

NEWS RELEASE



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Touchmark opens Health & Fitness Club and new independent living homes; public invited to block party

SIOUX FALLS, S.D. — The public is invited to the grand opening of Touchmark at All Saints' expansion Thursday, July 20 from 4 - 7 p.m. A block party and neighborhood open house — complete with food trucks, entertainment, fun activities and tours — will take place on the east side of the retirement community and inside the just-completed expansion.

A ribbon-cutting ceremony with Mayor Mike Huether and representatives from the City Council, All Saints Neighborhood Association, Chamber of Commerce and Touchmark will take place at 4:30 p.m.

Big Rig BBQ, Taqueria Sanchez and a dessert truck will provide the food, and Jazzed, a three-piece jazz ensemble, will entertain. Activities will include:

- Playing poker games (for fun; no money involved)
- Painting while sipping wine
- Sampling exercise classes
- Tours

Touchmark is located at 111 W 17th Street. There is no charge, and all are welcome.

The four-story expansion includes a health and fitness club, additional homes for adults 55-plus living independently as well as more memory care services. Begun in early 2016, the project provided work for approximately 150 people. The expansion is the final phase of a master plan begun decades ago when Touchmark acquired and began redeveloping the site of the former All Saints School.

“Touchmark has been a part of Sioux Falls and the All Saints Neighborhood for more than 20 years, and we invite people to come celebrate the completion of our expansion,” says Amanda Snoozy, Executive Director. “We want to share the Touchmark Full Life with our neighbors throughout the city.”

New club tailored for adults

The new 15,000-square-foot Health & Fitness Club is open to the public. Designed for adults 50+ years, it features an indoor heated pool, spa pool, state-of-the-art fitness equipment and systems, group classes and personal training.

According to Snoozy, the club is an important addition to the health and wellness for people living and working throughout Sioux Falls as well as those at the retirement community. “We are committed to improving people’s well-being. This new club is specifically designed for adults and offers equipment and programming typically not found in other clubs.”

TOUCHMARK AT ALL SAINTS
Full-service Retirement Community
111 W 17th Street • Sioux Falls, SD 57104
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The club includes:

- 50- by 25-foot indoor heated (86 degrees) pool for aqua walking, lap swimming and group classes
- Warm-water (100 degrees) spa pool with whirlpool jets and seating for eight people
- Fitness equipment such as True Fitness ellipticals, treadmills, Espresso HD bike for cybercycling, recumbent bikes and more
- NeuroCom® Balance Master®
- Group exercise room
- Massage therapy
- Comfortable lounge area with fireplace

A unique offering is functional fitness training. Unlike traditional strength training using free weights that strengthen isolated muscles, functional fitness uses a variety of equipment and training to engage multiple muscles simultaneously. In addition to improving strength, the training enhances balance and flexibility. As a result, participants experience increased function in their daily activities.

Certified personal trainers/exercise specialists provide the functional fitness training in studios created for individual and small-group sessions. The range of equipment used includes two Inspire multipurpose training systems.

Club members also have a wide variety of aquatic and land classes available, ranging from aqua aerobics in the warm pool to tai chi and yoga in the group exercise room.

“Our trainers are especially skilled in working with adults,” says Snoozy, “and class participants appreciate the attentive support.” She adds they also enjoy the fun, social aspects of the club, including getting together after a workout.

New homes for active living

Sixty new homes offer a range of choices, from one-bedroom, one-bath to two-bedroom, two-bath and have many desirable features, such as quartz countertops, built-in office nooks, walk-in closets, fireplaces, washer/dryer in every home and a 24-hour emergency call system.

Additional memory care services

Thirty-two private studios with full bathrooms are divided between two neighborhoods. The design for memory care draws on the latest research for supporting personal interaction and providing a comfortable and secure environment for people experiencing memory loss. Warm, open settings include electric fireplaces, bookcases, carefully selected artwork and other touches that evoke the familiarity and comfort of home. Each neighborhood also includes a whirlpool bathing room and family meeting room. The two neighborhoods share a solarium, and a hair salon is nearby.

Each neighborhood has its own kitchen, living room and areas for dining, activities, music and art. Every private studio home has its own private bathroom with roll-in shower. In addition, there is a secure outdoor courtyard as well as a commercial laundry.

Architects are LRS Architects and Joseph Billig, AIA, Senior Vice President of Touchmark Development & Construction. Rick Wessell, Senior Vice President and Director of Construction for Touchmark Development & Construction, oversaw the expansion, and Baxter Construction was the general contractor.

A full-service, award-winning retirement community, Touchmark offers a range of apartment homes and lifestyles on the site of the historic All Saints School, which was built in 1884. More information is available at Touchmark.com.