

Touchmark on West Prospect – Full Life Wellness & Life Enrichment Program Daily Events



| Every Sunday | Every Monday | Every Tuesday | Every Wednesday | Every Thursday | Every Friday | Every Saturday |
|--|--|--|---|--|--|--|
| 9:30 am Heart Smart Exercise-Self Lead (HS) 1:00 pm Bridge (H) 2:00 pm Replay Classic Movie (Channel 2) 1:30 pm Bingo (CR) 2:30 pm Punch & Cookies (L) | 9:30 am Cardio Balance (CH) 10 am Coffee Klatch (H) 10:30 am Daily Buzz (GP) 11:00am Active Living (GP) 1:00pm -3:00 pm Bridge (H) 2:30 pm Mexican Train (CR) 3:30 pm Wii Bowling League (W) 5:00 – 6:00 pm Strong Bones (CH) | 9 am – 2:00 pm Medical Transport by Appt Only 9:30 am Strength & Conditioning (CH) 10:30 am Daily Buzz (GP) 1:30 pm Bingo (H) | 8:45 am – 12:30 pm Kiwanis & Shopping 9:30 am Cardio Balance (CH) 10:30 am Catholic Church Service (CH) 10:30 am Daily Buzz (GP) 11:00am Active Living (GP) 1:00pm – 3:00 pm Bridge (H) 1:30 pm Brain Builders (FP) 2:30 pm Hand & Foot (CR) | 9:00 am – 2:00 pm Medical Transport by Appt Only 9:30 am Strength & Conditioning (CH) 10:15 am Walking the World (GP) 10:30 am Daily Buzz (GP) 1:30 pm Bingo (H) 3:30 pm Wii Bowling League (W) | 9:30 am Cardio Balance (CH) 10:15 am Bible Study (CR) 10:30 am Daily Buzz (GP) 11:00am Active Living (GP) 1:00pm – 3:00 pm Bridge (H) 1:30 pm Brain Builders (CR) 4:30 pm & 5:30pm Fish Fry (FS) 7:00 pm New Movie (Ch 2) | 9:30 am Heart Smart Exercise-Self Lead (HS) 2:00 pm Matinee Movie (Channel 2) 4:30 & 5:30 pm Steak Night (GD & FS) 7:00 pm Replay New Movie (Channel 2) |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|---|
| Heart Healthy Month! Love your heart and your neighbor. | | | | 11:00am Readers Club (FP) *5:45pm Bus Departs to 'Happy' the movie. At Appleton North High School #2 | 10:30am Resident Council (CH) * 2:30pm Walk &Fit (CH) *3:30pm Citizens Action of WI: Healthcare Reform (CH) | 10:30am Weekend Buzz (GP) |
| Cruise Week *4:30pm Super Bowl Party (GP) | Cruise Week *9:00am Shopping 3:15pm BP Checks (GP) 3:30pm Book club (FP) *3:30pm Sing-A-Long Karaoke (CH) | Cruise Week *2:00pm Galley Tour (L) 2:30-4:30pm Stepping On: Fall Prevention (CH) | Cruise Week Cruise Wear Day! 2:30pm Monthly Scoop (CH) 3:00pm New Neighbor Social (L) | Cruise Week 11:00am Readers Club (FP) 11:00am Shepherds Care (GP) *11:00am Men's Club Outing #2 *6:30pm Sweet Ballads with Tom Palmer (L) | Cruise Week *2:30pm Walk & Fit (CH) 3:00pm Knitting Club (FP) 3:00pm Games with Barb (LI) *4:00-6:00pm Captain's Dinner, Seafood Buffet | Cruise Week 10:30am Weekend Buzz (GP) *2:00pm Valentine Craft with Becky Reider (CR) |
| | 1:00-4:00pm TAWI Foot Care (B) *3:15pm Forks Over Knives; Documentary (CH) | *2:30-4:30pm Stepping On: Fall Prevention (CH) 2:30pm Dining Forum (GD) *4:00-6:00pm Valentine's Day Dinner (FD) *6:30pm Vander Weilen Trio (L) | 9:00am Fire Alarm Check *3:30pm Touchmark Gardens Meeting (CR) | 11:00am Readers Club (FP) *4:15pm Outback Steak House Dinner #1 | *8:30am Ladies Breakfast (FD) 11:00am Friendship Ambassadors (H) *Young at Heart Movie #2 (TBA) | *9:30am Peace of Heart Meditation (CH) 10:30am Weekend Buzz (GP) *1:00pm Tour of Wilmar's Chocolates #2 |
| *Bus Departs 1:00pm for "Almost Maine" #2 Fredric March Theatre UW-Oshkosh | *9:00am Shopping 1:30pm Genealogy Group (PD) 3:30pm Book Club (FP) 3:15pm BP Checks (GP) 6:30pm Therapy Dog Visit (CR) | *1:30pmUWO-LIR: The Role of Myth in Our History (CH) *2:30-4:30pm Stepping On: Fall Prevention (H) | Ash Wednesday 10:30am Communion Service and Ash Imposition; All Welcome | 11:00am Readers Club (FP) *2:30pm Afternoon Birthday Social (L) *4:30-6:30pm Birthday Dinner (FP) | *8:30am Gentlemen's Breakfast *2:30pm Walk & Fit (H) 3:00pm Knitting Club (FP) 3:00pm Games with Barb (LI) | 10:30am Weekend Buzz (GP) 4:00pm *Trinity Irish Dancer Performance (L) |
| | 2:00pm Life Enrichment Forum (CH) *3:00pm Carrie Frechette presents: Spirituality and Friendship Music Medley (L) | 11:00am Pastor Knitt (CH) *3:00pm Tea Tasters (PD) *2:30-4:30pm Stepping On: Fall Prevention (CH) | 11:00am-1:00pm Friendship Ambassadors Training; Lunch Included (PD) 4:00pm Therapy Dog: Maria & Allie (CR) | Dial "1020" from your home phone to hear information about daily events, menus, and weather | | |

Key

(B) - Beauty Salon/Barber Shop
(CH) - St. Louise Chapel
(CR) - Cottage Multipurpose
(FD) - Four Seasons Dining
(FP) - Four Seasons Parlor
(GP) - Garden Parlor
(GD) - Garden Dining
(H) - Hoyle's Game Room
(HS) - Heart Smart Exercise Room
(L) - Lobby
(LI) - Library
(O) - Outside/Front Lawn
(PD) - Private Dining
(W) - Wii Are The Champions Lounge

***Events with an asterisk mean that sign up is required.**

Pay at the front desk for events.

