

PATHWAYS

Programming is based on based on the 7 Pillars of Wellness:

Physical Wellness: This pillar is familiar to many. It's about the importance of regular exercise, nutritious eating, and adequate rest. However, it's not just about the body; it's about feeling vibrant and energized in our physical being. (all kinds of exercise, learning about nutrition, cooking healthy items, massage, reiki, games, etc.)

Intellectual Wellness: This means stimulating our minds through lifelong learning, exploring new ideas, and engaging in creative endeavors. Intellectual wellness fuels our curiosity and keeps our mental faculties sharp. (OLLI pursuits, cognitive exercise games including card games, dominoes, Bunko, name challenges, reading newspapers together, talking about current events and pop culture, etc.)

Emotional Wellness: This is about understanding, expressing, and managing emotions in a healthy way. This pillar teaches us resilience, self-compassion, and the ability to navigate life's ups and downs. (journaling, sharing challenges in a supportive group setting, etc.)

Social Wellness: This one is about nurturing meaningful connections and fostering a sense of belonging within our communities. Social wellness thrives on genuine relationships and a supportive network...wherever that may be. (getting to know the individuals in the group, working together on life's stories, enjoying performers, etc.)

Spiritual Wellness: The key to this is reflecting on life's purpose, finding inner peace, and seeking meaning and depth in our existence. Spiritual wellness is about aligning with our values and beliefs. (practicing daily devotionals, embracing religious holidays, prayer, etc.)

Vocational Wellness: Sometimes a little mysterious by just the word, this one is about finding satisfaction and fulfillment in our work or personal pursuits. This pillar encourages us to pursue careers or hobbies that resonate with our passions and strengths. (playing an instrument, singing, dancing, creating art, writing, gardening, etc.)

Environmental Wellness: Hopefully we will all continue being mindful of our surroundings and making choices that positively impact our environment. Environmental Wellness emphasizes our responsibility to care for our planet. (getting involved with volunteer groups such as preparing supplies "For the Love of the Lake" or cutting fabric for the Happy Hookers, writing letters of support to groups, discuss ways to recycle and starting a group project, etc.)

All times vary since the program is person and group centered, following the rhythm of the residents, with engagement tailored to individual likes, habits and preferences.