

# 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 (HS) 2:30 pm Punch & Cookies (L)	9:30 am CardioBalance (CH) 10 am Coffee Klatch (H) 10:30 am Daily Buzz (GP)	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) 1:30 pm M3 Exercise (HS) 2:15 pm Silver Circuit (HS)	8:45 am – 12:30 pm Kiwanis/Shopping 9:30 am CardioBalance (CH) 10:30 am Catholic Church Service (CH) 10:30 am Daily Buzz (GP) 1 – 3 pm Bridge (H) 3 pm Brain Builders (CR) 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) 11 am Walking the World (FP) 1:30 pm Bingo (H) 1:30 pm M3 Exercise (HS) 2:15 pm Silver Circuit (HS)	<b>Wear Red- Support the Troops</b> 9:30 am CardioBalance (CH) 10 am Piano with Jean (L) 10:15 am Bible Study (CR) 10:30 am Daily Buzz (GP) 1-3 pm Bridge (H) 1:30 pm Memories in the Making (CR) 3 pm Brain Builders (CR) 4:30 pm & 5:30 pm Fish Fry (FS) 7 pm New Movie (Ch 2)	9:30 am Stepping Out or Heart Smart Exercise (HS) 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)

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Join the Fun! Read the calendar – it contains all the answers for the crossword puzzle (inserted into this calendar.) The first ten residents to bring their completed and correct puzzle to the <b>Life Enrichment Office</b> will win a prize!	July calendar – it contains all the answers for the crossword puzzle (inserted into this calendar.) The first ten residents to bring their completed and correct puzzle to the <b>Life Enrichment Office</b> will win a prize!	<b>Dial “1020” from your home phone to hear information about daily events, menus, and weather!</b>		<b>International Joke Day!</b> 2:45 pm Therapy Dog visit (CR) <i>1</i>	10am Piano w/Jean – Special Guest – Andrew Wolff (L) 11am Resident Council (CH) <i>2</i>	<i>3</i>
<b>4<sup>th</sup> of July</b> 11am Patriotic Sing-along with Mike Mapes and Jean Ormson (L) <i>4</i>	<b>No Daily Buzz</b> 10:30 am *Fishing Presentation with Rick & Troy (CR) 3:15 pm Blood Pressure Checks (GP) <i>5</i>	<b>No Daily Buzz</b> 10:30 am UW Fox Learning Focus Group (CH) 5 pm *Depart for Dinner & Ice Cream at Charlie’s Drive-in and Vintage Car Show <i>6</i>	3:30 pm “Shepherd’s Care” (GP) <i>7</i>	10:15 am Legacy Journal Workshop (CR) 2:30 pm Boys & Girls Club Visit – Community Bag Gardens (Garden Area) <i>8</i>		1:30 pm *Baking w/ Anne (CR) <i>10</i>
1:30 pm Bingo w/ Ryan (CR) <i>11</i>	9 am * Shopping 10:15 am Resident Ambassador Meeting (PD) 10:30 am Support Group (CR) 1 pm * Foot Care (B) 1:30 pm *Craft w/ Bobbi Stern (CR) 6:45pm Game Night with the Coonen Family (H) <i>12</i>	6:30 pm *Depart for Music in the Park <i>13</i>	2:30 pm Monthly Scoop/ 3:30 pm New Neighbor Social (CH) <b>Theme Dinner: New Orleans/Louisiana</b> 6:30pm Poker Night at Touchmark (H) <i>14</i>	3:00 pm Girl Scout Troop Photo Project (CR) <i>15</i>	<b>No Memories in the Making</b> 2:30 pm Live Weyers (L) <i>16</i>	1:30 pm Reminisce Club (CR) <i>17</i>
9 am-3 pm Shuttle available to Pierce Park Car Show 10 am Church Service w/ Pastor Easty (CH) <i>18</i>	<b>Massage Therapy Week</b> 9:30 am *Depart for Boat Trip with Rick & Troy 1:30 pm Old Glory Honor Flight Presentation (CH) 1:30 pm GIG Group (PD) 3:15 pm Blood Pressure Checks (GP) 6:30 pm Therapy Dog Visit (CR) <i>19</i>	<b>Massage Therapy Week</b> <b>No Daily Buzz</b> 10:30 am *Card Making with Janine (CR) 3:30 pm “The Endurance: Shackleton’s Incredible Voyage” w/ Dick Campbell (CH) <i>20</i>	<b>Massage Therapy Week</b> 9 am Fire Alarm Check 12:30 pm *Depart for the Butterfly House-Mosquito Hill 3:00 pm *”Behind the Scenes at Touchmark” Poker Run 3:30 pm “Shepherd’s Care” (GP) <i>21</i>	<b>Massage Therapy Week</b> <b>No Daily Buzz</b> 10 am *Bake/Craft Sale for the Garden (CR) 2:30 pm Boys & Girls Club Visit – Community Bag Gardens (Garden Area) 4:30 pm/5:30 pm *Birthday Party (GD/FS) <i>22</i>	<b>Massage Therapy Week</b> 10 am Dining Services Forum (CH) <i>23</i>	<b>Massage Therapy Week</b> <i>24</i>
1:30 pm Bingo w/ Ryan (CR) <i>25</i>	9 am * Shopping 10 am * Eyeglass adjustments w/ Tara (CR) 3 pm Life Enrichment Forum (GP) <i>26</i>	8:30 am *Men’s Breakfast (PD) 10:30 am Lutheran Service w/ Pastor Leon Knitt (CH) 3:00pm Tea Tasters (PD) 6:30 pm Bob Larson Musical Performance (L) <i>27</i>	12:30 pm *Depart for Lunch & Bowling at SuperBowl <b>No Brain Builders</b> <i>28</i>	10:15 am Legacy Journal Workshop (CR) 2:30pm *Nature Trail Tours (L) 6:30 pm Therapy Dog Visit (CR) <i>29</i>	11am Friendship Ambassadors (H) <i>30</i>	<i>31</i>

