



THE WATERS

PURPOSE PROGRAMMINGSM

SENIOR LIVING

Our mission is to go beyond “activities” by creating purposeful programs and events intended to engage our residents on a physical, spiritual and emotional level.

ACTIVE LIFE WITH A PURPOSE

- Rise & Thrive
- Waters Drumming
- Stretch & Yoga
- Tai Chi
- Better Balance
- Walking Club
- Exercise Equipment 24/7
- Wii Games & Outdoor Activities
- Volunteering
- Alzheimer’s Walk



Active Life with Purpose
PHYSICAL WELLBEING



COMMUNITY ENGAGEMENT

- Social Hour
- Conversations with the Chef
- New Resident Orientation
- Monthly Birthday Celebration
- Cards, Games & Puzzles
- All Residents Meeting
- Smoothies after Exercise
- Movie Nights & Matinees
- Dances & Entertainment
- Hospitality Club
- Men's/Women's Groups
- Intergenerational Activities
- Seasonal Parties & Celebrations
- Honoring our Veterans
- Offsite Excursions - Theatres, Plays & Musicals, Apple Orchards, Scenic Drives, Riverboat Cruises, Lunch & Dinner Outings, Ice Cream, and more!



Community Engagement
EMOTIONAL WELLBEING





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Personal Growth

INTELLECTUAL WELLBEING

Creative Corner

- Fill Your Vase
- Color Me Calm
- Art Therapy
- Baking/Cooking Classes
- Travel Club Destination Crafts
- Paint, Paper & Scissors

Music Enrichment

- Sing-A-Longs
- Soundtracks Creative Aging Program
- Music Education Series
- Music Entertainers & Performers
- Vocal Essence Senior Choir

Waters Academy

- Travel Club
- History Club
- College Level Great Courses Series
- Book Club
- Technology Classes

Spirituality

- Worship Services
- Bible Studies
- Devotions & Prayer Time
- Meditation & Nature Walks
- Sunday Morning Songs of Praise
- Wisdom & Legacy Circles
- Memorial Services

Health & Wellbeing

- Support Groups
- Integrative Therapies:
 - Relaxation & Breathing
 - Aromatherapy & Gratitude Journals
 - Tai Chi & Qigong
 - Animal Assisted Therapies
 - Yoga & Meditation
 - Energy Healing & Guided Imagery

The Waters Senior Living

Senior Living PURPOSE Programming