

Touchmark on West Prospect – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Stepping Out or Heart Smart Exercise (HSII) 2:30 pm Punch & Cookies (L)	9:30 am Stretch & Flex (CH) 10 am Coffee Klatch (H) 10:30 am Daily Buzz (GP) 1:30 pm Sheepshead (CR) 3:30 pm Wii Bowling League (W)	9:00 am – 2 pm Medical Transport by Appt Only 9:30 am Strength & Conditioning (CH) 10:30 am Daily Buzz (GP) 1:30 pm Bingo (H) 3:30 pm Wii Bowling League (W)	8:45 am – 12:30 pm Kiwanis/Shopping 9:30 am Exercising with Julie (HS) 10:30 am Catholic Church Service (CH) 10:30 am Daily Buzz (GP) 1:00 – 3:00 pm Bridge (H) 1:30 pm Brain Builders (CR) 3:30 pm Wii Bowling League (W) 6:30 pm Piano with Jean Omson (L)	9 am – 2 pm Medical Transport by Appt Only 9:30 am Strength & Conditioning (CH) 10:30 am Daily Buzz (GP) 1:30 pm Bingo (H) 3 pm Walking the World (FP) 3:30 pm Wii Bowling League (W)	9:30 am Exercising with Julie (CH) 10 am Piano with Jean (L) 10:15 am Bible Study (CH) 10:30 am Daily Buzz (GP) 1:00-3:00 pm Bridge (H) 1:30 pm Brain Builders (CR) 4:30 pm & 5:30 pm Fish Fry (FS) 7:00 pm New Movie (Ch 2)	9:30 am Stepping Out or Heart Smart Exercise (HSII) 2 pm Matinee Movie (Channel 2) 4:30 pm & 5:30 pm Steak Night (GD & FS) 6:30 – 8:00 pm Wii Lounge Open (W)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dial 1020 from your home phone to hear daily green events, weather, and menus!	National Peanut Butter Lover's Day- (Come to Daily Buzz and celebrate!) 10:15 am Resident Ambassador Meeting (PD/H) 3:15 pm Blood Pressure Checks (GP) 1	2:45 pm "CSI vs. Reality" Presentation w/ Officer Weber (CH) 2	"I Want You to be Happy Day" 9:15 am* Technology Class (CH) 3 12:15 pm* Depart for Beauty & the Beast at Madison Middle School 3	March Forth-"Do Something Day" 9:30 am* Approximate Departure Time for Water Exercise at Appleton North 4	11:00 am Resident Council (PD/H) 2:00 pm "Bible Discoveries w/ Shepherd's Care" (GP) 2:30 pm *Miracle Ear (CR) 5	10:30 am Trinity Irish Dance Group (FS) 6
Celebrate Your Name Week begins today! (7 th – 13 th of March) 10:00 am Chapel Service w/ Pastor Easty (CH) 7	9:00 am* Shopping 10:30 am Alzheimer's Support Group (CR) 2:00 pm Soda Pop Dogs (CH) 8	No Daily Buzz 10:30 am Dr. Doran "Understanding Physical Stress" (CH) 1:00 pm* Foot Care (B) 2:45 pm TCC "Hallelujah Chorus" (CH) 9	9:15 am* Technology Class (CH) 2:30 pm Monthly Scoop/ 3:30 pm New Neighbor Social shamrock (CH) Theme Dinner: "Mid-Atlantic" 10	9:30 am* Approximate Departure Time for Water Exercise at Appleton North 3:30 pm Historic Tour of Washington D.C. by Dr. Fred Born (CH) 11	Please note changes in BOLD 9:30 am Exercise Class (HS) 10:15 am Bible Study (PD) 11:00 am New Resident Voter Registration (LI) 3:00 pm Knitting, Crocheting & Loom Club (FP) 12	10:00 am* Wii with Anne (W) 1:30 pm Weekend Buzz w/ Melanie (GP) 3:00 pm *Door Craft w/ Melanie (CR) 6:30 pm "Shepherd's Care Community Outreach Worship Gathering" (GP) 13
Birthday of the Baseball Cap (1860) – Wear yours today! 1:30 pm "Bingo w/ Ryan" (CR) 14	1:30 pm *Craft w/ Bobbie Stern (CR) 3:15 pm Blood Pressure Checks (GP) 6:30 pm Therapy Dog Visit (CR) 15	2:45 pm* Book Mark Craft w/ Melanie (CR) 16	Happy St. Patrick's Day! Wear Green Today! 9:00 am Fire Alarm Check 9:15 am* Technology Class (CH) 12:00 pm* Depart for Golfing and lunch at Player's Choice 17	9:30 am* Approximate Departure Time for Water Exercise at Appleton North 4:30 pm/5:30 pm *Birthday Party (GD/FS) 18	2:00 pm "Bible Discoveries w/ Shepherd's Care" (GP) 2:30 pm Live Weyers (L) 19	First Day of Spring!  1:30 pm Reminisce Club (CR) 20
10:00 am Chapel Service w/ Pastor Easty (CH) 21	9:00 am* jig Shopping 22	2:45 pm* Back by Request "BOOK CLUB" (GP)  6:30 pm Bob Larson (L) 23	National Chocolate-Covered Raisins Day (Come to Daily Buzz and celebrate!) 9:15 am* Technology Class (CH) 12:00 pm * Depart for Lunch at Dong Po lucky (Chinese) 24	9:30 am* Approximate Departure Time for Water Exercise at Appleton North 6:15 pm *Depart for Passion Play at Xavier 25	11:00 am Friendship Ambassadors (H) 3:00 pm Knitting, Crocheting & Loom Club (FP) 26	10:00 am* Wii with Anne (W) 1:30 pm Weekend Buzz w/ Nicole (GP) 3:00 pm "Do One Nice Thing Club" (CR) 6:30 pm "Shepherd's Care Community Outreach Worship Gathering" (GP) 27
Palm Sunday 1:30 pm "Bingo w/ Ryan" (CR) 28	10:00 am *Eye Glass Adjustments w/Tara (CR) 1:30 pm The "TAWI" Show (CH) 3:00 pm Life Enrichment rainbow Forum (GP) 29	8:30 am* Men's Breakfast (PD) 10:00 am Election Voting (H) 10:30 am Lutheran Service w/ Pastor Leon Knitt (CH) 1:00 pm Nationwide Travel Presentation (CH) 3:00 pm Tea Tasters (PD/H) 30	9:15 am* Technology Class (CH) 11:45 am* Irish Depart for Lunch & a Movie 31	Don't Forget – Join the Fun! Look throughout March's calendar for the ten hidden words with a common theme. The first ten residents to the front desk with all ten words win a prize – so read your calendar and win!	the Fun! Look calendar for the ten hidden words with a common theme. The first ten residents to the front desk with all ten words win a prize – so read your calendar and win!	Touchmark's Annual Talent Show Monday, April 5 th 2:00pm Sign Up Today Space Is Limited

