

# Touchmark at Harwood Groves – Full Life Wellness & Life Enrichment Program Daily Events



Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
7:55 am Olivet Lutheran Church Bus Pick up Time 8:45 am Atonement Church Bus Pick up Time 10:15 am First Presbyterian Church Bus Pick up Time (prearranged rides only) 293-6310 10:30 am St. John Lutheran Bus Pick Up Time 2:30 pm Movie – A 7 pm Whist – H	10 am Exercises Level I – HFC 11:15am Exercises Level II- HS 1 pm Bingo – H 3 pm Nintendo Wii Bowling Practice – A 4:40 pm Piano Music- Marge Hoag –F 7 pm Cribbage – H	9:30 am Posture & Balance - HFC 9:30 am Hand Massages –S 10:30am Catholic Rosary-A 11 am Catholic Service – A 1 pm Bean Bag – HS 2 pm Whist – H 4:40pm Piano Music - Marge Hoag-F 7 pm Pinochle – H	8:30 am Walk at the Mall 11 am Leave for Groceries 1:30 pm-3:00 pm “Wellness Center” Open 3 pm Nintendo Wii Bowling Practice - A 4:40 pm Piano Music- Marge Hoag –F 7 pm Bridge – H *Sweeney Cleaners	9:30 am Posture & Balance - HFC 10:30am News Currents – H 4:40 pm Piano Music- Marge Hoag –F	10 am Exercises Level I – HFC 11:15am Exercises Level II- HS 1 pm Bingo – H 3 pm Nintendo Wii Bowling Practice – A 4:40 pm Piano Music – Marge Hoag–F 7 pm Bridge – H	1 pm Bingo – H 4:30 pm Social Hour – PDR 6:45 pm Hand & Foot Card Game - H 7 pm Movie - A

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-2 pm Library Rep here <i>1</i>	9-11:00 Audiologist Dr. Megan Bolda Here by Appointment – WC 9:15 Leave for Park Christian School Spelling Bee 4 Choir Practice - A <i>2</i>	10:30 Book Club – SM 2:30 BrainBuilders – H <i>3</i>	1:30-3:30 FM Communiversity Class “Massacres, Mounties, Cowboys & Indians” 1/2 – A 7 Movie “Life with Father” –A <i>4</i>
Super Bowl Social – A <i>5</i>	2:30 Valentine Craft - H <i>6</i>	Schwan’s Truck Here AM 10:30 Therapy Dogs – F 3 – Resident Council -PDR 4 Protestant Communion Service –Bill Boelter - A 6:30 Darin Henze & Friends “Valentine Concert” – A <i>7</i>	10:15-2 Foot Care Clinic – Apartment #203 11 Lunch at Duane’s Pizza 4 Resident Meeting - A 4:30 Newcomer’s Social <i>8</i>	9-4 Trash and Treasure-A 4 Choir Practice - A <i>9</i>	9:30-10:30 Planting Flowers with NDSU Students – H 10:30 Book Club – SM <i>10</i>	Leave for Kiwanis Pancakes 1:30-3:30 FM Communiversity Class “Massacres, Mounties, Cowboys & Indians” 2/2 –A 7 Movie “Funny Girl” –A <i>11</i>
2:30 Movie “Babies” – A <i>12</i>	2:30 Decorating Cupcakes- H <i>13</i>	<b>Happy Valentine’s Day!</b> 2 “The Not So Newlywed Game” 4 Protestant Worship Service –Dave Motta - A <i>14</i>	1-2 pm Library Rep here 1:30 Leave for the Hjemkomst Display of “Clay County Boom of 1945-1960” <i>15</i>	4 Choir Practice - A <b>February Birthday Party! Sweetheart Theme!!</b> 5pm Drinks – PR & W 6:30 – Music by the Rockin’ 60’s <i>16</i>	10:30 Book Club - SM 2:15 Armchair Traveling – A <i>17</i>	2-4 Open House for Adele Swenson’s 90 <sup>th</sup> Birthday – PR 7 Movie “You’ve Got Mail” –A <i>18</i>
2:30 Movie “The Man from Snowy River” – A <i>19</i>	<b>Happy President’s Day!</b> Pick up Presidential Trivia at the Front Desk <i>20</i>	10:30 Therapy Dogs – F Schwan’s Truck Here AM 2 Music by Carl Peterson-A 4 Protestant Worship Service –Tom Holtey - A <i>21</i>	Donut Day! 1:30 Shopping at West Acres & WalMart <i>22</i>	2 Demonstration of Learning a Foreign Language with Rosetta Stone by Jim Bastian – A 4 Choir Practice - A <i>23</i>	2:30 Brain Builders – President’s Day Theme! 4 Leave for Argasville Fish Fry <i>24</i>	2 Simulated Flying of Remote Control Planes & Helicopter – A 7 Movie “The Philadelphia Story” –A <i>25</i>
1 Leave for the play “Harvey” 2:30 Movie “Old Yeller” – A <i>26</i>	3:30 Vision Loss Support Group – H <i>27</i>	4 Protestant Worship Service –Michael Johnson - A <i>28</i>	1 James Sewell Ballet Workshop - HFC <i>29</i>			

