

Touchmark at Coffee Creek – Full Life Wellness & Life Enrichment Program Daily Events



| Every Sunday | Every Monday | Every Tuesday | Every Wednesday | Every Thursday | Every Friday | Every Saturday |
|---|--|--|--|--|--|---|
| 9 am Walk or Wellness Center 11:30 am – 2 pm Sunday Brunch | 9 am Walk or Wellness Center 1 pm Strength & Conditioning (BU) 3 pm Two Quarter Bingo (NA) | 9 am Walk or Wellness Center 10 am Sit & Stretch (BU) 1 pm Bridge (G) 1 pm Pass the Popcorn (NA) 2 pm Bunco (SA) | 9 am Walk or Wellness Center 10 am *Walmart Shopping (O) 1 pm Balance & Posture (BU) | 9 am Walk or Wellness Center 1 pm Strength & Conditioning (BU) 3:30 pm Bible Study (L) 5:45 Pinochle (NA) | 9 am Walk or Wellness Center 10 am Sit & Stretch (BU) 1 pm Bridge (G) 2 pm Ping Pong (BU) Wear Red in support of “Go Red for Women” Women’s Heart Health | 9 am Walk or Wellness Center 3 pm Two-Quarter Bingo (SA) |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|---|
| | | | 10 am *Computer Class (L) 1:30 pm Birthday Ice Cream Social (NA) (SA) 3:15 pm Sudoku (G) <i>1</i> | 10:30 am Humana Bingo (SA) <i>2</i> | 3:30 pm Social Hour (SC) 7 pm Movie (GH) National Wear Red Day! <i>3</i> | 10 am UCO Piano Program (GH) 10 am Ol’ Timer Chimers (NA) <i>4</i> |
| 3 pm Worship Service (GH) 6 pm Movie (GH) <i>5</i> | 10 am Brain Builders (NA) 1:30 pm Health Matters (NA) <i>6</i> | 1:30 pm Matinee (GH) 3 pm *Craft Time (NA) 5:30 pm Memory Care Support Group (SA) <i>7</i> | 10 am *Computer Class (L) 1 – 3 pm Silpada Jewelry (NA) 2 pm Resident Tea (FD) 3:15 pm Sudoku (G) <i>8</i> | 9 – 11 am *Watch Man (NA) 10:30 am Prize Bingo (SA) 2 – 4 pm Chocolate with Choice (NA) 5 pm *Out to Dinner (O) <i>9</i> | 3:30 pm Social Hour with The Piano Man (SC) 6:30 pm *Men’s Poker (G) 7 pm Movie (GH) <i>10</i> | 10 am Ol’ Timer Chimers (NA) 2 pm Touchmark Storytellers (BU) <i>11</i> |
| 3 pm Worship Service (GH) 6 pm Movie (GH) <i>12</i> | 10 am Brain Builders (NA) 12 pm *Men’s Lunch (G) <i>13</i> | 10 am Resident Council (SA) 1:30 pm Matinee (GH) 3 pm Armchair Traveler (GH) <i>Happy Valentine’s Day!</i> <i>14</i> | 10 am *Computer Class (L) 10 am Book Club (G) 11 am – 12 pm Mobility Tune Ups (NA) 2 pm PARB Program (GH) 2 pm Cookie Bake (SA) 3:15 pm Sudoku (G) <i>15</i> | 10:30 am Citizen’s Bank Bingo (SA) 4 – 6 pm Girl Scout Cookie Sale (NA) <i>16</i> | 10 am – 12 pm *Dr. Hough (PE) 11 am *Out to Lunch (O) 1 pm Pet Therapy (SL) 3:30 pm Social Hour (SC) 7 pm Movie (GH) <i>17</i> | 10 am Ol’ Timer Chimers (NA) *Friend Dinner Night (FD) (CD) <i>18</i> |
| 3 pm Worship Service (GH) 6 pm Movie (GH) <i>19</i> | 10 am Brain Builders (NA) 1:45 pm Children’s Piano Program (GH) <i>20</i> | 5:30 pm Memory Care Support Group (SA) 3 pm Mobility Device Decorating (NA) (SA) 7 – 8:30 pm Mardi Gras Celebration! <i>21</i> | 10 am *Computer Class (L) 1 – 3 pm Jewelry Sale & Repair (NA) 2 pm *Kitchen Tour 3:15 pm Sudoku (G) <i>22</i> | 10:30 am Choice HH Bingo (SA) 11:30 am – 1 pm Blood Pressure Checks (NA) <i>23</i> | 3:30 pm Social Hour (SC) 7 pm Movie (GH) <i>24</i> | 10 am Ol’ Timer Chimers (NA) <i>25</i> |
| 3 pm Worship Service (GH) 6 pm Movie (GH) <i>26</i> | | 11 am – 1 pm Mobility Tune Ups (NA) 1:30 pm Matinee (GH) <i>27</i> | 10 am Golden Harmonizers (GH) 3 pm *Card Making (NA) 6:30 pm Guest Bingo (GH) <i>28</i> | | | |
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| Key | |
|------------|-------------------------|
| (BU) | - Bunker |
| (CD) | - Creekside Dining |
| (FD) | - Fireside Dining |
| (G) | - Game Room |
| (GH) | - Grand Hall |
| (L) | - Library |
| (NA) | - North Activities Room |
| (P) | - Prairieview |
| (PE) | - Prairieview Exam Room |
| (SA) | - South Activities Room |
| (SC) | - Shortgrass Café |
| (SL) | - South Lobby |
| (O) | - Off Campus |
| (W) | - Wellness Center |

