



More than 140 people attend opening of art gala



Touchmark's Spring Fine Art Show will run until May 30. Gallery hours are 10 am to 7 pm daily.

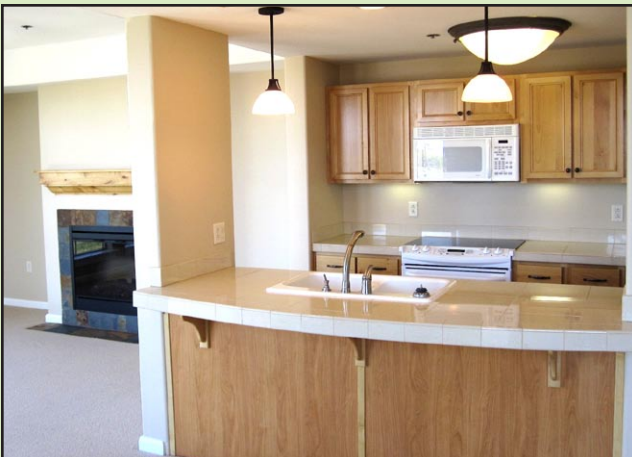


As people viewed artwork and talked with the artists, music performed by ArtsWest school students added to the festive atmosphere. Touchmark Executive Chef James Grimes prepared an artistic spread of food, and WoodRiver Cellars from Eagle, Idaho, served wine. The featured artists are Dwight Williams, Hailey Camp, Greg Russell, Rachel Teannalach, Tavis Reche, Katherine Grey, Kelly Beach, Sue Cervenka, and Erin Pietsch.

You “may” want to see this!



It's springtime in the Treasure Valley ... a perfect time to make this “gem” all your own. Located on a corner lot at 597 S. Catherine Lane, this 1,346-square-foot Washington cottage home offers two bedrooms, two bathrooms, and features galore! You'll love the form and function of the pull-out shelving, closet organizers, covered patio, and Corian® countertops. The water softener, gas fireplace, and lifetime home warranty are just some of the “extras” that make this home great. Now offered at a reduced price of just \$218,000. Visit today!



Plentiful windows allow the sunshine—and the view of springtime activity—into this spacious, 1,562-square-foot Tamarack lodge home. This home features two bedrooms, a den, two bathrooms, tile countertops, an electric fireplace, covered balcony, and a commanding view on two sides. Available for lease or purchase.

Team member attends international training



Life Enrichment/Wellness Director Michelle Swantek (right) talks with Rob Winningham, PhD. Rob was the keynote speaker during the recent Full Life Wellness & Life Enrichment Program™ training in Oregon. He talked about the latest research on memory and building the brain and how to apply this new information to programs at Touchmark communities. He is the author of *Train Your Brain* and is the Psychology Division chair and professor at Western Oregon University. Rob's training also provided an opportunity for Michelle and other Life Enrichment/Wellness team members to be recertified as Geriatric Wellness instructors.

New classes begin for spring!

Zumba® Gold ~ Due to overwhelming demand, Touchmark now offers a second Zumba® Gold class! Residents can work up a sweat while dancing to the Latin beat every Wednesday and Friday from 1:15 to 2 pm. Exercise has never been so much fun!

Beginning Tai Chi ~ Instructor Jeffery Vik has inspired students for over 35 years. Now is your chance to learn from this tai chi professional. Join friends and neighbors in this life-changing practice that benefits your body, mind, and spirit. Classes are offered Tuesdays and Thursdays from 4:15 to 5:15 pm. Cost: \$50 for the six-week session.

Fitness Bingo ~ Earn prizes for participating in Touchmark's wide range of fitness classes and events. Enjoy walking, tai chi, Cardio Fit, circuit training, health talks, and much more as you exercise your way to a healthier you! See Becky or Michelle to sign up for this fun spring program. ■

Coming Events

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

Monday, May 30, 10 am

Bus leaves for Memorial Day Service at the Idaho State Veterans Cemetery.

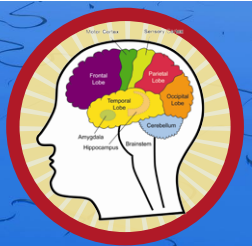
Wednesday, June 1, 10 am

Basque Museum and Cultural Center tour, followed by lunch and a tour at Bardenay Restaurant and Distillery. Cost: \$4 museum admission, lunch on your own.

Save the date!

The Touchmark Car Show cruises into Meadow Lake Village on Saturday, June 18.

Brain Builders



Can you solve these mind-bending puzzles?

1. What is black when you buy it, red when you use it, and gray when you throw it away?
2. What occurs once in every minute, twice in every moment, yet never in a thousand years?
3. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

Answers:

1) Charcoal 2) The letter "m" 3) Yesterday, today, and tomorrow

Just for laughs!

Enjoy these fun holidays.

National tap dance day - May 25

National yo-yo day - June 6

Eat your vegetables day - June 17

There is no age limit



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

“How old would you be if you didn’t know how old you are?”

— Satchel Paige, Baseball Hall of Fame inductee, 1971.

When we consider celebrations, many memory-making moments come to mind: weddings, births, graduations, family reunions, holidays, a child’s first steps, and many others. These landmark life events are often captured in photos and videotapes to be revisited and celebrated. They are shared across generations and are historically significant for each individual who shares in the memory of the event.

Personal landmarks are achieved at any age. In the documentary series *Over 90 and Loving It*, filmmaker Susan Polis Shultz highlights life achievements by people 90-plus years. This series is currently featured on public broadcasting stations, and it is inspiring.

Consider these examples that Polis captures. A 97-year-old woman celebrates obtaining her master’s degree. A couple in their 90s walk down the aisle in a marriage ceremony, and a 94 year-old is a gold-medal winner in the

pole vault at the Senior Olympics.

Throughout, the series explores two primary beliefs of the featured nonagenarians: (1) most did not expect to be here this long; (2) they seem to be completely unaware of chronological age being a limiting factor in achieving their goals and pursuing their dreams.

The series also overturns ageism—that insidious belief that at any age, achievements are limited, not appropriate, or possible only in one’s imagination. The pervasiveness of ageism is a cultural phenomenon worldwide and is especially prevalent in the United States. A documentary like this helps to refute those myths and mistaken beliefs.

In this series and other age positive campaigns—the Dove series of ads, the Ontario Human Rights project, the National Center for Creative Aging’s Beautiful Minds photo display—people’s age is irrelevant. It’s what they’re doing that is important.

Touchmark is committed to promoting and encouraging personal experiences for all residents. We provide opportunities for people to explore, celebrate, imagine—and live—the possibilities. There is no age limit.

To learn more about the Full Life Wellness & Life Enrichment Program, contact a member of the Life Enrichment/Wellness team. ■

Celebrating mothers



The community celebrated Mother’s Day with a tea and hat show. Residents and family members participated in the hat show.