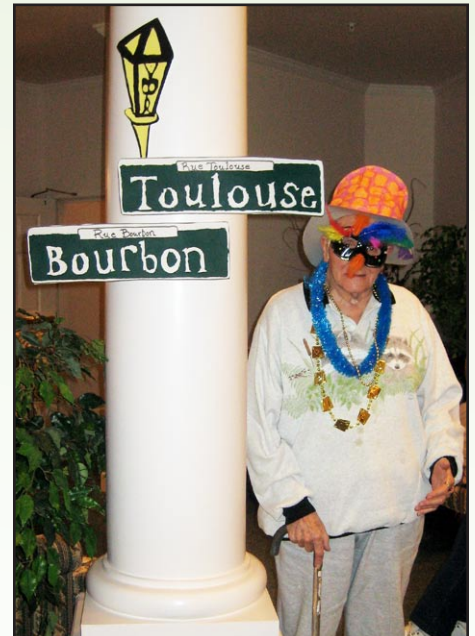


West Prospect? Or Bourbon Street?

The Riverboat Rascal's lively banjo music and creative costume changes had the crowd feeling as if they were floating down the mighty Mississippi on a paddle-wheel boat. "That Riverboat guy was great; we should have him back soon!" shared resident Steve Kurland. "These decorations are wonderful."

Following the fun musical entertainment, guests enjoyed carnival games, seafood gumbo, and bourbon slushies. The smell of cotton candy filled the air.

In preparation for the event, residents made their own Mardi Gras masks and painted scenery to help transform Touchmark into Bourbon Street. ■



Frank D'Agostino stands near the Bourbon Street sign. Frank, Helen Armstrong, and Eve Brouard provided the creative paintbrush strokes for the scenery.



Penny Krampien (left) celebrated Mardi Gras with her mother, Fran Burstein.



The Riverboat Rascal performance included banjo music and creative costume changes.

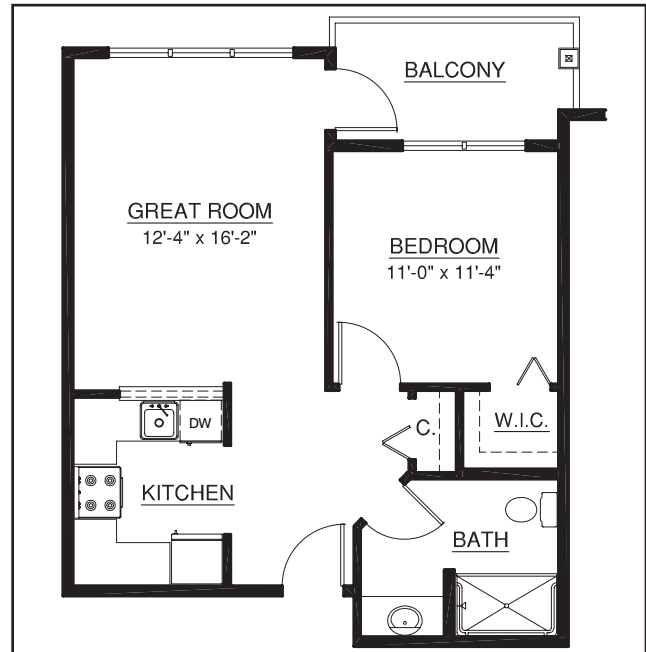


Resident Peggy Fenlon enjoyed the Mardi Gras party.

Look what's springing up at Touchmark!



Welcome home! This two-bedroom, two-bathroom beauty offers 1,762 square feet of warmth and comfort, featuring tray and cathedral ceilings, custom California Closets®, a cozy fireplace, three-seasons room, granite countertops, and more. Plus, you'll be amazed by the storage space in this home. Call or stop by to see this gorgeous home.



Bright and sunny days await you in Apartment 317. This one-bedroom, one-bathroom charmer features a vaulted ceiling in the living room, spacious balcony, and a wall of windows offering a front-row view of Butte des Morts Country Club's lush golf course.

Everybody Zumba®!

Touchmark recently kicked off its newest fitness offering: Zumba Gold! As instructor Maria Elena de Leon says, "Zumba is a party. What better way to work out than through a party?"

Maria showed the class introductory moves and how to move their hips and bodies to the rhythmic Latin music. The class is a modified version of Zumba and features repetitive, easy-to-follow steps that offer a whole-body workout.

See the Life Enrichment/Wellness calendar for upcoming "parties!" ■

Blossoming friendships



Beautiful place settings and charming company set the stage for a delightful Ladies' Breakfast, co-hosted by Jeanette Hoffman and Eve Brousard. From left: Peggy Fenlon, Noreen Boomsma, and Bonnie Holtz enjoy spending the morning with friends.

(cont.)

(cont.)



