

THE LODGE LOG

February 2012

Word of the Month

BIRR

/bur/

Definition:

Noun:

1. A whirring sound
2. Emphasis in statement, speech, etc.

Verb:

3. To move with or make a whirring sound

Inside this issue:

<i>Friendship Fund</i>	1
<i>Happy Birthday!</i>	2
<i>Physical Therapy Anyone?</i>	3
<i>Leap Year Party</i>	4
<i>February Guests</i>	5
<i>Outings</i>	6
<i>From Activities</i>	8

Friendship Fund

This month, we are hoping to begin a new tradition at The Lodge in which you are all welcome to participate.

When our neighbors and friends are under the weather, we all wish kind thoughts and bring cards and good wishes. The Lodge often puts out a "Get Well" card for everyone to sign, and The Lodge delivers it.

What we propose is a Friendship Fund Committee that helps to spread well-wishes and kind thoughts to our neighbors who are unwell.

Every resident is invited

to contribute \$1 per month. Those contributions will be managed by Beth and the Friendship Fund committee. The fund will purchase cards, balloons and/or flowers to send to our friends in need.

Also, for those who cannot have flowers, we will gather every three months to create a stock of paper flowers, creating small arrangements that will last forever.

We meet for the first time this Wednesday, February 1, at 1:00 PM in the Conference Room.

Join us.

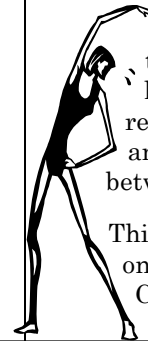
Qigong Group

We are growing our Qigong exercise group, and hope you will consider joining us.

On Wednesday, February 8, our instructor Julia Anderson returns. You must attend the sessions with Julia to join the group. The cost is \$3 per month only.

Every Wednesday, we will continue to gather in the Exercise Room at 2:30 to exercise together. This will help us all to remember the poses and movements between classes.

This is currently open only to Lodge & Cottage residents.



Shopping Notes



We have two shopping days in February which will have altered hours:

On February 14th, we will shift transportation to morning hours, driving between 9:15 - 12:15. Any afternoon medical appointments will be transported via taxi on

that day.

On Thursday, February 23rd, shopping will begin at 11:30 AM (rather than our regular 10:15 AM). Medical appointments before 11:30 will be transported via taxi.

Finally, please note that

we only transport 2 shoppers per hour. If you write yourself in as a "third passenger" you will be moved to the next available time or rescheduled to the next available day.

See Beth with transportation questions.

January Birthdays at The Lodge

Happy Birthday to Residents!

(Text removed to protect the privacy of our residents)

We will celebrate our friends' birthdays together on Wednesday, February 29th at 1:00 PM for an "Act Your Leap Age" theme party!

Happy Birthday to Staff!

No staff birthdays in February.



The Lodge Book Club

In January, our group read The God of Small Things by Arundhati Roy.

The novel is a story about a family in India in the 1960's whose family tragedy occurs during a communist uprising. Using language creatively, the author tells the story in bits, moving back and forth through time and location.

Our group was split about the book. Some really enjoyed the lyric use of words and the poetic approach to description. Some found the peak-a-boo plot, spread around the jumping timeline, to be a turn-off to the book. And others found that some sections of the book simply did not add to, or even detracted from, the book as a whole.

A copy of The God of Small Things has been added to The Lodge Library.

In February, we are reading a novel called Middlesex by Jefferey Eugenides. This novel was an Oprah Book Club selection, and tells the history of a fictitious family. The family immigrates from Greece. The story then follows an 80 year saga told through the perspective of the third-generation offspring of the immigrant grandparents.

Jefferey Eugenides is the author of the critically acclaimed novel, The Virgin Suicides for which he is best known.

For March, we have secured copies of Hotel on the Corner of Bitter and Sweet.

2012 Reading List

February: Middlesex by Jeffrey Eugenides

March: Hotel on the Corner of Bitter and Sweet by Jamie Ford



From the Dining Room

In order to better serve you, we are asking that you call us when you are not coming for a meal, and to call early if you would like to have your meal sent to your room.

While we will call you if we don't see you in the dining room, it takes staff away from service. If you call us, the front desk can manage the call and mark you "out" for dinner.

