



**FOR IMMEDIATE RELEASE**

Feb. 17, 2016

For more information/interviews:  
Robin Rausch, Comms. Consultant  
208-850-0027  
[robinkrausch@gmail.com](mailto:robinkrausch@gmail.com)

## ***Touchmark celebrates grand opening of new Elkhorn Lodge*** **Expansion provides Health & Fitness Club and additional services**

MERIDIAN, Idaho – The public is invited to the grand opening of Touchmark at Meadow Lake Village’s new addition Thursday, Feb. 25, 2 - 6 p.m. The three-story, 57,500-square-foot Elkhorn Lodge includes a full-service health and fitness club and bistro at one end of the building and a range of homes for people needing medical/personal support at the other end.

Guest speakers, hors d’oeuvres, music by the Jake Van Paepheghe Trio and tours will be available during the grand opening celebration.

“By adding these services, we are responding to local demand,” says Touchmark Executive Director Matthew Hoskin. “Given the breadth of comprehensive services, range of living options and wellness activities we offer, there is no other retirement community like Touchmark in southern Idaho.”

### **Health/fitness club tailored for adults**

Touchmark’s new club is designed specifically for adults 40-plus offering equipment and programming typically not found in other clubs, including:

- 50- by 25-foot indoor heated (86 degrees) pool for swimming and group classes
- Warm-water (101 degrees) spa pool with whirlpool jets and seating for eight
- Fitness equipment such as True Fitness ellipticals, treadmills and recumbent bikes; NuStep total body exercise system and more
- NeuroCom® Balance Master®
- Group exercise room
- Massage therapy

A unique offering is functional fitness training. Certified personal trainers/exercise specialists work with people using a variety of equipment (jungle gym training system, universal training systems and other supportive gear) to engage multiple muscle groups at once. This approach improves strength as well as enhances balance and flexibility all of which increase people’s ability to function better in their daily activities.

Certified personal trainers/exercise specialists provide the functional fitness training in  
-more-

studios created for individual and small-group sessions.

Members have a wide variety of classes available to them such as Aqua Zumba<sup>®</sup>, Arthritis Flow, Low-impact H2O Aerobics, Aqua Pi-Yo-Chi<sup>™</sup>, Balance & Posture, Core Management, Fit & Fun, Balanced Body and more.

“Our trainers are especially skilled in working with adults,” says Hoskin, “and class participants appreciate the expertise and attentive support.”

### **Additional services**

A separate entrance at the far end of the building leads people to home offerings that include 59 studio, one-bedroom and two-bedroom options that also provide assisted living services to help people with daily activities. Already, nearly half of the homes are occupied

Large living rooms, a dining room, activity rooms and hair salon also are on-site.

LRS Architects and Joseph Billig, AIA, senior vice president of Touchmark Development & Construction, designed the Elkhorn. Rick Wessell, senior vice president and director of construction for Touchmark Development & Construction, oversaw the construction. Andersen Construction was the general contractor.

### **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. These include single-family cottages and apartments, independent and assisted living, memory care, home health and home care and health and fitness club. The nearly 100-acre campus includes scenic lakes, a nine-hole golf course, walking paths and more. The community is within walking distance of the extensive St. Luke’s medical complex and The Village, an outdoor shopping and entertainment venue. More information is available at [Touchmark.com](http://Touchmark.com).

-end-