During a recent neighborhood party, Erv Volkman (right) shared with Executive Director Barb Pandolfo his captivating story of being a matador. Residents enjoyed the chance to talk with friends and meet new neighbors. Many people found out they have a lot in common, like growing up on farms. Pictured above (far left, clockwise): Martelle Warning, Erv Volkman, Jim Prink, Vera Zumph, Keith Keane, Bob Huelsbeck, Pat Broderick, and Peggy Fenlon.



Life balance and legacy



Marge Coalman, EdD
Vice President of Wellness & Programs,
Touchmark

The function of *aging* does not guarantee a *life well-lived* or a *life in balance*. What, then, does it mean to create a life in balance? If you search for this phrase on the Internet, you'll find all kinds of comments, poems, and homilies. If you sit down and talk with people—especially older adults—a very different perspective comes to light. It becomes apparent that *legacy* is a critical component of a life in balance. This is true over people's lifespan and especially as they get older.

Legacy is not just about the material goods we have to share with those we love and care about or the causes we hold dear, although those are important components. Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties. According to many older adults I interview, this results in a sense of

well-being and accomplishment that makes each day a day worth “spending” for the value it brings.

“Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties.”

Contributions that may be the most effective are not necessarily measured in dollars. Consider these gifts: sharing a vision and making it real; influencing children or young adults and creating awareness and compassion for themselves and others; developing a thoughtful plan for conservation and environmental stewardship. All of these bequeath a legacy that goes beyond “the stuff” we leave behind. Thoughtful plans, timelines, and guideposts can mark the way to inspire future leaders and resolve difficult problems.

Touchmark communities are committed to supporting residents' legacies through lifelong (cont.)

Join us online!

Become a fan on our Facebook page; visit Touchmark's YouTube channel; or write a review on Google maps.



(cont.) learning, civic engagement, intergenerational programs and services, and life-story work. Our Legacy Project is multidimensional and always growing. To be a part of the Full Life Wellness & Life Enrichment Program™ at Touchmark, contact a Full Life team member to share ideas, goals, and inspiration. ■

It's all fun and games at Touchmark



Dee Markley (from left) and Paul and Elaine Kluge play a rousing game of Mexican Train during a recent resident-led game session. In addition to Mexican Train, the group also played Hand and Foot, with both games quickly developing some very enthusiastic players.

Brain Builders

Rearrange the letters to find the states' names:

Example: Ah! Look ma. = Oklahoma

i own gym

men share whip

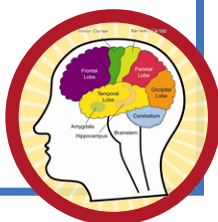
loan torn chair

horned dials

coins wins

show inn tag

Answers:
Wyoming, North
Hampshire, Rhode
Carolina, Washington
Island, Wisconsin,



Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Tuesday, April 5, 2:30 pm

Join the Touchmark Book Club as the group starts *Water for Elephants*, a fictional novel. Please sign up. Cost: \$5 for book. Four Seasons Parlor.

Thursday, April 7, 2:30 pm

Participate in World Health Day with this Fox River, Safe Water Presentation, which will feature the problems created in local waterways from dumping and the creative solutions that local ecologists are using to make safer water. Chapel.

Tuesday, April 12, 1:30 pm

Sharpen your mind and learn

more about the *History of Language & Linguistics*. This is part two of a four-part series, presented by UW-Oshkosh, Learning in Retirement. Chapel.

Wednesday, April 13, 3:30 pm

New neighbor social, sponsored by Midwest Stay at Home Care. Midwest will provide wine and cheese for the social hour. Lobby.

Thursday, April 14, 3 pm

Armchair Travelers is back with a fantastic view of France. Start the journey in Provence and enjoy the spectacular scenery as well as some fabulous French wine and cuisine. Chapel.

Wednesday, April 20, 2:30 pm

Join Becky Reider and Jeanette Hoffman to decorate Easter cupcakes. Please sign up. Cottage Room.

Love o' the Irish

To celebrate St. Patrick's Day, residents enjoyed a Top of the Morning Daily Buzz, a St. Patrick's Day craft, and an energetic performance by The Trinity Irish Dancers. The Daily Buzz was about all things Irish as residents learned about the history of the holiday and of Ireland itself. For the craft, the group made Irish Blessing Houses and hoped for spring to arrive soon.

Residents and guests tapped their toes to the Trinity Irish Dancers' impressive traditional dancing. Gold coins were given to all who attended the program and to the performers. ■



Just for laughs!

The Direct Object

Christopher's class was having an English lesson, and the teacher called on Christopher to recite a sentence with a direct object.

Christopher stood and thought, then said, "Teacher, everybody thinks you are beautiful."

"Why thank you, Christopher," the teacher said, blushing. "But what is the direct object?"

"A good report card next month," he replied.

From www.mycleanhumor.com