

Touchmark on Saddle Drive – Full Life Wellness & Life Enrichment Program Daily Events



Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
10:30 am Quaker Meeting (H)	9 am Fitness 20 Minute Walk on Your Own Program (L) 11 am Sit & Stretch Yoga (Pa) 1 pm Brain Builders (L) 3 pm Bingo (H)	8:30 am – 4:30 pm Dr. Appt. 9:30 am Fun & Fitness Exercise Class (F) 11 am Sit & Stay Fit Exercise Class (Pa) 1 pm Poker Game (P) 3 pm Bingo (H)	9 am Exercise Circuit (Exercise Room) 9:30 am Shopping 11:15 – 3 pm Transportation 1 pm Brain Games (L) 3 pm Bingo (H)	8:30 am – 4:40 pm Dr. Appt. 9:30 am Fun & Fitness Exercise Class (F) 11 am Sit & Stay Fit Exercise Class (Pa) 1 pm Bridge (C)	9 am Fitness 20 Minute Walk on Your Own Program (L) 1:30 pm Play Pinochle! (C) 6:30 pm Rummikub (C)	10 am Blood Pressure Checks (Dr) 3 pm Bingo (H) 4 pm Catholic Mass (F)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scheduled activities are subject to change! Please check the weekly calendar and building bulletin boards for any changes. Outings must have 8 people signed-up in advance to occur.</p>		10 am Hearing Aid Institute (L) 10:30 am News & Views (P) 11 am-5 pm AARP Driver's Safety Class (F) 2 pm Quilting Club (GW) 5:30 pm Better Living Lecture Series: "Sleep Well" Sign-up/Free <i>1</i>	9:30 am Shopping at Wal-Mart 10:30 am Senior Saints Bible Study (GW) 2:30 Travelogue Video & Popcorn (F) 6:30 pm Ladies' Narrate Church Bible Study (GW) 7 pm Program by International Mime Ofer Goren (F) <i>2</i>	10:30 am Baking Cookies Together! (GW) 1:30 pm Work in the Garden Area! 3 pm Spanish Class <i>3</i>	10 am Book Club (GW) 2 pm Singer Dorene Greg Performs & Enjoy Watermelon Slices (F) National Nurses Week 10 am Library-sign up 11 am St. Mary's Catholic Mass (F) 12 noon Retired Nurses' Lunch (Private Dining Room) <i>4</i> <i>11</i>	10 am Blood Pressure Checks (Dr) 3 pm Bingo (H) 4 pm Catholic Mass (F) 6:30 pm Touchmark Theater Presents: "We Bought a Zoo" (F) <i>5</i>
1 pm Presbyterian Communion Service (L) 3 pm Violin Mini-Recital (F) <i>6</i>	10 am Community Conversations (F) 2 pm Wii Bowling (F) 6 pm Seldom Paid Jammers (F) <i>7</i>	National Teachers Day 10:30 am News & Views (P) 12 noon Retired Teachers' Picnic Lunch (F) 2 pm Music by Jerry & Rich with Iced Coffee (F) 2 pm Quilting Club (GW) <i>8</i>	9:30 am Shopping at Safeway 9:30 am "Pearls of Wisdom" Brunch/\$10-sign up (FS) 10:30 am Senior Saints Bible Study (GW) 6:30 pm Ladies' Narrate Church Bible Study (F) <i>9</i>	10:45 am Red Hat Lunch Out at "Mama Knows"-sign up 3 pm Spanish Class (GW) <i>10</i>	10 am Library-sign up 11 am St. Mary's Catholic Mass (F) 12 noon Retired Nurses' Lunch (Private Dining Room) <i>11</i>	9 am Daughters of the American Revolution (F) 10 am Blood Pressure Checks (Dr) 3 pm Bingo (H) 4 pm Catholic Mass (F) 6:45 pm Exergy Masterworks Concert V I-Sign up/\$30-\$50 <i>12</i>
<p>10:00 am-1:00 pm Mother's Day Brunch & Omelet Station!</p> <p><i>13</i></p>	10 am Osteoporosis Class (F) 2 pm Sons of Norway Cookies and History (F) 2 pm Schwan's (Lo) <i>14</i>	10:30 am News & Views (P) 1:30 pm Afternoon Shopping at Target & Macy's-sign up 2 pm Quilting Club (GW) 6:30 pm Men's Pool, Pretzels, and Beer (F) <i>15</i>	9:30 am Shopping at Wal-Mart 10:30 am Senior Saints Bible Study (GW) 3 pm Harp Music by Georgia Lindgren with Cookies and Lemonade (Lo) 6:30 pm Ladies' Narrate Church Bible Study (F) <i>16</i>	<p>Birthday Night Hawaiian Luau!</p> <p>2:30 pm Touchmark TV "Classic Television" (F) 3 pm Spanish Class (GW) <i>17</i></p>	10 am Book Club (GW) 2 pm New Residents' Social (F) 3:30 pm Catholic Ladies Group (F) <i>18</i>	10 am Blood Pressure Checks (Dr) 2 pm Abbie Thompson's Senior Music Recital (F) 3 pm Bingo (H) 4 pm Catholic Mass (F) <i>19</i>
1 pm St. Peter's Episcopal Church Service (F) 2:30 pm Wii Bowling (F) <i>20</i>	10 am Resident Council Meeting (F) 1 pm Lutheran Communion Service (F) 2:30 pm Montana Association for the Blind Meeting (F) <i>21</i>	10:30 am News & Views (P) 2 pm Quilting Club (GW) 4:30 pm Dinner Out at The Brewhouse-sign up <i>22</i>	9:30 am Shopping at Safeway 10:30 am Senior Saints Bible Study (GW) 11:30 am Fountain of YOUTH Fest at Carroll College Free Lunch!-sign up 4 pm Presbyterian Youth Program (F) 6:30 pm Ladies' Narrate Church Bible Study (F) <i>23</i>	10 am Morning Tea in the Garden! 2 pm Craft Time: American Flag Pins (H) 3 pm Spanish Class (GW) <i>24</i>	10 am Library-sign up 3:30 pm Touchmark Graduation Party (F) 6:30 pm Men's Pool, Pretzels, and Beer (F) <i>25</i>	10 am Blood Pressure Checks (Dr) 3 pm Bingo (H) 4 pm Catholic Mass (F) 6:30 pm Touchmark Theater Presents: "Joyful Noise" (F) <i>26</i>
2 pm First Lutheran Church Service (F) <i>27</i>	11:30 am Memorial Day BBQ Buffet-sign up 2 pm Schwan's (Lo) 6:30 pm Sons of Norway Meeting (F) <i>28</i>	9:30 St. John's Lutheran Ladies' Morning Circle (GW) 10:30 am News & Views (P) 1-3 pm Work in the Garden! 2 pm Quilting Club (GW) <i>29</i>	9:30 am Shopping at Wal-Mart 10:30 am Senior Saints Bible Study (GW) 3 pm Harp Music by Georgia Lindgren (Lo) 6:30 pm Ladies' Narrate Church Bible Study (F) <i>30</i>	10:30 am Make Mini-Pizzas for Lunch (GW) 2 pm Mountain Moch-Ahh! Coffee Truck (Front Entry) 3 pm Spanish Class (GW) <i>31</i>		