**Scheduled Transportation:**  
Tuesdays, Thursdays, and Fridays 9am-5pm  
Sign up at the front desk.

**Key**  
A - Auditorium  
AR - Activity Room 2<sup>nd</sup> Floor  
F - Foyer  
HFC - Health & Fitness Center  
HS - Heart Smart  
H - Hoyle  
L - Library  
PDR - Private Dining Room  
PR - Prairie Rose (Main Dining)  
SM - Silver Maple Room  
WC - Wellness Center  
W - Willows (Small Dining)

# February 2012

## Touchmark at Hardwood Groves



February 2012 - Full Life Wellness & Life Enrichment Program

### **Meal Times**

7-9am	Hot Breakfast (PR)
9-11am	Continental Breakfast (PR)
11am-7pm	All Day Seasonal Menu Options (PR)
11:30-1pm	Daily Lunch Specials (PR&W)
4-7pm	Daily Dinner Specials (PR)
5-7pm	Daily Dinner Specials (W)

### **Classic Looks**

Tuesday – Friday 9 am – 4 pm  
Call 701-356-2220 for  
appointment

### **Stop-N-Shop**

M-W-F 10 am- noon  
T-Th 11am – 3 pm

### **Scheduled Transportation**

Tues., Thurs., Fri., 9 am – 5 pm  
Sign up at the front desk.

## **February Special Events**

### **Outings—Please sign up at the Front Desk**

- 2<sup>nd</sup> – Leave for Park Christian School Spelling Bee – Bus leaves 9:15 am
- 8<sup>th</sup> – Lunch at Duane’s House of Pizza – Bus leaves 11:00 am
- 11<sup>th</sup> – Kiwanis Pancake – Bus leaves TBD
- 15<sup>th</sup> – Tour the Hjemkomst Display – Bus leaves 1:30 pm
- 24<sup>th</sup> – Fish Fry at Argasville – Bus leaves 4:00 pm – Checks Payable to St. Williams Church \$9.00
- 26<sup>th</sup> – “Harvey” at Island Park’s Tin Roof Theatre – Bus leaves 1:00 pm

### **Music in the Auditorium**

- 7<sup>th</sup> – Darin Henze and Friends – 6:30 pm
- 16<sup>th</sup> – The Rockin’ 60’s – 6:30 pm
- 21<sup>st</sup> – Carl Peterson – 2:00 pm

### **Classes & Presentations**

- 3<sup>rd</sup> & 24<sup>th</sup> – Brain Builders – 2:30 pm Hoyle Room
- 4<sup>th</sup> & 11<sup>th</sup> – Communiversity – 1:30 to 3:30 pm – “Massacres, Mounties, Cowboys & Indians” \*\*\***Sign up at the Front Desk**\*\*\*
- 17<sup>th</sup> – Armchair Traveling to Croatia – 2:15 pm
- 23<sup>rd</sup> – Learning a foreign language using Rosetta Stone – 2:00 pm
- 25<sup>th</sup> – Simulated Flying of remote control planes and helicopter – 2:00 pm
- 29<sup>th</sup> – James Sewell Ballet Workshop – 1:00 pm