Key

- (B) - Beauty Salon/Barber Shop
- (CB) - Computer & Business Center
- (CH) - St. Louise Chapel
- (CR) - Cottage Multipurpose
- (FS) - Four Seasons Dining
- (FP) - Four Seasons Parlor
- (GP) - Garden Parlor
- (GD) - Garden Dining
- (H) - Hoyle's Game
- (HS) - Heart Smart Class Room
- (HSII) - Heart Smart Fitness Room
- (L) - Lobby
- (LI) - Library
- (O) - Outside/Front Lawn
- (PD) - Private Dining
- (W) - Wii Are the Champions Lounge

* Sign up required

Meal Times

Breakfast

8 am – 9 am (GD)

Midday

11:30 am – Noon (GD)

12:30 pm – 1 pm (FS)

Evening

4:30 pm – 5:15 pm (GD)

5:30 pm – 6:15 pm (FS)

Scheduled Transportation

Monday 9 am – 12:30 pm

ONLY 2 times per month – see calendar

Tuesday 9 am – 2 pm

Wednesday 8:45 am – 11:30 am

Thursday 9 am – 2 pm

Sign up at the front desk

Country Store Hours:

Tuesday & Thursday 9:30 am – 4 pm

March 2010

Those events with an asterisk require that you sign up at the Front Desk. Signing up means that you are committed to the event, so please take note of costs and/ or travel times. All events, except self-pay events, will be billed on your monthly statement.

