10:00 Travel Video 10:00 Balance Class 1:00 Pinochle 1:30 Spanish Bingo 2:45 Wheel of Fortune	31 9:00 Chair Exercise 9:30 Travel Video 9:30 Board Games 10:00 Bocce 2 on 2 1:00 Movie 1:15 Walking Club		Shopping Schedule Albertsons/Safeway Rite Aid Dollar Tree 1:00 p.m. Every Thursday Sign Up Sheet On Board!	(AD)=Auditorium (WC)=Wellness Center (GR)=Game Room (LB)=Library (ACT)=Activity Room (LO)=Lobby (EL)=Elevator (MH)=Mud Hut	Activities Subject to Change. Check Reader Board by Dining Room or Reader Board by Activity Room on 2nd Floor.

WELLNESS Programs - ODD Fellows September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Mariners 12:05	2 LABOR DAY	3 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:15 Walking Club	4 1:00 Water Therapy	5 9:00 Chair Exercise(AD) 9:30 Fumble Fingers(AD) 10:00 Bocce World Cup 10:00 Balance Class(WC) 1:00 Water Therapy	6 9:00 Chair Exercise	7 Mariners 4:10
8 Mariners 11:10 Seahawks 1:05	9 9:00 Chair Exercise (AD) 10:00 Balance Class(WC)	10 9:00 Chair Exercise(AD) 10:00 Bocce World Cup 1:00 Water Therapy 1:15 Walking Club	11 9:00 Chair Exercise(AD) 1:00 Water Therapy	12 9:00 Chair Exercise 9:30 Fumble Fingers 10:00 Bocce World Cup 10:00 Balance Class 1:00 Water Therapy 1:30 Bocce World Cup if Necessary	13 9:00 Chair Exercise	14 Mariners 6:10
15 Seahawks 10:00 Mariners 1:10	16 9:00 Chair Exercise(AD) 10:00 Balance Class(WC)	17 9:00 Chair Exercise(AD) 10:00 Bocce 2 on 2 1:00 Water Therapy	18 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:30 Bocce 2 on 2	19 9:00 Chair Exercise 9:30 Fumble Fingers 10:00 Balance Class 1:00 Water Therapy	20 9:00 Chair Exercise	21 Mariners 4:05
22 Mariners 10:05 Seahawks 1:25	23 9:00 Chair Exercise(AD) 10:00 Balance Class(WC)	24 9:00 Chair Exercise(AD) 10:00 Bocce 2 on 2 1:00 Water Therapy 1:15 Walking Club	25 9:00 Chair Exercise(AD) 1:00 Water Therapy 1:30 Bocce 2 on 2	26 9:30 Fumble Fingers 10:00 Bocce 2 on 2 10:00 Balance Class 1:00 Water Therapy 1:30 Bocce 2 on 2	27 9:00 Chair Exercise	28 Mariners 6:10
29 Mariners 12:10 Seahawks 1:05	30 9:00 Chair Exercise(AD) 10:00 Balance Class(WC)	31 9:00 Chair Exercise(AD) 10:00 Bocce 2 on 2 1:00 Water Therapy		Water Therapy <u>Tuesday, Wednesday and</u> <u>Thursday</u> 1:00 Beginning 1:30 Advance		AD – Auditorium WC – Wellness Center GR – Game Room LO – Front Lobby

EAST CARE CENTER - SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10:30 Beach Ball Exercise 2:30 Church 2nd 4:00 ASHLYN SINGS</p> 	<p>2</p> <p style="text-align: center;">HAPPY <i>Labor Day</i></p>	<p>3</p> <p>10:00 Price Is Right 10:30 Exercise 11:00 Resident Council 1:30 Think Tank 2:30 Bingo 3:30 Book Nook</p>	<p>4</p> <p>9:00 - 2:00 Clothing Sale - 2nd Floor 10:30 Fumble Fingers 11:00 Focus on the Famous 1:30 Poker Club 3:00 Nail Salon 4:00 Gaither's Spiritual Hour</p>	<p>5</p> <p>BOCCE FINALS 9:30 Reminisce 10:30 Music & Movement 11:00 Planet Earth 1:30 Garden Club 2:30 Bingo 3:30 Book Nook</p>	<p>6</p> <p>Seahawk Friday 9:30 Stich Nitch 10:30 Exercise 11:00 Sam Kirtley on Piano 1:30 Poker Club 3:00 Grandparent Appreciation Pizza Party!</p>	<p>7</p> <p>10:00 Morning Movie 2:00 Visiting Hour, Games & Crafts 3:30 Book Club</p>
