**Life Enrichment Program**

Components of Program:

* Celebrating Life
  + Birthday’s
  + Mother’s Day – Tea, brunch
  + Spring fling
  + Fall Ball
  + Winter Ball
  + Valentine’s Day
  + Flag Day
  + Oktoberfest
  + Father’s Day – BBQ, car show
  + Christmas
  + Ect…
* Keeping Fit Wellness Program
  + Stepping Out
  + Freedom program
  + Restorative program
  + Group exercise
    - Yoga
    - Balance class
    - Strength class
    - Tai Chi
* Connecting
  + Volunteering in the community
* Always Young
  + Intergenerational activities
* Welcome Home
  + Welcome baskets
  + Individualized Decorating apartments
* Friendship Ambassadors
* Discovery of Life
  + Through plants and animals
* Our Life Gallery
  + Revolving gallery of the residents lives