



# THE WATERS

## PURPOSE PROGRAMMING<sup>SM</sup>

### SPECIALTY CARE

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—and we encourage families to join in.

#### ACTIVE LIFE WITH A PURPOSE

- Rise & Thrive
- Waters Drumming
- Sit & Stretch
- Chair Yoga
- Small Walking Groups
- Bean Bag Toss
- Balloon Tennis
- Alzheimer’s Walk



#### COMMUNITY ENGAGEMENT

- Social Hour
- Smoothies
- Movies & Popcorn
- Outdoor Programming
- Games - Word Challenge, BINGO, Card Games, Guess Who, & more!
- Birthday Celebrations
- Beverage & Food Socials
- Conversations with the Chef
- Seasonal Parties & Celebrations
- Honoring our Veterans
- Outings - Scenic Drives, Ice Cream Outings, Garden Tours, Apple Orchard, Musicals, Holiday Light Tours, Lunch Outings and more!





# THE WATERS

## PURPOSE PROGRAMMING<sup>SM</sup>



### Personal Growth

#### INTELLECTUAL WELLBEING

### Creative Corner

- Fill Your Vase
- Baking/Cooking with the Chef
- Arts as Therapy
- Color Me Calm - Mandala Coloring
- Travel Club Destination Crafts

### Waters Academy

- Travel Club
- Guess Who & Trivia
- Educational Programming
- Read Aloud & Word Challenge
- Great Courses DVD Series

### Spirituality

- Devotions & Rosary Readings
- Worship Services
- Eucharist Mass
- Songs of Praise
- Wellsapes & Meditation
- Sunday Livestream Church Service

### Health & Wellbeing

- Nails & Hand Massages
- Integrative Therapies:
  - Breathing & Relaxation
  - Aromatherapy
  - Tai Chi & Qigong
  - Guided Imagery
  - Mediation
  - Animal Therapies
  - Yoga & Meditation
  - Gratitude Journals
  - Energy Healing

### Music Enrichment

- Sing-A-Longs
- Music Therapy
- Music Education - Broadway Musicals, The Symphony, and more!
- Live Music Performances & Entertainment

**The Waters Senior Living**  
**Specialty Care PURPOSE Programming**