We thank all of you who have

stayed in your apartments while recovering from coughs and colds, and encourage everyone to err on the side of caution. If you are staying at home, call us with your meal orders and we will gladly bring your order to you.

Currently, we are working on a new room tray call-in/delivery system. We will announce the changes as soon as we finalize the program.

The Doughnut Social



We are going to try a new schedule for our Doughnut Social in February.

This month, come for doughnuts, coffee and conversation on Tuesday, February 28th at 9:30 AM. We will have specialty doughnuts from Cock-a-Doodle Doughnuts in Port Angeles.

Then, after the social, we will hold the monthly resident update with Michelle at 10:30.

Of course, if you would like, you may come for both, or either - it is up to you.

See Beth with questions.



Book Club Reading List

...

2010

The Great Gatsby by F. Scott Fitzgerald

Drowning Ruth by Christina Schwarz

The Reader by Bernhard Schlink

The Greatest Generation by Tom Brokaw

The Time Traveler's Wife by Audrey Niffenegger

A Wrinkle in Time by Madeleine L'Engle

Seabiscuit by Laura Hillenbrand

The Angle of Repose by Wallace Stegner

A Map of the World by Jane Hamilton

Eat, Pray, Love by Elizabeth Gilbert

The Bonesetter's Daughter by Amy Tan

2011

The Shipping News by Annie Proulx

The Red Tent by Anita Diamant

The Glass Castle by Jeannette Walls

Shanghai Girls by Lisa See

The Art of Racing in the Rain by Garth Stein

The Spirit Catches You and You Fall Down by Anne Fadiman

No Great Mischief by Alistair Macleod

Life of Pi by Yann Martel

The Elegance of the Hedgehog by Muriel Barbury

The Help by Katherine Stockett

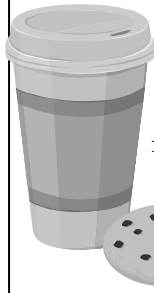
Cloud Atlas by David Mitchell

2012

The God of Small Things by Arundhati Roy

Middlesex by Jefferey Eugenides

The Bistro Buzz



The Lodge Espresso is offering a special treat this month as your resident special. In

February, come to The Bistro to enjoy a small milkshake, flavor of your choice, on us!

We suggest you enjoy your beverage as a part of an entertainment in the lobby. For example, come for your milkshake before the Old Time

Fiddlers performance on the 7th, and have a treat to enjoy with the music.

Also, we are again offering the Ladies' Special on Thursday, February 23rd, during the Gentlemen's Social. Ladies of The Lodge and Cottages may enjoy any small, specialty beverage for just \$1. As always, the coffee is on us!

We look forward to seeing you at The Bistro.

The Cupboard Raffle

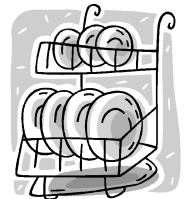
We are missing many items from our dining room, and hope you can help find them!

Please check your apartments and bring us back coffee cups (both white and purple), bowls, plates, and other dishes that belong to The Lodge.

During the week of February 19 - 25th, we will give you a raffle ticket

for each item you return, which will be entered into a drawing for 2 free guest dinners at The Lodge. The drawing will be held at dinner on Saturday, February 25th.

So check your cupboards and you may find you are a big winner!



Physical Therapy Anyone?

Often times, we are prescribed physical therapy by our doctors, but find it hard to get our exercises done once or twice a day. The Lodge would like to help you.

Starting this month, the Exercise Room at The Lodge will be reserved for Physical Therapy patients between the hours of 9 - 10 AM and 1 - 2 PM every day.

We encourage you to use this time to get together with your friends to do your exercises. Beth has a new physical therapy exercise regime, and will be joining you during one or both times each day.

Staff cannot explain or teach your exercises, but we want to encourage you to get together. Let's support each other in better health.



STAYING IN THIS FEBRUARY...

Act Your "Leap Age" Party

Leap Day is February 29th, and we only get one every four years. So let's celebrate our extra day with a party!

The Birthday Party this month will be held on the 29th, and our theme is "Act Your Leap Age."

Your leap age is your actual age divided by 4. For example, Beth's leap age is 9. If you are 80, your leap age is 20.

