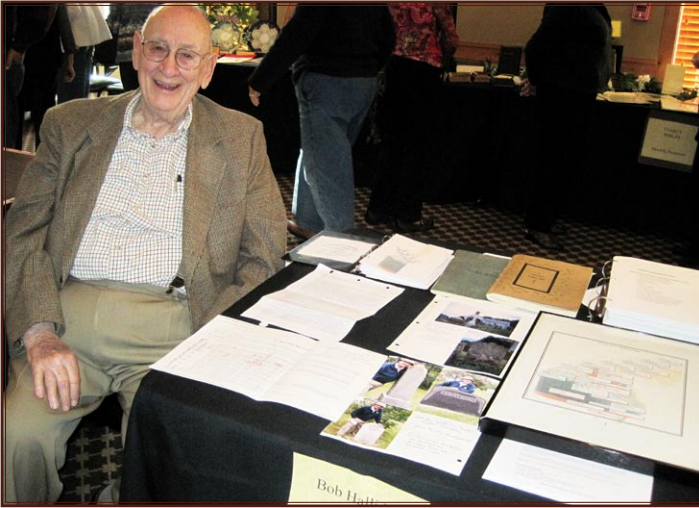




Talents and treasures



Residents share their talents and treasures with friends and neighbors at a recent gathering by the same name. They displayed paintings, framed puzzles, family bibles, horse brass, antique jewelry, counted cross-stitch, and more.

Look what's springing up at Touchmark!



This 1,605-square-foot Lincoln cottage home offers features galore! You'll find a cozy gas fireplace, stainless-steel appliances, pullout shelving, Corian® countertops, closet organizers, and central vacuum in this lovely two-bedroom, two-bathroom beauty. Offered at \$247,000, this home overlooks the tranquil waterfall in the rose garden. Experience the ideal retirement lifestyle in this Treasure Valley gem.



You simply must see this 1,390-square-foot Spruce lodge home. From the stainless-steel appliances to the spacious laundry room, the fireplace to the fantastic views from the balcony of the golf course and foothills, this two-bedroom, two-bathroom home has it all! Call or stop by today for a personal presentation. Now \$289,000.

Life balance and legacy



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

The function of *aging* does not guarantee a *life well-lived* or a *life in balance*. What, then, does it mean to create a life in balance? If you search for this phrase on the Internet, you'll find all kinds of comments, poems, and homilies. If you sit down and talk with people—especially older adults—a very different perspective comes to light. It becomes apparent that *legacy* is a critical component of a life in balance. This is true over people's lifespan and especially as they get older.

Legacy is not just about the material goods we have to share with those we love and care about or the causes we hold dear, although those are important components. Legacy is a combination of life experience, wisdom, community

service, and commitment that sets our life apart from the harried flow of day-to-day duties. According

“Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties.”

to many older adults I interview, this results in a sense of well-being and accomplishment that makes each day a day worth “spending” for the value it brings.

Contributions that may be the most effective are not necessarily measured in dollars. Consider these gifts: sharing a vision and making it real; influencing children or young adults and creating awareness and compassion for themselves and others; developing a thoughtful plan for conservation and environmental stewardship. All of these bequeath a legacy that goes beyond “the stuff” we leave behind. Thoughtful plans, timelines, and guideposts can mark the way to inspire

future leaders and resolve difficult problems.

Touchmark communities are committed to supporting residents' legacies through lifelong learning, civic engagement, intergenerational programs and services, and life-story work. Our Legacy Project is multidimensional and always growing. To be a part of the Full Life Wellness & Life Enrichment Program™ at Touchmark, contact a Full Life team member to share ideas, goals, and inspiration. ■

Get moving!

Touchmark is pleased to announce the following new fitness classes:

- FallProof® Balance and Mobility Training—Mondays, April 18 through May 23, 3:15 to 4 pm.
- Zumba® Gold—Wednesdays and Fridays, April 27 through May 20, 1:15 to 2 pm
- Exerstrider® Walking Poles—Tuesdays and Thursdays, May 3 through 19, 9 to 10 am. ■

Ready ... set ... learn!

Touchmark's Lifelong Learning speaker series continues this month.

- April 14 at 11 am: Financial talk with Washington Trust Bank representative.
- April 21 at 9:30 am: Speaker Alan Virta presents *The Life of Nell Shipman*. ■

Irish dance—it's all in the family



The Touchmark community celebrated St. Patrick's Day with a lively performance by Irish Dance Idaho. The group, led by the Ingram family, has been entertaining the Touchmark community for years. The youngest performer happens to be the great-granddaughter of residents June and Fred Batt. June is pictured above with her great-granddaughter and Dance Instructor Heidi Ingram. Resident Fran Everton (pictured left, center) and her husband, Clyde, used to be neighbors with the Ingram family, owners of the dance school, for 10 years. Clyde and Fran participated in Scottish country dancing and shared many experiences with the Ingram family over the years.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Thursday, April 14, 6:45 pm

Jason and Michele Detwiler from Opera Idaho perform.

Wednesday, April 20, 7 pm

Idaho Shakespeare Theater presents *A Grimm Tale* at Meadow Lake Village.

Friday, April 22, 3 pm

Armchair Traveler goes around the world with BBC's miniseries *Life*, narrated by Oprah Winfrey.

Friday, April 29, 3 pm

High Tea. Celebrate the royal wedding in style.

Mark your calendar!

Mother's Day Tea. Saturday, May 7 from 11 am to 2 pm. Seating limited. RSVP by calling 208-888-2277. Cost: \$12 per person.

Join us online!

Become a fan on our Facebook page; visit Touchmark's YouTube channel; or write a review on Google maps.



Just for laughs!

The Direct Object

Christopher's class was having an English lesson, and the teacher called on Christopher to recite a sentence with a direct object.

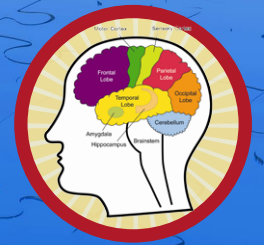
Christopher stood and thought, then said, "Teacher, everybody thinks you are beautiful."

"Why thank you, Christopher," the teacher said, blushing. "But what is the direct object?"

"A good report card next month," he replied.

From www.mycleanhumor.com

Brain Builders



Rearrange the letters to find the states' names:

Example: Ah! Look ma. = Oklahoma

i own gym _____

men share whip _____

loan torn chair _____

horned dials _____

coins wins _____

show inn tag _____

Answers: Wyoming, New Hampshire, North Carolina, Rhode Island, Wisconsin, Washington