

# NEWS RELEASE



## Touchmark at Coffee Creek

**For immediate release**

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### **Touchmark hosts Active Aging Week for community**

EDMOND, Okla. — What do strength-training classes, craps tables, Wii bowling and hand massages have in common? All of these and more are being offered to Touchmark residents and the entire Edmond community as part of International Active Aging Week.

The events kick off Monday, September 21 and run through Friday, September 25.

Active aging is defined as living life as fully as possible, according to the International Council on Active Aging, which started the annual event. Residents of Touchmark are offered an array of activities to aid them in this mission not only during Active Aging Week but also throughout the year. This is the second year that Touchmark has hosted the event.

"We focus a great deal on promoting and supporting active aging," says Cathy Bird, Life Enrichment/Wellness director for Touchmark at Coffee Creek. "As a result, I interact with residents who are happier, more social and have a wider assortment of friends. In planning Active Aging Week, we really looked for activities that included fun, learning, health and fitness," Bird said.

The week's events are open to Touchmark residents as well as the entire community. Participants will earn casino chips for participating in activities throughout the week. At the end of the week, those chips will become valuable during the casino night.

The events start Monday with walking, strength/conditioning classes and computer classes. On Tuesday, residents and staff will show their expertise on the Wii in a Wii bowling tournament. At the conclusion of the tournament, staff will be available for Wii demonstrations for anyone interested in learning more about Wii activities.

On Wednesday, local massage therapist Tara Goodwyn will launch a spa day with hand massages. A book sale will be held from 10 a.m. to noon in the Grand Hall, with all proceeds going to the Alzheimer's Association Memory Walk<sup>®</sup>. The day concludes with a balance and posture class led by group exercise instructor Jamie Anderson and a presentation about feet. James Drain, certified pedorthist and owner of Elite Feet, will discuss overall foot health, including foot types, support needs, how to prevent problems and how to ensure a good shoe fit.

Thursday's activities include voter registration and strength and conditioning class. Also

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scheduled for Thursday are blood pressure and blood sugar checks being offered by Choice Home Health. A physical therapist from Choice also will provide information on balance.

Friday is the grand finale of the week. From 1-3 p.m., residents can participate in a Poker Walk, sponsored by the Citizen's Bank of Edmond. Stations will be set up throughout the building, and at each station participants will be asked a health-related question and earn a card. At the end of the poker walk, the cards will be tallied and winners will be determined. Winners may also receive chips to be redeemed later than evening during casino night. At 3 p.m., the Touchmark library will be open for tours.

Casino night, sponsored by Universal Home Health, will kick off at 7 p.m. Friday. As participants enter the grand hall, they will be presented with a goodie bag, which includes chips to use at the array of casino games. Chips earned through the weekly activities can also be used. Participants can roll the dice at the craps table and play cards at the blackjack tables or at the Texas hold 'em table. Appetizers, wine and other beverages will be served throughout the evening. The evening will end with prizes auctioned off; attendees will use the chips as currency for the auction.

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. For more information, visit [TouchmarkEdmond.com](http://TouchmarkEdmond.com).

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