Now, add your leap age to the year of your birth. Again, we'll use Beth as our example. Her leap age is 9, and she was born in 1974. So, to act her leap age, she is a 9 year-old

in 1983. If you were born in 1932, and are 80 years old, to act your leap age you must be a 20 year-old in 1952.

To add to the fun of this project, Beth will be bringing in costumes for you to use that harken back to the 40's and 50's. You may check them out beginning on the 28th.

Come for this silly party on Wednesday, February 29th at 1:00 PM. With cake, punch, and hilarity, this will be a party you will not want to miss!



Happy Hour

This month, we celebrate love and friendship on Valentine's Day. And we will celebrate with a Happy Hour on February 14th.

We are making a small change to the happy hour format this month. Instead of wine and beer with dinner, we will serve after-dinner drinks with dessert. And, for those of you who cannot enjoy an alcoholic beverage, we will be serving nonalcoholic coffee creamers in the flavors of Irish cream and coffee liqueur.

The kitchen is preparing a special meal for the holiday and we encourage everyone to dress in red, white and/or pink for dinner. We will have door prizes, too, and other surprise treats.

Please note, due to the party, transportation will be during morning hours on this day only.



Big Screen Specials

We have three special events on the Big Screen in the Media Room you should know about:

First, Superbowl XLVI is Sunday, February 5th, between the N.Y. Giants and the New England Patriots. We will show the game beginning at 3:30 PM. (Game will be on King 5).

February is home to President's Day. In honor of that holiday, every Monday at 1:00 we will be showing a History Channel series (on DVD) about the U.S. Presidents, on loan from a resident.

Finally, watch the Oscar's broadcast beginning at 4:00 on Sunday, February 26th. (Shown on Komo 4).



Guests in February

We are excited about our musical schedule for February, and hope you will come to enjoy the following performances.

On Tuesday, February 7th, we mark the return of the Old Time Fiddlers at 3:30 PM. They will perform in the foyer. This group was a mainstay of the early activity calendar at The Lodge, and it is our pleasure to have them with us once again.

Dennis Blair, who you may remember was a guest speaker in January about



fighting insomnia, returns to perform music on Wednesday, February 15th at 3:30 PM in the foyer. Dennis plays popular music of the 1950's - 1970's, focusing on soft favorites. We enjoyed his performance early last fall - let's welcome him back warmly.

Finally, we are going back to the islands with Mike and Erma as Naki'i returns on Wednesday, February 22nd at 6:30 PM. This will be their first evening performance for us. Plan to stay after dinner on the 22nd to enjoy this lively musical interlude.



Now a regular part of our musical schedule, Trent will continue his pre-dinner performances on Thursdays. He begins at about 4:30, and plays through the start of dinner. Let's all help to support this young man as he develops his gift for piano.

For those of you who like symphony performances, come along to the dress rehearsal of the Port Angeles Symphony on Saturday the 4th. More on page 6.

Stay In/Dine Out: Lunch from Galare Thai

The third in our new program, Stay -In/Dine-Out, this month we are going to enjoy a lunch from Galare Thai on Bell Street.

Begin signing up for this no-host lunch on the 8th, with the event on the 15th. There is no limit to how many may participate.

Beth will provide you with a take-out menu, and will take your order one day before the



event. Then, we will have the Media Room made comfortable for lunch and Beth will bring your order to you.

This activity is especially for those of you who cannot get out to restaurants like you would like. However, everyone is invited!

Beth can answer your questions about this activity.

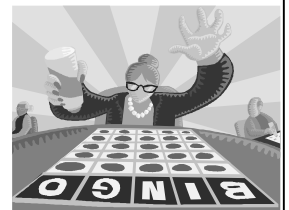
BINGO

We have just a handful of dedicated BINGO lovers, and hope to grow our game to include more of you.

As a part of this effort, this month we have two games scheduled. Both Saturdays, the 4th and the 25th we will play at 1:30 in the Media Room.

Beth is currently working on a prize system for all games that would earn you credit in the Bistro. For this month, though, we will continue to play for "Forever Stamps." Each win earns you two stamps.

If you have suggestions about how to get more of your neighbors involved in this fun, party-atmosphere game see Beth or put your ideas in the Suggestion Box in the post office area.



