



The Village at Legacy Pointe
1650 SE Holiday Crest Circle
Waukee, IA 50263

thrive!

@ WATERMARK RETIREMENT COMMUNITIES

The Village
AT LEGACY POINTE
A WATERMARK RETIREMENT COMMUNITY

The Inn

FEBRUARY 2017

Watermark University

February 1st at 3:00 pm - Music with Alice in SNF

February 4th at 10:00 am - Pied Pipers Piano in the Community Room

February 5th at 2:00 pm - Parkinson's Disease Presentation by Senior Helpers in the Community Room

February 8th at 2:00 pm - Current Events with Dick in the Community Room

February 9th at 6:00 pm - Alzheimer's Caregiver Support Group in the AL Library

February 14th at 2:00 pm - Price is Right Game followed by a Sweetheart Social at 3:00 pm in the Community Room

February 20th at 2:00 pm - Adult Coloring with Mary in the Community Room

February 23rd at 5:00 pm - Watermark for Kids Soup Supper in the Community Room

February 25th at 2:00 pm - Classical Piano with Kevin in the Community Room



The Price is Right and Sweetheart Social.

"Come On Down... to the Price Is Right."

Join us Tuesday, February 14th at 2pm in the Community Room for a fun-filled afternoon of The Price is Right. Ever dreamed about Bob Barker calling you down to be the next contestant on the Price is Right? Here's your chance. Our very own host, Stewart, may call your name! Audience members will be chosen at random to participate in mini games, leading up to the final Show Case Showdown. Three lucky contestants will compete for the big prize and title of Grand Prize Winner. You won't want to miss this!



"Let Me Call You Sweetheart, I'm In Love With You."

Immediately following the Price is Right Game, Following our Price is Right festivities on Valentine's Day, we will be hosting a Sweetheart Social in the Community Room. Come join us for some music, cookies, and refreshments. Our 'Sweetheart Wall', displaying photographs of some of our favorite couples will also be on display.



Visit our blog at <http://villagelegacypointe.watermarkcommunities.com/join-the-talk>

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1-515-987-4100 • www.watermarkcommunities.com

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • SKILLED NURSING & REHAB



THRIVING | WELLNESS CORNER | CHEF'S CHOICE | MONTHLY CALENDAR
SPECIAL EVENTS | THE BUZZ | OUT AND ABOUT AND MUCH MORE!

WHAT'S
INSIDE



Thriving

Our thriving residents for the month of February are Glenn and Joann Smith, both Independent Living residents. Glenn and Joann met while living in the same apartment building in Cedar Rapids in 1950 and were married by September of 1952. At the time Joann was a secretary of a parks manager and Glenn was the assistant manager of a co-op

electrical company. Raising their 4 boys in Cedar Rapids, these two had their hands pretty full! Five years ago the couple decided to move to Des Moines to be closer to the kids, grandchildren and great grandchildren. "As long as we were together and the room had 4 walls, it didn't matter!" said Glenn.

Joann and Glenn are very busy with activities daily, joining in a variety of programs. Joann loves joining in crafts, cards, being outdoors and exercise. Glenn spends his mornings exercising and then playing cards and dominoes. The Smith Family is always eager to participate or visit in group settings. These two have a fun, loving sense of humor, laughing and telling inside jokes most of the interview. When asked what the key to a long marriage was Glenn replied with " The key to a long marriage is when both people feel like they got the best end of the deal. " Joann quickly exclaimed "That's what I was going to say!"

Path to Well-Being

All you need is Love!

"I need somebody to love," sang the Beatles, and they got it right. Love and health are intertwined in surprising ways. Humans are wired for connection, and when we cultivate good relationships, the rewards are immense. Here are 5 research-backed ways that love and health are linked.

1. Fewer Doctor's visits
2. Less Depression and Substance Abuse
3. Lower Blood Pressure
4. Faster Healing
5. Fewer Colds

The key is to feel and be connected to people.



