

# Touchmark at Meadow Lake Village – Life Enrichment / Wellness Daily Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30 pm LDS Sacrament (SL)	9 am Sew Serendipity (Sh) 9 am Fit and Feisty (CA) 10 am Sit & Be Fit (CA)	8:00 am Blood Pressure (Sh) 10 am Pool Pals (L)	9 am Sew Serendipity (Sh) 9 am Balance & Posture L1 10 am Balance & Posture L2	10 am Pool Pals (L) 1:45–2:45 pm Bookmobile Meadows Parking Lot 2:15 pm Tai Chi (CA)	9 am Sew Serendipity (Sh) 9 am Fit and Feisty (CA) 10 am Sit & Be Fit (CA) 11 am Bible Study (Se)	1 pm Castle (Sh)
3:30 pm Worship Service (SL)	1 pm Bridge (Sh) 4:15 pm Balance and Posture (K) 5 pm Social Hour (Sh) 7 pm Dominos (Sh)	2:15 pm Tai Chi (CA) 5 pm Social Hour (Sh) 7 pm Pinochle (Sh)	1 pm Model Building Wray Scott Home 2 pm Catholic Comm. (SL) 5 pm Social Hour (Sh) 7 pm Castle (Sh)	5 pm Social Hour (Sh) 7:00 pm Poker (Sh)	4 pm Live Music (M) 5 pm Social Hour (Sh)	5 pm Social Hour (Sh) 7 pm Movie Night (L)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 pm Bridge (Sh) 7 pm Special Movie (L) 7 pm Dominos (Sh) <i>1</i>	8 am Blood Pressure (Sh) 10 am Pool Pals (L) 10 am Digital Photo.(Se) 11:30am Stonecroft (CA) 2 pm Tai Chi (CA) 7 pm Pinochle (Sh) <i>2</i>	11am Music History (SL) 1:30 pm Bears/Police Presentation 6:45 pm Special Music: Amy, Rolando and Phil 7 pm Castle (Sh) <i>3</i>	9:30 am Events Com. (Se) 10:30 am Tune Up Your Memory (Se) 1 pm Writing Class (Se) 2 pm Tai Chi (CA) 6:30 pm Oklahoma <i>4</i>	11 am Bible Study (Se) 6:30 pm Boise Master Choral (O) 7 pm Bingo (CA) <i>5</i>	1 pm Castle (Sh) 5 pm Social Hour (Sh) 7 pm Meridian Symphony 7:00 pm Movie Night (L) <i>6</i>
1:30 pm LDS Sacrament (SL) 3:30 pm Worship Service (SL) 4:30 pm Fellowship Time <i>7</i>	8 – 12pm Foot Clinic (Se) 10:45am KTVB Tour and Lunch (O) 1 pm Bridge (Sh) 7 pm Special Movie (L) 7 pm Dominos (Sh) <i>8</i>	8 – 2 pm Foot Clinic (Se) 10 am Hearing Aid Clinic 10 am Musicale Lunch 1:30 pm Book Club (O) 5 pm Dinner Out (O) 7 pm Pinochle (Sh) <i>9</i>	9:30 am Eye Glass Adjusting Dr. McNeel 2:15 pm Zumba Demo Class (CA) 6:30pm Boise Ukulele Group practices (M) 7 pm Castle (Sh) <i>10</i>	9 am Dining Comm. (C) 10 am Pool Pals 1 pm Writing Class (Se) 2:15 pm Tai Chi (CA) 7 pm Poker <i>11</i>	11 am Bible Study (Se) 1:30 pm Zoo Photo Shoot (O) 3:30 pm Irish Dance Idaho (CA) <i>12</i>	10 am Floral Class with Debra 1 pm Castle (Sh) 5 pm Social Hour (Sh) 7:00 pm Movie Night (L) <i>13</i>
1:30 pm LDS Sacrament (SL) 3:30 pm Worship Service <i>14</i>	1 pm Bridge (Sh) 2:15 pm Zumba 7 pm Special Movie (L) 7 pm Dominos (Sh) <i>15</i>	8 am Blood Pressure (Sh) 8 – 3 pm Foot Clinic (M) 2:15 pm Tai Chi (CA) 3 pm Worship Comm. 7 pm Pinochle (Sh) <i>16</i>	10 am Men’s Club Meeting (Se) 2:15 pm Zumba 5:15 pm Chef’s Choice 6:45 Irish Dancers (CA) 7 pm Castle (Sh) <i>17</i>	10 am Pool Pals 1 pm Writing Class (Se) 2:15 pm Tai Chi (CA) 7 pm Poker <i>18</i>	11 am Bible Study (Se) 11:30 am Red Hat Lunch (O) 3 pm Arm Chair Traveler 7 pm Bingo <i>19</i>	10 am War Hawk Museum and lunch 1 pm Castle (Sh) 5 pm Social Hour (Sh) 7:00 pm Movie Night (L) <i>20</i>
1:30 pm LDS Sacrament (SL) 3:30 pm Worship Service <i>21</i>	1 pm Bridge (Sh) 2:15 pm Zumba 7 pm Special Movie (L) 7 pm Dominos (Sh) <i>22</i>	8 am Blood Pressure (Sh) 2:15 pm Tai Chi (CA) 7 pm Pinochle (Sh) <i>23</i>	2:15 pm Zumba 3pm Craft (Se) 6:30pm Boise Ukulele Group Practices (M) 7 pm Castle (Sh) <i>24</i>	10 am Pool Pals 1 pm Writing Class (Se) 2:15 pm Tai Chi (CA) 7 pm Poker <i>25</i>	11 am Bible Study (Se) 1:30 pm Resident Forum (CA) 2:30 pm Birthday Celebration (Sh) <i>26</i>	10 – 3 pm Linus Blanket Project (CA) 1 pm Castle (Sh) Dinner Music: John Cazan 7:00 pm Movie Night (L) <i>27</i>
1:30 pm LDS Sacrament (SL) 3:30 pm Worship Service <i>28</i>	1 pm Bridge (Sh) 2:15 pm Zumba 7 pm Special Movie (L) 7 pm Dominos (Sh) <i>29</i>	8 am Blood Pressure (Sh) 12 Noon New Resident Lunch (GT) 2:15 pm Tai Chi (CA) 7 pm Pinochle (Sh) <i>30</i>	2:15 pm Zumba 6:45 Special Music JJ Dion – Guitar/Singer 7 pm Castle (Sh) <i>31</i>			

