Stay Active, Stay Happy

EXAMPLE OF WEEKLY EVENTS

BENEFITS

PHYSICAL WELLBEING	MOBILITY, COORDINATION, GENTLE STRENGTH-BUILDING ACTIVES
COGNITIVE STIMULATION	SUPPORTS MEMORY, PROBLEM-SOLVING AND FOCUS.
EMOTIONAL ENRICHMENT	ENHANCES MOOD, CREATIVITY, STRESS REDUCING AND REMINISCENCE
SOCIAL CONNECTION	BUILDS CONVERSATION, COMMUNITY, AND A SENSE OF BELONGING

MONDAY

AM	HAIRDRESSER & NAIL CARE TECHNICIAN
PM	TABLETOP CLASSICS

TUESDAY

AM	MOVEMENT & COORDINATION SESSION
PM	TUESDAY TRIVIA

WEDNESDAY

AM	GARDEN SOCIAL CLUB
PM	DISCOVER THE ARTIST

THURSDAY

AM	MUSICAL ENTERTAINMENT - LIVE SINGER
PM	REIKI RELAXATION

FRIDAY

AM	FEEL GOOD FITNESS
PM	MOVIE CLUB

SATURDAY

AM	GARDENING CLUB
PM	WHO WANTS TO BE A MILLIONAIRE

SUNDAY

AM	CHURCH SERVICE IN THE CHAPEL

ST. MICHAELS CARE
PRIVATE RESIDENTIAL & NURSING

AT ST MICHEALS WE BELIEVE ACTIVITIES ARE AT THE HEART OF GOOD CARE. THAT'S WHY WE OFFER A WIDE VARIETY OF THINGS TO DO, FROM GENTLE EXERCISE AND CREATIVE SESSIONS TO SOCIAL EVENTS AND HOBBIES, ALL DESIGNED TO KEEP RESIDENTS ACTIVE, ENGAGED AND CONNECTED.