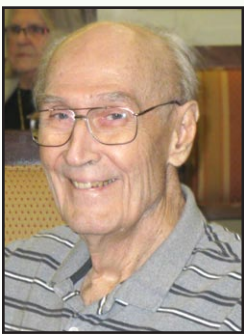


This club nurtures the soul

It's called The Opera Club, but the focus spans opera, ballet, concerts, and oratorio presentations. For club members and their "conductor"—Emile Wagnenaar—it's all about feeding the soul with classical music. And Touchmark residents savor fine music each week.



Every Tuesday at 7 pm, music enthusiasts gather in the Fireside Lounge. They hang blackout drapes over the windows and arrange chairs in front of a 46-inch, flat-screen television in anticipation of another appetizing selection.

Emile Wagnenaar "Each month, we feature two operas, one ballet, and one concert," says Emile, adding that if there's a fifth Tuesday in the month, they usually watch a third opera or another ballet.

Once a month on a Thursday evening, residents also watch a documentary about musical leaders, such

as the Toronto Symphony, violinist Itzhak Perlman, cellist Yo-Yo Ma, and soprano Renée Fleming.

Rarely is a performance repeated, says Emile, who does all of the preparation. This entails spending several days gathering information about the topic and selecting just the right performance. Emile searches the Internet as well as reads books. "I look and look and look," he says. "It's kind of fun, actually."

Once Emile identifies which performance is the best, he purchases the DVD. "Over the past one-and-a-half years, I've collected over 300 DVDs," he says. He also bought the 46-inch Panasonic TV to replace the previous 20-inch set. "The sound is better; the pictures are better; and we get more people attending," he explains.

He estimates that more than 10 percent of Touchmark's residents are interested in classical music. "This club nurtures their musical interest, and many people have told me this makes Touchmark a valuable place to live," he shares. "I feel very happy about that."

(cont.)



(cont.) When asked what his favorite opera is, he claims he doesn't have one. "But Schubert is my favorite composer," he adds quickly. "He composed beautiful melodies."

In April, Emile will turn 88. Before he retired, he was a professor and taught molecular biology at several universities. But classical music always has been central in his life. "As a child, I was surrounded by music, as my mother played the piano brilliantly." Later, he remembers, he listened to 78 albums, then LPs, and later CDs. Now, it's DVDs.

"When your life is focused on something, and when you're giving something to others that they appreciate ... then that's fulfilling," says Emile. "Music and the Opera Club fill my life," he adds simply.

All residents are welcome to stop by the Fireside Lounge Tuesday evenings and get a taste of exceptional classical music, great companionship, and ongoing learning. ■

Brain Builders



Do these math problems as fast as you can.

- | | |
|---------------------|-----------------------|
| 1) $2 + 3 =$ _____ | 7) $12 + 2 =$ _____ |
| 2) $7 - 2 =$ _____ | 8) $20 + 9 =$ _____ |
| 3) $8 + 4 =$ _____ | 9) $16 + 11 =$ _____ |
| 4) $1 + 9 =$ _____ | 10) $15 - 10 =$ _____ |
| 5) $10 - 4 =$ _____ | 11) $30 + 30 =$ _____ |
| 6) $5 - 0 =$ _____ | 12) $19 - 5 =$ _____ |

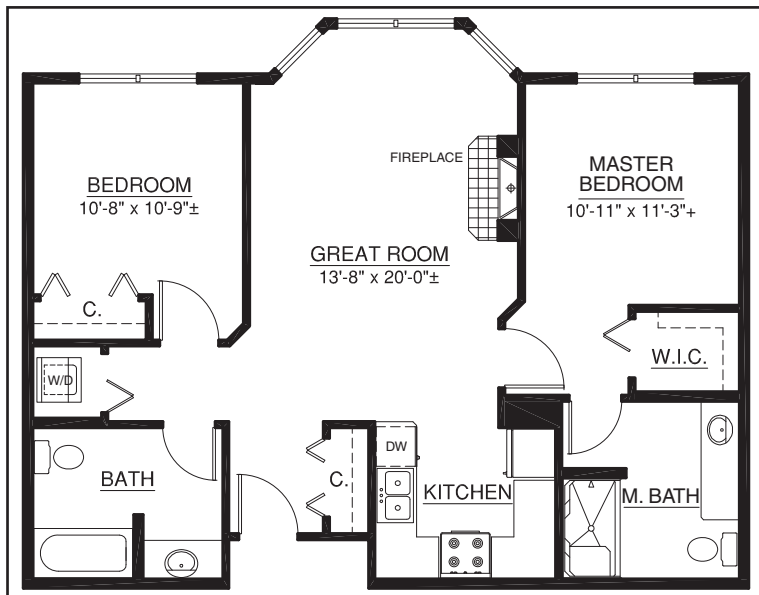
Answers: 1) 5 2) 5 3) 12 4) 10 5) 6 6) 5
7) 14 8) 29 9) 27 10) 5 11) 60 12) 14

Enjoying a traditional Robbie Burn's dinner



Residents and staff gathered in the Grande Hall Dining Room to celebrate the birth of Scotland's favourite poet, Robert Burns, who in his 37 years made a permanent impression on the world. The event included reciting of the *Address to a Haggis* poem, bringing in the haggis to sound of bagpipes, and, of course, a traditional Burn's meal.

Opportunity's knocking



Two-bedroom suites don't become available often. Suite 137 offers a spacious 958-square-foot floor plan, including two bedrooms and two bathrooms. The great room features an electric fireplace, a perfect spot to relax. Situated on the first floor, this suite has a patio that opens up to a Southwest exposure, giving you great views of the sunset. It is conveniently located next to a stairwell that leads to the heated underground parking. Call today for a personal presentation and to learn more about the Life Lease option.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Sunday, Feb. 13, 2 pm

Performance by the St. David's Welsh Male Voice Choir. Marquis Room.

Monday, Feb. 14, 5:30 pm

Valentine's Day Buffet with music by Robert Grey. Andre Rieu performs *Wedding at the Opera* at 7 pm.

Tuesday, Feb. 15, 11 am

Muttart Conservatory tour and lunch at the Muttart Cafe. Cost: \$14 per person, lunch on your own.

Reflections on nurturing your heart



Marge Coalman, EdD
Vice President of
Wellness & Programs,
Touchmark

*"Recipe for a happy heart:
2 cups of Love
1 cup of Friendship
1 cup of Gratitude
Add a dash of Laughter
Pour into any Soul"*

— Martha Denise

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.

Nurturing your heart with

(cont.) positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment Wellness Director Brenda Edmonds. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

To screen or not to screen ... an ethical debate

—Marge Coalman, EdD,
Touchmark vice president of Wellness
& Programs

Over the past several months, the topic of Alzheimer’s disease has been in the headlines, including the cover of *TIME*. Many of the stories have focused on the debate about expanding the number of brain images in the population. ...

Read the rest of the article online at touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf. ■

Just for laughs!

First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game.

“I liked it, but I couldn’t understand why they were killing each other for 25 cents,” she said.

“What do you mean?” he asked.

“Well, everyone kept yelling, ‘Get the quarter back!’”

From www.basicjokes.com