Weekly Dinner Music

Every Thursday evening, we are enjoying the performances of Trent, a young music student from Sequim.

Trent is a 14 year-old young man who demonstrated an interest in piano. When it became apparent to his parents that his interest was just the first sparkle of an ingrained talent, they took him to a

teacher for professional, private lessons.

As a part of his learning, he is performing here every Thursday evening. He will play between approximately 4:30 and 5:00 PM. We are not setting up seating, but invite you to take a seat in the living room or library to enjoy the music.

Silverdale Shop & Lunch



As a response to several requests, we have scheduled a day trip to Silverdale for Wednesday, February

22nd.

While you may choose to go to the mall, we will also include Trader Joe's, Old Navy, Edie Bauer, and Target in our shopping destinations. And, you may choose to dine at the mall, but our official lunch location will be Aladdin's Palace, a well-reviewed restaurant featuring Mediterranean cuisine. (We will try to get a menu before our trip).

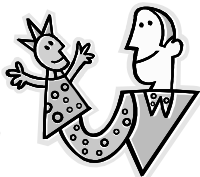
Sign-up beginning on the 15th for this February 22nd outing.

Variety Show

Saturday, February 11th, we will depart from The Lodge for the Sequim High School Variety Show. The curtain raises at 2:00, so we plan to depart from The Lodge at 1:30.

The tickets were purchased for those signed-up before January 31, but if you are interested, see Beth. We can find out if tickets are still available.

The show includes performances by the Trash Can Band, Jazz Band, and Select Choir of the High School. The Olympic Cloggers, Bud Davies, and Amanda Bacon with Sara Shea also perform.



Symphony Performance

This month, we are offering an opportunity to enjoy the dress rehearsal of the Port Angeles Symphony. The dress rehearsal is only \$5 per person, and you can enjoy the music in addition to having a rare insight into the workings of a symphony on the day of a concert.

This concert features Rachmaninoff's Second Concerto, Mozart's Symphony #35 in D, and Milhaud's Suite Provençal. Musical guest Alexander



Tutunov is the solo pianist.

Sign up now for this fun opportunity. The seating is open, and the performance is at the Port Angeles High School Auditorium. Remember to dress warm! The theater tends to be chilly in the morning.

We depart from The Lodge at 9:00 AM for this 10:00 AM concert on Saturday, February 4.

Dinner at the Bushwacker

For those of you hankering for a good, old-fashioned steakhouse dinner, this outing is for you.

Sign up begins on the 4th for this outing, which will take place on Saturday, February 11th.

We will depart from The Lodge at 4:30 to drive to The Bushwacker in

Port Angeles. They offer a wide selection of classic steakhouse offerings, and Beth will try to get us a menu in advance for you to review.

We can take the larger bus with the wheelchair lift if you cannot take the stairs onto our regular bus. See Beth.

March Preview

March is marching in. See what we have in store for you:

- Resident Art Show
- St. Patrick's Day Happy Hour
- Old Fashioned Sing-Along
- Elegant Flea Antique & Collectible Show

- Dine-out/Stay-in from Tarcisio's Restaurant

- Abby Mae & The Homeschool Boys

If you have other activities to suggest, please do. We are always open to your ideas!

Activity Highlights

February 2012 at The Lodge

PARTIES & SOCIALS

1st: Friendship Fund Committee

Come to be a member of this new group, which will help spread good wishes to our friends who are under the weather.

14th: Valentine's Happy Hour

Enjoy special after dinner drinks and dessert while we celebrate friendship and love.

28th: Doughnut Social

Scheduled just before the Resident Update, come to get your dose of coffee and doughnuts.

25th: "Act Your Leap Age" Birthday Party

See page 4 for more information. This is a fun theme - take it as far as you like!

OUTINGS

Every Friday: Scenic Drives

While we have rides for every Friday, we do not take drives when roads are icy.

4th: Port Angeles Symphony

Sign-up to enjoy a dress rehearsal of our local symphony.

11th: Sequim High School Variety Show

We have our tickets - let's go and enjoy a great show to benefit our local kids.

11th: Dinner at The Bushwacker

Sign up to come along and enjoy a big steak dinner!

22nd: Silverdale Day Trip

We will spend our day shopping and will have lunch at a new-to-us restaurant.