<p>8</p> <p>Happy Grandparents' Day! 10:30 Beach Ball Exercise 2:30 Church 2nd 3:00 Aftn Movie</p>	<p>9</p> <p>9:30 Coffee on Patio 10:30 Culinary Creations 1:30 Poker Club 3:00 Afternoon Art: Door Decor!</p>	<p>10</p> <p>BOCCE FINALS 10:00 Price Is Right 10:30 Exercise 11:00 Nostalgic Guitars 1:30 Think Tank 2:30 Bingo 3:30 Book Nook</p>	<p>11</p> <p>10:30 Fumble Fingers 11:00 Focus on the Famous 1:30 Poker Club 3:00 Pretty in Pink: Nail Salon & Matinee 4:00 Gaither's Spiritual Hour</p>	<p>12</p> <p>BOCCE WORLD CUP! 9:30 Reminisce 10:30 Music & Movement 11:00 Planet Earth 1:30 Garden Club 2:30 Movie Matinee 3:00 Group Ceramics - 2nd Floor</p>	<p>13</p> <p>Seahawk Friday 9:30 Stich Nitch 10:00 Communion - 2nd 10:30 Exercise 11:00 Guitar Gathering 1:30 Jerry Lewis - 2nd 3:00 Ice Cream Social & Game Hour</p>	<p>14</p> <p>10:00 Morning Movie 2:00 Visiting Hour, Games & Crafts 3:30 BASIL ON VIOLIN</p>
<p>15</p> <p>10:30 Beach Ball Exercise 2:30 Church 2nd 4:00 ASHLYN SINGS</p> 	<p>16</p> <p>9:00 Coffee on Patio 10:30 Culinary Creations 1:30 Poker Club 3:00 Afternoon Art: Oddstock Accessories</p>	<p>17</p> <p>10:00 Price Is Right 10:30 Exercise 11:00 Groovy Bites 1:30 Oddstock Music Festival 3:30 Book Nook</p>	<p>18</p> <p>10:30 Fumble Fingers 11:00 Focus on the Famous 1:30 Poker Club 3:00 Flower Power: Nail Salon & Spa 4:00 Gaither's Spiritual Hour</p>	<p>19</p> <p>9:30 Reminisce 10:30 Music & Movement 11:00 Planet Earth 1:30 Garden Club 2:30 Bingo 3:30 Book Nook</p>	<p>20</p> <p>Seahawk Friday 9:30 Stich Nitch 10:30 Exercise 11:00 Sam Kirtley on Piano 1:30 Poker Club 3:00 Ice Cream Social & Game Hour</p>	<p>21</p> <p>10:00 Morning Movie 2:00 Visiting Hour, Games & Crafts 3:30 Book Club 6:00 Lawrence Welk</p>
<p>22</p> <p>10:30 Beach Ball Exercise 2:30 Church 2nd 3:00 Aftn Movie</p>	<p>23</p> <p>9:30 Coffee on Patio 10:30 Culinary Creations 1:30 Poker Club 3:00 Afternoon Art: Claymation</p>	<p>24</p> <p>10:00 Price Is Right 10:30 Exercise 11:00 Nostalgic Guitars 1:30 Think Tank 2:30 Bingo 3:30 Book Nook</p>	<p>25</p> <p>10:30 Fumble Fingers 11:00 Focus on the Famous 1:30 Poker Club 3:00 Chris Anderson Concert - 2nd Floor 4:00 Gaither's Spiritual Hour</p>	<p>26</p> <p>9:30 Reminisce 10:30 Music & Movement 11:00 Planet Earth 1:30 Garden Club 3:00 Afternoon Art Class - 2nd Floor</p>	<p>27</p> <p>Seahawk Friday 9:30 Stich Nitch 10:30 Exercise 11:00 Guitar Gathering 1:30 Poker Club 3:00 Ice Cream Social & Game Hour</p>	<p>28</p> <p>10:00 Morning Movie 2:00 Visiting Hour, Games & Crafts 3:30 Book Club</p>
<p>29</p> <p>10:30 Beach Ball Exercise 2:30 Church 2nd 3:00 Aftn Movie</p>	<p>30</p> <p>9:30 Coffee on Patio 10:30 Culinary Creations: Guacamole! 1:30 Spanish Bingo - 2nd Floor 3:00 Afternoon Art</p>		<p>SEPTEMBER SPECIAL EVENTS:</p> <p>4 <i>Clothing Sale</i> 6 <i>ECC Pizza Party!</i> 12 <i>Group Ceramics</i> 13 <i>Jerry Lewis Concert</i></p>	<p>17 <i>Oddstock Music Festival</i> 18 <i>Flower Power Spa & Nails</i> 25 <i>Chris Anderson Concert</i> 26 <i>Afternoon Art Class</i> 30 <i>Spanish Bingo</i></p>		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 All day: Independent activities as you please. 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Afternoon Antics w/Renn</p>	<p>2 LABOR DAY! </p>	<p>3 9:00/9:30 Wheel Of Fortune 10:00 Creative Cooking 2:00 Exercise 3:00 Pinochle</p>	<p>4 9-2 Clothing Sale 2nd floor 10:30 Pampered Nails 1:00 Bingo 2:00 Exercise 3:00 Soothing music hour *Activity Room 3:15 Learn Skip-Bo</p>	<p>5 9:30 Coffee 'n Front Page 10:00 Exercise 2:30 Dominoes *Activity Room 3:30 Devotion and Spirituality BOCCE FINALS</p>	<p>6 9:15 Game Hour w/ our Community Friends 10:00 Scrabble! 2:30 Nostalgic Guitar Guys 3:00 Pinochle</p>	<p>7 9:30 Social Circle 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room </p>
