

Touchmark at Meadow Lake Village – Full Life Wellness & Life Enrichment Program Daily Events



Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
1:30 pm LDS Sacrament (SL) 1:30 pm Games (Sh) 3:30 pm Worship Service (SL)	9 am Knifty Knitters (Sh) 9 am Fit and Feisty (CA) 9:20 am Swimming YMCA 10 am Gentle Yoga (CA) 1 pm Bridge (Sh) 5 pm Social Hour (Sh) 7 pm Dominos (Sh)	10 am Pool Pals (L) 3:15 pm Tai Chi (CA) 5 pm Social Hour (Sh) 7 pm Pinochle (Sh)	8 am Blood Pressure (Sh) 9 am Knifty Knitters (Sh) 9 am Balance & Posture L1 9:20 am Swimming YMCA 10 am Fall Proof (CA) 1 pm Brain Builders (Se) 1 pm Model Building Wray Scott Home 2 pm Catholic Comm. (M) 5 pm Social Hour (Sh)	9 am Walking Group (K) 10 am Pool Pals (L) 1 pm Writing Class (Se) 1:15 pm Bookmobile Meadows Parking Lot 3 pm Games (Sh) 3:15 pm Tai Chi (CA) 5 pm Social Hour (Sh) 7 pm Poker (Sh) 7 pm Castle (Sh)	9 am Knifty Knitters (Sh) 9 am Fit and Feisty (CA) 9:20 am Swimming YMCA 10 am Gentle Yoga (CA) 10 am Caregiver Support 11 am Bible Study (Se) 5 pm Social Hour (Sh)	1 pm Castle (Sh) 5 pm Social Hour (Sh)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11 am Bible Study (Se) 1 pm Care and Support (SL) 1 pm Brain Builders (Se) 1:15 pm Zumba (CA) 2 pm Catholic Mass (SL) 2:15 pm Zumba (CA) 3:15 pm Bingo (CA) <i>1</i>	Groundhog Day 10 am Fall Recovery (SL) 11 am Music History (CA) 1 pm Writing Class (Se) 3 pm New Resident Reception (Sh) 3:15 pm Tai Chi (CA) <i>2</i>	9 am Bus Trip 10 am Caregiver Support (SL) 1:15 pm Zumba (CA) 7 pm Bingo (CA) <i>3</i>	1 pm Castle (Sh) 5 pm Social Hour (Sh) <i>4</i>
1:30 pm LDS Sacrament (SL) 1:30 pm Games (Sh) 3:30 pm Worship Service (SL) 4:30 pm Super Bowl Tailgate (CA) <i>5</i>	1 pm Bridge (Sh) 2:15 pm Zumba (CA) 5 pm Dinner Out – Lucky Fins Seafood grill (O) <i>6</i>	10 am Games (Sh) 11 am Healthy Back (SL) 2 pm Wii Bowling (L) <i>7</i>	11 am Bible Study (Se) 1 pm Brain Builders (Se) 1:15 pm Zumba (CA) 1:30 pm Dining Comm. (C) <i>8</i> 2:15 pm Zumba (CA) 3:15 pm Bingo (CA) <i>8</i>	9:30 am Event Committee 9:30 am Diabetes Support 10:30 am Gentle Yoga (CA) 11 am Pat Fujii – Floral Arranging 1 pm Writing Class (Se) 3:15 pm Tai Chi (CA) 7 pm Hymn Sing with ECC <i>9</i>	10 am Caregiver Support (SL) 11:15 pm Ladies Lunch Bunch (O) 1:15 pm Zumba (CA) 7 pm Bingo (CA) <i>10</i>	10 am Orchid display at 36 th Street Bistro and Lunch 1 pm Castle (Sh) 5 pm Social Hour (Sh) <i>11</i>
