

# Touchmark on South Hill – The Full Life Wellness 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>
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) 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) 3 pm Current Events with Betty (F)	9:30 am Balance Fitness with Lori (FS) 12:30 pm Making Waves Exercise w/ JoAnn (O) 2 pm Grocery Shopping (O) 2 pm Rosary (CH) 4 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 (H) 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)	Personal Walking Program (Hallways & Outside) 3 pm Spite & Malice Game (P)

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<u>1 pm Cottage Social: Meeting at 1:30 pm (F)</u> 3pm Current Events with Betty (F) 5 pm Men's Club: History of the Flying Tigers (H) <span style="float: right;">1</span>	8 am Senior Fitness with Molly (FS) 1 pm Podiatrist Visit (3C) 4:15 pm Dinner at the new Saranac Public House, no-host (O) <span style="float: right;">2</span>	9:30 am Coffee Hour at the Cottage Clubhouse (CC) 10 am – 3 pm Silpada Jewelry Display & Sale (L) <u>3:30 pm Garden Committee Meeting (P)</u> <span style="float: right;">3</span>	Exercise Class w/ Weights 8 am Senior Fitness (FS) 8:30 am Wii Tournament (O) 12 pm Welcome Luncheon (H) <u>1:30 pm Welcome Recept (H)</u> 4 pm Happy Hour Social (TC) 4:30 pm Mukogawa (L) <span style="float: right;">4</span>	3:30 pm Tri-Cities Jr. Academy Bell Choir (L) 4:30 pm Cinco de Mayo Mexican Dinner (4) 7 pm Movie "War Horse" (F) 7:15 pm Symphony Classic "Don Quixote" (O) <span style="float: right;">5</span>
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Joe Bruce, Hamblen Pres (F) 3 pm Matinee Movie "War Horse" (F) MOD: Betty Doerschlag <span style="float: right;">6</span>	Exercise Class w/ Bands 8 am Senior Fitness (FS) 9 am Spokane History (H) 10am – 2 pm Cookie Lee Jewelry Display & Sale (L) 1:30 pm – 3:30 pm Advanced Watercolor Group (H) <span style="float: right;">7</span>	<u>10:30 am Events Committee Meeting (LE)</u> 10:30 am – 3 pm Mische Purse Display & Sale (L) 1 pm Medicare 101 with Tishca & Daphne (F) 3 pm Current Events (F) <span style="float: right;">8</span>	8 am Senior Fitness with Molly (FS) <u>2 pm Dining Meeting (4)</u> <u>3 pm Welcome Meeting (P)</u> 6:30 pm Steve Schlough Singing Country and Ole' Time Music (L) <span style="float: right;">9</span>	9:30 am Coffee Hour (CC) 2 pm Mother's Day Tea: Enjoy a Spring Tea with Family and Friends (F) 6:30 pm Piano Recital by Irene McGrady's Piano Students & Reception (L) <span style="float: right;">10</span>	Exercise Class w/ Bands 8 am Senior Fitness (FS) 10 am Avon Products (L) 2 pm Pole Walking (FS) 3 pm Discussion Series (F) 4 pm Happy Hour Social (TC) 4 pm Downriver Grill (O) <span style="float: right;">11</span>	10:30 am Sketching (CR) 6:30 pm Piano Music by Alex Zhu (L) 7 pm Movie "The Muppets" (F) <span style="float: right;">12</span>
