

## The Grande at Sterling Estates of West Cobb

### **Daily Activities**

**Health & Wellness** – We have discussions on different health topics, and research further into items that are of interest to the residents about the topic studied. Will be working with the wellness team and outside vendors to schedule lectures & other activity that are in the “health & wellness” category.

**Discovery Discussions** - We study different topics with study guides and Short videos and then discuss. Each of the discussions have a number of questions throughout the reading material that are used to spark conversation.

**Music & Movement / Sittersize** – The wellness team from the Landmark building joins us every morning and on Tuesday & Wednesday afternoon to help keep our bodies active through exercise and stretching.

**Morning Introductions / Morning Gatherings** – During this time we are discussing current events, what happened in history on that day’s date, what the activities are that are happening that day, what the menu is for that day’s meals, and what the weather forecast is. We also always have a picture, poem and quote of the day that we will discuss.

**Household Helpers** – The residents assist the staff with clearing and prepping our dining room for mealtimes and special events. They may fold / roll silverware, wipe down tables and placemats or set the tables. We also do a variety of things throughout the community (watering plants, wiping down equipment in the wellness center, assisting in the preparation of some of the activities, etc.)

**Refreshment** – Throughout the day we are making sure that our residents stay hydrated. We have set 3:00pm as a social refreshment time daily, on top of this. During this time, we will have a light snack and whatever the drink of the day is.

### **Clubs**

**Travel Club** – Study the language, National Flag history, Holidays & festivals, Cuisine, and Superstitions & folklore of different countries.

**Craft Club** – Crafters get together and choose projects that they would like to make, and then create them. We are looking into having local schools come in to work on projects with us.

**Garden Club** – The club started learning about herbs, and how to grow and care for them. We have already planted some herbs in the table planter on the Greenhouse Room porch. We will study the different classes of flowers (annuals, perennials, etc.), and learn about the different flowers and plants in each classification. Field trips are being planned to nurseries, and garden shops. We will be scheduling talks by master gardeners, and doing some planting of our own.

**Art Club/ Drawing Club** – We use tutorials to learn how to draw different things in the drawing portion of the club. The art portion of the club will study different artist, and work on projects using their artistic techniques. We will be arranging visits to art galleries and museums. The artist we will study range from painters & sculptures, to musicians and dancers.

**Culinary Club** – We pick different recipes to make (Cookies & other desserts, dips), and then these treats are used as a snack during our refreshment time. We also do special items like the healthy doggy treats we made for the puppies that came to visit us, special cakes for resident's birthdays. We are working with the culinary department, and will be scheduling special cooking & baking demonstration. We will also be studying famous chefs.

**Men's Club** – Run by Sele & Tommy (CP). The activities are based on the interest of the men in the club.

**Women's Club** – We are doing a take on the "Red Hat Society", and calling it the "Blue Hat Society" due to the Sterling colors of blue & silver. This club is doing a variety of different things. We are learning/freshening up on sewing/needle crafting skills (Plastic Canvas, quilting, etc.) We will plan special events (Ladies Tea, Fashion show, etc.). We will also be studying prominent females in society.

**Decoration Committee** – This committee gets together to plan the decorations for holidays and special events. We then will craft as many of the decorations as possible and purchase the rest. For example: for the Thanksgiving holiday we are creating a cornucopia.

**Book club / Writing Club** – We have books from Hearthstone that we will read and discuss, as well as studying different authors for the book club. We also have poetry readings. The writing club gets together and creates our own short stories/poems.

Philosophy Club – We will be discussing philosophical questions (i.e., What is happiness, and then researching what different philosophers answer to the questions are. We will incorporate TED Talks into many of the discussions.

## **Special activities**

Game Hours – we play different games during these times. Some of them are familiar To most of us (rummy, checkers, dominoes, volleyball, cornhole, etc.) And other games are new, which we then learn together and try out to test if we would be interested in playing the games again sometime.

Brain Games / Cranium Crunches – we select a variety of different word & picture Puzzles, and trivia that helps to work the different parts of our brains. Examples of these are: Crossword puzzles, category sorting, trivia, Hidden Object games, word scrambles, would you rather, etc.

Reminiscing time - we use a variety of material to help reminisce about our lives. We have get-togethers where we share special mementos with each other. There are scavenger hunts, where we try to find items on each other's story boards, and then the resident will tell us about the photos and other items they have placed on these story boards. We will be implementing a "Getting to Know Me" session each month, with the staff members, so the residents can get to know the people that care for them better.

Outings – scheduling outings throughout the clubs, as well as just for fun. We will go sightseeing, have lunch outings or just special treat outings. We will plan outings to places of interest to the residents, and special events (i.e.; the veterans are going to an elementary school for a special Veteran's Breakfast event).

Happy Hours & Social events – there will be at least one happy hour per month with entertainment. We have a "games with friends" event every Friday night. We are working with outside vendors, and scheduling things like; ice socials, tea times with music, etc. There are game times during the week when we get together and learn how to play new games.

Visits from schools – The kids will come in and play games with the residents, or do crafts. During the holidays, the kids will come and do musical performances (Churches will also be coming to sing for us).

Visits from vendors – we have a therapy horse that will come once a month. We have visits from a vendor who owns exotic birds. We have visits from a dog rescue facility (Bosley’s Place), which teaches us about what they do (they received rescued puppies awhile back, and brought them to us to help them bottle feed the puppies). We have companies that will host special events for us (i.e., ice cream socials, tea parties, etc.)

Uplifting your Day Through Music with Hal – Our wonderful chaplain comes every other Friday in the afternoon to sing uplifting music with the residents. The music we sing is gospel songs familiar to the residents, and holiday songs during the holiday seasons.

Music Therapy with Keith – The first and third Wednesday’s of the month Keith will bring His guitar and play music & sing with the residents. During this time, he Will also incorporate a little trivia about the songs into his program.

Matinee / evening movies – the residents get a choice of what movies they would like to watch for the month. We, at this time, are doing 1 matinee movie and 1 evening movie a month. We tend to stick to the classics, musicals, and comedies.