

Culture in Coeur d'Alene

A beautiful drive, delicious food, conversation with friends, and culture in Coeur d'Alene ... Waterford's Summer Theatre & Dinner series is in full swing.

Every summer, participants have the opportunity to see four plays and/or musicals, which are performed at North Idaho College's Schuler Performing Arts Center. The performances are put on by Coeur d'Alene Summer Theatre.

For nine years, Waterford residents have traveled to Coeur d'Alene to see the plays, and along the way, the group stops at a fun restaurant.

Having already enjoyed impressive productions of *Joseph and the Amazing Technicolor Dreamcoat* and *The Producers* this year, residents will see *Dames at Sea* and *Miss Saigon* during the remaining summer months.

There's still space available for both outings. Contact Life Enrichment/Wellness Director Betty Doerschlag

if you are interested. For more information about Coeur d'Alene Summer Theatre, visit www.cdsummertheatre.com. ■



From left: Bob and Dorothy Nelson, Martha Lu Butler, and Janet Burke pose for a picture before seeing *The Producers* at Coeur d'Alene Summer Theatre.

A night out with the guys

Twice a month, the Coffee Shop becomes an international house of brews and camaraderie as Waterford men gather to sample

imported beers and share a bite to eat. Executive Director Jeff Bair and Health Services Administrator Jeff Wolpert serve the drinks and food while sharing information about the beers, including facts about the beer companies and the

countries of origin. A large world map marks the origins of the beers sampled.

The gatherings are planned throughout the summer. All Waterford men are welcome. ■



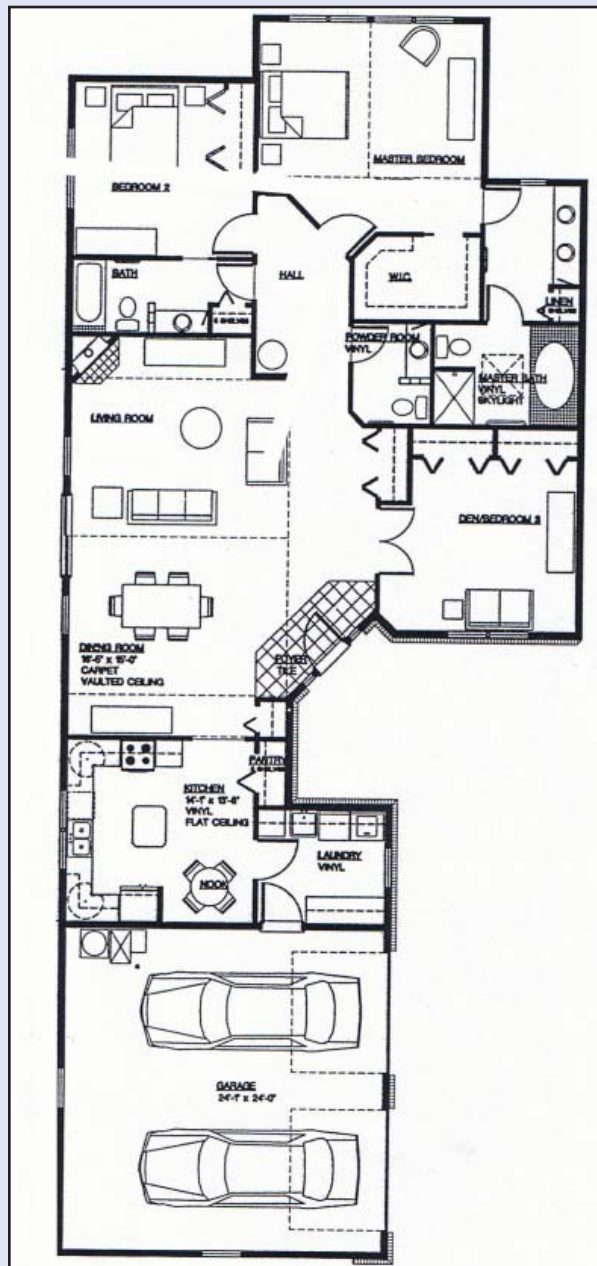
Waterford men gather for pizza, imported beers, and good conversation.

The perfect place for your welcome mat



This 1,060-square-foot Comstock apartment is located on the fourth floor and features vaulted ceilings, a formal dining room, a balcony off the living room, and a beautiful gas fireplace. There are two bedrooms, two bathrooms, and a full kitchen with appliances. Call today for a personal presentation.

Located at 3103 Waterford Crest Lane, this cottage offers more than 2,000 square feet, three bedrooms, living room, and formal dining room. Tour this cottage and learn what other cottages and apartments are available.



Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

- | | | | |
|--------------|------------|---------------|--------------|
| beet _____ | foul _____ | whale _____ | bored _____ |
| hoarse _____ | pale _____ | one _____ | you _____ |
| prince _____ | nose _____ | heal _____ | for _____ |
| plain _____ | sent _____ | they're _____ | cruise _____ |

Citizenship—a call to action



Marge Coalman, EdD
Vice President of
Wellness & Programs,
Touchmark

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues, sing anthems, and watch parades. Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

“Be the change you want to see in the world.” —*Mahatma Gandhi*

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the community, the environment, and the world. They realize it takes commitment—and actions:

- Do the right thing, even when no one is looking.
- Do the right thing, even when it is difficult.
- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle.
- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.
- Stay informed on issues, and voice your opinion by voting.

- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

At Waterford, we welcome and nurture diverse opinions and practical solutions to complex challenges. To participate in intellectual and stimulating discussions, contact Betty Doerschlag, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

Marge joins ICAA committee

Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.

