

# Touchmark at Mt. Bachelor Village – Life Enrichment / Wellness Daily Events



| Sunday                                               | Monday                                                                                                                                     | Tuesday                                                                                                                                    | Wednesday                                                                                                                                                | Thursday                                                                                                                                                                               | Friday                                                                                                                          | Saturday                                                   |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| 3 pm Matinee Movie (FO)<br>5:30 pm Social Hour (CLL) | 9am Fall Proof Class (AR)<br>10:15 am Silver Fit (AR)<br>1 pm Canasta (C)<br>3 pm Blood Pressure Clinic alternates location (L, TR, L, TR) | 9 am Be Fit (AR)<br>10 am Be Fit (AR)<br>1 pm Knit Wits (G)<br>1pm Bridge Refresher (ACT)<br>2:30 pm Tai Chi (AR)<br>4 pm Moving Easy (FO) | 9am Fall Proof Class (AR)<br>10:15 am Silver Fit (AR)<br>1pm Quilters (2 <sup>nd</sup> Wednesday) (A&C)<br>2pm Shutterbugs (TLL)<br>5 pm Social Hour (G) | 9 am Be Fit (AR)<br>9:30 am Coffee Talk (B)<br>10 am Be Fit (AR)<br>1 pm Current Events (FO)<br>1 pm Bridge (C)<br>2pm Knitters (CLL)<br>2:30 pm Tai Chi (AR)<br>4 pm Moving Easy (FO) | 8:30am WOW Walkers (G)<br>10:15 am Silver Fit (AR)<br>1 pm Partners Bridge (C)<br>2pm Outdoor Art (CY)<br>5 pm Social Hour (TL) | 3-5pm Summer Barbecue's (FS)<br><br>7 pm Movie Nights (FO) |

| Sunday                                                                                                                                            | Monday                                                              | Tuesday                                                 | Wednesday                                                                                               | Thursday                                                                              | Friday                                                   | Saturday                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                   |                                                                     |                                                         |                                                                                                         | 8:30 am Men's Breakfast Westside Bakery (L) 🚌<br><br>1:30 pm Safeway Shopping (L) 🚌 1 | 2pm Outdoor Art (CY) 2                                   | 1:30 \$Bingo\$ (TO) 3                                                                                              |
| <b>HAPPY 4TH OF JULY</b><br><br>3pm "Galileo Was Right" (FO) 4                                                                                    | <b>NO SHOPPING</b><br><br>10:15 Silver Fit (AR) 5                   | 2 pm - Resident Council (FO) 6                          | 9am Hearty Walking: Shevlin Park (L) 🚌<br><br>2pm Shutterbugs (TLL) 7                                   | 12pm Affinity Luncheon: "Golfers" (FS)<br>1:30 pm Fred Meyer's Shopping (L) 🚌 8       | 2pm Outdoor Art (CY) 9                                   | 8:30am Sisters Quilt Show (L) 🚌<br><br>7pm Movie: "Grace is Gone" (FO) 10                                          |
| 11:30 am – 1:30 pm Sunday Brunch (FS)<br>2pm TL RCF - Drake Park Bus Trip (L) 🚌<br>3pm "The Original Wives Club" (FO)<br>4pm Moving Easy (TLL) 11 | 10am Trader Joe's Shopping (L) 🚌<br><br>4pm Worship Service (FO) 12 | 3pm Swinging Summer Sounds & Dessert (CY) 13            | 9am Hearty Walking: Drake Park (L) 🚌<br><br>2pm Shutterbugs (TLL) 14                                    | 1:30 pm Tour of Bend (L) 🚌 15                                                         | 2pm Outdoor Art (CY) 16                                  | 1:30 \$Bingo\$ (TO)<br>4pm Tenor Singer Scott Carroll w/ Arloa on piano (TLL)<br>7pm Movie: "Medicine Man" (FO) 17 |
| 2pm TL RCF - Walk Around the Block (L)<br>3pm "Le Voyage Dans La Lune" (FO)<br>4pm Moving Easy (TLL) 18                                           | 10am Safeway Shopping (L) 🚌 19                                      | 2pm Umpqua Bank Ice Cream & Music-performer TBD (CY) 20 | 9am Hearty Walking: River Trail. (L)<br>2pm Shutterbugs (TLL)<br>4pm Beltone Hearing Aid Clinic (FO) 21 | 9:30am Building Services Goodwill Pickup<br><br>5-7pm Birthday Dinner (FS) 22         | 2pm Outdoor Art (CY) 23                                  | 9am Wizard Falls Fish Hatchery (L) 🚌<br><br>7pm Movie: "The Pianist" (FO) 24                                       |
| 2pm TL RCF - Root Beer Float Your Boat (CY) 🚌<br>2pm Holy Communion (FO)<br>4pm Moving Easy (TLL) 25                                              | 10 am Fred Meyer's Shopping (L) 🚌 26                                | 10am Public Library Visit (TLL) 27                      | 9am Hearty Walking: Spark's Lake (L) 🚌<br><br>2pm Shutterbugs (TLL) 28                                  | 1:30 pm Wal-mart Shopping (L) 🚌 29                                                    | 2pm "Brew Pub Boys" @ 10 Barrel Brewing Company (L) 🚌 30 | 1:30 \$Bingo\$ (TO)<br>4pm Sing-a-long w/ Arloa Carvall (TLL)<br>7pm Movie: "Hanover Street" (FO) 31               |

## Key

- (G) - River Lodge Great Room
- (L) - Lobby
- (C) - River Lodge Club Room
- (F) - River Lodge Fitness Room
- (A&C) - River Lodge Arts & Crafts
- (CLL) - Cliff Lodge Lobby
- (CLC) - Cliff Lodge Conference Room
- (AR) - Cliff Lodge Aerobics Room
- (ACT) - Terrace Lodge Activities Room
- (B) - Terrace Lodge Bistro
- (CY) - Terrace Lodge Courtyard
- (FO) - Terrace Lodge Forum
- (HD) - Terrace Lodge Heritage Dining
- (TR) - Terrace Lodge Library
- (TLL) - Terrace Lodge Lobby
- (TO) - Terrace Lodge Lounge
- (FS) - Terrace Lodge Four Seasons Dining
- 🚌 - Transportation Provided

## Meal Times

### Heritage Dining

Breakfast 7:30 am – 9 am  
Lunch 11:30 am – 12:30 pm  
Dinner 5 pm – 6 pm

### Four Seasons Dining

Lunch Wed – Sat Noon – 1:30 pm  
Dinner Wed – Sat 5 pm – 7 pm

## Notes

Sign up Sheets are located in the River Lodge Library or the Front Desk of the Cliff and Terrace Lodge as needed.

If there is a fee associated for a program you will be asked to pay or you will be billed at the end of the month.

## Scheduled Transportation

The van will always be used for any trips that require transportation for up to 6. The bus can take up to 18 passengers. Carpooling will be necessary if we exceed that number.

# July 2010

***Resident Council - Assignments***

Chair: Helen Vandervort

Vice Chair: Betty Kahl

Treasurer: Don Miller

Food Service: Susie Hoffman

Health and Safety Committee: Monroe Weinberg

Landscaping & Life Enrichment: Annis Oetinger

Life Enrichment: Barbara Bahlberg

Life Enrichment: Betsy Veatch

***Touchmark Staff:***

Tom Biel            Executive V.P., Operations

Barbara Tracy    Operations, Human Resources

Jo Lafurney       Executive Asst. to Tom Biel



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