When you sign up, you are agreeing to pay the cost of event, this amount will be billed to your monthly statement.

Some exceptions may be made.

February 2012



Touchmark on West Prospect

February 2012 - Full Life Wellness & Life Enrichment Program

~ Week One ~

2~ Combining real life stories of people around the world, 'HAPPY' explores the secrets behind our most valued emotion. Come see this **award winning film**. Playing at Appleton North High school; this event is free. #2
 3~Citizens Action of Wisconsin Presents: Your own personal town hall meeting on **Healthcare Reform**.

~Week Two~

5~Enjoy snacks and the company of good friends as we view the **Superbowl** in the Garden parlor. Don't miss this party!
 6~Kick off Cruise Week in style by lending your voice and singing your favorite song at our **Karaoke Sing-A-Long!** Chapel.
 7,14th,21st, 28th~ **Stepping On: Fall Prevention Class**; A community based workshop. Sign up for this 7 week course and acquire the skill and knowledge needed to prevent falls. \$20 per person.
 7~Would you like to tour the Touchmark kitchens? In typical cruise style, a **Galley Tour** is available on the S.S. Touchmark. Several 20 minute tours will be given starting at 2:00pm in the Lobby, sign up today to reserve your spot.
 8~ **It's Cruise Wear Day!** Put on your best cruise or tropical attire and join us for Monthly Scoop to be entered in our contest. A prize will be awarded for "Best Cruise Attire" during the New Neighbor Social.
 9~ **Men's Club Lunch**. Sign up today for a great lunch out! Bus departs @11:30am #2
 9~Join **Tom Palmer**, our on-board entertainer, for some musical fun. Call your friends and invite your neighbors to the lobby after supper and listen to some sweet ballads. This is open to the public, all friends are welcome. Free of charge.
 10~Enjoy fantastic seafood and round off our cruise week at the traditional **Captain's Dinner**. Open dining from 4:00-6:00pm in the Four Seasons Dining Room. Make sure to stop in the Four Seasons Parlor between 4:00 and 5:00 to have your picture taken with the Captain!
 11~ Make a special **Valentine Craft** for your sweetheart or neighbor with Becky Reider, join in the fun!

~Week Three~

13~Take the time to learn something new today. The feature film '**Forks Over Knives**' examines how degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods.
 14~The **Vander Weilen Trio** is back! Come and enjoy some polka and dancing after supper. 6:30pm in the Lobby
 15~**Calling all gardens lovers!** Share your knowledge and experience and help plan the Touchmark perennial gardens.
 16~Join us for an evening dinner as the Touchmark bus heads to **Outback Steak House**. Price based on menu choices. #1
 18~Indulge your sweet tooth and join us for our **rescheduled tour of Wilmar's Chocolates**. Bus departs at 1:00pm

~Week Four~

19~Sign up to attend "**Almost Maine**" a UW Oshkosh theatre production. This play inventively explores the mysteries of the human heart, touching audiences with laughter, heartbreak and hope. #2
 21~University of Oshkosh-Learning in Retirement presents: **The Role of Myth in Our History**. This lecture will cover the sources, meaning and importance of myths. Touchmark Chapel.
 23~**Afternoon Birthday Social**. Residents who have Birthdays in February will be honored with an afternoon social.
 24~**Dr. Mamoun** will join us for a presentation on how to stay heart healthy, make sure to attend this interesting lecture.
 25~ **The Trinity Irish Dancers** return for some foot stomping afternoon entertainment. Head down to the lobby to grab a seat and watch a jig!

~Week Five~

27~**Carrie Frechette** joins us to entertain with her guitar to sing a "**Love & Friendship Music Medley**", come sing along.
 29~**This two hour training is required for all Friendship Ambassadors**, lunch will be provided. Sign up today and join in!

Meal Times

Breakfast

8:00 am – 9:00 am (GD)

Midday

11:30 am – Noon (GD)

12:30 pm – 1:00 pm (FS)

Evening

4:30 pm – 5:15 pm (GD)

5:30 pm – 6:15 pm (FS)

Scheduled Transportation

Monday 9:00am – 12:30pm

*2 times per month – see calendar

Tuesdays 9:00 am – 2:00pm

Wednesday 8:45 am – 12:30 pm

Thursday 9:00 am – 2:00 pm

*Sign up at the front desk

Country Store Hours:

Tuesday & Thursday 9:30 am -4:00pm

Spotlight

For the month of February, we are dedicated to promoting heart health. Heart health is more than a cardiovascular tune up. It is also about giving and receiving peace, love and tenderness to both ourselves and to our community. Join your neighbor for one of our fitness classes or send a dear friend a Valentine and remember that staying heart healthy can be more beneficial then you think.

“Keep love in your heart. A life without it is like a sunless garden when the flowers are withered. The consciousness of loving and being loved brings a warmth and richness to life that nothing else can bring.”

- Oscar Wilde

