

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 pm Bridge (H) 2 pm Replay Classic Movie (Channel 124) 1:30 pm Bingo (CR) 2:30 pm Punch & Cookies (L)	9:30 am Cardio Balance (CH) 10:00 am Coffee Klatch (H) 10:30 am Daily Buzz (GP) 11:00 pm Active Living (GP) 1 - 3 pm Bridge (H) 2:00 pm Mexican Train (CR) 3:30 pm Wii Bowling League (W) 5 - 6 pm Strong Bones (CH)	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) 2:30-4:30pm Open Art Studio (CR)	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) 1 - 3 pm Bridge (H) 1:30 pm Brain Builders (LI) 2:00 pm Hand & Foot (CR)	9 am – 2 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) 11:00 pm Active Living (GP) 1 - 3 pm Bridge (H) 1:30 pm Brain Builders (LI) 4:30 pm & 5:30pm Fish Fry (GD & FD) 7 pm New Movie (Ch 124)	9:30 am Heart Smart Exercise-Self Lead (HS) 2 pm Matinee Movie (Channel 124) 4:30 & 5:30 pm Steak Night (GD & FD) 7 pm Replay New Movie (Channel 124)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*2:30pm Introduction to Open Art Studio (CR) <i>1</i>	*1:00pm Nature Nutz Sponsor a Tour of The Gardens of the Fox Cities (#3) 3:00pm Therapy Dog: Maria & Allie (CR) <i>2</i>	11:00am Readers' Club (H) 1:30pm Troubadour Practice (CH) *3:00pm Touchmark Garden Kickoff Party (L) <i>3</i>	10:30am Resident Council (CH) *2:30pm Funny Faces Photo Shoot (CH) *6:45pm Bus Departs for Fox Valley Concert Band (#2) <i>4</i>	10:30am Saturday Morning Buzz (GP) *4:00pm-6:00pm Cinco de Mayo Buffet (FD) <i>5</i>
<u>National Nurses Week</u> 3:00pm Faith Chorale Sacred Music and Hymns (CH) *7:00pm GriefShare™: "When Your Spouse Dies" (GP) <i>6</i>	*9:00am Shopping *3:15pm BP Checks (GP) *3:30pm "Loving the Skin You Are In: Make Up Lesson" (CR) <i>7</i>	~Spring Cleaning~ Goodwill Pickup Today 2:30 Dining Forum (GD) *3:00pm Aromatherapy & Relaxation (CH) <i>8</i>	2:30pm Monthly Scoop (CH) 3:30pm New Neighbor Social (L) <i>9</i>	11:00am Readers' Club (H) 1:30pm Troubadour Practice (CH) *2:00pm Staff Spotlight; Nursing (L) *3:00pm Guided Meditation; Healing Touch (H) <i>10</i>	*11:15am Bus Departs for lunch at Mark's East Side (#1) *2:00pm Music with Carrie Freschette (L) 3:00pm Walking Club with Barb (L) <i>11</i>	*10:00am Best Friends Gardening Craft (CR) 10:30am Saturday Morning Buzz (GP) <i>12</i>
<u>Happy Mother's Day</u> *11:00am-1:00pm Mother's Day Brunch (FD) *7:00pm GriefShare™: "Your Family & Grief" (GP) <i>13</i>	*1:00pm-4:00pm TAWI Foot Care (B) *3:00pm Touchmark Transitions Group (PD) *3:30pm Book Club (FP) <i>14</i>	*9:30am UWO-LIR: Funeral Homes; A Support of Exceptional Value For Families (H) *10:00am Legacy Building with Lori Coonen (PD) *3:00pm May Cribbage Tournament (H) <i>15</i>	9:00 am Fire Alarm Check *11:00am Men's Club Outing to The Coach's Corner (#1) *3:00pm Sun Catcher Craft (CR) <i>16</i>	11:00am Readers' Club (H) *3:00pm Troubadour Performance: "Sun, Moon & Stars" (CH) <i>17</i>	*3:00pm Funny Faces – Get to Know Your Neighbors Social (CH) <i>18</i>	10:30am Saturday Morning Buzz (GP) *11:00am Bus Departs for Olive Garden <i>19</i>
*7:00pm GriefShare™: "Why?" (GP) <i>20</i>	*9:00am Shopping 1:30pm Genealogy Group (PD) 3:15pm BP Checks (GP) 3:00pm Life Enrichment Forum (GP) *3:00pm Spring Flower Arranging (CH) 6:30pm Therapy Dog (CR) <i>21</i>	*12:00pm Volunteer Recognition Luncheon (GD) *2:30pm-4:30pm Miracle Ear (CR) *3:00pm May Cribbage Tournament (H) <i>22</i>	*8:30am Ladies' Breakfast (FP) *3:00pm Touchmark Players: Play Practice (CH) <i>23</i>	11:00am Readers' Club (H) *4:00pm Birthday Happy Hour; Music with Mike Huff (L) *4:30pm-6:30pm Birthday Dinner (FD) <i>24</i>	*8:30am Men's Breakfast 11:00am Friendship Ambassadors (H) *Young at Heart Movie (#2) 3:00pm Walking Club with Barb (L) <i>25</i>	10:30am Saturday Morning Buzz (GP) 11:00am Game Time; Learn Farkel (GP) <i>26</i>
*7:00pm GriefShare™: "The Uniqueness of Grief" (GP) <i>27</i>	<u>Happy Memorial Day</u> *11:00am-1:00pm Memorial Day Cookout (FD) <i>28</i>	11:00am Pastor Knitt (CH) *3:00pm Tea Tasters (PD) *3:00pm May Cribbage Tournament (H) <i>29</i>	*3:00pm Touchmark Players Play Practice (CH) *4:00pm Dinner at Nakashima's of Japan (#2) <i>30</i>	11:00am Readers' Club (H) *3:00pm Music with Roger Walburn (L) <i>31</i>	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
(HS) - Heart Smart Exercise Room
(L) - Lobby
(LI) - Library
(O) - Outside/Front Lawn
(PD) - Private Dining
(W) - Wii Are The Champions Lounge

