



## CALENDAR NOTICE

Sept. 17, 2014

For more information/interviews:

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## Active Aging Week Activities

MERIDIAN, Idaho – In observation of Active Aging Week, Touchmark at Meadow Lake Village is hosting the following activities that are open to the public at no charge.

### Senior Fitness Testing

Monday, Sept. 22; 9 - 11 a.m.

Wednesday, Sept. 24; 9 a.m. - 12 p.m.

Touchmark at Meadow Lake Village, 4037 East Clocktower Lane, Meridian

Senior Fitness Testing is a series of standardized physical fitness tests for people ages 60 and older that measure strength, flexibility, balance and agility, body mass and cardiovascular fitness. Health and fitness professionals Teri Denny and Jacquelyn Repphaun will be conducting the tests along with providing tips on how to improve or maintain physical activity. No charge, but space is limited. To RSVP or for more information, call 208-888-2277.

### Nutrition for Seniors

Tuesday, Sept. 23, 2014

10 a.m.

Touchmark at Meadow Lake Village, 4037 East Clocktower Lane, Meridian

Join registered dietitian Sue Linja for tips on how to make healthy, nutrient-rich food choices. No charge, but space is limited. To RSVP or for more information, call 208-888-2277.

### One-mile Walk

Thursday, Sept. 25, 2014

9 a.m.

Touchmark at Meadow Lake Village, 4037 East Clocktower Lane, Meridian

Join other people 55 and over and of all abilities to enjoy a walk through the Touchmark campus. Each participant will receive a race bib and finishing time as well as a gift upon completion. To RSVP or for more information, call 208-888-2277.

### About Touchmark at Meadow Lake Village:

Touchmark at Meadow Lake Village is an award-winning, full-service retirement community offering a range of homes and lifestyle options. More information is available at [Touchmark.com](http://Touchmark.com).

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