**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