





# Touchmark at Coffee Creek

## May 2012 - Full Life Wellness & Life Enrichment Program

### ~ Week One ~

Tuesday 1<sup>st</sup> 5:30 pm Memory Care Support Group in the South Activities Room.  
 Wednesday 2<sup>nd</sup> 2 pm Hat Decorating for the upcoming Kentucky Derby Day in both Activities Rooms. Please sign up.  
 Thursday 3<sup>rd</sup> 1:30 pm Ice Cream Social celebrating May birthdays in both Activities Rooms.  
 Friday 4<sup>th</sup> 1 pm Depart for the Edmond Arts Festival. Please sign up.  
 Saturday 5<sup>th</sup> 4:30 - 6 pm Kentucky Derby We'll be watching the pre-race coverage and the race, enjoying traditional refreshments, picking a horse, and donning our hats in the Grand Hall.

### ~ Week Two ~

Wednesday 9<sup>th</sup> 10 am Golden Harmonizers Performance in the Grand Hall.  
 Wednesday 9<sup>th</sup> 2 pm Mother's Day Resident Tea in the Fireside Dining Room. Please sign up guests.  
 Friday 11<sup>th</sup> 10:30 am Depart for lunch at "Nebu" Food Court in the new Devon Energy Tower.  
 Saturday 12<sup>th</sup> 1 pm Music Recital with A.R. T.S. students in the Grand Hall featuring voice, piano, and guitar.  
 Saturday 12<sup>th</sup> 2 pm Touchmark Storytellers in the Bunker ~ stories shared from your neighbors.

### ~ Week Three ~

Monday 14<sup>th</sup> 1:30 pm "Diet and Nutrition" with Shelee Stewart in the North Activities Room.  
 Tuesday 15<sup>th</sup> 5:30 pm Memory Care Support Group in the South Activities Room.  
 Tuesday 15<sup>th</sup> 7 - 9 pm Join us for the "Senior Prom" in the Grand Hall ~ an evening of refreshments, dancing, and music by Talk of the Town Orchestra.  
 Wednesday 16<sup>th</sup> 10 am Book Club in the Private Dining Room to discuss *The Hunger Games*.  
 Wednesday 16<sup>th</sup> 3 pm Mystery Armchair Traveler Trip in the Grand Hall ~ snacks and a wine tasting.  
 Friday 18<sup>th</sup> 9 am Depart for Remington Park for a behind the scenes tour. Please sign up.

### ~ Week Four ~

Sunday 20<sup>th</sup> 1 - 2:30 pm Prairieview Garden Party Tour.  
 Monday 21<sup>st</sup> 9:30 - Noon Eye Healthcare checkups with Circle of Life Eyecare Center in the Prairieview Exam Room. Please sign up and choose a time.  
 Monday 21<sup>st</sup> 2 pm Touchmark's Ol' Timer Chimers will perform for us in the Grand Hall!  
 Tuesday 22<sup>nd</sup> 10:30 am Newcomers Coffee in the Shortgrass Café ~ all residents welcome. Tuesday 22<sup>nd</sup> 11 am - 1 pm Mobility Device Tune Ups, courtesy of Smith Medical Equipment in the North Activities Room. Wednesday 23<sup>rd</sup> 3 pm Card Making Class in the North Activities Room. Please sign up.  
 Wednesday 23<sup>rd</sup> 6:30 pm Guest Bingo Night in the Grand Hall. Bingo cards are two for \$1.  
 Thursday 24<sup>th</sup> 11:30 am - 1 pm Blood Pressure Checks in the North Activities Room, courtesy of Choice Home Health.  
 Thursday 31<sup>st</sup> 12 pm Men's Lunch in the Game Room. Please sign up.

### Meal Times

#### Creekside Dining Room (Mon - Sat)

Breakfast 7:30 - 9:30 am  
 Lunch 11 am - 1 pm  
 Dinner 4:30 - 6:30 pm  
 Sunday Dinner 4:00 - 5:30 pm

#### Fireside Dining Room (Mon - Sat)

Breakfast 7:30 - 9:00 am  
 Lunch 11:00 am - 12:30 pm  
 Dinner 4:00 - 5:30 pm

#### Sunday Brunch 11:30 am - 2 pm

### Scheduled Transportation

#### 8 am - 4 pm

Mondays ~ OKC Appointments  
 Tues/Thurs ~ Edmond Appointments  
 Wednesdays ~ Scheduled Shopping  
 Fridays ~ Scheduled Outings