<b>Key</b>
(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)
<b>Meal Times Mon. – Sun.</b>
Breakfast 7:30 – 9:30 am Lunch 11:30 – 1:00 pm Dinner 5:15 – 7:00 pm Sunday Breakfast 7 am – 9am Sunday Brunch 11:30 – 2:30 pm Sunday Dinner 5:15 – 7:30 pm (M)
<b>Salon at The Grand Lodge</b>
286-5737
<b>Washington Trust Bank 884-2770</b>
<u>Hours</u> Monday, Wednesday, Friday 10 am – 2 pm
<b>Scheduled Transportation</b>
Monday: Shopping Tue-Wed-Thur: Medical Appts. Friday: Special trips <i>Please schedule all transportation 24 hours in advance</i>
<b>Life Enrichment Hotline</b>
208-319-5126

March 2010

## *March Madness*



### **Special Music --- Don't Miss Out --- Reservation Required Our own MUSIC WEEK**

Wednesday March 3<sup>rd</sup> – Music History with Eric Collette (SL)  
And at 6:45 pm- Amy, Rolando and Phil (CA)

Thursday March 4<sup>th</sup> – NNU presents Oklahoma 7:30 pm; \$8.00 We  
will leave the grand lodge at 6:30 pm

Friday March 5<sup>th</sup> – Boise Master Chorale – “Westward HO” 7:30 pm;  
\$20 Centennial High School; we will leave grand lodge at 6:45 pm

Saturday March 6<sup>th</sup> – Meridian Symphony Orchestra; 7:30 pm;  
Meridian Middle School; \$5 – Tickets available at the front desk – we  
will leave the grand lodge at 6:45 pm.

### ***New Fitness Classes for March***

#### **Zumba Gold : M/W 2:15 pm A Fun Latin Dance Class**

Over the course of an hour, a Zumba class will span a variety of dance rhythms, like mambo, cha-cha, cumbia, and merengue, with the occasional belly dancing move thrown in. Zumba Gold is a moderately paced class which considers the special health needs of the active older adult.

Come get hooked on the fun!

**Pilates/Yoga: T/TH 3:15 pm Tuesday will be Pilates  
Thursday will be Yoga**

**Tai Chi continues T/TH 2:15 pm**

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