

Touchmark on West Century – Life Enrichment / Wellness Daily Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:10 Catholic Comm. & Prayers (C) 1 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)	9:15 am Posture & Balance (HC) 10:00 Pet Therapy (L) 10:45 am Devotions (Lib) 1:00 pm Aqua Balance (HC) 1:30 pm Bingo (H) 3 pm Coffee (H) 6:30 pm PO-KE-NO (H) 7:30 Northern Lights Chorus practice (C) *Pedicures - call the front desk to make appointment	9:15 Sit-To-Be-Fit (HC) 10:00-11:00 IL Wellness Center in BNC Bank location 10 am-11:30 am General Store open 10:15 am SilverSneakers® (HC) 10:45 am Devotions (Lib) 1:30-2:30 BNC Bank hours 2 pm Reading by Iris (MBS) 3 pm Coffee (H) 4:30 pm Piano music w/ Bonna (L) 6:30 pm Board/Card Games	9 am-12:30 pm Shopping (O) 9:15 am Posture and Balance (HC) 10:45 am Devotions (Lib) 1:00 pm Aqua Balance (HC) 2 pm Chapel Service (C) 3 pm Cath. Comm. Services (C) 3 pm Coffee (H) 6:30 Board/Card Games (H)	9 am-10:00 am BNC Bank hours 9:15 Sit-To-Be-Fit (HC) 10 am-11:30 am General Store open 10:15 am SilverSneakers® (HC) 10:45 am Devotions (Lib) 3 pm Coffee (H) 6:30 pm Board/Card Games (H)	9:15 am Posture & Balance (HC) 10:45 am Devotions (Lib) 10:00-11:00 General Store hours 1 pm Bible Study (Lib.) 3 pm Coffee (H) 6:30 pm Board/Card Games (H)	9:15 Sit-to-be-Fit (HC) 3:00 pm Coffee (H)



Key

- (A) - Creative Arts Room
- (C) - Chapel
- (F) - Four Seasons Dining Room
- (H) - Hoyle Room
- (MBS) - Mind, Body, Spirit 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

Meal Times

Breakfast

- Prairie Rose
 - Continental 7 am – 10 am
 - Hot Option 7 am – 9 am
- Four Seasons
 - Continental 7 am – 10 am
 - Hot Option 7 am – 9 am

Lunch

- Prairie Rose 11 am – 1 pm
- Four Seasons 11 am – 1 pm
- Dinner
 - Prairie Rose 4:45 pm – 6:30 pm
 - Four Seasons 5:15 pm – 6:30 pm

