

# Touchmark at Wedgewood – Full Life Wellness & Life Enrichment Program Daily Events



<b>Every Sunday</b>	<b>Every Monday</b>	<b>Every Tuesday</b>	<b>Every Wednesday</b>	<b>Every Thursday</b>	<b>Every Friday</b>	<b>Every Saturday</b>
9 am – 5 pm Coffee (R) Heart Smart Gym (H) Indoor Walking Club 1 pm Tile Rummy (C) 2 pm Wii Bowling (C) 7 pm Opera Club (F) 7 pm Cribbage (C)	9 am – 5 pm Coffee (R) 9 am – 2 pm Bus Service 10 am Level I & II Seated Yoga (M) 11:15 am Gentle Fit (E) 7 pm Cribbage (C) 7 pm Tile Rummy (C)	9 am – 5 pm Coffee (R) 10 am Level I Posture & Balance (M) 11 am The Store (S) 1 pm Outings (O) 4 pm Fireside Chat (L) 7 pm Mah Jong (C)	9 am – 5 pm Coffee (R) 9 am – 2 pm Bus Service 10 am Level I & II Lenka's Keep Fit (M) 11 am Men's Fitness (M) 11:15 am Gentle Fit (E) 2 pm Wii Bowling (C)	9 am – 5 pm Coffee (R) 9:30 am Men's Coffee (E) 10 am Level I & II Seated Yoga (M) 10 am Quilting Group (A) 4 pm Happy Hour (R) 7 pm Bridge (C)	9 am – 5 pm Coffee (R) 9 am – 2 pm Bus Service 10 am Level I Posture & Balance (M) 11 am – 1 pm The Store 11:15 am Gentle Fit (E) 2 pm Wii Bowling (C)	9 am – 5 pm Coffee (R) Heart Smart Gym 10 am Level I & II Christine's Keep Fit (M) 7 pm Bingo (M) 7 pm Movie (F) 7 pm Cribbage (C)

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		11 am "The Bird Lady" Exotic Bird Show (E) 12 Noon Ambassadors & Events Meeting (G) <span style="float: right;">1</span>	2 pm Tea & Tunes Sing Song (E) 3:30 pm Church Service Interdenominational (M) <span style="float: right;">2</span>	1:30 pm Brain Builders (F) 2 pm Foot Clinic (E) 4 pm Twilight Lounge "Happy Hour" (Y) <span style="float: right;">3</span>	10 am Monthly Catholic Roman Mass (HSN) 2 pm Walking, Hiking & Naturalist Club (Y) <span style="float: right;">4</span>	2 pm Alberta Art & Music & Elite School of Music "Children's Choir & Piano Recital" (M) <span style="float: right;">5</span>
2 pm Darlene, Max & Western Gospel Band (M) 7 pm Opera Club Ballet "Pharaoh's Daughter" (F) <span style="float: right;">6</span>	2 pm Monthly Birthday & Anniversary Party (M) 7 pm Glee Club Rehearsal (M) <span style="float: right;">7</span>	1:30 pm Monthly SCAT Meeting (M) 2 pm "Mexico" Travelogue (F) <span style="float: right;">8</span>	10 am Mona' Gems (Y) 2 pm 100 Years of (F) Nursing On The Prairies 3:30 pm Church (M) <span style="float: right;">9</span>	1:30 pm Weekly Brain Builders (F) 4 pm Twilight Lounge "Happy Hour" (Y) <span style="float: right;">10</span>	2 pm Mother's Day Mother & Daughter Tea & Jockey Fashion Show Models Needed (G) <span style="float: right;">11</span>	10 am Level I & II Christine Keep Fit (M) 7 pm Movie: "Florence Nightingale" (F) <span style="float: right;">12</span>
12 Noon – 2 pm "Mother's Day Brunch" (G) 7 pm Opera Club "European Concert" (F) <span style="float: right;">13</span>	10 am Personal Touch "Spring" Fashions (Y) 1 pm Garden Club Meeting (A) <span style="float: right;">14</span>	2 pm IMAX Theatre "To The Arctic" (O) 2 pm "Grow A Row" Vegetable Garden Project <span style="float: right;">15</span>	1:30 pm "The Grads Are Playing Tonight!" (M) 3:30 pm Church Service Interdenominational (M) <span style="float: right;">16</span>	1:30 pm Brain Builders (F) 2:30 pm BP Clinic (E) 4 pm Twilight Lounge "Happy Hour" (Y) <span style="float: right;">17</span>	2 pm Walking, Hiking & Naturalists Club "Wedgewood Ravine" Weather Permitting (O) <span style="float: right;">18</span>	10 am Level I & II Christine Keep Fit (M) 2 pm Epicure Cooking With Alana (E) <span style="float: right;">19</span>
7 pm Opera Club Presentation: "IL Divo" Live In London (F) <span style="float: right;">20</span>	Victoria Day Holiday <span style="float: right;">21</span>	10 am Fifth Avenue (Y) 1 pm Greenhouse (O) 2 pm Singer Songwriter "Dwayne Cannon" (M) <span style="float: right;">22</span>	2 pm Tea & Tunes Sing Song (E) 3:30 pm Church Service Interdenominational (M) <span style="float: right;">23</span>	10 am Gift Vendor (Y) 2 pm "Shades of Fun" (Y) 2:30 pm Hearing Clinic (E) 4 pm "Happy Hour"(R) <span style="float: right;">24</span>	10 am AHS Monthly Wellness Series "What's Bugging You" (M) 2 pm Hiking Club (O) <span style="float: right;">25</span>	10 am Level I & II Christine Keep Fit (M) 7 pm Movie: "Father's Little Dividend" (F) <span style="float: right;">26</span>
7 pm Opera Club Presentation: Opera "The Magic Flute" (F) <span style="float: right;">27</span>	2 pm Welcome New Neighbour Ice Cream Social (3 <sup>rd</sup> Floor East & West) <span style="float: right;">28</span>	2 pm Her Majesty's Diamond Jubilee "Royal Tea" Grande Hall Dining Room <span style="float: right;">29</span>	2 pm BMO National (M) Spring Festival Concert 3:30 pm Church Service Interdenominational (M) <span style="float: right;">30</span>	1:30 pm Weekly Brain Builders (F) 4 pm Twilight Lounge "Happy Hour" (R) <span style="float: right;">31</span>		