1:30 pm LDS Sacrament (SL) 1:30 pm Games (Sh) 3:30 pm Worship Service (SL) 7 pm Debbie Hynes Violin Recital – all welcome (C) <i>12</i>	8 – 3pm Foot Clinic (Se) 1 pm Bridge (Sh) 2:15 pm Zumba (CA) <i>13</i>	9 am Linus Blanket (CA) 10 am Games (Sh) 10 am Tuesday Musicales 11 am Healthy Back (CA) 2:30 pm Book Club 7 pm “Trulywed Game” <i>14</i>	11 am Bible Study (Se) 1 pm Care and Support (SL) 1 pm Brain Builders (Se) 1:30 pm Art Museum 1:15 pm Zumba (CA) 2:15 pm Zumba (CA) 5:15 pm Chefs Choice <i>15</i>	10:30 am Gentle Yoga (CA) 11 am Financial Talk (SL) 1 pm Writing Class (Se) 2 pm Food P/U (SVL) 3 pm Games (Sh) 3:15 pm Tai Chi (CA) 6:45 pm “The Entertainer” <i>16</i>	10 am Caregiver Support (SL) 3 pm Arm Chair Traveler “How the States Got Their Shapes” 7 pm Bingo (CA) <i>17</i>	1 pm Castle (Sh) 5 pm Social Hour (Sh) <i>18</i>
1:30 pm LDS Sacrament (SL) 1:30 pm Games (Sh) 3:30 pm Worship Service (SL) <i>19</i>	President’s Day 1 pm Bridge (Sh) 2:15 pm Zumba (CA) 2:30 pm Rolando Ortega 6:45 pm An Evening with the Lincoln’s (CA) <i>20</i>	10 am Games (Sh) 11 am Healthy Back (CA) 2 pm Wii Bowling (L) 3 pm Worship Committee (Se) <i>21</i>	8:30 am Committee Mtg (C) 9 am REC (C) 11 am Bible Study (Se) 1 pm Brain Builders (Se) 1:15 pm Zumba (CA) 2:15 pm Zumba (CA) 3:15 pm Bingo (CA) <i>22</i>	10:30 am Gentle Yoga (CA) 1 pm Line Dancing (CA) 1 pm Writing Class (Se) 3 pm Games (Sh) 3:15 pm Tai Chi (CA) <i>23</i>	10 am Caregiver Support (SL) 1:15 pm Zumba (CA) 1:30 pm Senior Extravaganza NCC (O) 7 pm Bingo (CA) <i>24</i>	1 pm Shriners Melodrama 1 pm Castle (Sh) 5 pm Social Hour (Sh) <i>25</i>
1 pm Artistry in Wood (O) 1:30 pm LDS Sacrament (SL) 1:30 pm Games (Sh) 3:30 pm Worship Service (SL) <i>26</i>	1 pm Bridge (Sh) 2:15 pm Zumba (CA) <i>27</i>	10 am Games (Sh) 11 am Healthy Back (CA) 12 pm Affinity Lunch: Office Workers 2 pm Wii Bowling (L) <i>28</i>	Resident Fine Art Exhibit 11 am Bible Study (Se) 1 pm Brain Builders (Se) 1:15 pm Zumba (CA) 2:15 pm Zumba (CA) 3:15 pm Bingo (CA) <i>29</i>			

Key
(GL) - Grand Lodge
(CA) - Coeur d’ Alene (Multi Purpose)
(GT) - Grand Teton (Dining Room)
(C) - Cascade (Private Dining Room)
(K) - Kootenai (Exercise Room)
(L) - Lemhi (Reading Room)
(P) - Payette (Library)
(SL) - St. Louise (Chapel)
(Se) - Selkirk (Activities Room)
(Sh) - Shoshone (Game Room)
(O) - Off Campus
(M) - The Meadows (Assisted Living)

February 2012

Meal Times

Breakfast 7:30 – 9 am
Lunch 11:30 am – 1pm
Dinner 5:15 – 7 pm
Sunday Breakfast 7 – 9 am
Sunday Brunch 11:30 am – 2:30 pm
Sunday Dinner 5:15 – 7:30 pm (M)

Grand Lodge Salon 319-5323

Tuesday – Friday 9 am – 3 pm
Saturday By Appt. only

**Washington Trust Bank
884-2770**

Monday, Wednesday, Friday
10 am – 2 pm

Scheduled Transportation

Monday: Shopping
Tue-Wed-Thur: Medical Appts.
Friday: Special trips
*Please schedule all transportation
24 hours in advance.*

Life Enrichment Hotline

208-319-5126

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