



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



CRISTY WELLS
Interim, Executive
Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Club

New year, new you

January 1 signifies the perfect time to start or continue working on a healthier/more fit you. The holidays are over and so are the temptations of tasty treats and lack of physical activity. It's time to kick-start a new healthy lifestyle! Whether your resolution is eating better, exercising more, living life to the fullest, or all the above, the Touchmark Health & Fitness Club can help you with your journey.

Sign up as a new member during January and receive a complimentary one-hour fitness and nutrition consultation. Our certified fitness professionals will review and give feedback on your fitness goals, routines, and eating habits to make sure you are headed in the right direction.

Join us on Wednesdays, January 9 – January 30 from noon - 12:45 pm for helpful seminars about food, fitness, and keeping things fun while being healthy. Each lesson will feature a different topic about healthy living and how to keep your New Year's resolutions.

Snowshoeing

Friday, January 25 · Bus loads at 9 am
Cost: \$30 for members; \$40 for nonmembers.
Limited seating.
Lunch on own.
Participants must be able to walk freely without assistance.
Call Member Services to make reservations.



Cross-country Skiing

Wednesday, February 27 · Bus loads at 9 am
Cost: \$35 for members, \$45 for nonmembers.
Limited seating. Lunch on own. Participants must be able to walk freely without assistance.
Call Member Services to make reservations.

Family Swim Night

Fridays, January 25 and February 22 from 5:30 - 7:30 pm. Bring your grandkids and great-grandkids for this night of fun and swimming! RSVP by contacting Member Services. Adult supervision required.

Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: BJ Chaney

Position: Concierge Manager

How would you describe yourself?

I am jovial and happy. People give me a lot of energy. I enjoy opportunities to serve and help people as much as I can.

Share a bit about your family and growing up.

I was born in Nampa, raised in Eagle, and live in Boise. Other than when I was in the military, I have lived in Idaho my whole life and love calling it home.

What are some of the most significant events in your life?

Getting married to my beautiful wife, adopting my daughters, and the birth of our three grandkids have been the highlights in my life.

How long have you worked at Touchmark?

A little over five years.

What do you enjoy most about your job?

The people! Residents and team members. The residents keep me on my toes and make me smile every day. Our team is enjoyable to work with, and I appreciate the positive attitudes they have for the residents here in our community.

What Touchmark value do you most closely relate to and why?

I am a giver, because it's better to give than to receive.

Outside of work what are your favorite ...

Activities: Adventures with my wife, volunteering in Bible education work, volleyball, bike rides on Green Belt, and having fun with my family and friends.

Food: Yes ... all! But if I have to choose, pizza is my go-to.

Movie: *Tommy Boy*. *Dumb and Dumber* runs a close second.

Music: Whatever can be sung in my car (when alone) or in the shower.



Community fun included a Murder Mystery Dinner & Costume Party, the Yale Whiffenpoofs, the annual St. Nick party, a Day at the Derby, and the 5th annual Seniors vs. Varsity Tournament.



SAVE THE DATE!

BILL MCKEETH, CAROLYN JOHNSON, AND THE SINGLE CAR GARAGE BAND

Fridays beginning January 4 from 6 - 8 pm • Coeur d'Alene Room

Join us for some great music. Bill, Carolyn, and company play the greats of country music as well as contemporary classics ... and they love to take your requests!

TOUR OF THE BENJAMIN VICTOR GALLERY

Tuesday, January 15 • Bus leaves at 1 pm

In May 2014, Professor of Practice Benjamin Victor opened a gallery and studio showcasing his sculptures and the process of creating them. We will tour the gallery, meet the artist, and watch as he sculpts amazing works of art.

AN EVENING OF CLASSICAL MUSIC WITH THE TREBELLE TRIO

Thursday, January 31 at 7 pm • Coeur d'Alene Room

Trebelle performs popular and hidden gems in the piano trio repertoire. Trebelle members include violinist Jennifer Dunn, cellist Heidi Nagel, and pianist Robyn Wells. They will perform the works of Chopin, Chaminade, and Schoenfield.

IDAHO SHAKESPEARE SHAKESPEARIENCE PRESENTS: AS YOU LIKE IT

Monday, February 18 at 7 pm • Coeur d'Alene Room

You will not want to miss this amazing performance. Having to flee the home of her uncle, Rosalind disguises herself as a man and brings along her cousin Celia and the clown Touchstone. Taking refuge in the Forest of Arden, they find adventure and romance. Mistaken identity and disguise lead to revelations of honesty, truth, and the nature of love.

THAT '70S FONDUE PARTY

Tuesday, February 26 from 5 - 7 pm • Coeur d'Alene Room

Dip into the excitement and join us for a flashback to the '70s! Bell bottoms, afros, disco and of course, fondue! Enjoy friends and neighbors and delicious traditional fondue dippers! Space is limited. Cost: \$18.25/person.

[View our {FULL} Life calendar online for a complete list of events:](#)
TouchmarkMeridian.com



Residents of the Owyhee Lodge enjoyed fun fall crafts, including card making, cookie baking, and turkey painting!

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208-888-2277 • TOUCHMARK.COM