WHAT'S HAPPENING



Pied Piper Studios

Join us Saturday, February 4th at 10am in the Community Room for a piano recital with Pied Piper Studios. Pied Piper Studios performs 2 annual piano recitals, and we are lucky enough to be one of them! Come listen, as the children deliver a "musical valentine" for us to enjoy.

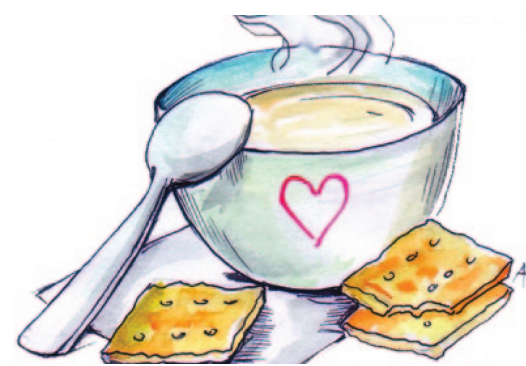
Parkinson Presentation

Join us Sunday, February 5th at 2pm in the Community Room for a presentation by Senior Helpers on Parkinson's Disease. The education is all about the process and progression of Parkinson's Disease and only lasts about an hour.



Soup Supper for Watermark for Kids

Join us Thursday, February 23rd at 5:00 pm for a Soup Supper. There will be chili, various soups, and desserts available. The cost is \$3 per person, with proceeds benefiting Watermark for Kids.



Piano Music with Kevin Anderson

Join us Saturday, February 25th at 2:00pm in the Community Room for Piano Man Extraordinaire, Kevin Anderson. From classical to contemporary, Kevin will play music from all genres for our listening pleasure.



Valentine's Day Social

Make sure to join in the Valentine's Day Social after the Price is Right game on Tuesday, February 14th at 3:00pm. The Community Life team does ask that you give them a little time to change the room around for this event. We will provide the sweets for your to snack on!



Meet Our New Dietary Manager, Sarah Winchell.