Coming Events

**Monday, July 27,
9:30 am**

Wii golf with Linda Ott.
Fitness Center.

**Wednesday, July 29,
5 to 7:30 pm**

All-American Barbecue and Open House. Invite your family and friends to enjoy live music by the Variety Pak Band, patio games, prizes, and tours. No admission fee. Four Seasons Dining Room and patio. RSVP by Monday, July 27 by calling 509-536-2929.

Thursday, July 30, 1 pm

Jaunts with Jeff. Tour of the Buck Knives factory in Post Falls, Idaho.

Friday, July 31, 2 pm

Huckleberry Sundae Party.
Coffee Shop hallway.

Friday, July 31, 4 pm

Couer d'Alene Summer Theatre & Dinner. *Dames at Sea*. RSVP to Betty at 509-536-8200.

Bring
your
neighbors!

All American BARBECUE & OPEN HOUSE



Live music by the Variety Pak Band
Patio games ★ Families welcome
Tours Prizes ★ No admission fee

Date: Wednesday, July 29
Time: 5 – 7:30 pm
Place: Waterford's Four Seasons
patio and dining room
RSVP: 509-536-2929
by Monday, July 27

*Our mission:
To enrich people's lives*



A Touchmark® community
Est. 1980

Waterford on South Hill
Full-service Retirement Community
2929 S Waterford Drive
Spokane, WA 99203
509-536-2929
WaterfordSpokane.com



Balance Fitness Class participants to perform demonstration at upcoming community barbecue

Eight participants from Waterford's Balance Fitness Class will perform a line-dance routine at the community's All American Barbecue and Open House Wednesday, July 29.

The class, which is taught by Waterford Fitness Specialist Lori McCormick, PT, has been working on improving balance and fitness levels.

"One routine has been a big favorite, and residents have gotten so good at it that I asked for volunteers to perform the routine as a line dance at our barbecue," says Lori. "Several people volunteered, and we've held a few practices. They're doing great and having a lot of fun."

Participants will wear bandanas and cowboy hats while demonstrating the five-minute routine. Lori and Waterford Fitness Specialist Diane Levad, CPT, will teach the steps to those interested and ask them to join the routine for a second round.

"Fitness classes at Waterford are designed with functional goals in mind," says Lori. "When residents improve their posture, balance, strength, flexibility, and cardiovascular endurance, they can have more enjoyment out of life, including fun line dancing."

If you're interested in a fitness class schedule or participating in a class, please contact Lori or Diane at 509-321-8201. ■

Getting to know the city



What makes Spokane tick? Residents, including those who have recently joined the Waterford community, learned the answer to this question and more during a Spokane City Historical Tour. "The idea for this tour came from residents," says Life Enrichment/Wellness Director Betty Doerschlag. "They thought a tour would be a great way to introduce new residents to the Spokane area." During the tour, people saw and learned about the city's history, including the fact that Spokane hosted the 1974 World's Fair. Before a recent tour, (standing, from left) Marie McGough and Virginia Thomson and (sitting, from left) Charlotte Grymonprez and Gladys DeRuwé look over historic photos of Spokane. Interested in joining future tours? Talk with the Life Enrichment/Wellness team to learn more.

Sugar bowl holds sweet memories

Hannelore still loves making friends 10 years after joining the Waterford community. People quickly note her gracious and fun demeanor, and some might hear a slight German accent when Hannelore speaks.

“I remember the beautiful German countryside where I grew up,” says Hannelore. “I’ve returned to Germany many times to see relatives, and recently I traveled with my youngest son, Henry, and his wife to visit.”

Memories of Germany

Hannelore’s parents divorced when she was young. Soon her mother left for New York to work as a housekeeper, because employment was difficult to find in Germany at the time. “I’d guess 35 to 40 percent of people were unemployed several years before World War II,” she says. With her mother in New York, Hannelore’s grandparents and aunt helped raise her. Money still remained tight, and food was rationed.

Despite these challenges, Hannelore’s time with her family in Germany created lasting impressions. She recalls her aunt reading to her a lot as a child. “My aunt is why I love to read today.”

She remembers long walks through the forest with her

grandfather. Handing her his cane, grandfather would instruct Hannelore on how to place the cane in her arms horizontally and on her back so she could practice proper posture while walking.

“We’d walk for hours, and because of my grandfather, I still like to walk long distances and have great posture at 84,” smiles Hannelore.

Move to America

In 1939, Hannelore’s mother traveled to Germany to watch her daughter’s confirmation ceremony and take the girl back to the United States. Before leaving, the two visited some museums in Vienna.

“I remember saying to my mother, ‘When I get married, I’ll honeymoon in Vienna,’” says Hannelore, who later did marry in Vienna, where her husband was stationed for several years.

Fourteen-year-old Hannelore received a visa from the government, which was beginning to implement travel restrictions. Hannelore returned to the United States with her mother via ship. Hannelore is thankful that she left Germany when she did. “Those were difficult times, and I don’t approve of what Germany did, but I still love the countryside where I was raised,” says Hannelore.

Today, a decorative sugar bowl represents many childhood memories and reminds her of grandmother. Hannelore received the

bowl after her grandmother’s death. The sugar bowl—and a photo—hold many sweet memories. ■



Hannelore Fassnacht showcases her grandmother’s photo and sugar bowl, a precious family heirloom.

Receiving national award

Waterford’s sister community, Touchmark at Mt. Bachelor Village, recently received national acclaim from the National Association of Home Builders. Touchmark’s Cliff Lodge and Terrace Lodge were named Best Independent Living Community and received a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards. Learn more by visiting TouchmarkBend.com/news.