

# Touchmark on South Hill – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal Walking Program (Hallways & Outside) 1:30 pm Worship Service (F) 3 pm Table Games (H)	9:30 am Strengthening Exercise Class with Lori (FS) 1 pm Yarn Crafters (P) 1:30 pm Men's Bridge with Vince Moore (A) 2 pm Posture and Balance w/ JoAnn (FS) 7 pm Pinochle (H)	8 am Cup of Tai Chi Exercise Class with Lori (FS) 9 am Doc. Appt. (O) 10 am Posture and Balance w/ JoAnn (FS) 7 pm Bridge (H)	9:30 am Balance Fitness with Lori (FS) 12:30 pm Making Waves Exercise w/ JoAnn (O) 1 pm Bridge (H) 2 pm Grocery Shopping (O) 2 pm Rosary (CH) 6 pm Quilting Group (CR) 7 pm Bingo (H)	8 am Cup of Tai Chi Exercise Class with Lori (FS) 9 am Doc. Appt. (O) 9 am Wellness Clinic: Blood pressure check (Nurse Practitioner Office) 10 am Posture and Balance with JoAnn (FS) 10 am Quilting Group (CR)	9:30 am Aerobic & Strengthening Exercise Combo Class w/ Lori (FS) 10:30 am Catholic Communion (CH) 2 pm Popcorn (CS Hallway) 2 pm Easy Stretch Yoga with JoAnne (FS)	Personal Walking Program am & pm (Hallways & Outside) 3 pm Spite & Malice Game (P)

