

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	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) 7 pm Cribbage (C)	9 am – 5 pm Coffee (R) 10 am Level I & II Seated Yoga (E) 11 am – 1 pm The Store 3 pm Tile Rummy (C) 7 pm Mah Jong Club (C)	9 am – 5 pm Coffee (R) 9 am – 2 pm Bus Service 10 am Level I & II Inge’s Keep Fit (E) 3:30 pm Church Service Interdenominational (M)	9 am – 5 pm Coffee (R) 10 am Level I & II Posture & Balance (E) 11 am Urban Poles & Stepping Out (O) 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 7 pm Cribbage (C)	9 am – 5 pm Coffee (R) Heart Smart Gym 2 pm Snooker/Pool (C) 7 pm Bingo (M) 7 pm Movie (F) 7 pm Cribbage (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy Canada Day BBQ Lunch (Y) 2 pm Canada Cake (R) 3 pm DVD Canada (F) <i>1</i>	9:30 am – 11:30 am Annabell & Martina’s “Dog Social” (O) Introduction Session <i>2</i>	10 am Level I & II Inge’s Keep Fit (E) 7 pm A True Canadian Story “Grey Owl” (F) <i>3</i>
7 pm Opera Club Presentation (F) Andre Rieu “Live in Dresden” <i>4</i>	11 am Food Committee 2 pm Ice Cream Social 7 pm The Brenda Show “Go Cart Racing” (Y) <i>5</i>	11 am Wagner Bog Hiking & Naturalist Clubs Outing (O) 7 pm Mah Jong Club (C) <i>6</i>	10 am Level I & II Inge’s Keep Fit (E) 3:30 pm Church Service Interdenominational (M) <i>7</i>	10 am Lunch Cruise Edmonton Queen (O) 1 pm – 4 pm Monthly Foot Care Clinic (E) <i>8</i>	2 pm Touchmark Summer Games Bocce Ball & Horseshoe Tournament (O) <i>9</i>	10 am Level I & II Inge’s Keep Fit (E) 7 pm “The Princess Diaries 2” (F) <i>10</i>
7 pm Opera Club Presentation (F) Summer Concert “A Night of Encores” <i>11</i>	11 am Events Committee Meeting (A) 2 pm Birthday & Anniversary Party (G) <i>12</i>	1:30 pm Monthly SCAT Meeting (M) 7 pm Dog Agility Training Demo (M) <i>13</i>	10 am Level I & II Inge’s Keep Fit (E) 3:30 pm Church Service Interdenominational (M) <i>14</i>	3 pm The Brenda Edmonds Show (M) Scott, Erin & Kim’s “Africa Adventure” <i>15</i>	10 am Monthly (M) Roman Catholic Mass 2 pm Summer Games Bocce & Horseshoes (O) <i>16</i>	10 am Level I & II Inge’s Keep Fit (E) 7 pm Comedy “Young Frankenstein” (F) <i>17</i>
7 pm Opera Club Presentation “1L Trovatore” The Troubadour (F) <i>18</i>	11 am Friendship Ambassadors (A) 2 pm Bubble Blouse Day & Fashion Show (Y) <i>19</i>	1 pm The Old Stone Tea House & Alpaca Farm Photo Contest (O) 7 pm Mah Jong Club (C) <i>20</i>	10 am Keep Fit (E) 2:30 pm BP Clinic (E) 3:30 pm Church Service Interdenominational (M) <i>21</i>	2 pm Brenda’s Seated Yoga & Meditation (E) 7 pm Thursday Night Bridge (F) <i>22</i>	7 pm - 8:30 pm Friday Night Dance “Dwayne Cannon” Entertainer (G) <i>23</i>	10 am Level I & II Inge’s Keep Fit (E) 7 pm Part 3 “Anne Of Green Gables” (F) <i>24</i>
7 pm Opera Club Presentation (F) Concert “Prokofiev, Tchaikovsky, Brahms <i>25</i>	9:30 am – 11:30 am Annabell & Martina’s Touchmark “Doggie Social” (O) <i>26</i>	11 am – 3 pm “The Perfect Summer Picnic” Hawrelak Park (O) <i>27</i>	10 am Keep Fit (E) 2 pm Health Talk (M) 3:30 pm Church Service Interdenominational (M) <i>28</i>	2 pm Brenda’s Seated Yoga & Meditation (E) 2:30 pm Monthly Hearing Clinic (E) <i>29</i>	2 pm Summer Games (O) Bocce Ball & Horseshoe 7 pm Travelogue ~ QE2 Orient Cruise (F) <i>30</i>	10 am Level I & II Inge’s Keep Fit (E) 7 pm Saturday Night Movie: “Australia” (F) <i>31</i>

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

July 2010



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WEEK ONE:

01- Happy Canada Day...come out and celebrate! Our Canada Day BBQ at 12 Noon is in the Grande Foyer. Tickets are \$5/person and available at the Front Desk. Canada Cake served at 2 pm in the ravine Café. A Canada Travelogue will be played in the Fireside Grill at 3 pm.

02- Please welcome back “Annabell and Martina’s Dog Social.” The Introduction Session is to familiarize the dogs and their owners of this program and complimentary service.

WEEK TWO:

05- Open Food Committee Meeting at 11 am in the Marquis Room. Everyone invited to attend.

05- Meet “Lady Liberty” at our “Touchmark Annual “4th of July Ice Cream Social.”

05- Start your engines for The Brenda Edmonds Show with Special Guests: Sarah & Freddie Drury professional Go Cart Racers! Join Brenda and her guests in the Grande Foyer for an interesting evening in the fast lane. The Carts will be on display and a little race in the parking lot as the Grande Finale. Don’t miss this great summer show!

06- Wagner Natural Area, originally known as “Wagner Bog,” its rich diversity of flora and fauna make it an important area for amateur naturalists, students and professional biologists. It has captured the interest of naturalists since the late 40’s. This is a Level I Outing.

06- The Mah Jong Club is always looking for new members. They meet every second week at 7 pm in the Monte Carlo Room.

08- “Seniors Lunch Cruise” on the Edmonton Queen Riverboat. This a Level I & II Outing, we can drive our bus right up to the dock. Wheeled Walkers are Welcome.

WEEK THREE:

12- The Monthly Birthday & Anniversary Party with new entertainer “Ron Wonder.”

13- A Dog Agility Training School Demonstration will be held in the Marquis Room at 7 pm. Featuring Freddie Drury and his trained dog. Come early and get a good seat.

15-The Brenda Edmonds Show with returning Special Guests: Scott McDonald and daughters Erin & Kim. Come and hear the conclusion of their extraordinary “African Adventure.”

WEEK FOUR:

20- A trip to Onoway to visit the Historic “Old Stone (Tea) House.” The real treat of the trip will be an exclusive Tea & Tour by the owner of the house, and their Alpaca Farm. We will be having a “Summer Photo Contest” July...the Best Picture of an Alpaca! This is a Level I Outing.

19- Join us for the 2nd Annual Bubble Blouse Day! Put together a perfect outfit for the “Fashion Show” at 2 pm in the Grande Foyer.

WEEK FIVE:

28- Health Talk “Considerations of a Healthy Life Style and Fall Prevention.

27- The Perfect Summer Picnic will be held this year at beautiful Hawrelak Park, \$10/person.

30- Monthly Travelogue ~ Board the Luxury Liner QE2 at 7 pm for a 45 day Cruise to the Orient.

Level I – Independent ~ Level II - Assisted