

Welcome, friends!



The courtyard was filled with residents and invited guests at the second-annual Bring a Friend to Touchmark party. Touchmark is located in a beautiful setting, and the event offers residents an opportunity to invite their friends to the outdoor party and barbecue lunch with live entertainment by local musician Lindy Gravelle.



The perfect place for your welcome mat



The high desert of Central Oregon offers many beautiful settings, and Cottage 21 at Touchmark is one of them. This 1,600-square-foot home boasts superb river views. If the view entices you, take advantage of the easy river access to get closer to the flowing waters. The private deck, plentiful windows, open floor plan, and gas fireplace of this two-bedroom, two-bathroom home are just some of the features that make this home so special. And with our limited-time offer Special Savings Program, there has never been a better time to roll out your welcome mat at Touchmark.



The award-winning River Lodge is calling your name! The open floor plan of Lodge Home 203 includes two bedrooms, one bathroom, and a cozy gas fireplace. Enjoy the beautiful water feature outside your 1,171-square-foot home and the lodge's easy river access. Call today for a personal presentation.

Let the games begin

Socialize with friends, challenge your brain, and enjoy the wide variety of games played at Touchmark on a regular basis.

Bingo—What started as a group of five or six regular players has doubled in size for the once- or twice-monthly bingo games, which are played in the Terrace Lodge Lounge. For 25 cents per game, participants enjoy the chance to win a little money while having fun with friends. Light snacks and drinks are served.

Bridge—Bridge players gather around a table in the Terrace Lodge Activities Room every Monday at 1 pm. There is plenty of room for more people. Those interested in joining are invited to contact Life Enrichment/Wellness Director Melanie Snow with

any questions. There's also a refresher course Tuesdays at 1 pm in the Terrace Lodge Activities Room, led by Ned Cole and other residents.

"My office is attached to the Activities Room, and on Mondays and Tuesdays, there is a lot of laughter going on," says Melanie.

"The residents have a great time playing bridge." The bridge fun continues every Thursday and Friday at 1 pm in the River Lodge Club Room. Solo bridge is offered Thursdays, and partners bridge Fridays. For more information about solo bridge, please contact



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(cont.) Claire Peters. Also, Charlotte Miller can answer questions about partners bridge.

Canasta—This Uruguayan card game is played every Monday at 1 pm in the River Lodge Club Room. Please contact Jim or Beryl Goddard or Sam Seidenverg if you're interested. Beginners and experienced players are welcome.

Dominoes—Calling all domino players. Gather in the Terrace Lodge Lounge every Wednesday at 3 pm for dominoes and snacks. The group will play standard dominoes or Mexican Train Dominoes. All levels of players are encouraged.

Outdoor fun—Watch the Life Enrichment/Wellness calendar for scheduled slingball and bocce ball games. Slingball is a game for two to four people, who try to score by tossing a slingball (two balls connected by a piece of string) and wrapping it around one of four sets of crossbars, each worth a set amount of points. Beginners and experienced players are encouraged to join the fun. ■

Citizenship—a call to action



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

“Be the change you want to see in the world.”

—Mahatma Gandhi

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues, sing anthems, and watch parades. Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the

community, the environment, and the world. They realize it takes commitment—and actions:

- Do the right thing, even when no one is looking.
- Do the right thing, even when it is difficult.
- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle.
- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.
- Stay informed on issues, and voice your opinion by voting.
- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

At Touchmark, we welcome and nurture diverse opinions and practical solutions to complex challenges. To participate in intellectual and stimulating discussions, contact Melanie Snow, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

Marge joins ICAA committee

Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.

Recent happenings



Deer triplets recently were born on the Touchmark campus. Resident Bill McDonald captured this photo of the fairly new—and wobbly—babies.



Somewhere over the rainbow there's a land called Touchmark at Mt. Bachelor Village! This photo, overlooking the Cliff Lodge and Pilot Butte, was taken after a recent rainstorm.



Bill McDonald, Bunny Line, and Don Halligan read information about the region at the peak of Pilot Butte.



Helen Vandervort gazes at a section of white water at Dillon Falls during a recent hike with the Hearty Walking group.

Greatest Grandparents Day!

Tuesday, July 28 ~ 1 to 3 pm

Touchmark invites residents and their grandchildren and great-grandchildren to enjoy a carnival-themed afternoon. Enjoy ...

- tricycles races
- games and music
- balloon animals
- a bouncy castle
- face painting
- food, ice cream, and goodie bags

Fun for children ages two to 12. RSVP at the front desk by July 21.

Coming Events

Saturday, July 4, 5 to 7 pm

Fourth of July barbecue. Please sign up at the front desk. Cost: \$17 per person. Four Seasons Dining Room.

Tuesday, July 7, 2 pm

Resident Council meeting. Terrace Lodge Forum.

Wednesday, July 8, 8:30 am

Hearty Hiking. Koosah Falls, Sahalie Falls, and Belknap Hot Springs. Bring money for lunch or pack your own.

Wednesday, July 8, 2 pm

Umpqua Bank presents *FDIC Insurance Coverage 101*. Learn the basics of FDIC insurance, how it works, and what it covers. Terrace Lodge Forum.

Friday, July 10, 2:30 to 3:30 pm

Root Beer Floats and Friends in the Courtyard with music by the Mem'ry Makers Band.

Saturday, July 11, 9 am

Bus leaves for the Sisters Quilt Show. Sign up at any lodge front desk. Dress for the weather.

Sunday, July 12, 11:30 am to 1:30 pm

Sunday Brunch. Make reservations at any lodge front desk. Four Seasons Dining Room.

Monday, July 13, 4 pm

Worship Service with Pastor Thom Larson. Forum.

Wednesday, July 15, 4 pm

Around the Bend Players present *Old Time Radio Recreations Show*. Terrace Lodge Forum.

Saturday, July 18, 3 pm

Piano performance by Kristine Kellogg. Terrace Lodge Lobby.

Monday, July 20, 2 pm

Scenic Bus Tour of Mt. Bachelor. Levels one and two.

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(cont.) **Tuesday, July 21, 1 pm**

Cooking demonstration with Chef Darrell. Sign up with any lodge front desk. Terrace Lodge Forum.

Sunday, July 26, 2 pm

Holy Communion. Terrace Lodge Forum.

Wednesday, July 29, 2 pm

River Lodge Ice Cream Social. Sign up at any lodge front desk.

Calling all green thumbs!

The greenhouse, located in the Terrace Lodge courtyard, is open and available for resident use. Empty pots, soil, and handheld gardening tools are on hand. Do you need to transplant a plant? Feel free to use the extra pots in the greenhouse. If you have any questions about the greenhouse, please contact Life Enrichment/Wellness Director Melanie Snow at extension 4159. ■

Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

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|--------------|---------------|
| beet _____ | one _____ |
| hoarse _____ | heal _____ |
| prince _____ | they're _____ |
| plain _____ | bored _____ |
| foul _____ | you _____ |
| pale _____ | for _____ |
| nose _____ | cruise _____ |
| sent _____ | hi _____ |
| whale _____ | |