

# Touchmark on West Century – Full Life Wellness & Life Enrichment Program Daily Events



<b>Every Sunday</b>	<b>Every Monday</b>	<b>Every Tuesday</b>	<b>Every Wednesday</b>	<b>Every Thursday</b>	<b>Every Friday</b>	<b>Every Saturday</b>
1:30 pm Movie (PS) 2 pm Board/Card games (H) 3 pm Coffee (H) 6:30 pm Board/Card games (H) 7 pm Lawrence Welk – Channel 13 (PS) Check Calendar below for Catholic Service Times	9:15am Posture & Balance (HC) 9:30 - 2 pm Coffee & More Store open 10 - 11am IL Wellness Center (next to pharmacy) 10 am Pet Therapy (L) 10:45 am Devotions (Lib) 1:30 pm Bingo (H) 3 pm Coffee (H) 6:30 pm PO-KE-NO (H) 7:30 pm Northern Lights Chorus practice (C)	9:15 am Sit-To-Be-Fit (HC) 9:30 – 2 pm Coffee & More Store open 9-10:30 am BNC Bank Hours 10:15 am SilverSneakers® (HC) 10:45 am Devotions (Lib) 1 pm Bone Builders (HC) 2 pm Reading by Iris (Lib) 3 pm Coffee (H) 6:30 pm Board and Card Games (H)	9 am - 12:30 pm Shopping (O) 9:15 am Posture and Balance (HC) 9:30 – 2 pm Coffee & More Store open 10:45 am Devotions (Lib) 2 pm Chapel Service (C) 3 pm Cath. Comm. Svcs (C) 3 pm Coffee (H) 6:30 pm Board and Card Games (H)	9:15 am Sit-To-Be-Fit (HC) 9:30 – 2 pm Coffee & More Store open 10:15 am SilverSneakers® (HC) 10:45 am Devotions (Lib) 1 pm Bone Builders (HC) 3 pm Coffee (H) 6:30 pm Board and Card Games (H)	9:15 am Posture & Balance (HC) 9:30 – 2 pm Coffee & More Store open 10:45 am Devotions (Lib) 1 pm Bible Study (Lib) 3 pm Coffee (H) 6:30 pm Board/Card Games (H)  *Watch the Today's Happenings for First Friday Communion	9:15 am Sit-to-be-Fit (HC) 3 pm Coffee (H)