<p>8 All day: Independent activities as you please. 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Afternoon Antics w/Renn 4:00 Songs w/Ashlynn</p>	<p>9 9:30 Book Nook 10:00 Ticket - Bingo (no Pastor Terry) 1:00 Stitch Nitch 2:30 Monday Sundaes! 3:15 Chase- The - Ace</p>	<p>10 9:00 Wheel Of Fortune 1:00 Tile Rummy 2:00 Exercise 2:30 Focus On The Famous 3:00 Pinochle BOCCE FINALS</p>	<p>11 9:30 Pinochle 101 10:30 Pampered Nails 1:00 Bingo 2:00 Exercise 3:00 Soothing music hour *Activity Room 3:15 Learn Skip-Bo</p>	<p>12 9:30 Coffee 'n Front Page 10:00 Exercise 2:30 Dominoes *Activity Room 3:30 Devotion and Spirituality BOCCE WORLD CUP</p>	<p>13 9:15 Game Hour w/ our Community Friends 11:30 Special luncheon: Chinese 1:00 Decorate for Hispanic Heritage Month 1:30-2:30 Jerry Lewis brings Trumpet Music -2nd floor 2:00 Donuts 'n Dice 3:00 Pinochle</p>	<p>14 9:30 Social Circle 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room </p>
<p>15 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Afternoon Antics w/Renn HISPANIC HERITAGE MONTH Sept. 15-Oct. 15</p>	<p>16 9:30 Book Nook 10:00 Ticket - Bingo 10:45 Pastor Terry 1:00 Stitch Nitch 2:30 Monday Sundaes! 3:15 Chase- The - Ace</p>	<p>17 9:00 Wheel Of Fortune 10:00 Creative Cooking 11:00 Res. Cnsl. 2:00 Exercise 1:30-2:30 <i>Odd Stock</i> near the fountain 2:30 Focus On The Famous 3:00 Pinochle</p>	<p>18 9:30 Pinochle 101 10:30 Pampered Nails 1:00 Spanish Bingo 2:00 Exercise 3:00 Soothing music hour *Activity Room 3:15 Learn Skip-Bo</p>	<p>19 9:30 Coffee 'n Front Page 10:00 Exercise 10:30 Patio Chat 1:00 Matinee/Travel Video: Hispanic Heritage 2:30 Dominoes *Activity Room 3:30 Devotion and Spirituality</p>	<p>20 9:15 Game Hour w/ our Community Friends 10:00 Piano w/Sam 1:30 Puerto Rican Art: Ponce Carnival Masks 3:00 Pinochle</p>	<p>21 9:30 Social Circle 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room </p>
<p>22 All day: Independent activities as you please. 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Afternoon Antics w/Renn 4:00 Songs w/Ashlynn</p>	<p>23 9:30 Book Nook 10:00 Ticket - Bingo 10:45 Pastor Terry 11:30 Chili Spaghetti luncheon 1:00 Stitch Nitch 2:30 Monday Sundaes/Autumn Celebration 1st Day of Fall!</p>	<p>24 9:00 Wheel Of Fortune 10:00 Conchas and Hot Cocoa social! 1:00 Ecuador Art: Migajon Miniatures 2:00 Exercise 2:30 Focus On The Famous 3:00 Pinochle</p>	<p>25 9:30 Pinochle 101 10:30 Pampered Nails 1:00 Bingo 2:00 Exercise 2:30 Soothing music hour *Activity Room 3:00 Chris Anderson-2nd floor <i>Crooning his way into your hearts</i></p>	<p>26 9:30 Coffee 'n Front Page 10:00 Exercise 10:30 Patio Chat 2:30 Dominoes 3:00 Afternoon Art-2nd fl. (TLC) 3:30 Devotion and Spirituality</p>	<p>27 9:15 Game Hour w/ our Community Friends 10:30 Chips and Salsa Social! 1:30 Puerto Rican Art: Ponce Carnival Masks 3:00 Pinochle</p>	<p>28 9:30 Social Circle 10:30 Bingo! 3:30 Coffee/Cocoa Hour *dining room </p>
<p>29 All day: Independent activities as you please. 11:00 Coffee/Cocoa Hour *dining room 1:30 Fun Fitness 3:00 Afternoon Antics w/Renn</p>	<p>30 10:00 Ticket -Bingo 10:45 Pastor Terry 1:00 Stitch Nitch 1:30 Spanish Bingo-2nd floor (TLC) 2:30 Monday Sundaes! 3:00 <i>Ticket-Bingo Drawings</i> to be held!! *Dining Room *Social</p>	<p>This month: Hispanic Heritage Month celebrated Sept. 15-Oct. 15</p>	<p>SEPT. 2019</p>	<p>Also this month: ODD STOCK Festival near the Fountain</p>	<p>Odd Fellows Home... WEST CARE CENTER</p>	<p>All Activities subject to change daily</p>