

NEWS RELEASE



Touchmark at Coffee Creek

For immediate release

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For further information:

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Facebook for seniors among classes at Touchmark's Active Aging Week

EDMOND, Okla. — Diverse activities designed to exercise body *and* brain are part of Touchmark's Active Aging Week celebration, open to the community.

Facebook 101 – Learning the Basics of Social Networking – is one of the many classes Touchmark will host. Other classes feature interactive food decorating with Touchmark Chef Rudy Cisneros, and a Health Day is scheduled.

Healthy lifestyles include more than physical exercise: mental activity helps maintain brain vitality, and social connections contribute to overall well-being.

The Facebook 101 class kicks off the events that begin Monday, Sept. 20 and run through Saturday, Sept. 25. There is no charge for the activities, which are open to the public.

“All activities involve either learning or fun or fitness,” says Cathy Bird, Touchmark Life Enrichment/Wellness director. She adds that physical, mental and social activities are equally important. This year's activities reflect the theme of “Active Aging – *Your Way*,” whether it is getting involved knitting hats for others or decorating food.

“Active Aging doesn't mean running a marathon for everyone. It could be walking a mile or it could be a broader definition, as in doing something for someone in need,” says Bird.

Started by the International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active. Residents of Touchmark are offered a range of activities to aid them in healthy lifestyles, not only during Active Aging Week but also throughout the year. This is the third year that Touchmark has hosted the event.

Schedule of events:

Monday, Sept. 13

12:30 p.m. – Learn about “walking” along Route 66. During Active Aging Week (Sept. 20-25), participants will track fitness activity, which will be converted to mileage on a map of Route 66.

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TouchmarkEdmond.com

Monday, Sept. 20

10 a.m. – Facebook 101 – Learning the Basics of Social Networking, presented by Stacey Wolfe. If you are interested in this class, please sign up in advance by phoning (405) 340-1975.

1:30 p.m. – Strength and conditioning class

Tuesday, Sept. 21

10 a.m. – Sit and Stretch class

10 a.m. to 1 p.m. – Car Care Clinic with complimentary car maintenance and safety inspections from Kwik Kar of Edmond. This will be held in Touchmark's back parking lot. Please call (405) 340-1975 to reserve a time.

Wednesday, Sept. 22

1 p.m. – Balance and Posture class

3 p.m. – Interactive food decorating with Touchmark Chef Rudy Cisneros.

Thursday, Sept. 23

1:30 p.m. – Strength and Conditioning class

Friday, Sept. 24

10 a.m. to noon – Health Day

- Blood pressure and blood sugar level checks by Choice Home Health;
- Hearing testing by David Hough, MD;
- Mobility device tune-ups by Smith Medical Equipment;
- Brown Bag Program by Hospital Discount Pharmacy;
- Foot health by Jason Majors, manager of the New Balance store.

Saturday, Sept. 25

1 p.m. – Learn to make loom-knitted hats, which will be given to infants and children in need.

For more information about Active Aging Week, call Touchmark at Coffee Creek at (405) 340-1975.

Touchmark, located in Edmond at 2801 Shortgrass Road, is part of the Coffee Creek 638-acre planned residential development, which includes a golf course, recreational centers and walking and biking trails for Coffee Creek homeowners. Touchmark at Coffee Creek offers a wide range of homes and lifestyle options. Recognized by the EPA with a Green Power Leadership award, Touchmark is 100 percent powered by renewable energy. For more information, visit TouchmarkEdmond.com.

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