February 2012



Touchmark at Coffee Creek

February 2012 - Full Life Wellness & Life Enrichment Program

February Special Events

~ Week One ~

Wednesday 1st 1:30 pm Birthday Ice Cream Social in the North and South Activities Room.
 Friday 3rd National Wear Red Day ~ wear red to show support for "Go Red for Women", women's heart disease awareness and all Fridays in February.
 Saturday 4th 10 am Piano Program with students from University of Central Oklahoma in the Grand Hall.

~ Week Two ~

Monday 6th 1:30 pm "Heart Health" with Shelee Stewart in the North Activities Room.
 Tuesday 7th 5:30 pm Memory Care Support Group in the South Activities Room.
 Wednesday 8th 2 pm Red Heart Resident Tea in the Fireside Dining Room ~ wear red (optional)
 Thursday 9th 9 – 11 am "The Watch Man" Jim Brown will be back to replace your watch batteries in the North Activities Room. Please sign up and pay \$5 per watch to Jim..
 Saturday 11th 2 pm Touchmark Storytellers in the Bunker ~ stories shared from your neighbors.

~ Week Three ~

Monday 13th 12 pm Men's Lunch in the Game Room ~ enjoy good conversation and food!
Tuesday 14th 3 pm Armchair Traveler goes to France ~ enjoying snacks and a wine tasting in the Grand Hall.
 Wednesday 15th 10 am Book Club meets in the Game Room.
 Wednesday 15th 2 pm Please join us for an informational meeting in the Grand Hall with Calise Hernandez about volunteer opportunities with PARB ~ Post Adjudication Review Board.
 Thursday 16th 4 – 6 pm Girl Scout Cookies will be for sale in the North Activities Room.
 Friday 17th 10 am – 12 pm Hearing Care with Dr. David Hough in the Prairieview Exam Room. Please sign up, no charge.
 Saturday 18th Friend Dinner Night Invite two guests per family compliments of Touchmark and reserve a spot in the sign up book by Wednesday, February 15th.

~ Week Four ~

Tuesday 21st Mardi Gras Celebration in the Lobby with music and dancing from "Talk of the Town" in the lobby. Music, refreshments, décor, and a drawing for a king and queen!
 Thursday 23rd 11:30 am – 1 pm Blood Pressure Checks in the North Activities Room, courtesy of Choice Home Health.

~ Week Five ~

Tuesday 28th 11 am – 1 pm Mobility Device Tune Ups in the North Activities Room.
Wednesday 29th 10 am The Golden Harmonizers perform in the Grand Hall.
 Wednesday 29th 3 pm Card Making Class in the North Activities Room. Please sign up.
 Wednesday 29th 6:30 pm Guest Bingo Night in the Grand Hall. Bingo cards are two for \$1.

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