



A Touchmark® community  
Est. 1980

# Celebrate Active Aging Week

Waterford invites residents and the public to celebrate whole-person wellness.

## Tuesday, Sept. 27

- **2:30 pm:** Kitchen tour by Touchmark Executive Chef Adam Mendez. Meet in the Parlor.

## Wednesday, Sept. 28

- **8:30 am:** Meet in the lobby for an early morning walk to Selma Held Park and Community Garden (about one mile). Participants receive pedometers.
- **11:30 am:** Bus leaves for tour

of the Real Food Market & Deli. Enjoy lunch after the tour. Meet in the lobby.

- **1 pm:** Brain games with Life Enrichment/Wellness staff in the Lobby. Residents who bring back completed brain-building “homework” packets will receive prizes.
- **3 pm:** Relax and listen to harp music and enjoy a green tea smoothie. Lobby.



## Thursday, Sept. 29

- **9:30 and 11 am:** Fun & Fit exercise class and Sit & Stay Fit exercise class by Cheryl Wooden in the Forum. Participants will receive chair-massage coupons.
- **3 pm:** Meditation and Breathing Exercises. Garden. A glass of wine will be offered at the end of the session.

## Friday, Sept. 30

- **9 am:** Guided introduction to the Exercise Circuit. Learn how to use the machines and increase your comfort level. Exercise Room.
- **10:30 am:** Fall Prevention and

(cont.)

## Imagine the possibilities

Imagine a community of friends and life-enriching opportunities at every turn! You can have it all at 919 Saddle Drive! Call or stop by today for a personal presentation of this two-bedroom, 1,520-square-foot home.



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(cont.) Recovery Seminar. Forum.

- **3 pm:** Drum circle, followed by a “mocktail” party with fruity drinks. Lobby.

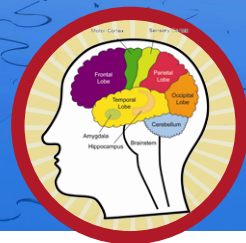
*Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles. ■*

(cont.)



**Apartment 304 is a 956-square-foot, two-bedroom, two-bathroom home with a spectacular view of the Helena Valley and access to all the services and amenities that make Waterford Helena’s premier retirement community.**

# Brain Builders



In one minute, think of as many possible uses for a dime.

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## Just for laughs!

*Answers from students on music exams*

1. A virtuoso is a musician with real high morals.
2. Probably the most marvelous fugue was the one between the Hatfields and the McCoys.
3. A harp is a nude piano.
4. Refrain means don’t do it. A refrain in music is the part you’d better not try to sing.

## Welcome, Jan!

Jan McGree is the newest member of the Life Enrichment/Wellness team. Before working at Waterford, Jan worked at Capital Sports and Western Wear for 20 years. She is very active in her church and community.

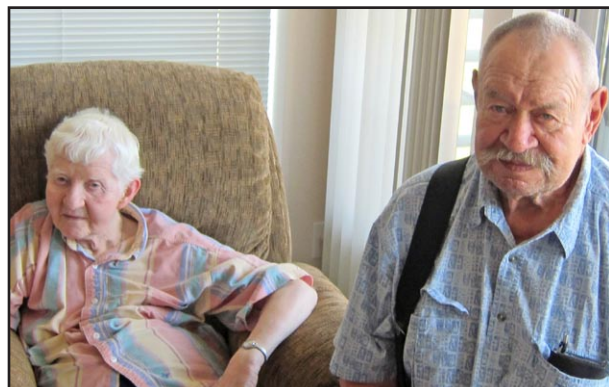
Jan has been married to her husband, Thomas, for 34 years, and they have three children and three grandchildren. The McGrees enjoy outdoor activities, such as camping, fishing, hiking, and skiing. ■



Jan McGree

## Celebrating 50 years after an “accidental” meeting

Recovering from an oil-field accident in Wyoming, Gene Fenske stayed at a hospital in Rock Springs—where, he met a young woman training to be a nurse, Theresa. The couple later married in September 1961 in Pinedale, Wyoming, with the justice of the peace officiating. They celebrated at the Black Angus with champagne and then traveled through Utah, Idaho, Oregon, Washington, and British Columbia for their honeymoon.



Gene and Theresa Fenske

Gene and Theresa lived in various states, including Wyoming, Colorado, and Wisconsin, while raising two boys. In 1975, they moved to Montana, where Gene worked as an engineer with St. Peter's Hospital, and Theresa served as a nurse. One of their sons lives in Colorado, and the other in Helena. They also have two grandsons. ■

### Coming Events

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

#### Tuesday, Sept. 27 through Friday, Sept. 30

Active Aging Week. Participate in yoga, exercise classes, a kitchen tour, foot care, brain games, music, meditation, and a drum circle! Schedule of events available on page one.

#### Tuesday, Sept. 27, 2 pm

Quilting Club. Garden Wing.

#### Friday, Sept. 30, 10 am

Trip to the library. Sign up in advance.

## Recent happenings



Barbara Spencer enjoys the beautiful scenery during a recent outing to Tizer Botanic Gardens.



Dizzy the Clown makes Alice Gilchrist laugh with a silly joke and trades quips with Les Sodja.

Jerry Toner enjoys a Montana beer that was recently featured in the Portland International Beer Festival. "This is definitely my favorite," says Jerry of the Dump Truck ale. Residents sipped Montana beers from four different breweries.

