

NEWS RELEASE



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Start 2018 with laughter and team challenges!

FARGO, N.D. – There’s no better antidote to the postholiday doldrums than being around others, laughing and participating with a team in challenging games. By launching a new season of Pub Trivia and the debut of League Night, Touchmark at Harwood Groves is bringing the public fun and engaging ways to exercise the mind and body.

Pub Trivia begins Monday, January 8 and will be held every **Monday at 7 p.m.** through the end of February. Join host Erik Block of Red River Trivia as he quizzes the crowd on a variety of topics. Block, who has a background in stand-up comedy, puts on a great show. New to trivia? No problem! Block says the more people play, the better they get.

League Night kicks off Thursday, January 18 and will be held on **Thursdays at 7 p.m.** through February 8. This activity-filled evening will have teams competing against each other in games ranging from air hockey, to shuffleboard, to ping pong and everything in between. Each week a different game will be selected for competition. The goal is to get moving and have fun while doing it. Participants are asked to arrive at 6:30 to receive instructions and rules. The games will commence at 7 p.m.

“We’re wasting no time in 2018 to make the most of the next 365 days,” said Anne-Marie Fitz, Life Enrichment/Wellness Director. “The weather right now can keep many of us trapped indoors. But getting together with others gives people something to look forward to — and adds what can be some much-needed exercises and socialization back into our routines.”

Touchmark is located at 1200 Harwood Drive S in Fargo. To register or learn more information about these activities, please call Touchmark at 701-476-1200.

A full-service retirement community, Touchmark at Harwood Groves offers people 55-plus years a full life. There is a wide range of homes and lifestyle options as well as an on-site health and fitness club, which is open to anyone over 50. For more information, visit Touchmark.com.

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TOUCHMARK AT HARWOOD GROVES
Full-service Retirement Community
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