We are excited to announce Sarah Winchell as the new Dietary Manager for The Village of Legacy Pointe. Sarah grew up in Van Meter, Iowa with her 2 younger brothers and 5 stepbrothers and sisters. Sarah comes to us with a great deal of experience as she received her degree in Culinary Arts through the Iowa Culinary Institute at DMACC. She is also a Certified Dietary Manager and has a Bachelors in Service Management. Sarah is currently working on her MBA through the University of Kansas. Sarah previously worked at Wesley Life for almost 5 years and Bishop Drumm for 3 years. In her spare time, Sarah enjoys cycling and takes part in Ragbrai every year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			12:30 Exercise-AL 2:00-Bus to Fareway-TC 2:00 Dominoes Club-ALDR 3:00 Music w/Alice-SNF	9:30 Ladies Social-AL 10:00 Seasonal Decorating Area-AL 12:30 Exercise-AL 2:00 Men's Group-ALDR 2:30 Phase 10-ALDR 3:30-4:30 Thirsty Thursday-CR 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-CR 9:30 Puzzle Group-AL 10:30 ipad/iphone help-3FIL 12:30 Exercise-AL 1:30 Bridge Club-CR 2:00 Bingo-AL	10:00-12:00 Pied Pipers Sweet Heart Piano Recital-CR 12:30 Exercise-AL 1:00 Wii League-AL 3:00 Lutheran Church of Hope-CR
12:30 Exercise-AL 2:00 Cribbage-ALFR 2:00 Parkinson's Disease Presentation hosted by Senior Helpers-CR 6:30 Super Bowl LI 2017-TC	9:30-Coffee Talk-AL 10:00 Iowa County Courthouse's 12:30 Exercise-AL 2:00 Pitch 10 pt-ALDR 3:00 Popcorn Social-ALDR 3:30 NFL Super Bowl Trivia 4:00 Bible Study-CR	12:30 Exercise-AL 2:00-Card Bingo-ALDR 4-7 Waukee Boys Basketball game vs Hoover-TC 7:00 Movie Night-TC	11:00 E-Valley Church Luncheon-TC 12:30 Exercise-AL 2:00-Bus to Hy-Vee-TC 2:00 Current Events w/Dick Hudson-CR 3:00 Dominoes Club-ALDR	9:30 Ladies Social-AL 10:00 Outreach Project-AL 12:30 Exercise-AL 2:00 Men's Group-ALDR 2:30 Kings in the Corner-ALDR 6:00 Alzheimer's Caregiver Support Group-Library 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-CR 9:30 Puzzle Group-AL 10:30 ipad/iphone help-3FIL 12:30 Exercise-AL 1:30 Bridge Club-CR 2:00 Bingo-AL	12:30 Exercise-AL 1:00-Wii League-AL 3:00 Movie Matinee-TH
9:30-St. Boniface Catholic Service-SNF 12:30 Exercise-AL 2:00 Cribbage-ALFR	9:30-Coffee Talk-AL 10:00 "Your Love Story"-AL 11:30-2-Treasure Cove-2FIL 12:30 Exercise-AL 2:00 Pitch 10 pt-ALDR 3:00 Popcorn Social-ALDR 3:30-Bulletin Board Trivia-ALDR 4:00 Bible Study-CR	9:30 Manicures-AL 12:30 Exercise-AL 2-3 The Price is Right-CR 3-4 Sweathart Social-CR 7:00 Movie Night-TH	10:45-Lunch Bunch to Claxton's Altoona, Ia-TC 12:30 Exercise-AL 2:00-Bus to Walmart-TC 2:00 Dominoes Club-ALDR	9:30 Ladies Social-AL 10:00 Baking-AL 12:30 Exercise-AL 2:00 Men's Group-ALDR 2:30 Poker-ALDR 3:30-4:30 Thirsty Thursday-CR 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-CR 9:30 Puzzle Group-AL 10:30 ipad/iphone help-3FIL 12:30 Exercise-AL 1:30 Bridge Club-CR 2:00 Bingo-AL	12:30 Exercise-AL 1:00 Wii League-AL 3:00 Lutheran Church of Hope-CR
12:30 Exercise-AL 2:00 Cribbage-ALFR	9:30-Coffee Talk-AL 12:30 Exercise-AL 2:00 Pitch 10 pt-ALDR 3:00 Popcorn Social-ALDR 4:00 Bible Study-CR	9:30 Manicures-AL 2:00 Card Bingo-AL 3:00 February Birthday Party-ALDR 3:30 Famous Birthday Trivia-ALDR 7:00 Movie Night-TC	12:30 Exercise-AL 2:00-Bus to Hy-Vee-TC 2:00 Current Events w/Dick Hudson-CR 2:00 Dominoes Club-ALDR	12:30 Exercise-AL 2:00 Women's -Men's Social 2:30 Bunco-ALFR 5:00-6:00 Watermark for Kids Soup Supper-CR 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-CR 9:30 Puzzle Group-AL 12:30 Exercise-AL 1:30 Bridge Club-CR 2:00 Bingo-AL 3:00 Resident Council Meeting-ALFR	12:30 Exercise-AL 1:00-Wii League-AL 3:00 Movie Matinee-TH
9:30 St. Boniface Catholic Service-SNF 12:30 Exercise-AL 2:00 Cribbage-ALFR	9:30-Coffee Talk-AL 10:00 Iowa (Courthouse's(Story, Adair)-AL 11:30-2 Treasure Cove-2FIL 12:30 Exercise-AL 2:00 Pitch 10 pt-ALDR 3:00 Popcorn Social-ALDR 4:00 Bible Study-CR	9:30 Manicures-AL 12:30 Exercis--AL 2:00 Card Bingo-ALDR 3:00-Webster's Word of the Month-ALDR 7:00 Movie Night-TH		Senior Care Hair Colleen Tuesdays and Fridays (515) 669-3593 Indugle Salon Mary Mars (515) 250-7140	Bankers Trust Hours Wednesdays 1-3 p.m.	Resident Birthday Margaret George 7th Jan Peebler 11th Kay Rhoten 15th Vivlan Smith 19th
		FEBRUARY 2017 <i>The Inn</i>		ACTIVITY LOCATOR KEY		AL-Assisted Living ALDR Assisted Living Dining Room CR-Community Room 2FIL-2nd flor Independent Livng 3FIL 3rd Floor UIndependent Living



THE BUZZ

Supporting our Young and our Future Leaders of Tomorrow!!

