

# Touchmark at Wedgewood – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am –5 pm Coffee (R) Heart Smart Gym (H) 2 pm Snooker/Pool (C) 7 pm Opera Club Presentation (F) 7 pm Cribbage (C)	9 am–5 pm Coffee (R) 9 am-2 pm Bus Service 10 am Level I & II Posture & Balance (E) 2 pm Bridge (F)/Crib(C) 3:30 pm Whiz Kids (Y)	9 am–5 pm Coffee (R) 10am Level I & II Seated Yoga (E) 11 am –1 pm The Store 3 pm Tile Rummy (C) 7 pm Cribbage (C))	9 am–5 pm Coffee (R) 9 am–2 pm Bus Service 10 am Level I & II Weight Class (E) 3:30 pm Church Service Interdenominational (M)	9 am–5 pm Coffee (R) 10 am Level I & II Posture & Balance (E) 2 pm Scrabble Club (C) 2:30 pm Clinics (E) 7 pm Bridge (F)	9 am –5 pm Coffee (R) 9 am –2 pm Bus Service 10 am Level I & II Seated Yoga (E) 11 am –1 pm The Store 3:30 pm Bible Study (L)	9 am – 5 pm Coffee (R) Heart Smart Gym 2 pm Snooker/Pool (C) 7 pm Movie Night (F) 7 pm Bingo (M) 7 pm Cribbage (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>10 am 20in10 Fitness Card Campaign (E)</b> <b>11 am Events (A)</b> <b>Committee Meeting</b> 1	<b>10 am Level I &amp; II Seated Yoga (E)</b> <b>1 pm Alberta Art Gallery &amp; Tea (O)</b> 2	<b>10 am Level I &amp; II Weight Class (E)</b> <b>3:30 pm Church Service Interdenominational (M)</b> 3	<b>1:00 pm – 4:00 pm Foot Care Clinic (E)</b> <b>1 pm Assisted Living</b> <b>1:45 pm Independent</b> 4	<b>2 pm The Brenda Edmonds Show</b> <b>2010 Winter Olympics &amp; Paralympics (M)</b> 5	<b>7 pm Saturday Night Bingo (M)</b> <b>7 pm Movie: “Sound Of Music (F)</b> 6
<b>7 pm Opera Club Presentation “Samson &amp; Delilah” Camille Saint-Saens</b> 7	<b>10 am 20in10 Fitness Campaign (E)</b> <b>11 am Friendship Ambassador (A)</b> 8	<b>10:45 pm Good Shepherd School (O)</b> <b>1:30 pm Monthly SCAT Meeting (M)</b> 9	<b>10 am Level I &amp; II Weight Class (E)</b> <b>3:30 pm Church Service Interdenominational (M)</b> 10	<b>10 am Level I &amp; II Posture &amp; Balance (E)</b> <b>2 pm Country Line Dancing (E)</b> 11	<b>2 pm AL Townhall Meeting &amp; Social (F)</b> <b>7 pm Friday Night Dance “MEIDD” (G)</b> 12	<b>10 am Level I &amp; II Weight Class (E)</b> <b>7 pm Movie: “The Pink Panther” (F)</b> 13
<b>7 pm Opera Club Presentation (F)</b> <b>Das Land Des Lachelns (The Land Of Smiles)</b> 14	<b>10 am 2010 Fitness Campaign (F)</b> <b>2 pm Birthday Party “The McGarrigles” (G)</b> 15	<b>10 am Level I &amp; II Seated Yoga (E)</b> <b>1 pm Tea &amp; Tour (O)</b> <b>Muttart Conservatory</b> 16	<b>2 pm St. Pat’s Pub “The Clover Bar” (Y)</b> <b>3:30 pm Monthly (M)</b> <b>Communion Service</b> 17	<b>2 pm Andre Rieu “Live In Dublin” ( F)</b> <b>2:30 pm Monthly (E)</b> <b>Blood Pressure Clinic</b> 18	<b>1 pm Arbonne Vendor Health &amp; Wellness (Y)</b> <b>2 pm Stepping-Out Walking Program (Y)</b> 19	<b>5:30 pm Devon Dinner Theater (O)</b> <b>7 pm Movie: “The Terminal” (F)</b> 20
<b>7 pm Opera Club Presentation (F)</b> <b>The Kirov Celebrates Nijinsky (F)</b> 21	<b>10 am 20in10 Fitness Campaign (E)</b> <b>2 pm Jockey Spring Line (L)</b> 22	<b>2 pm - 4 pm Music Documentary “Bringing Balanchine Back” (F)</b> 23	<b>2:30 pm – 4:00 pm Hearing Clinic (E)</b> <b>3:30 pm Church Service Interdenominational (M)</b> 24	<b>10 am Level I &amp; II Posture &amp; Balance (E)</b> <b>2 pm Scrabble (C)</b> <b>7 pm Bridge (F)</b> 25	<b>10 am Roman Catholic Mass (M)</b> <b>2 pm Stepping-Out Walking Program (Y)</b> 26	<b>10 am Level I &amp; II Weight Class (E)</b> <b>7 pm Movie: “Grumpy Old Men” (F)</b> 27
<b>7 pm Opera Club Presentation (F)</b> <b>Europa Concert From Palermo</b> 28	<b>10 am 20in10 Fitness Campaign (E)</b> <b>2 pm Welcome Neighbour Pub (Y)</b> 29	<b>10 am Level I &amp; II Seated Yoga (E)</b> <b>11 am NAIT “Ernest” Restaurant (O)</b> 30	<b>10 am Level I &amp; II Weight Class (E)</b> <b>3:30 pm Church Service Interdenominational (M)</b> 31			