- 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 Exercise Room
  - (HS2) – Heart Smart Equipment 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 – 12:30 pm

Thursday 9 am – 2 pm

**Sign up at the front desk**

**Country Store Hours:**

Tuesday & Thursday 9:30 am – 4 pm

## July 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.



## July 2010 – Life Enrichment / Wellness

### ~Week Two~

- 4 – **4<sup>TH</sup> OF JULY!** Come enjoy a sing-a-long with our talented Mike Mapes and Jean Ormson!
- 5 – Rick and Troy of Lake Winnebago Walleyes are professional fishermen who are volunteering to share their boat and fishing knowledge with you! They will be presenting today. All those interested are welcome!
- 6 – Join us as for dinner and ice cream at Charlie’s Drive-in to enjoy one of their “classic-car nights.” Self Pay.
- 8 – The Legacy Journal Group meets today in the Cottage Room. Please consider joining this group to help you record your life story. No charge.
- 8 – The Boys & Girls Club helped us plant some wonderful bag gardens and today they are visiting to check up on their progress.

10 – Anne, our wonderful volunteer, is coming to bake a favorite recipe with you. Come and enjoy a sweet treat while reminiscing about baking/cooking.

### ~Week Three~

12 – Bobbi Stern is back and bringing her special crafty talents with her! Sign-up to make a wonderful craft. First 10 residents are free – additional residents are \$6.

12 – A local family – the Coonens – will be here this evening for their first ever “Game Night.” Please join them after dinner in the Hoyle Room.

13 – “Music in the Park” will be at Pierce Park in Appleton and is always a hit! No Charge.

14 – Join us in the Hoyle this evening for Poker. Everyone is invited whether you know how to play or not. Mike Mapes and Frank D’Agostino will get things underway and provide help and instruction. Watch out for Lady Luck!

15 – Join a local Girl Scout troop and be a part of their photography project. Sign-up is required.

### ~Week Four~

**Massage Therapy Week!** - Lori Bushele, our massage therapist is having a special week starting today and you can get a table massage for \$25.00 for ½ hour. Sign-up is required. All proceeds will be donated to charity.

18 – The Pierce Park Car Show is today; shuttle service is available from our friendly driver Cheryl.

19 – Rick and Troy will be taking residents on a boating/fishing trip. No charge. Sign up is limited.

19 – Drew MacDonald, President of Old Glory Honor Flights, will be presenting information on his program that brings WWII veterans to Washington DC to see their memorial!

20 – Dick Campbell is returning to Touchmark for a presentation on Antarctic explorer Ernest Shackleton.

21 - Now in its 16th year, the Butterfly House remains one of the nature center's most visited summer attractions. See native Wisconsin butterflies in a natural setting and learn about the plants they need to survive. \$1 admission. We will be stopping for ice cream on our return. Self-pay.

21 – Behind the Scenes is a “Round-Robin” event where you get to know your Touchmark Staff. We will be adding a “poker-run” event into the mix as well. A prize will be awarded for the best hand.

22 – Join us today for a baked goods and handmade crafts sale with proceeds going to the Touchmark Foundation on behalf of the Appleton North Career Academy to support the Raised Garden Project. Please sign up if you want to provide baked goods or crafts to sell.

22 – The Boys & Girls Club helped us plant some wonderful bag gardens and today they are visiting to check up on their progress.

### ~Week Five~

26 – Sign up for your complimentary eyeglass adjustments with Tara from Lenscrafters.

28 – The Appleton Super Bowl has graciously offered us a free Bowling Party. Pizza and soda will be provided. Sign-up required. No Charge.

29 – The Legacy Journal Group meets today in the Cottage Room. Please consider joining this group to help you record your life story. No charge.

29 – Nature Trail Tours are being offered today via golf carts, weather permitting. Please sign-up and meet in the lobby.

### ***Spotlight:***

**"That beautiful season the Summer!  
Filled was the air with a dreamy and magical light;  
and the landscape lay as if new created in all the freshness of childhood."**

- Henry Wadsworth Longfellow

***Enjoy the weather and freshness of Summer!***

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