

September 2010

Tamarack Assisted Living Center
 1224 E Tamarack Rd
 Altus, Ok 73521

Twilla Massie
 Activity Coordinator
 (580) 379-6990

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDARS SUBJECT TO CHANGE WITHOUT NOTICE	BIRTHDAYS 3RD MARGARET SMITH 19TH WILODENE FREVILLE 22ND FERN DALKE 29TH JESSIE REYNOLDS	<u>Twilla out of town Sept 1st-6th</u>	1 10:30 Exercise 2:00 Bible Study-Video 6:00 Church	2 9:15 Book Club 10:30 Exercise 2:00 Deal or No Deal 3:30 Exercise 6:00 Tabernacle Bapt. Church	3 10:30 Exercise 2:00 Manicures 3:30 Exercise 5:30 Bingo	4 11:00 Exercise 2:00 Bingo 3:15 Van Ride 5:30 Games
	5 2:00 Bingo	6 9:15 Book Club 10:30 Exercise 1:30 Shopping at Wal-Mart 3:30 Exercise	7 9:30 Council Meeting 10:30 Exercise 2:00 Bingo 3:30 Exercise	8 10:30 Exercise 2:00 Bible Study 3:30 Exercise 6:00 Church	9 9:00 Foot Spa 10:30 Exercise 2:00 Guess Who? 3:30 Exercise 5:30 Movie	10 9:15 Book Club 10:30 Exercise 2:00 Manicures 3:30 Exercise 5:30 Bingo
12 2:00 Prairie Wind Winery Wine Tasting	13 9:15 Book Club 10:30 Exercise 1:30 Shopping at Wal-Mart 3:30 Exercise	14 9:15 Book Club 10:30 Exercise 2:00 Bingo 3:30 Exercise	15 10:30 Exercise 2:00 Wildlife Refuge Program 6:00 Church	16 9:15 Book Club 10:30 Exercise 2:00 Fall Prevention In Service 3:30 Exercise 6:30 Dance at Comm. Center	17 9:15 Book Club 10:30 Exercise 2:00 Manicures 3:30 Exercise 5:00 TAILGATE PARTY	18 11:00 Exercise 2:00 Bingo 3:15 Ice Cream 5:30 Games
19 2:00 Bingo	20 9:15 Book Club 10:30 Exercise 1:30 Shopping at Wal-Mart 3:30 Exercise	21 9:15 Book Club 10:30 Exercise 2:00 Bingo 3:30 Exercise	22 10:30 Exercise 2:00 Bible Study 3:30 Exercise 6:00 Church	23 9:15 Book Club 10:30 Exercise 1:00 Foot Spa 3:30 Exercise 5:30 Movie	24 9:15 Book Club 10:30 Exercise 2:00 Manicures 3:30 Exercise 6:00 Old Country Friends Perform	25 11:00 Exercise 2:00 Gift Shop 3:15 Van Ride 5:30 Games
26 2:00 Bingo	27 9:15 Book Club 10:30 Exercise 1:30 Shopping at Wal-Mart 3:30 Exercise	28 10:00 SILVER BELLES 10:45 Exercise 2:00 Bingo and Birthday Party 3:30 Exercise	29 10:30 Exercise 2:00 Bible Study 3:30 Exercise 6:00 Church	30 9:15 Book Club 10:30 Exercise 2:00 Cards With JoAnne 6:30 Dance at Comm. Center		