 **Spotlight:**

An Irish Wish for You!
Wishing you a rainbow
For sunlight after showers,
Miles and miles of Irish smiles
For golden happy hours.
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!

Touchmark on West Prospect
Resort-style Retirement
2601 Touchmark Drive • Appleton, WI 54914
920-832-9100 • TouchmarkAppleton.com



March 2010 – Life Enrichment / Wellness

~Week One~

2 – Do you know the differences between CSI (Crime Scene Investigation Show) and reality? Come listen and learn as Officer Jason Weber fills us in.

3 – We will be departing for Beauty & the Beast at Madison Middle School today. No Charge – Sign up at the front desk.

6 – The award winning Trinity Irish Dance Group is coming to perform today and spread some Irish warmth to Touchmark! No charge.

~Week Two~

8 – A Touchmark Favorite - The Soda Pop Dogs are back! The show includes agility, obedience, and audience participation. Each dog, cleverly named after a soft drink (RC, Ginger Ale, Sierra Mist, Squirt, and Dr. Pepper), performs their own tricks.

9 – Today Dr. Doran *blarney* will speak on “Understanding Physical Stress”. Come learn about this helpful topic.

9 – The Thompson Community Center Chorus is coming to perform musical hymns for everyone to enjoy!

11 – Dr. Fred Born does a terrific Tour on the History of Washington D.C. and the foundations it is based on. He ties in the founding fathers’ religious markings with its architecture. Don’t miss this education travelogue.

13 – A student volunteer, Anne, will be coming to play the Wii with any residents who are interested in learning or playing the Wii! She will also come on the 27th of this month! Have some fun!

13 – Melanie from Life Enrichment will do a Weekend Buzz and her Door Craft today. Be sure to sign-up!

~Week Three~

15 – Bobbi Stern is back to do a very nice craft with all of you! Look to the sign-up book for more details!

16 – Melanie *leprechaun* will host a craft class on laminated book marks! Use pictures, ribbon, and more!

17 – HAPPY ST. PATRICK’S DAY! Today golf-lovers can come and golf indoors at Player’s Choice in Appleton. \$10 per person for golf. Lunch is self-pay. Sign-up at the front desk.

~Week Four~

22 – Tara, from Lens Crafters is here this morning offering free eye glass adjustments. Sign-up at the front desk.

22 – It’s the 45th Anniversary of The Sound of Music! Join your neighbors for this fun sing-a-long! The words for all the songs will scroll across the screen for you to follow along. *Celtic* Popcorn will be served.

23 – Back by resident request is Book Club. Come share with your fellow neighbors what you have been reading.

24 – We are having lunch today at Dong Po Chinese Restaurant. This place used to be called Chef Chu’s. Reviews are good for this restaurant so be sure to sign-up and join us! Self-pay.

27 – Nicole from Life Enrichment is here today to do a Weekend Buzz and her “Do One Nice Thing Club”. Anyone can be a part of this heart-felt club, so please come and see what it’s all about!

~Week Five~

29 – Today in the Cottage Room we are having free eye glass adjustments from a Lens Crafters employee. Sign-up is required.

29 – Join host Julie as she brings you another addition of the “TAWI” Show. Come meet her surprise guest, learn all about them, and have some fun!

30 – Nationwide Travel is giving a presentation on exploring the Alpine Countries – Austria, Germany, and Switzerland plus the Oberammergau’s Passion Play. All residents and community members are welcome!

31 – Lunch and a Movie is always a hit, so be sure to sign-up and come along for a *whiskey* great outing!

Touchmark’s Annual Talent Show

Monday, April 5th

2:00pm

**Sign Up Today
Space Is Limited**