

# Life Enrichment



## Morning Pointe

Senior Living & Memory Care

The activity and social calendar at Morning Pointe Assisted Living/Personal Care is not just about staying busy, it's about creating purposeful days. Our programming focuses on connecting residents to activities they have enjoyed throughout their lifetime, while exposing them to new possibilities. It involves volunteers and students of all ages, partnerships with the greater community and friendships with their new neighbors. The life enrichment director heads up the creation of the monthly calendar scheduling regular and changing activities inside and outside the building with a focus on eight purposeful methods of engaging our residents. They include:

- Daily Exercise and Physical Activity: Exercise, Active or Sport Games, etc.
- Mind, Body and Spirit: Religious Services, Hymn Singing, Inspirational Readings, Meditation, Music, etc.
- Life-Long Learning and Cognitive Flexibility: Trivia Games, Current Events, Classes, Educational Speakers, etc.
- Community Partners and Outside Social Connections: Regular projects that encourage volunteering and giving back in the city/county
- Intergenerational Programming: Connecting with Children and Students of All Ages
- Creative, Nurturing, and Sensory: Art, Music, Horticulture, Baking, Pet Visits, etc.
- Social Celebrations: Parties, Discussion Groups, Themed Activities, etc.
- Outings: Exploring the Outside Community