

Three couples ... 149 years



Resident Relations Manager Pam Dockter looks at a wedding photo with Liz Codding at a recent Wedding Anniversary party. The party was hosted by three Parkview couples who celebrated a combined 149 years of marriage in the month of August. George and Ingrid Murry have been married for 55 years, Skip and Liz Codding for 49 years, and Leaman and Judith Harris for 45 years.



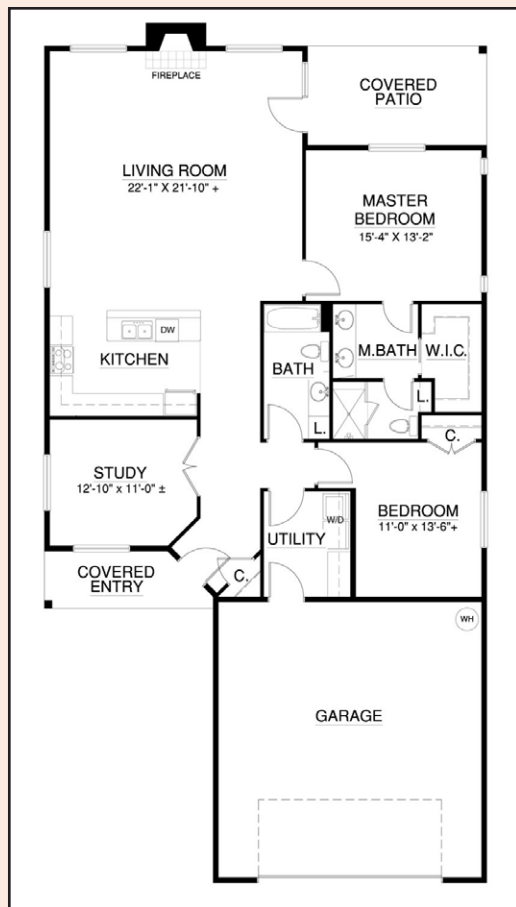
The Wedding Anniversary party featured wedding photos, the Coddings' original cake topper, and along with cakes the traditional nuts, mints, and other treats.



George and Ingrid Murry celebrate their 55th anniversary with two other couples.

Imagine the possibilities

Apartment 306 offers one bedroom, one bathroom, and a den inside, plus friends and fun right outside your front door. Call or stop by today for a personal presentation of this 809-square-foot home.



Imagine a community of friends and life-enriching opportunities at every turn! You can have it all at Touchmark. This 1,749-square-foot Harrison cottage home offers two bedrooms, two bathrooms, and a den. You'll love the open floor plan.

Recent Events



Joan Gibson enjoys fresh watermelon with Annie Hiner at the Summer Watermelon Feast. Annie is the daughter of former Life Enrichment/Wellness Assistant Alisa Hiner, who stopped by to visit residents and staff.



Peggy Sullivan satisfies her inner cowgirl at a recent western-themed Resident Tea. Hot teas, coffee, and cheesecake with strawberry sauce were served. Tables were decorated with bandana centerpieces, tiny straw hats, and sheriff's badges. Bandanas were provided for all attendees; country music played in the background; and several residents came dressed in festive western attire.



Paul Rosenhamer unwinds at a therapeutic-massage demonstration with Massage Therapist Tarah Sparkes. Tarah returns to Touchmark on Tuesday, September 27 for another demonstration and scheduled massages.

Celebrate Active Aging

Saturday, Sept. 24, 1:30 pm

Touchmark's new walking "tour" kicks off. Learn how to track your daily fitness activities to "travel" to a new destination.

Monday, Sept. 26, 1:30 pm

Health matters with Shelee Stewart of Choice Home Health. This month's topic is Exercising Your Brain. Life Enrichment/Wellness Director Cathy Bird also will share information about Touchmark's Brain Builders class. Grand Hall.

Tuesday, Sept. 27

Therapeutic massage demonstrations with Tarah Sparkes. North Activities Room at 9 am; South Activities Room at 1 pm. From 3 to 4 pm, enjoy entertainment by vocalist Ron Pennington.

Wednesday, Sept. 28, 2 pm

Poker Walk and Treasure Hunt with Citizen's Bank of Edmond. Receive a playing card at the various destinations in the community and see if you have the winning poker hand! Refreshments and prizes are included. Grand Hall.

Thursday, Sept. 29, 1:30 pm

Tailgate Cooking Event with Touchmark Cheff and Dining Services Manager Rudy Cisneros. Learn about and sample popular recipes for tailgate parties. Grand Hall.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.



Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Friday, Sept. 9, 11 am

Out to Lunch at Hideaway Pizza in Edmond. Please sign up in advance and bring lunch money.

Tuesday, Sept. 13, 2 to 3 pm

Gather 'round the piano with Wally Brown. Request songs and sing along. Grand Hall.

Wednesday, Sept. 14, 2 pm

Resident Tea. Join your neighbors for a variety of hot teas, pastries, and conversation. Fireside Dining Room.

Friday, Sept. 16, 10 am to noon

Hearing Care Clinic with David Hough, PhD. Please sign up for an appointment. Prairieview Exam Room.

Friday, Sept. 16, 9:30 to 11 am

Coffee Talk. Shantharan Darbe, MD, will talk about dementia, and Harmony White, DC, discusses proper posture while at the dinner table, computer desk, using a walker or cane, and other daily activities. Grand Hall.

Friday, Sept. 16, 3:30 pm

Social Hour. Purple theme, in honor of the upcoming Walk to End Alzheimer's. Shortgrass Café and Lobby.

Tuesday, Sept. 20, 3 pm

The Armchair Traveler journeys to arid lands. Watch Exploring the Deserts of the Earth while enjoying snacks and wine in the Grand Hall.

Tuesday, Sept. 27, 11 am to 1 pm

Mobility program. Mobility-device tune-ups and helpful tips from

(cont.)

(cont.) Smith Medical Equipment. Grand Hall.

Friday, Sept. 30, 6:30 pm

Bingo night with residents and their guests in the Grand Hall. Refreshments served.

Just for laughs!

Answers from students on music exams:

1. A virtuoso is a musician with real high morals.
2. Probably the most marvelous fugue was the one between the Hatfields and the McCoys.
3. A harp is a nude piano.
4. Refrain means don't do it. A refrain in music is the part you'd better not try to sing.

from www.basicjokes.com

Brain Builders



In one minute, think of as many possible uses for a dime.