				Brain Builders in Box 9:30 am Coffee Hour at the Cottage Clubhouse (CC) 2:30 pm Wii Sports Fall League Kickoff & Last Season's Players Party (4P) 3:30 pm Garden Committee Meeting (P) 1	Exercise Class w/ Weights 11 am Lunch and Shopping in Coeur d'Alene, no-host (O) 1:30 pm Root Beer Floats on the Patio (4P) 6:30 pm Gospel Music by Gordon & Kathy Peck (L) 2	10:30 am Sketching (CR) 11 am – 1 pm Tupperware Sale & Display (L) 7 pm Movie "August Rush" A talented child seeks to find his parents through his musical abilities (F) 3
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Joe Bruce, Hamblen Pres (F) 3 pm Matinee Movie "August Rush" (F) 6:30 pm Fossil Five Band Performance on Patio (4P) MOD: Jeff Bair 4	Labor Day No Exercise Classes Today 9:30 am Watercolor (CR) 12 pm Labor Day BBQ (4) 3 pm Ice Cream Bar Social w/ Dining Staff (4P) 7 pm Holiday Movie "Flags of Our Fathers" (F) 5	Posture & Balance Cancelled 9:30 am Centennial Walk (O) 1 pm Cottage Social: Meeting at 1:30 pm (F) 3 pm Current Events (F) 4 pm Dinner Out at Thai Bamboo, no-host (O) 6	Making Waves Cancelled 10 am Fall Overnight Trip Planning Meeting (F) 1 pm Podiatrist: Sign up in the Activity Book (3C) 2 pm Historical Narrated Tour of West Spokane via Sunset Hwy (O) 7	Brain Builders in Box Posture & Balance Cancelled 9:30 am Coffee Hour at the Cottage Clubhouse (CC) 3 pm Unique Wine Sampling Contest with History of Wine & Winery's (4P) 8	Yoga Class Cancelled Exercise Class w/ Bands 10 am Shop Downtown (O) 10 am Cookie Lee Jewelry (L) 12 pm Welcome Luncheon (H) 1:30 pm New Residents Welcoming Reception (H) (W) 6:30 pm Piano & Cello (L) 9	10:30 am Sketching (CR) 1:30 pm Shop at Greenbluff: Applefest Month, no-host (O) 6:30 pm Classical Music at its Best by Alex Zhu (L) 7 pm Movie "Vacation" A Chevy Chase adventure to Wally World (F) 10
11 am Sunday Brunch (4) 12 pm Piano by Leone (L) 1:30 pm Worship Service: Lawrence Hudson, Southside Christian Center (F) 3 pm Matinee Movie "Vacation" (F) MOD: Sue Nott 11	Posture & Balance Cancelled Exercise Class w/ Weights 9:30 am Watercolor (CR) 12 pm PEO Luncheon (4) 2:30 pm "Human Planet": BBC Documentary Ep.1 (F) 3:30 pm Fellowship & Coffee with Pastor Meyers (G) 12	9:30 am Centennial Walk (O) 10:30 am Events Committee Meeting (LE) 2 pm Jundt Museum: New Exhibit Tour with Docent (O) 3 pm Current Events (F) 13	No Rosary Due to Mass on 15 <sup>th</sup> 1 pm – 3:30 pm Community College Writers Course (CR) 2 pm Dining Committee Meeting (4) 3 pm Welcome Meeting (P) 4 pm Dinner & Gambling at Quest, no-host (O) 14	No Cottage Coffee Hour 1 pm Catholic Mass (F) 5 pm Birthday Social w/ Tom Cooper Playing Piano (L) 6 pm Celebrating September Birthdays with Dinner (4) 15	Exercise Class w/ Weights 10 am Avon Products (L) 12 pm Pastor & Pianist Appreciation Luncheon with Reception at 1:30 pm (H) 2:30 pm "Human Planet" (F) 4 pm Dinner at Seasons of Coeur d'Alene (O) 16	10:30 am Sketching (CR) 7 pm Movie "Charlie Wilson's War" Texas congressman aids rebels in fighting the Soviet Union (F) 7:15 pm Symphony Classics 1: Fantastique Opening (O) 17
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Roger Hudson, Manito United Methodist (F) 3 pm Matinee Movie "Charlie Wilson's War" (F) MOD: Jon Langlois 18	Exercise Class w/ Bands 9:30 am Watercolor (CR) 1:30 pm Berry Sundae Party on the Patio (4P) 2:30 pm "Human Planet": BBC Documentary Ep.3 (F) 3:30 pm Fellowship & Coffee with Pastor Meyers (G) 19	9:30 am Centennial Walk (O) 10 am Wellness Meeting (LE) 10:30 am Worship Mtg (LE) 2 pm Mukogawa Fort Wright Japanese Cultural Center with Tour Guide (O) 3 pm Current Events (F) 20	10 am Huston Hearing (3C) 1 pm Alzheimer's Support (P) 1 pm – 3:30 pm Community College Writers Course (CR) 4 pm Dinner at The Flying Goat Restaurant, no-host (O) 21	Brain Builders in Box 9:30 am Coffee Hour at the Cottage Clubhouse (CC) 3 pm Armchair Traveler: Tour Germany w/ Rick Steves – Black Forest Cake & Coffee served (F) 22	Exercise Class w/ Bands 8:30 am Wii All City Silver Bowlers Tournament (O) 9 am Mammography: Call (509) 474-2400 (Front Circle) 10 am Resident Council (H) 2:30 pm Human Planet (F) 23	10 am Clothing Alterations by Carol (H) 10:30 am Sketching (CR) 6:30 pm Classical Music (L) 6:45 pm Civic Theatre: Thoroughly Modern Millie (O) 7 pm Movie "Jane Eyre" (F) 24
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Kathy Sandusky, Manito (F) 3 pm Matinee Movie "Jane Eyre" (F) MOD: Jenifer Johnston 25	Exercise Class w/ Weights 9:30 am Watercolor (CR) 10:30 am Resident Mtg (F) 2:30 pm "Human Planet": BBC Documentary Ep.5 (F) 3 pm Spokane Bookmobile(H) 3:30 pm Fellowship & Coffee with Pastor Meyers (G) 26	9:30 am Last Centennial Trail Walk of the Season (O) 1 pm Columbia Hearing Aid Check (3C) 1 pm Hospitality Meeting (P) 3 pm Current Events (F) 27	10:45 am Guided Tour of St. John's Cathedral (O) 1 pm – 3:30 pm Community College Writers Course (CR) 28	No Cottage Coffee Hour 9 am - 2:30 pm Active Aging Day Events: Regular Exercise Classes Substituted (FS) 4:30 pm – 8 pm Touchmark 20 <sup>th</sup> Anniversary Celebration (1 <sup>st</sup> Floor) 29	Exercise Class w/ Weights 11:30 am Shopping at the Spokane Valley Mall (O) 2:30 pm "Human Planet": BBC Documentary Ep. 6 (F) 30	

## Key

- (A) - Atrium
- (B) - Barbed Wire Room
- (CH) - Chapel
- (CR) - 4<sup>th</sup> Floor Craft Room
- (CC) - Cottage Clubhouse #1714
- (C) - Coffee Café
- (F) - Forum
- (FS) - Fitness Studio
- (G) - 3<sup>rd</sup> Floor Gathering Room
- (H) - Hoyle® Game Room
- (L) - Lobby
- (LE) - Life Enrichment Office
- (O) - Off Campus
- (P) - Parlor
- (N) - 3<sup>rd</sup> Floor Nurses Station
- (TC) - The Clock
- (W) - Waterford Dining Room
- (3C) - 3<sup>rd</sup> Floor Conference Room
- (4) - Four Seasons Dining Room
- (4P) - Four Seasons Patio

## Meal Times

- Lunch: 11 am – 1 pm
- Light Lunch: 1 pm – 4:30 pm
- Dinner: 4:30 pm – 6:30 pm

## Scheduled Transportation

Sign up in the Activities Book

Doctor Appointments:

- Tuesdays: 9 am – 3 pm
- Thursdays: 9 am – 3 pm

Grocery Shopping:

- Wednesdays: 2 pm

# September 2011

Please call the Life Enrichment/Wellness Department with schedule questions at 509-321-8200.