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
			9:00 Shop Walmart/KMart 10:00 Shop Dans Arrowhead Plaza or Kirkwood Mall	10:15 Friendship Committee (H) 10:15 Kitchen Fun (A) 2:30 Birthday Party (F)	WEAR RED DAY 10:15 Left, Right, Center(H) 1:00 Vision Support Meeting (A) 2:00 Go Red for Women (C)	10:15 You be the Judge (H) 2:00 Bingo (H) 6:30 Board and Card Games (H)
11:00 Catholic Mass (C) 1:30 Movie – “Cactus Flower” (PS) 2:00 Bible Study with Phil Shook (Lib) 5:00 Super Bowl Party (A) <b>5</b>	2:30 Resident Council (Lib) <b>6</b>	10:15 Mind Stretchers (H) 2:00 Tie Blankets (A) <b>7</b>	8:45 Shop Walmart/KMart 9:30 Central Market 11:00 Lunch out Applebees 1:15 All Resident Meeting (C) <b>8</b> 6:15 Pet Therapy (L)	10:15 Crafters Corner (A) <b>9</b> 2:30 Chocolate Extravaganza entertainment by Jay Heinz in the chapel followed by chocolate treats (L)	9:30 Shop Pinehurst (O) <b>10</b> 1:00 Brain Builders Class (A) 2:00 A Touch of Health- Dr. Eric Hart, Podiatrist (C)	10:15 Pictionary (H) <b>11</b> 10:45 Devotions (Lib) 2:00 Show and Share-resident led (H) 7:00 Bingo (H)
11:00 Catholic Mass (C) 1:30 Movie – “Mostly Martha” (PS) 2:00 Bible Study with Phil Shook (Lib) <b>12</b>	Pet Therapy will not meet today 10-2:00 Bake sale for Sanity Squad (L) <b>13</b> 1:00 Caregivers Support (Lib)	Happy Valentines Day 10:15 Unwrapped-Chocolate-Is it cream or caramel inside (A) 1pm Hand Massage/Fingernail painting (H) <b>14</b> 2:00 Not So Newly Wed Game (C)	9:00Shop WalMart/KMart 10:00 Shop Dan’s South or Kirkwood Mall 3:00 Catholic Mass (C) <b>15</b> 3:00 Bookmobile (Lib)	11-1:00 Mardi Gras Buffet 2:00 Bird Talk with Clark Talkington 2:30 Gospel Tunes (L) <b>16</b>	10:15 Scrabble (H) <b>17</b> 1:00 Brain Builders Class (A) 2:00 Arm Chair Traveler (PS)-New Orleans	10:15 Wii Bowling (PS) <b>18</b> 2:00 Bingo (H) 6:30 Board and Card Games (H)
11:10 Catholic Communion (C) <b>19</b> 1:30 Movie – “Final Season” (PS) 2:00 Bible Study with Phil Shook (Lib)	Presidents’ Day <b>20</b> 10:00 Trip to Prairie Knights Casino (O) *weather permitting	10:00 Knitting for Newborns (H) <b>21</b> 2:00 Book Club (Lib) 3:00 Cocktail hour (L)	9:00 Shop Walmart/KMart 10:00 Shop Arrowhead Plaza or Kirkwood Mall <b>22</b>	10:15 Wii Bowling (PS) <b>23</b> 2:30 Senior Center Singers (C) 4:30 Supper Out Red Lobster	9:30 Shop Pinehurst (O) <b>24</b> 1:00 Brain Builders Class (A) 2:00 Pool, Pretzels and Beer (H) 7:00 Family Traditions Dance (C)	10:15 Music Therapy with Jonnica (H) <b>25</b> 10:45 Devotions (Lib) 2:00 Sing Along-resident led (H) 7:00 Bingo (H)
11:10 Catholic Communion (C) <b>26</b> 1:30 Movie – “Journey into Amazing Caves” (PS) 2:00 Bible Study with Phil Shook (Lib)	Pet Therapy will not meet today <b>27</b>	10:15 Bunco (H) <b>28</b> 2:00 Presbyterian Friends (Lib)	9:00 Shop Walmart/KMart 10:00 Shop Central Market or Kirkwood Mall 3:00 New Resident Meet and Greet (L) <b>29</b>			

<b>Key</b>	
(A)	- Creative Arts Room
(C)	- Chapel
(F)	- Four Seasons Dining Room
(H)	- Hoyle Room
(L)	- Lobby
(O)	- Off Campus
(S)	- General Store
(P)	- Prairie Rose Dining Room
(PS)	- Prairie Rose Sitting Room
(Lib)	- Library
(HC)	- Health Club
(DN)	- Devonshire Neighborhood

# February 2012



# Touchmark on West Century

February 2012 - Full Life Wellness & Life Enrichment Program

<b>Meal Times</b>		<b>Scheduled Transportation</b>	
<b>Breakfast</b>		7 am – 4 pm Tuesdays and Thursdays	
Prairie Rose		Doctor Appointments	
<i>Continental</i>	7 – 10 am		
<i>Hot Option</i>	7 – 9 am		
Four Seasons		9 am – 12:30 pm Wednesdays	
<i>Continental</i>	7 – 9 am	Shopping	
<i>Hot Option</i>	7 – 9 am		
<b>Lunch</b>		<b>Just a Reminder</b>	
Prairie Rose	11 am – 1 pm	Please be sure to read the Special Events insert located inside your calendar daily.	
Four Seasons	11 am – 1 pm	Some events listed involve sign-up deadlines or fees. Thank You!	
<b>Dinner (scheduled seating times)</b>		<b>Scheduled Pedicures on Monday. Call the front desk for appointments</b>	
Prairie Rose	4:30 & 5:30 pm		
Four Seasons	5:00, 5:30, & 6:00 pm		

## Touchmark Staff

Arlene Farnsworth	Executive Director	Allison Palmer	Devonshire Resident Care Manager
Wade Miller	Building Services Manager	Steven Metzger	Health & Fitness Club Director
Jamie Whitney	Office Manager	Nadine Privratsky	Sales and Marketing Manager
Doreen Koppang	Dining Services Manager	Tara Williams	Life Enrichment/Wellness Coordinator
Amy Miller	Life Enrichment/Wellness Director	Nancy Theurer	ASL Resident Care Coordinator
ErinJean Gannon-Litton	Health Services Director	Nancy Hruby	Front Desk Coordinator