### Key:

- (A) - Art Studio
- (B) - Business Center
- (C) - Monte Carlo Room
- (D) - Private Dining Room
- (E) - East Activity Room
- (F) - Fireside Grill
- (G) - Grande Hall Dining
- (H) - Heart Smart Gym
- (L) - Library
- (M) - Marquis Room
- (O) - Off Campus
- (R) - Ravine Café
- (S) - Touch Cuts Salon
- (Y) - Grande Foyer

### Meal Times:

- Breakfast 8 am – 10 am
- Lunch Noon – 1 pm
- Dinner 5 pm Fireside  
5:30 pm Grande

### Scheduled Transportation:

Monday-Wednesday-Friday  
9 am – 2 pm  
Book appointments in the Black Transportation Binder located at the Front Desk. Please remove your name if you are cancelling the trip.

# March 2010



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March 2010 – Life Enrichment/Wellness



### WEEK ONE:

01-20 **in10...20 tips to Wellness You Can Do In 10 Minutes.** How many **small actions** or **activities** can I do in **10 minutes** or less that will make a **deposit** in my **bank of good health?**

02- An **outing** to see the **re-opened "aga" Art Gallery of Alberta** and the **Karsh Exhibit.**

05-**The Brenda Edmonds Show Theme** is the **"2010 Vancouver Olympics & Paralympics.** See the **2010 Olympic Torch.** Have your **picture** taken with the **Olympic Torch** following the show.

### WEEK TWO:

07- **"Samson and Delilah" – Camille Saint-Saens (1835-1921)** Placido Domingo, Olga Borodina, Sergei Leiferkus, Richard Paul Fink. The **Metropolitan Opera Orchestra and Chorus – James Levine-Conductor.**

11-**Line Dancing** with **Maria** will be held in the **East Activity Room.** Wear **good shoes** and prepare to have **fun!** **Line dancing** can help **improve balance and agility.**

### WEEK THREE:

14- **Das Land Des Lachelns ("The Land Of Smiles") – Franz Lehar (1870-1948)** Fred Liewehr, Brigit Pitsch-Sarata, Heinz Zednik, Rene Kollo, Dagmar Koller, Gerhard Frickhoffer; **Korean Court Ballet, Sudfunkchor Stuttgart – Radio-Sinfonie Orchester Stuttgart, Germany Wolfgang Ebert – Conductor.**

15-Monthly **Birthday & Anniversary Party** with the popular Irish Singers **"The McGarrigles."**

16- Let's get ready for **spring** with a trip to the beautiful **Muttart Conservatory.**

17-Happy St. Patrick's Day **"The Clover Bar"** will be open at **2 pm** Drink Special **Green Beer!**

19- **Arbonne International Health & Wellness Products Sale & Information Session.**

### WEEK FOUR:

20- The Devon Dinner Theater **"Moon Over Buffalo"** Prime Rib Dinner \$40/person.

21- The **Kirov Celebrates Nijinsky** – The Kirvo **Ballet** performs **Sherehazade, Le Spectre de la Rose, Polovtsian Dances, Firebird.**

22- **Jockey's New Spring Line Fashion Show** held in the **Library Salon.** If you are **interested in modeling** please contact Brenda or Sharon.

23- **Music Documentary - "Bringing Balanchine Back"**, the historic return to **Russia** of the **New York City Ballet.**

### WEEK FIVE:

28- **Europa Concert From Palermo, Sicily, Italy. Beethoven** – "Egmont" Overture; **Brahms** – Violin Concerto, Op. 77 – **Gil Shaham**-Violin; **Dvorak** – Symphony No. 9, Op 95 "From the New World"; **Verdi** "I Vespri Siciliani" **Overture Berlin Philharmonic Orchestra-Claudio Abbado Conductor.**

29-Come out and **toast** your **new neighbours** at our **Welcome Neighbour Pub!**

30- **Lunch** at the popular **Ernest Restaurant** is a must before the school year is over at **NAIT.**