Ignite your passion for active aging

With Touchmark’s award-winning Full Life Wellness & Life Enrichment Program™, each day and week includes a range of active pursuits that support residents’ interests and spark new passions. By focusing on all of the seven dimensions of wellness—emotional, environmental, intellectual, occupational, physical, social, and spiritual—everything we do benefits residents’ overall health and well-being.

Every September, Touchmark joins with the International Council on Active Aging and celebrates Active Aging Week. This year the theme is *ignite your passion*, which encourages older adults to get excited about discovering new and engaging activities that bring passion to their lives. Explore one or more of these fun activities planned for the last week of September:

**Monday, September 25, 2 pm:**
*Dance with Danger & Mary*
Join us for a marvelous afternoon of ballroom dancing in the Health & Fitness Club.

**Monday, September 25, 4 - 6 pm:**
*Wine & Canvas with Patti*
Don’t miss this fun painting class featuring professional instruction, wine, and heavy hors d’oeuvres. All art supplies are included. Cost is $15. RSVP by September 18. Activity Room.

**Tuesday, September 26, 2 pm:**
*Line Dance with Connie Jo Collins*
Join us for a fun lesson in this popular country dance style! Courtside Dining Room.

**Wednesday, September 27, 2 pm:**
*Hula Dancing with Darlene Magnussen*
The dance theme continues with this festive class! Fireside Room.

**Thursday, September 28, 2 pm:**
*Latin Zumba®*
Learn this fun, easy-to-do exercise dance surrounded by friends and neighbors. Led by Jamie Wunderlich. Forum.

**Friday, September 29, 7 pm:**
*Dancing with the Stars, Touchmark edition*
Get a taste of how it’s done in Hollywood as a panel of residents judge professional dancers. Then enjoy beverages and an open dance floor. RSVP by September 25. Courtside Dining Room.
Balancing between seasons

Melissa Conrad
Vice President, Wellness & Marketing

As summer wraps up, a change in the seasons brings changes in the weather, some of which can significantly affect our ability to safely move around.

Falling, in particular, can have serious consequences. According to the National Council on Aging, one in four Americans over 65 falls every year, and falling is the leading cause of both fatal and nonfatal injuries in older Americans. Fortunately, there are things you can do, and the Council draws attention to them each year with its annual Fall Prevention Awareness Day, celebrated on the first day of fall—September 22.

At Touchmark, we celebrate this special day and every day with balance assessments and education, exercise classes like tai chi and Balance & Stability, and more!

As you look toward a future of good health over the coming holiday season and the year ahead, here are a few ways to build better balance:

**Talk with your doctor.** Bring a list of your prescriptions and any over-the-counter medications with you to your next appointment to find out about any interactions that could cause dizziness or balance issues.

**Visit an eye doctor.** Whether you wear corrective lenses or not, changes to your eyesight can make balancing or spotting obstacles more difficult.

**Take balance-themed exercise classes.** Building the right muscles and staying limber can do wonders in helping you stay on your feet, and the right exercise class can make all the difference.

**Pay attention to your shoes.** Wear the proper shoes for your activity or environmental condition.

Enjoy a fall-free autumn and future!

Living well this season and next

With summer winding down, now is a great time to start thinking about where you’d like to spend the colder months. At Touchmark, maintenance-free living means not worrying about weatherization or other seasonal woes, so you can focus on enjoying the {FULL} Life!

Apartment 137 is a recently remodeled 627-square-foot one-bedroom, one-bathroom home. With a convenient ground floor location overlooking the front entry, it features high ceilings, walk-in closets, and a southern exposure with lots of light.

Apartment 249 is a 742-square-foot one-bedroom one-bathroom home featuring a recent remodel, private balcony with wonderful southern views, and a washer and dryer. With easy elevator access and a central location near a variety of activities and common rooms, this unique apartment won’t last long.
Summer fun around the community and beyond included left to right: Entertainment by the Touchmark Theater performers, a volunteer appreciation dinner on the patio, the talent show and crowning of Mr. Touchmark, a sunny scenic drive up to Crown Point in the Columbia River Gorge, entertainment on the patio at the summer barbecue, and a summer concert at Esther Short Park.

Look for more photos on Facebook.
**EVENT HIGHLIGHTS**

For additional details of an event, including registration, transportation, and participation requirements, contact a Life Enrichment/Wellness team member.

**Monday, September 11, 2 pm**  
**Art Lessons with Hilarie Couture.** Activity Room.

**Tuesday, September 12, 3:30 pm**  
**Sweet Apple Happy Hour with the Rose City Banjoliers.** Lobby.

**Friday, September 15, TIME**  
**Fly Fishing Trip.** Come with Ed and the gang to the Rainbow Trout Farm in Sandy, Oregon. Please sign up.

**Monday, September 18, 3 pm**  
**All Residents Meeting.** Courtside Dining Room.

**Tuesday, September 19, 3:30 pm**  
**Greeting Cards with Bobbi.** Activity Room.

**Wednesday, September 20, 4:30 pm**  
**September Birthday Dinner.** Heritage and Courtside Dining Room.

**Active Aging Week: September 24 - 30**  
See front cover for details.

*View our {FULL} Life calendar online for a complete list of events: TouchmarkVancouver.com*

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**CLUB NEWS**

**Dancing toward better living**

Some say you should dance like no one is watching, and that’s actually good advice! Dancing isn’t just for the body; it’s good for the soul! Here are five facts to get you moving:

1. Dancing can reduce depression and anxiety—because it’s exercise, and exercise releases endorphins that are your body’s “feel good” hormones.
2. Dancing can help keep dementia away—because it requires quick thinking, keeping your brain’s neural pathways strong.
3. Dancing improves heart function—a Berkeley University study noted that dancing improves heart and blood vessel function as well as overall quality of life (regardless of the style of dance).
4. Dancing improves balance—The National Centre for Biotechnology Information found that people 58-78 who took part in dance-based training had significantly better balance than those who didn’t take part!
5. Dancing improves social connectivity—while dancing alone is never a bad idea, it’s often even more fun when you do it with others!

So get out there and cut a rug for good health!

**Active Aging Week, September 25 - 29**

Join us for a week of dancing! In celebration of Active Aging Week, we’ll introduce a new style of dance every day of the week, including: Latin Zumba®, Ballroom Dancing, Country Western, and Hula! We will wrap up the week with a Dancing with the Stars party Friday at 7 pm.