

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 am Personal Walking Program (hallways & outside) (TLL) 2 pm Reminiscing Group (TLL) 3 pm Matinee Movie (FO) 5:30 pm Social Hour (CLL)	10:15 am Silver Fit (AR) 1 pm Bridge (ACT) 1 pm Canasta (C) 1 pm Watercolorists (A&C) 1:30 pm RCF Hand Massage (HD) 3 pm TL Bingo (ACT) 3 pm Blood Pressure Clinic alternates location (L, TR, L, TR)	9 am Be Fit (CL/AR) 10 am Be Fit (CL/AR) 1 pm Knit Wits (G) 2:30 pm Tai Chi (CL/AR) 3 pm RCF & TL Brain Builders (TO) 3 pm Bible Study (FS) 4 pm Moving Easy (FO)	10:15 am Silver Fit (AR) 1 pm Quilters (2 <sup>nd</sup> Wed. of every month) A&C 1:30 pm RCF Scavenger Hunt 2-3:30pm Memory Enhancement (FO) Mar 3 <sup>rd</sup> -March 24th 5 pm Social Hour (G)	9 am Be Fit (CL/AR) 9:30 am Coffee Talk (B) 10 am Be Fit (CL/AR) 1 pm Current Events (FO) 1 pm Bridge (C) 2:30 pm Tai Chi (CL/AR) 4 pm Moving Easy (FO)	8:30am WOW Walkers (G) 10:15 am Silver Fit (CL/AR) 1 pm Partners Bridge (C) 3 pm RCF & TL Brain Builders (TO) 5 pm Social Hour (TL)	7 pm Movie Nights (FO)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10am Fred Meyer's Shopping (L) 🚗 10am OLLI Thinking Aloud II (C) <i>1</i>	2 pm - Resident Council (FO) <i>2</i>	9am Hearty Walking to the Old Mill (F) <i>3</i>	8:30am Men's Breakfast IHOP (L) 🚗 1-4pm Elder Law-COCC class (FO) <i>4</i>	3pm RCF & TL Brain Builders (TO) <i>5</i>	1:30pm \$Bingo\$ (TO) 4pm Lyndon Onaka-Piano Performance (TLL) 7pm Movie: "Awakenings" (FO) <i>6</i>
3pm Movie: "The Ladies Number One Detective Agency" (FO) 4:30pm Cammi Benson-piano-(TLL) <i>7</i>	10am Safeway Shopping (L) 🚗 4 pm Worship Service (FO) <i>8</i>	11:30am Lunch at Pine Tavern (L) 🚗 <i>9</i>	9am Hearty Walking Around Athletic Club of Bend (F) <i>10</i>	12:00 Affinity Luncheon: "Women's Group" (FS) <i>11</i>	3pm RCF & TL Brain Builders (TO) <i>12</i>	9am Trip to Kah-Nee-Ta (L) \$ 🚗 7pm Movie: "The Girl in the Café" (FO) <i>13</i>
<b>Daylight Savings Time Begins</b> 11:30 am – 1:30 pm Sunday Brunch (FS) 3pm Movie: "The Ladies Number One Detective Agency" (FO) <i>14</i>	10am Trader Joe's Shopping (L) 🚗 10am OLLI Thinking Aloud II (C) 4pm Mark Barringer Folksy/Bluegrass (FO) Performer (FO) <i>15</i>		 9am Hearty Walking Drake Park (L) 🚗 4pm Irish Dancers (FO) 5-7pm St. Patty's Day Dinner Celebration (FS) <i>17</i>	1:30 Wal Mart/Albertsons Shopping 🚗 <i>18</i>	3pm RCF & TL Brain Builders (TO) <i>19</i>	10:30am Soap Making (ACT) 1:30pm \$Bingo\$ (TO) 7pm Movie: "Babel" (FO) <i>20</i>
3pm Movie: "The Ladies Number One Detective Agency" (FO) <i>21</i>	10am Fred Meyer's Shopping (L) 🚗 3pm Glenda Downs-Singer/Entertainer (FO) <i>22</i>	10am Public Library Visit (TLL) 2pm Gadabout Serene Adventure Tour Presentation (FO) <i>23</i>	8:30am Women's Breakfast Pancake House (L) 🚗 9 am Hearty Walking Shevlin Park (L) 🚗 4pm Beltone Hearing Aid Clinic (FO) <i>24</i>	9:30 Building Services Landfill & Goodwill Pick Up 5-7pm March Birthday Dinner (FS) <i>25</i>	3pm RCF & TL Brain Builders (TO) <i>26</i>	9am MET Opera at Regal Cinemas 🚗 3pm Spring Social (B) 7pm Movie: "Searching for Bobby Fisher" (FO) <i>27</i>
2pm Holy Communion (FO) 3 pm Movie: "The Ladies Number One Detective Agency" (FO) <i>28</i>	10am Safeway Shopping (L) 🚗 <i>29</i>	<b>9am Be Fit Only</b> <i>30</i>	<i>31</i>			

## 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.

# March 2010