Key
(C) - Card Room
(Dr) - Doctor's Office
(F) - Forum
(GW) - Garden Wing
(H) - Hobby Room
(L) - Library
(Lo) - Lobby
(P) -Poker Room
(Pa) - Parlor
(VG) - Van Gogh Room
(FS) - Four Seasons Dining Room
(SG) - Sleeping Giant Dining Room

Can you find the mistakes in the calendar?
Let Nanette know and win a prize!

May 2012



Touchmark on Saddle Drive

May 2012 – Full Life Wellness & Life Enrichment Program

Meal Times		Scheduled Transportation
Breakfast		Wednesday is shopping day.
8 am - 9 am (SG)	7 am - 9 am (FS)	Please meet in the lobby for a 9:30 am departure.
Lunch		
Noon - 1 pm (SG)	11:30 am-12:30 pm (FS)	
Dinner		Tuesday, Wednesday & Thursday
5:30 pm - 6:30 pm (SG)	5 pm-7 pm (FS)	Transportation to medical appointments is provided.
		Please sign up at the front desk.

May Special Events

May 1- 5:30 pm Better Living Lecture Series:” Sleep Well” Sign-up/Free!

May 4 - 2 pm Singer Dorene Greg Performs & Enjoy Watermelon Slices (F)

May 8 - 12 noon Retired Teachers’ Picnic Lunch (F)

May 9 - 9:30 am “Pearls of Wisdom” Brunch/\$10-Sign up (FS)

May 10 - 10:45 am Red Hat Lunch Out at “Mama Knows”-Sign up

May 11 - 12 noon Retired Nurses’ Lunch (Private Dining Room)

May 12 - 6:45 pm Exergy Masterworks Concert V I-Sign up/\$30-\$50

May 13 - Mother’s Day Brunch & Omelet Station!

May 15 - 1:30 pm Afternoon Shopping at Target & Macy’s-Sign up

May 17 - Birthday Night/Hawaiian Luau!

May 22 - 4:30 pm Dinner Out at The Brewhouse-Sign up

May 23 - 11:30 am Fountain of YOUth Fest at Carroll College/Free Lunch!-Sign up

May 25 - 3:30 pm Touchmark Graduation Party (F)

May 28 - 11:30 am Memorial Day BBQ Buffet-Sign up

May 31 - 2 pm Mountain Moch-Ahh! Coffee Truck (Front Entry)

Staff at Touchmark

Merry Lunde	Executive Director
Karolyne Redding	Administrative Director
Lorri Mullen	Community Relations Director
Adam Mendez	Executive Chef
Lisa Thompson, RNC	ASL Nurse Manager
Nanette Whitman-Holmes	Life Enrichment/Wellness Director
Darrell Wagner	Plant Services Manager
Danielle Simonich	Housekeeping Supervisor
Nancy Yager	Retirement Counselor