GUESTS & PERFORMERS

Thursdays at 4:30 PM: Trent

Trent continues to serenade us weekly on the piano in the foyer.

7th at 3:30 PM: Old Time Fiddlers

The group returns after a two-year hiatus. We hope you will join us in welcoming this local favorite.

8th 1:30 - 2:30 PM: Chair Massage with Julia Anderson

Make appointments with the Front Desk for a Chair Massage.

8th at 2:30 PM: Qigong

\$3 is the charge for this energizing exercise class, led by J. Anderson.

15th at 3:30: Dennis Blair

Dennis performs soft, popular music of the 50's, 60's, and 70's. This will be his second performance for us.

22nd at 6:30 PM: Naki'i

Come to be taken away to the islands with Mike and Erma.

GROUPS AT THE LODGE

Daily 9 - 10AM, 1 -2 PM: Physical Therapy Group

Daily at 10:00 AM: Chair Exercise

Wed's at 10:30 AM: Lodge Library

2nd & 16th at 3:15 PM: Bible Study

3rd & 17th at 3:30 PM: Discussion Group

4th & 18th at 3:00: Writers Workshop

6th & 20th at 3:00 PM: Communion

10th at 3:30 PM: Kindle Users

24th at 3:30 PM: Book Club
Discuss Middlesex by Jefferey Eugenides

GAMES

Weekly: Wii Bowling

Mondays at 1:30: Skip Bo

Mondays & Wednesdays at 10:30 AM: Pool Game Variations

Mon & Fri at 10:00 AM: Rummy

Wednesdays & Saturdays at 3:00 PM : Mexican Train

Fridays at 10:30 AM: Scrabble

Sundays at 1:30 PM: Bridge

Coming Attractions at The Lodge

These are our features coming this month. As always, please bring your suggestions and requests to Beth and she will get them on our schedule.



1. Seabiscuit (Drama, 2003)
2. Love Comes Softly (Romance, 2003)
3. One Day (Romance, 2011)
4. Love's Enduring Promise (Romance, 2004)
5. The Razor's Edge (Drama, 1946)
6. Midnight in Paris (Comedy, 2011)
7. Love's Long Journey (Romance, 2005)
8. Splendor in the Grass (Drama, 1961)
9. Dolphin Tale (Drama, 2011)
10. Love's Abiding Joy (Romance, 2006)

**A copy of our detailed Monthly Movie Guide
has been included in this newsletter.**

The Lodge Information Center

The Lodge at Sherwood Village

660 Evergreen Farm Way

Sequim, WA 98382

P: 360.681.3100

F: 360.683.3796

www.thelodgeatsherwood.com



A Note From Activities

I am planning for some fun and friendship for February, and hope you will join me.

This month, we are starting two new things. First, we are going to have "Physical Therapy" hours in the Exercise Room. Between 9 - 10 AM and 1 - 2 PM, the Exercise Room is now reserved for residents who want to do their physical therapy exercises together.

We do not have a physical therapist on staff, and we cannot teach or correct your exercises. However, we can do your exercises with you. And you can meet your friends, and work together.

As many of you know, I injured my knee in December, and have now begun physical therapy myself. Every day, I will come to do my

exercises during at least one of those times. I encourage you to join me - let's get healthier together!

Our second new thing this month is the Friendship Fund Committee. I invite you to join me. We will ask each resident to donate \$1 per month (voluntarily only!) to the Friendship Fund. The committee will help me use the fund for "Get Well" cards, balloons, and flowers for our neighbors who are ailing. And, several times a year, we will get together to make small paper flower arrangements that we can send out.

In the spirit of "New Things" I am trying some new ideas for our social events. For example, for this month's Happy Hour on Valentine's Day, we will serve coffee drinks to enjoy with dessert. And, our

birthday party has a new theme I think will be fun for all. See page 4 for more about our "Act Your Leap Age" party!

Outings this month are going to include a day in Silverdale on the 22nd. This time, we will try a new, Mediterranean restaurant for lunch. Come and enjoy!

I have already purchased the tickets for those of you signed up for the Variety Show at the Sequim High School. However, if you are interested, I have learned that tickets are still available. See me if you would like to join us.

As always, our activities are only fun if you join in. So come on - let's have some fun! -Beth