Join Touchmark on The Longest Day

Every year on the summer solstice, the Alzheimer Society of Canada honours those living with Alzheimer’s disease and their caregivers with its Longest Day event, which raises funds and awareness for the treatment of dementia. Throughout Touchmark, team members, residents, family, and friends wear purple and accept pledges and donations as they walk, hold barbecues, work out, party down, and more to further this important cause. Touchmark has long supported the work of the Alzheimer Society, including participating in the Walk to End Alzheimer’s and holding numerous fundraisers to aid local chapters and research.

Not only do The Longest Day events do great things for people living with the effects of Alzheimer’s and other dementia, they offer a great opportunity to spend time with friends and loved ones, and many of the activities are also a lot of fun. Join us in supporting this great cause. All proceeds from the day will go to the Alzheimer Society of Alberta. We hope to see you there.

Here is what we have on the calendar for June 21:

- **8 am:** We’ll start the day with a sunrise breakfast with cognitive puzzles at each table.
- **11 am:** The whole community will take part in a 1 or 2 km walk.
- **Lunch:** Following the community walk, we’ll have a hot dog barbecue and chips. Cost: $5.
- **1:30 pm:** Join us for carnival games in the parking lot, including target shoot (with water guns), ring toss, a giant kerplunk, and Plinko. Or try your hand at soaking a staff member in the dunk tank or hitting one with a whipped cream pie! Cost: $1 a ball or toss, $5 for the carnival games. The fourth graders from Our Lady of the Prairies School will be here to help with the games.
- **7 pm:** The Touchmark Glee Club will perform their summer solstice concert of Canadian songs in the Marquis Room.
Get ready to celebrate summer!

At Touchmark, maintenance-free living means having more time for friends and fun. Our communities feature rich, activity-packed calendars and lots of social opportunities. Join us today, and discover your path to living well!

Suite 206 is a 901-square-foot one-bedroom, one-bathroom suite. It features a den, a walk-in shower and tub, two spacious walk-in closets, a large deck, and excellent northeastern exposure.

Volunteerism is a winning way to spend your day

As you consider getting out in warmer weather, think about what types of activities you would most like to take part in. Any type of activity that keeps you moving and intellectually engaged is great, and what if you could do something for someone else at the same time?

One way to accomplish all that is by volunteering! In fact, there are many different types of volunteering, and none of them is a wasted effort. Here are some ways to spend a few hours each week or month:

**Deliver meals on wheels.** Make sure other seniors get the nourishment they need by delivering food and conversation to their doors!

**Work with animals.** Call a local shelter and offer your assistance! Many shelters have opportunities to help walk dogs and feed and groom all kinds of critters. You’re in “fur” a good time!

**Assist other seniors.** Perform tasks around the house, like light housekeeping and cooking, for seniors who need a little extra help. Escort them to a store or the park, so they can share in the joy of nicer weather and social engagement!

**Share time with youngsters.** Help kids learn to read, mentor teens, care for premature infants, and more! There are so many children who could benefit from your experience, knowledge, and compassion. When school is back in session, many teachers love to have outside help with story times and paper grading! Call a nearby school and see what you can do.

Having a little extra time on our hands is never a bad thing, but using it to help others can make a real difference to people in our community. We all need a little help now and then, so let’s pay it forward whenever we can!
CAPTURING DELIGHT {FULL} MOMENTS

Look for more photos on Facebook.

We are so thankful for all our volunteers! We honoured them with a Volunteer Appreciation Tea recently.

We enjoyed a Chili & Cornbread lunch with some bungalow residents.

Brain Booster: Father’s Day Mixed Up

Unscramble the letters to reveal words that highlight this day honoring fathers.

1. ILDOHYA 6. IYLFMA
2. TEDDVOE 7. ADYDD
3. RFAEHT 8. NIVGIG
4. ETRANP 9. SCADR
5. EEMMSIOR 10. IENOELACTRB

Solution: 1. holiday 2. devoted 3. father 4. parent 5. memories
For additional details of an event, including registration, transportation, and participation requirements, contact a Life Enrichment/Wellness team member.

**Friday, June 2, 7 pm**
**Evan Morgan Live!** Join us for 35 - 40 minutes of award-winning, interactive, comedy-filled, family-friendly magic! Featuring amazing sleight of hand and electrifying feats, this show is guaranteed to keep your eyes firmly glued to the action. All are welcome. RSVP.

**Friday, June 9, 2 pm**
**Seniors Week Strawberry Tea.** Featuring music by Val Abello. Fireside Grill.

**Monday, June 19, 2:30 pm**
**Father’s Day Bocce Ball.** Join us for a lesson in this fun game. International award winning bocce ball player Frank Fraccaro will be guiding us through the rules and tricks of playing this strategic, social game. Ladies are welcome, too. Pretzels, iced tea, and cold beer will be served. RSVP by June 15. Front lawn.

**Wednesday, June 21, 8 am**
**The Longest Day.** Read about it on the front cover.

**Tuesday, June 27, 10 am - 2:30 pm**
**Street Market Festival.** Don’t miss this great event. Vendors such as Scentsy, Sweet Soles, Lee Conrad The Draw Guy, Glitter Tattoos, Magnolia & Vine Jewelry, and more will be on hand to sell their wares and services. We’ll also have food trucks, including the Popcorn Shoppe, The Dog serving gourmet hot dogs and poutine, and Beaver Tails Edmonton, with its fried dough confections. Enjoy the sounds of Button Box Bill while you shop. RSVP by June 23. Front parking lot.

**Friday, June 30, 5:30 pm**
**Culinary Passport Canada.** Join us for this dinner of Canadian cuisine. There will be keys hidden on the tables, and yours may be the lucky one that opens our We Love Edmonton Time Capsule Trunk on July 1. RSVP by June 26. Grande Hall Dining Room.

**Saturday, July 1, 11 am**
**Canada’s 150th Birthday Celebration.** We’ll have a performance by The Edmonton Concert Pops in the front parking lot, a noon barbecue featuring hamburgers, hot dogs, and salad, and at 1:30 we’ll pop open the Time Capsule Trunk! There’ll also be ice cream cones, maple leaf watermelon skewers, and more. Don’t miss this fun party!

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