

Touchmark at Coffee Creek – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am Walk or Wellness Center 11:30 am – 2 pm Sunday Brunch 3 pm Worship Service (GH)	9 am Walk or Wellness Center 11 am Wii Bowling (BU) 1:30 pm Strength & Conditioning I & II (BU)	9 am Walk or Wellness Center 1 pm Bridge (G) 1 pm Pass the Popcorn (NA)	9 am Walk or Wellness Center 9 am Helping Hand (W) 11 am Wii Bowling (BU) 1 pm Balance & Posture I & II (BU)	9 am Walk or Wellness Center 1:30 pm Strength & Conditioning I & II (BU) 2 pm Bomber Pool (BU) 3:30 pm Bible Study (L)	9 am Walk or Wellness Center 1 pm Bridge (G) 2 pm Ping Pong (BU) 3:30 pm Social Hour Name Tag Day!	9 am Walk or Wellness Center 10 am Coffee Break (SC) 3 pm Quarter Bingo (NA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 pm Quarter Bingo (NA) 6:30 pm Scrabble (G) <i>1</i>	9:30 am *Remington Park (O) 10 am Sit & Stretch I & II (BU) 2 pm Brain Builders (NA) <i>2</i>	10 am *Shopping (O) 4:30 – 6 pm Eileen with Mary Kay (NA) 6:30 pm Sequence (G) <i>3</i>	10:30 am Quarter Bingo (SA) 2 pm Brain Builders (SA) <i>4</i>	10 am Make a Blanket Day (NA) 1 pm *Craft Time (SA) 7 pm Movie (BU) <i>5</i>	10 am UCO Musicians (CD) 1:15 pm *Edmond North Musical (O) 6:30 pm Dominoes (G) <i>6</i>
6 pm Movie (BU) <i>7</i>	10 am Resident Council (SA) 3 pm Quarter Bingo (NA) 6:30 pm Sequence (G) <i>8</i>	10 am Sit & Stretch I & II (BU) 2 pm Brain Builders (NA) 3 pm Low Vision Group (L) <i>9</i>	10 am *Shopping (O) 1 pm Photo Archivist (TBA) 3 pm Cheyenne FCCLA (SA) 3:15 pm Sudoku Class (NA) 6:30 pm Dominoes (G) <i>10</i>	10:30 am Hospital Discount Pharmacy Bingo (SA) 2 pm Brain Builders (SA) <i>11</i>	11 am *Out to Lunch Bunch to Stables in Guthrie (O) 7 pm Movie (BU) <i>12</i>	8:30 – 10:30 am *Wellness Doctor 2 pm Touchmark Storytellers (BU) 6:30 pm *Men's Poker Night (G) <i>13</i>
6 pm Movie (BU) <i>14</i>	3 pm Quarter Bingo (NA) 6:30 pm Dominoes (G) <i>15</i>	10 am Sit & Stretch I & II (BU) 2 pm Hymn Sing (CD) <i>16</i>	10 am *Shopping (O) 2 pm St. Patrick's Day Tea (FD) 6:30 pm Scrabble (G) <i>17</i>	10:30 am Citizen's Bank Bingo (SA) 2 pm Town Hall (CD) <i>18</i>	10 am – 12 pm *Hearing Care with Dr. Hough (SA) 1 pm *Smith Medical Open House (O) 7 pm Movie (BU) <i>19</i>	6:30 pm Sequence (G) *Friend Dinner Night (CD) (FD) <i>20</i>
6 pm Movie (BU) <i>21</i>	3 pm Coffee Creek Family Dentistry Bingo (NA) 6:30 pm Scrabble (G) <i>22</i>	10 am Sit & Stretch I & II (BU) 2 pm Brain Builders (NA) <i>23</i>	10 am *Shopping (O) 3 – 4 pm *Wii Class (BU) 3:15 pm Sudoku Class (NA) 6:30 pm Sequence (G) <i>24</i>	10:30 pm Choice Home Health Bingo (SA) 2 pm Brain Builders (SA) <i>25</i>	12:30 pm Pet Therapy (SA) 1:30 pm *Ping Pong Tournament (BU) 7 pm Movie (BU) <i>26</i>	8:30 – 10:30 am *Wellness Doctor 1 – 4 pm *Photo Sessions (TBA) 6:30 pm Dominoes (G) <i>27</i>
6 pm Movie (BU) <i>28</i>	3 pm Quarter Bingo (NA) 6:30 pm Sequence (G) <i>29</i>	10 am Sit & Stretch I & II (BU) 10:30 am Newcomers Coffee (SC) 2 pm Brain Builders (NA) <i>30</i>	10 am *Shopping (O) 4:30 pm *Kitchen Tour 6:30 pm Dominoes (G) <i>31</i>			