Scheduled Transportation

7 am – 4 pm Tuesdays and Thursdays – Doctor Appointments

9 am – 12:30 pm Wednesdays - Shopping

	<i>Northern Lights will not meet in December. They will resume in January.</i>			10:15 Santa Craft (A) 2:00 Pool, Pretzel's and Beer (H) <i>1</i>	9:30 Shop Pinehurst (O) 1:00 Vision Support Meeting (A) 2:30 Gingerbread Junction Awards (L) <i>2</i>	10:15 Scrabble (H) 10:00-4:00 Craft and Vendor Bazaar (C) 2:00 Yatzee (H) 7:00 Bingo (H) <i>Last Day of Touchmark Food Drive</i> <i>3</i>
1:30 Movie – “The Ultimate Gift” (PS) 2:00 Bible Study with Phil Shook (Lib) 2:00 Emter Family Theatre(O) <i>4</i>	6:30 Tour of Christmas Lights (O) <i>5</i>	10:00 Knitting for New Borns (H) 2:00 Six, Five, Four Dice Game (H) <i>6</i>	9:00 Shop Wal-Mart/K-Mart 10:00 Shop Dan's Arrowhead Plaza or Kirkwood Mall <i>7</i>	10:00 Friendship Committee (H) 2:00 A Touch of Health (C) 4:30 Supper Out Ruby Tuesday (O) 7:00 German Music (C) <i>8</i>	10:00 Christmas Crafts (A) 2:00 Popcorn Balls (A) 2:30 Christmas Treat for Veterans (Lib) <i>9</i>	10:15 Uno (H) 1:00 -3:00 Holiday Social Check your invite for your specified time! <i>Bingo will not be played today.</i> <i>10</i>
1:00 Grandparents/Grandkids swim (HFC) 1:30 Movie – “Mrs. Miracle” (PS) 2:00 Bible Study with Phil Shook (Lib) <i>11</i>	Pet Therapy will not meet 1:00 Caregivers Support Group (Lib) 2:30 Resident Council (Lib) <i>12</i>	10:00 Hand Massages (H) 2:30 Birthday Party (FS) <i>13</i>	8:45 Shop Wal-Mart/K-Mart 9:30 Central Market 11:00 Lunch Out to TGI Fridays (O) 1:15 ALL Resident meeting (C) 6:15 Pet Therapy (L) 6:45 First Presbyterian Carolers (L) <i>14</i>	10:00 Christmas Cut Out Cookies (A) 2:30 Gospel Tunes (L) 3:00 Bookmobile (Lib) <i>15</i>	9:30 Shop Pinehurst (O) 2:15 Wachter Middle School Singers (C) 6:30 Calvary Chapel Carolers (L) <i>16</i>	10:15 Conversation Ball (H) 2:00 Jim Geiger Band (C) 7:00 Bingo (H) <i>17</i>
1:30 Movie – “The Ghost and Mrs. Chicken” (PS) 2:00 Bible Study with Phil Shook (Lib) 2:30 Music Entertainment (C) <i>18</i>	6:30 Tour of Christmas Lights (O) <i>19</i>	10:00 Activity Committee (H) 1:30 Activities with Grimsrud Students (H) <i>20</i>	9:00 Shop Wal-Mart/K-Mart 10:00 Shop Dan's South or Kirkwood Mall 2:15 Catholic Confessions with Father Gross (Lib) 3:00 Catholic Mass (C) 6:45 Christmas Carolers (L) <i>21</i>	10:00 Christmas Show and Share (H) 1:30 Activities with Grimsrud Students (H) 2:30 Senior Center Singers (C) <i>22</i>	10:00 Stop in the lobby and guess the amount of Christmas goodies in the jars (L) 2:00 Christmas Carol Sing Along around the Christmas Tree (L) <i>23</i>	<i>Sit to Be Fit will not meet</i> 2:00 Christmas Eve Chapel Service with Rev. Matthew Thompson (C) <i>24</i>
Merry Christmas 11:00 – 1:00 Christmas Buffet (FS) 1:30 Movie – “Christmas Story” (PS) <i>25</i>	<i>Store is closed today. Pet Therapy will not meet</i> 10:00 Hand Massages (H) 1:30 Bingo (H) <i>26</i>	10:00 Left, Right, Center (H) Come and learn this super easy game 2:00 Armchair Traveler (C) <i>Presbyterian Friends will not meet this month.</i> <i>27</i>	9:00 Shop Wal-Mart/K-Mart 10:00 Shop Arrowhead Plaza or Kirkwood Mall 3:00 New Resident Meet and Greet (H) <i>28</i>	10:00 Brain Builders (H) 2:00 Bean Bag Toss (L) <i>29</i>	9:30 Shop Pinehurst (O) 2:30 Tom & Jerry Social (L) <i>30</i>	New Years Eve 10:00 Wii (PS) 2:00 You Be the Judge (H) 7:00 Bingo (H) <i>31</i>

December 2011

December Special Events

- 2 – Gingerbread Junction Awards. Join us for Gingerbread Cookies and Cider, as the winners of Gingerbread Junction are announced and Waterford officially becomes Touchmark on West Century. Lobby
- 3 – Craft and Vendor Bazaar from 10:00 until 4:00 pm in the Chapel. Do a little Christmas shopping or just treat yourself as we welcome outside Vendors to showcase their creations and goods along with residents and staff.
- 4- Outing to the Emter Family Theatre Christmas Show. Cost is \$12.00. Sign up at the front desk by Friday, Dec. 2.
- 8- A Touch of Health –2:00 pm join in the Chapel as Steve Metzger speaks on Exercise Basics. Everyone is welcome to attend.
- 8 – Supper out to Ruby Tuesdays. Leave the lobby at 4:30. Sign up at the front desk by Tuesday, Dec. 6. Pay for your own meal.
- 8 – German Singers, John Gross and Celia Schmaltz will be here to share some German Music. Free to everyone. 7:00 pm Chapel
- 10 – Touchmark Holiday Social 1:00 until 3:00. Please see your invitation for your invited time. Food, refreshments and entertainment throughout the afternoon. Residents, staff and families are invited. Please RSVP to the front desk.
- 11 – Grandparents/Grandkids Swim. Bring your grandkids to swim in the Touchmark pool from 1:00 until 4:00 pm. No charge. Please RSVP to the club by calling 355-1280.
- 13 – Birthday Party. Let’s celebrate December Birthdays. Everyone is invited. 2:30 pm in the Four Seasons Dining Room.
- 14 – Lunch out to TGI Friday’s. 11:00 am. Sign up at the front desk. Pay for your own meal.
- 14 – Carolers from First Presbyterian Church, 6:45, Lobby.
- 16 – Calvary Chapel Carolers – 6:30 – Lobby
- 16 – Wachter Middle School Singers- Chapel – Come listen to these young adults sing!
- 17 – Jim Geiger Band in the Chapel – 2:00 – Everyone is welcome to attend.
- 18 – Musical Entertainment in the Chapel by Students of Sonvey Sammons. 2:30 pm. Everyone is encouraged to attend
- 20 & 22 – 1:30 - Students from Grimsrud Grade School will be here to do activities throughout the building. Look for more information to come.
- 22 – Senior Center Singers – 2:30 – Chapel Everyone is welcome
- 24 – Christmas Eve Service with Rev. Matthew Thompson – 2:30 – Chapel
- 30 – Tom and Jerry Social – Lobby – Let’s Celebrate 2011 and bring in 2012. 2:30 - Everyone is welcome.



Touchmark on West Century

Staff at Waterford

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