<b>Mother's Day</b> 11 am Mother's Day Brunch (4) 12 pm Piano by Leone (L) 1:30 pm Worship Service: Lawrence Hudson (F) 3 pm Matinee Movie "The Muppets" (F) MOD: Sue Nott <span style="float: right;">13</span>	Exercise Class w/ Weights 8 am Senior Fitness with Molly (FS) 9 am – 11:30 am SSC Early Spokane History Course (H) 12 pm PEO Luncheon (4) 1:30 pm – 3:30 pm Advanced Watercolor Group (H) <span style="float: right;">14</span>	9:30 am Plant Purchasing from Lowes (O) <u>10:30 am Worship Committee Meeting (LE)</u> 3 pm Current Events with Betty (F) <span style="float: right;">15</span>	<b>No Rosary Due to Mass</b> 8 am Senior Fitness (FS) 10 am Planting in the Raised Garden Beds (4P) 1 pm Alzheimer's Support Group with Jorgi (P) 1 pm Catholic Mass (F) <span style="float: right;">16</span>	<b>No Cottage Coffee Hour</b> 5 pm Birthday Social with Tom Cooper Playing Piano (L) 6 pm Celebrating May Birthdays with Dinner (4) <span style="float: right;">17</span>	Exercise Class w/ Weights 8 am Senior Fitness (FS) <u>10 am Resident Council (H)</u> 11 am Shopping at the Downtown Mall (O) 2 pm Pole Walking (L) 4 pm Happy Hour Social (TC) <span style="float: right;">18</span>	10 am – 2 pm Clothing Alterations by Carol (H) 10:30 am Sketching (CR) 1:15 pm Interplayer's Theater "Taking Steps" 7 pm Movie "The Iron Lady" (F) 7:15 pm "Annie" Civic Theater (O) <span style="float: right;">19</span>
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Rev. Dr. Vern Klingmon, Manito United Methodist (F) 3 pm Matinee Movie "The Iron Lady" (F) MOD: Jeff Bair <span style="float: right;">20</span>	Exercise Class w/ Bands 8 am Senior Fitness (FS) 9 am History Course (H) <u>10:30 am Resident Mtg (F)</u> 2 pm Health Seminar: Osteoporosis Presentation by Dr. Lynn Kohlmeier (F) <span style="float: right;">21</span>	9 am Style Show Models Transported to Audrey's Boutique for Fittings (O) 1 pm Columbia Hearing Aid Check (3rd FI Conf Rm) 3 pm Current Events with Betty (F) <span style="float: right;">22</span>	8 am Senior Fitness with Molly (FS) 6:30 pm Musical Performance by Joanne Brown: requests & singing along welcome (L) <span style="float: right;">23</span>	9:30 am Coffee Hour at the Cottage Clubhouse (CC) 11 am First BBQ of 2012 Hallway Lunch (CS Hallway) 2 pm Audrey's Boutique Style Show and Tea (4) <span style="float: right;">24</span>	Exercise Class w/ Bands 8 am Senior Fitness with Molly (FS) 11 am Shopping at the Valley Mall (O) 2 pm Pole Walking (L) 4 pm Happy Hour Social (TC) <span style="float: right;">25</span>	10:30 am Sketching (CR) 7 pm Movie "We Bought A Zoo" (F) <span style="float: right;">26</span>
12 pm Sunday Dinner (4) 1:30 pm Worship Service: Kathy Sandusky, Manito Presbyterian (F) 3 pm Matinee Movie "We Bought a Zoo" (F) MOD: Jeff Wolpert <span style="float: right;">27</span>	<b>Memorial Day</b> 12 pm Memorial Day BBQ (4) 2 pm Ice Cream Bars on the Patio (4P) 3 pm Memorial Day Program: "Flashback": Telling Tales from Early Years directed by Martha Ice (F) <span style="float: right;">28</span>	<u>1 pm Hospitality Committee Meeting (LE)</u> 1:30 pm Massage Therapy Welcome Reception & New Massage Room Open House (FS) 3 pm Current Events with Betty (F) <span style="float: right;">29</span>	8 am Senior Fitness with Molly (FS) 2:30 pm Planetarium Show at SFCC - \$10 & Dinner Out at the Spaghetti Factory, no-host (O) <span style="float: right;">30</span>	9:30 am Coffee Hour at the Cottage Clubhouse (CC) 2 pm Classical Music & Piano Favorites by Murthe (L) 3 pm Root Beer Float Social (Café Hallway) <span style="float: right;">31</span>		

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

**Dining Hours**  
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 or at the Front Desk*

**Doctor Appointments:**  
Tuesdays: 9 am – 3 pm  
Thursdays: 9 am – 3 pm

**Grocery Shopping:**  
Wednesdays: 2 pm

# May 2012