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

# May 2012



# Touchmark at Wedgewood

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

### 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 your appointments in the Black Transportation Binder located at the Front Desk.  
 Please remove your name if you are cancelling the trip.

### Life Enrichment {Joyful} Events

“Live with Passion, Purpose and Joy”

- 01- Diane Toner “The Bird Lady” 5-7 Exotic Birds
- 04- Walking, Hiking, & Naturalist Club
- 05- Children’s Spring Recital – Choir & Piano
- 07- Birthday & Anniversary Party Entertainers “Britz”
- 09- National Nurses Week “100 Years of Nursing on the Prairies”
- 16- Presentation “The Grads Are Playing Tonight!” Author Dr. M. Ann Hall
- 21- “Victoria Day”
- 24- CNIB “Shades of Fun” Vision Health Month - Crazy Sunglass Contest
- 25- AHS Wellness Series “What’s Bugging You.”
- 29- Her Majesty’s Diamond Jubilee “Royal Tea”
- 30- The BMO National Spring Festival “Concert in Care”

### WEEK ONE:

01 - An Exotic Bird Show with “The Bird Lady” Diane Toner. Diane is a Professional Exotic Bird Trainer. She will bring 5 – 7 birds all different varieties and sizes.  
 05 – The Art & Music Association & the Elite School of Music students are returning for their Spring Choir & Piano Recital.  
 06 – Darlene & Max are pleased to invite the “Western Gospel Coffee House Band” to join them for a Sunday Afternoon Old-Time Gospel Show & Coffee House!

### WEEK TWO:

07 – The Entertainers for the monthly Birthday & Anniversary Party will be “Britz.”  
 11 – Mother’s Day ~ Mother & Daughter Tea & Jockey Fashion Show. Reservations required.  
 09 – 100 Years of Nursing on the Prairies DVD is the History of Nursing in Alberta and Saskatchewan. A Nurses Week display will be set up in the Grande Foyer.  
 12 – To celebrate National Nurses Day the Movie: Florence Nightingale ~ The Untold Story of One of Britain’s Greatest Heroines will be shown. The DVD that was bought at the Florence Nightingale Museum at St. Thomas’s Hospital in London England and has been donated to our Retired Nurses. May 12<sup>th</sup> is Florence Nightingale’s Birthday.

### WEEK THREE:

16 – Writer Dr. M. Ann Hall Professor Emeritus Faculty of Physical Education & Recreation at the University of Alberta wrote The Grads Are Playing Tonight! Between 1915 and 1940, the amazing Edmonton Grads dominated women’s basketball in Canada. Dr. Hall has written two other books on Women’s Sport in Canada. She will give a power point presentation and speak on how she came to writing the book that took her 10 years to write.  
 18 – The Walking, Hiking & Naturalist Club will start- off their outings at the Wedgewood Ravine. Throughout the season they will be venturing off to other challenging destinations.

### WEEK FOUR:

22- Ellerslie Gift & Garden is one of Edmonton’s most delightful destinations for over 2 decades.  
 24 – CNIB “Shades of Fun” Campaign to Celebrate “Vision Health Month.” Only nine percent of Canadians know that UV rays from the sun can harm their eyes. Eye doctors recommend wearing sunglasses with at least 99 per cent UV protection. Residents & Staff “Crazy Sunglasses” Contest.

### WEEK FIVE:

29 – His Honour, Colonel (Ret’d) the Honourable Donald S. Ethell, OC, OMM, AOE, MSC, CD, LLD, Lieutenant Governor of Alberta and her Honour Mrs. Linda Ethell will be attending our Royal Tea in honour of Her Majesty’s Diamond Jubilee. If you would like to reserve a table in the Grande Hall Dining Room set it with your own beautiful Linens, China & Silver Service and invite your friends to the Royal Tea please contact Brenda Edmonds Life Enrichment Director.  
 30 – \*Special Event\* Health Arts Society BMO National Spring Festival “Concert in Care.” This is a community wide event. Everyone is invite to this world class musical event.