Key

- (BU) - Bunker
- (CD) - Creekside Dining
- (FD) - Fireside Dining
- (G) - Game Room
- (GH) - Grand Hall
- (L) - Library
- (NA) - North Activities Room
- (P) - Parkview
- (SA) - South Activities Room
- (SC) - Shortgrass Café
- (O) - Off Campus
- (W) - Wellness Center

Meal Times

Creekside Dining Room

Breakfast	7:30 – 9:30 am
Lunch	11:00 am – 1 pm
Dinner	4:30 – 6:30 pm

Fireside Dining Room

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

Scheduled Transportation

- 8:00 am - 4:00 pm
- Mondays ~ OKC Appointments
- Tues/Thurs ~ Edmond Appointments
- Wednesdays ~ Scheduled Shopping
- Fridays ~ Scheduled Outings

Please schedule at the front desk.

March 2010

Touchmark at Coffee Creek



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~Week One~

Tuesday 2nd 9:30 am *Depart for Remington Park Casino's Senior Day, returning at 1 pm.

Wednesday 3rd 4:30 – 6 pm Eileen Morefield will be here with her Mary Kay line in the North Activities Room.

Friday 5th 10 am Make a Blanket Day continues ~ we will work on the remaining two "no sew" blankets for Project Linus's Haiti project.

Friday 5th 3:30 – 4:30 pm Social Hour in the lobby will be hosted by LM and Peggy Sullivan as they celebrate their 65th wedding anniversary. Wine, punch, and cake will be served. Piano music will be provided by Fern Rowley.

Saturday 6th 10 am Enjoy music by the University of Central Oklahoma Musicians in the Creekside Dining Room.

Saturday 6th 1:15 pm *Depart for "Singin' in the Rain" a musical production at Edmond North High School.

Tickets are \$7, please sign up at the front desk no later than Tuesday the 2nd. The play starts at 2 pm.

~Week Two~

Tuesday 9th 3 pm Low Vision Group meets in the Library, courtesy of The Oklahoma League for the Blind.

Wednesday 10th 1 pm Chester Cowen, photo archivist with the Oklahoma Historical Society will be here to talk about photo archiving and welcomes the opportunity to identify and date any photos you may have questions about.

Wednesday 10th 3 pm Cheyenne Middle School FCCLA students will decorate cupcakes with us in the South Activities Room.

Friday 12th 11 am *Out to Lunch Bunch is going to Stables in Guthrie. Don't forget your lunch money! Menu items will be posted in the sign up book.

Saturday 13th 2 pm Touchmark Storytellers in the Bunker. Hear life stories shared by your neighbors.

Saturday 13th 6:30 pm *Men's Poker Night in the Game Room.

~Week Three~

Tuesday 16th 2pm Join your neighbors for the "Hymn Sing" featuring gospel songs in the Creekside Dining Room.

Wednesday 17th 2 pm "Luck of the Irish" St. Patrick's Day Tea in the Fireside Dining Room. Wear something green to celebrate!

Thursday 18th 2 pm Town Hall all resident meeting in the Creekside Dining Room.

Friday 19th 10 am – 12 pm *Hearing Care with Dr. David Hough in the South Activities Room. No charge. Please choose a time when signing up.

Friday 19th 1:30 *Smith Medical Supply Open House ~ visit their new store and learn about the latest technology in medical equipment. Please sign up by Wednesday 17th.

Saturday 20th *Friend Dinner Night ~ invite a friend to join you for dinner! Please sign up by Thursday the 18th.

~Week Four~

Wednesday 24th *Wii Class ~ come to the Bunker and learn how to play Wii! This interactive video game can be played standing or sitting and there are a variety of activities to choose from.

Friday 26th 12:30 pm Pet Therapy ~ visit "Daisy" the Golden Doodle and her owners in the South Activities Room.

Saturday 27th 1:00 - 4:00 *Photographer Mary Horn will be here to provide individual and group (invite your family)photo sessions. A price list is provided at the front desk, please choose a time when signing up. Location to be announced.

~Week Five~

Tuesday 30th 10:30 am Newcomers Coffee in the Shortgrass Café, visit with new and old neighbors!

Wednesday 31st 4:30 pm *Kitchen Tour ~ a behind the scenes look at the Touchmark kitchen.

***Please sign up in the Life Enrichment book at the front desk.**