



For immediate release

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For further information:

Randy Austin

605-335-1117

RGA@touchmark.com

Touchmark raises Alzheimer's awareness, invites public to 'Longest Day' activities

SIOUX FALLS, S.D. — Touchmark at All Saints has once again planned a full slate of activities in collaboration with the Alzheimer's Association for "The Longest Day," Monday, June 20. The Longest Day is celebrated on the summer solstice — the longest day of the year. It raises awareness for the Alzheimer's Association and symbolizes the daily challenges of those living with dementia. All are welcome to participate, from sunrise stretching to a downtown sculpture walk to an evening wine social and shrimp boil. To RSVP, call 605-335-1117.

The full schedule includes:

- 5:15 a.m.: Sunrise and stretching at Arrowhead Park
- 6 a.m.: Healthy breakfast at Perkins*
- 7 a.m.: Nature Walk at Falls Park
- 8 a.m.: Campus cleanup
- 8:30 a.m.: Exercise with Randy
- 9 a.m.: Morning Devotional, Chapel
- 9:30 a.m.: Exercise class
- 9:30 a.m.: Sudoku, coffee, and berries, Bistro
- 10 a.m.: Exercise class
- 10 a.m.: Trip to Sioux Falls Zoo*
- 10 a.m.: Sing-along with Claridith
- 10 a.m.: Beanbag toss
- 10:30 a.m.: Brain Builders
- 10:30 a.m.: 30-minute walk around campus
- 11:30 a.m.: Brain-healthy barbecue*
- 1 p.m.: Downtown Sculpture Walk
- 1:15 p.m.: Bingo
- 1:15 p.m.: Collaborative painting on canvas
- 1:30 p.m.: Brain Health University
- 2:30 p.m.: Texas hold'em poker
- 2:30 p.m.: Music therapy
- 2:30 p.m.: Wii bowling
- 3 p.m.: Family Feud

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TOUCHMARK AT ALL SAINTS
Full-service Retirement Community
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3:15 p.m.: Gardening
4 p.m.: Sing-along wine social
5 p.m.: Wine social
5:15 p.m.: Musical performance
5:30 p.m.: Shrimp boil dinner*
7 p.m.: Bridge
8 p.m.: Bus to Dairy Queen and Family Fishing Pond*
9:10 p.m.: Watch sunset then return to Touchmark

* fee applies

About Touchmark at All Saints

An award-winning retirement community, Touchmark at All Saints offers a range of apartment homes and lifestyles on the site of the historic All Saints School, which was built in 1884. For more information, visit Touchmark.com.

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