***Events with asterisk mean sign up 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.

May 2012



Touchmark on West Prospect

May 2012 - Full Life Wellness & Life Enrichment Program

National Nurses Week 2012: May 6th-May 12th

Nurses: Advocating, Leading, Caring

National Nurses Week begins May 6th and ends on International Nurse's Day, which is May 12th, the anniversary of Florence Nightingale's birth. At some point in our lives, a nurse has touched our hearts and eased pain, whether it was physical or emotional. Please help us celebrate and honor our Touchmark Nurses and CNA's this week by expressing your gratitude for all of their hard work and dedication.

"Caring is the essence of nursing," ~Jean Watson

"Nurses are angels in comfortable shoes," ~Author Unknown

"Nurses are the heart of healthcare," ~Donna Wilk Cardillo

"Nurses dispense comfort, compassion, and caring without even a prescription," ~Val Saintsbury

Activity Rating System

In an effort to provide better communication regarding Life Enrichment outings, we are using a rating system. This rating system will be applied to all Life Enrichment outings. You will see a number 1 – 2 – or 3 on the calendar next to the outings on the calendar, on the flyers and on all publicity surrounding the outing. Our hope is that folks can use this system to decide on their personal comfort level with each outing.

Level 1: A level 1 outing will be 100% wheelchair and walker accessible and will include very minimal walking, these trips are usual a shorter walk to the final destination and include getting on and off the bus only once. Examples: The Historic Neenah Home Tour on the bus and the majority of our restaurant visits

Level 2: A level 2 outing will be mildly active with some walking and standing. These activities will also be walker and wheelchair accessible and may involve some waiting in line, longer walks to use the restroom and longer walks into the venue. Examples: Young at Heart Movie at Hollywood Cinema, the majority of our theatre events, the Barlow Planetarium

Level 3: A level 3 outing would include a lot of walking and possibly the use of stairs. These trips may or may not be wheelchair or walker accessible. Examples: The Waupaca Boat Trip, the Galloway House and Town Tour

Please direct any questions to your Life Enrichment Staff. Thank you!

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

ONLY 2 times per month – see calendar

Tuesday 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