Basketball Season is in full swing. The boys Waukee Warriors are making a strong presence in their conference this year. Waukee has won numerous conference championships and state tournament titles and appearances since joining the Central Iowa Metro League (CIML) in 2006. The Warriors play in the state of the art Waukee Fieldhouse.

The residents of Legacy Pointe will be headed to a Waukee Warrior High School boys basketball game on Tuesday February 7th at 4:00 pm. Watch for sign up sheets on your activity boards.

The Watermark for kids soup supper will be held Thursday February 23rd at 5:00 p.m. The staff at Legacy Pointe will provide a variety of homemade soups. A dessert and beverage will also be provided. The cost of the soup supper will be \$3.00.

Watermark for Kids is for young people to express their character, leadership, creativity, compassion and spirit. Watermark for Kids is built on three fundamental principles. First, all children have an innate greatness and deserve the opportunity to shine. Second, children are our future leaders and true leadership starts with serving others. Finally, the power of the human spirit can change the world. You can also find more information on our website, watermarkforkids.org

Please come out the evening of February 23rd with staff, residents and families of Legacy Pointe.

Out and About

Independent Living and Assisted Living Residents will be heading to Waukee High School Boys Basketball game on Tuesday the 7th. Sign up is available on the board by Assisted Living. The bus leaves at 4:00 pm from the Town Center, the team will be playing Hoover.

We're heading to Jordan Creek! Make sure to sign up for this outing on the Independent Living bulletin board. Thursday, Feb 16th 1:30 to 3:30.

Our Springs and Gardens residents are going to the Shuler Museum, located at the Waukee Public Library.

The Gardens residents will be going to Jordan Creek to see a movie on Feb. 28th at 1:00pm.

Make sure to check your calendars for the Lunch Bunch outings as well!

Independent Living: Machine Shed, Feb. 21st at 5:00pm

Assisted Living: Claxton's, Feb. 15th at 10:45 am

The Springs: Club Car, Feb 23th at 11:00 am

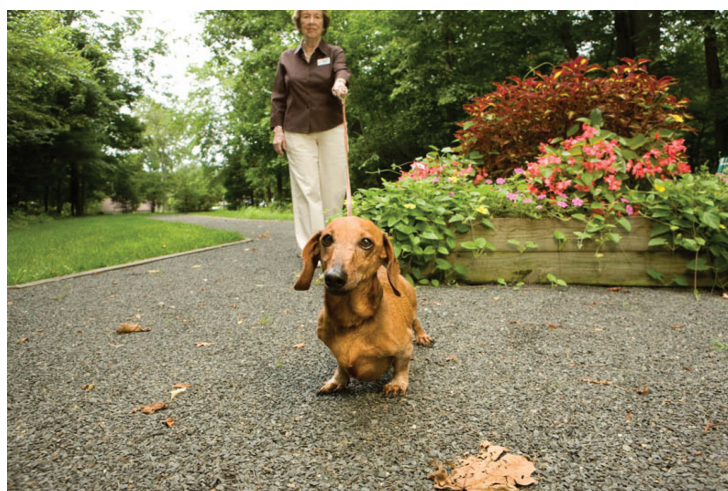


PHOTO COLLAGE



Located to the left is a picture of AL resident Arlene, enjoying her time at the slot machine!

Below to the left is a picture of Springs and Independent living residents, Ray and Marjorie Seeger.

Below to the right is a picture of Springs resident, Anna Marie, Assisted living Resident Joann, and Independent living Resident Maxine, while they try to decide which goodie was the best at the Christmas Goodie Competition.



On the top left features a picture of Independent Living Residents, Gene and Jo enjoying a treat at the "Tree of Festivals" hosted here at Legacy.

Featured on the top right is a picture of a group of Independent Living residents enjoying a social in the Community Room!