











SEPTEMBER 2019



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

Cas VanPelt
Activity Director
(580) 379-6990



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Bus to Church OUT 9:30 Devotion EW 10:00 FBC Channel 72 1:30 Bingo AR	2 Labor Day 10:00 Skip– Bo EW 2:00 Horse Races – AR 3:30 Dominoes— EW 5:30 Dallas– TV 	3 10:00 Cookies & Chat EW 1:00 Men’s Card Social AR 1:30 Bingo AR 6:00 Church– Dean AR	4 10:00 Coffee Cup Bunch OUT 1:30 Walmart OUT 5:30 Movie Night TV	5 Cheese Pizza Day 11:00 County Fair at Expo Center OUT 1:30 Bingo AR  NFL STARTS	6 Read a book Day 10:00 Kitchen Creation AR 1:00 Men’s Domino Social AR 1:30 Bingo AR	7 9:00 Walking Club 3:00 Craft Show at Church of God OUT 5:30 Dallas
8 Grandparents Day 9:00 Bus to Church OUT 9:30 Devotion EW 10:00 FBC Channel 72 2:00 Grandparents Party AR	9 10:00 Skip– Bo EW 2:00 Horse Races AR 2:30 Alzheimer’s and Dementia Class with Mark AR 5:30 Dallas TV	10 Rainbow Day 10:00 Cookies & Chat MW 1:30 Home School Kids AR 6:00 Church– Doug AR	11 9/11 Remembrance 10:00 Craft Time– Frame Hangars AR 11:00 Horse Race AR 1:30 Dollar Tree OUT 5:30 Movie Night TV 	12 10:00 Bob Ross Painting Class with Cas AR 5:30 NALW Banquet DR	13 10:00 Kitchen Creation AR 1:00 Men’s Domino Social AR 1:30 Bingo AR	14 Harvest Moon 9:00 Walking Club OUT 10:00 Skip– Bo AR 1:30 Bingo AR 5:30 Dallas TV
15  9:00 Bus to Church OUT 9:30 Devotion EW 10:00 FBC Channel 72 1:30 Bingo AR	16 Wear a tie Day 10:00 Skip– Bo EW 2:00 Horse Races – AR 3:30 Dominoes— EW 5:30 Dallas– TV	17 IT Day 10:00 Cookies & Chat WW 1:00 Men’s Card Social AR 1:30 Bingo AR 6:00 Church– Lupe AR	18  10:00 Craft Time– Leaf Wreaths AR 11:00 Horse Race AR 1:30 Walmart OUT 5:30 Movie Night TV	19 10:00 Bible Study AR 1:30 Bingo AR	20 10:00 Kitchen Creation AR 1:00 Men’s Domino Social AR 1:30 Jeopardy AR	21 Apple Day  9:00 Walking Club OUT 10:00 Skip– Bo AR 1:30 Bingo AR 5:30 Dallas TV
22 9:00 Bus to Church OUT 9:30 Devotion 1:30 Saxophone Stylings of Bailey Goss AR	23 First Day of Fall 10:00 Skip– Bo EW 2:00 Horse Races – AR 3:30 Dominoes— EW 5:30 Dallas– TV 	24 10:00 Cookies & Chat AR 1:00 Men’s Card Social AR 1:30 Bingo AR 6:00 Church– Jim AR	25 10:00 Craft Time– Puzzle Tree AR 11:00 Horse Race AR 1:30 Dollar Tree OUT 5:30 Movie Night TV	26 10:00 Bible Study AR 1:00-2:00 Tamarack Resident and Family Art Show 	27 10:00 Kitchen Creation AR 1:30 Senior Citizens Center talk with Maggie AR	28  9:00 Walking Club OUT 10:00 Skip– Bo AR 1:30 Bingo AR 5:30 Dallas TV
29 Coffee Day 9:00 Bus to Church OUT 9:30 Devotion EW 10:00 FBC Channel 72 1:30 Bingo AR	30 10:00 Skip– Bo EW 2:00 Horse Races – AR 3:30 Dominoes— EW 5:30 Dallas– TV	CALENDARS SUBJECT TO CHANGE WITHOUT NOTICE. 	Activity Room– AR East Wing—EW West Wing– WW Middle Wing— MW Outing—OUT Patio—PT Tv Center– TV	Movie Night Listings 4th -Doris Day Selection 11th -Roman Holiday 18th -Driving Miss Daisy 25th– The Lucy Show	Birthdays: 2nd—Boozie McMahan 10th—Sue Estes 29th—Gwen Shirley	Access the Activity Calendar anytime at Tamarack’s website www.retireattamarack.com

Days to remember:

Labor Day— The first Labor Day observance in the U.S. took place in New York City on September 5, 1882. There was a parade in accordance with the plans of the Central Labor Union for a “workingmen’s holiday.” Oregon was the first state to officially celebrate Labor Day, and the federal government made it a legal holiday in 1894 to be held on the first Monday in September. It is a public holiday in the United States and in Canada and celebrates workers. Many people have this day off from work, and it is a farewell to summer.

Grandparents Day- Beginning in 1970, Marian McQuade, a West Virginian housewife and mother of 1 child, initiated a campaign to set aside a day to honor grandparents. In 1978, the U.S. Congress passed legislation proclaiming the Sunday after Labor Day to be National Grandparents Day, and the proclamation was signed by President Jimmy Carter. The month of September was chosen to signify the “Autumn years” of life.

Rosh Hashanah- Literally translated, Rosh Hashanah means “head of the year” and is one of the most important Jewish holidays. The New Year 5780 officially starts on September 30, but all Jewish holidays begin at sundown on the evening before, so it begins on September 29 which is known as Kol Nidre and ends at nightfall two days later on October 1.

NEWS TO NOTICE AT TAMARACK

Nail Care days have been changed from Fridays to Tuesdays between 8– 11:30. If you would like an appointment please let Cas or Martha know. Thank you

Dallas will not be shown temporarily I apologize in advance as it was ordered in a foreign language, please be patient with me as they may take a while to arrive.

As requested a new activity specifically for the gentleman here is on every Tuesday/ Friday at 1:00 in the activity room.

Reminiscent Corner:

10 Years Ago (2009)

- A 8.3 magnitude earthquake triggered a tsunami near the Samoa.
- *Modern Family*, starring Ed O’Neill and Sofia Vergara, premiered on ABC.

20 Years Ago (1999)

- The TV crime show, *Law & Order: SVU* starring Mariska Hargitay and Christopher Meloni, premiered on NBC.
- NASA announced that it lost contact with the Mars Climate Orbiter

30 Years Ago (1989)

- Chris Evert became the first player ever to win 100 matches in the U.S. National Open Tennis Championship.
- *Doogie Howser, M.D.* starring Neil Patrick Harris as a teenage physician, debuted on NBC

40 Years Ago (1979)

- The Pioneer 11 made the first fly by of Saturn, discovering a new moon and rings.
- The Entertainment and Sports Programming (ESPN) debuted.

50 Years Ago (1969)

- The first automatic teller machine in the U.S. was installed in Rockville Centre, NY
- The first Elvis convention was attended by more than 2,500 fans in Cincinnati, OH

100 Years Ago (1919)

- The U.S. Army expedition across America, the First transcontinental Motor Convoy, which started July 7, ended in San Francisco, CA.
- The Florida Keys hurricane killed more than 600 in the Gulf of Mexico, Florida, and Texas.