

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



Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
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) 3 pm Bible Study (P) 7 pm Tile Rummy (A)	9 am – 5 pm Coffee (R) 10 am Level I Posture & Balance (M) 11 am The Store (S) 1 pm GriefShare (P) 4 pm Fireside Chat (L) 7 pm Cribbage (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) 10 am Level I & II Seated Yoga (M) 2 pm Crochet/Knit & Kaboodle (L) 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11 am Men's Class (M) 1 pm PFT Gym Class (H) 3:30 pm Church Service Interdenominational (M) 1	2 pm Monthly Foot Care Clinic (E) 4 pm Twilight Lounge "Happy Hour" (R) 2	10 am R.C. Mass (HSN) 2 pm "Needlework & Crafts Display" (A) 3 pm Stepping Out (Y) 3	10 am Level I & II Christine's Keep Fit (M) 7 pm Movie: "Billy Elliot" (F) 4
7 pm Opera Club Presentation: "European Concert From Istanbul" (F) 5	2 pm Welcome Neighbour "Block Party" (1 st Fl. West) 3 pm Weekly Bible Study (P) 6	11 am Stony Plain Lunch & Scenic Winter Drive (O) 1 pm GriefShare (C) 4 pm Fireside Chat (L) 7	11 am PFT Men's Fitness Class (M) 3:30 pm Church Service Interdenominational (M) 8	1:30 pm Train Your Brain "Brain Builders" (A) 4 pm Twilight Lounge "Happy Hour" (R) 9	2 pm "Quilting & Sewing" Display (A) 3 pm Stepping Out Walking Program (Y) 10	10 am Level I & II Christine's Keep Fit (M) 7 pm Movie: "The Proposal" (F) 11
7 pm Opera Club Presentation: Opera "La Cenerentola" (F) 12	12 Noon Events & Ambassadors Meeting (G) 2 pm The Brenda Edmonds Show (M) 13	10 am GriefShare (C) 1:30 pm SCAT Meeting 5:30 pm Valentine's Day Dinner & Dance (G) 14	11 am PFT Men's Fitness Class (M) 3:30 pm Church Service Interdenominational (M) 15	10 am Health Services "Walker Clinic" (E) 4 pm Pianist Bob Gray "Happy Hour" (R) 16	2 pm "Woodworking & Photography" Display (A) 3 pm Stepping Out Walking Program (Y) 17	10 am Level I & II Christine's Keep Fit (M) 7 pm Movie: "My Fair Lady" (F) 18
7 pm Opera Club Presentation: "Europa Concert from Palermo" (F) 19	Family Day Holiday 20	12 Noon Pancake Lunch 1 pm GriefShare (C) 1 pm Aviation Museum (O) 4 pm Fireside Chat (L) 21	11 am PFT Men's Fitness Class (M) 3:30 pm Ash Wednesday Church Service (M) 22	10 am Personal Fashions 1:30 pm Brain Builders (E) 2:30 pm Hearing Clinic (E) 4 pm "Happy Hour" (R) 23	2 pm "Paintings & Drawings" Display (A) 3 pm Stepping Out Walking Program (Y) 24	10 am Level I & II Christine's Keep Fit (M) 7 pm Movie: "Marley & Me" (F) 25
2 pm Piano Recital (Y) 7 pm Opera Club Presentation: Opera "Turandot" (F) 26	2 pm Birthday & Anniversary Party (M) 3 pm Weekly Bible Study (P) 27	11 am NAIT's Ernests Restaurant (O) 1 pm "GriefShare" (C) 4 pm Fireside Chat (L) 28	10 am Fifth Avenue (Y) 11 am Men's Fitness (M) 2 pm "Leap Year" (F) 3:30pm Church (M) 29			

Key
(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

February 2012



Touchmark at Wedgewood

February 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- Personal Fitness Trainers “Gym Class”
- 02- Weekly “Brain Builders”
- 03- “Arts Studio” Touchmark Residents Display’s
- 13- The Brenda Edmonds Show – “Random Acts of kindness Week”
- 14- “Valentine’s Day” Dinner & Dance
- 20- “Family Day”
- 22- Interdenominational “Ash Wednesday” Service
- 26- Intergenerational Program “Grand Piano Recital”
- 27- Birthday & Anniversary Party “Touchmark Glee Club”
- 29- Movie: “Leap Year”

WEEK ONE:

01 – The Level I Weekly Men’s Fitness Class is taught by our Personal Fitness Trainers Andrew Do & Sean Reid. If you are interested in Private Classes please contact Brenda Edmonds. There will be a Monthly Gym Class held the first Wednesday of the month at 1 pm. It is open to all residents who are interested in using the equipment in the Heart Smart Gym.

03 – The Roman Catholic Mass will be held in the Atrium at the Health Services Neighbourhood (HSN.) Father John Reddy from the Good Shepherd Catholic Church will be conducting the Mass.

03 – Starting the first week of February the Arts Studio will feature a display of the Touchmark Residents Writing & Visual Arts & Crafts. Everyone is invited to participate in this wonderful event.

WEEK TWO:

07 -Take a Scenic Winter Drive to Stony Plain, Alberta and enjoy a hearty lunch at the “Homesteaders Kitchen” at the Multicultural Centre. Homemade Soup & Pie are always a favorite.

WEEK THREE:

13 – The Brenda Edmonds Show “Random Acts of Kindness Week” with Special Guest Jeannie Alton. Jeannie along with other Touchmark residents throughout the year prepare food and supply clothing for 250 people every Monday night to help Edmonton’s homeless.

14 - Valentine’s Day Grande Hall Dinner & Dance with Val Abello at 7 pm in the Grande Foyer.

16 - An “All Day Walker Clinic” will be held in the East Activity Room. At 10 am an information session will be given by the Capital Health Services Occupational Therapist’s.

WEEK FOUR:

20 - Family Day Holiday – This holiday has been celebrated since 1990 and emphasizes the importance of family values.

21 – Our Annual Pancake Tuesday “Lunch in the Lobby” ...Anyone up for Pancake Races?

21 – February is National Aviation Month. Join us as we explore the history of flight in Alberta at the Alberta Aviation Museum.

22 - The Interdenominational Ash Wednesday Service with Reverend Joshua Phillpotts will be held at 3:30 pm in the Marquis Room. Everyone is welcome.

WEEK FIVE:

26 - A Grande Piano Recital by the Keylargo School of Music will be performed by the advance class at 2 pm in the Grande Foyer.

27- The Monthly Birthday & Anniversary Party will be treated to a performance by the Touchmark Glee Club. They will be singing all your favorite “Love Songs.”

28 – For “The Best Lunch in Town...Ernest Restaurant!” Ernest is located at NAIT and is part of the State of the Art Culinary Arts Program.

29 - To celebrate Leap Year the Romantic Comedy Movie “Leap Year” will be shown. Inspired by an Irish tradition that allows women to propose to men on Leap Year Day! Delightfully Funny!