

Our Programs

Description

Make Social Connections

- Music Therapy
- Social Tea
- Creative Storytelling

All our programs aim to promote interaction among residents, but these programs specifically facilitate meaningful social and emotional connections through music, storytelling and humour.



Be Mindful

- Guided Meditation
- Scenic Drives
- Armchair Travel

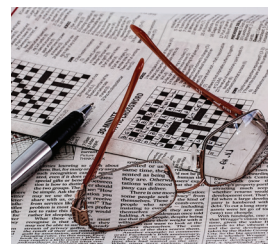
These programs allow you to explore nature and spirituality, through indoor and outdoor experiences. Some benefits of being mindful include improved sleep, improved concentration and an outlook on life.



Challenge Your Brain

- Journey Through Art
- Trivia
- Concentration Puzzles

Being engaged in cognitively stimulating programs is one way to exercise your brain. These programs specifically challenge your critical thinking, reasoning, recall and attention in group settings.



Stay Involved

- Baking
- Gardening Club
- Crafts

Feelings of self-worth and validation can be obtained through our day-to-day activities. These programs utilize the skills and talents you have developed throughout your life to enhance your purpose and well-being.



Get Moving

- Movement with Music
- Sensory Stimulation
- Walking Group

Staying physically active is not only good for your body, but it is good for your brain. Engage your kinesthetic, tactile and other senses through creative methods.

