



DOMINION™

SENIOR LIVING

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Love Story

Socials were a big part of Bobby's life growing up; especially tea parties. She would go across the street to her neighbor's house quite often to enjoy a get together. When our Mother's Day tea party came up in May, she rested all day in order to be ready for this event. She had a hat and a corsage that was made especially for our moms. We sat around the table and talked, when I asked what her favorite part was when going to a tea party in her old neighborhood, she replied, "Just being able to socialize and get everyone together." She thoroughly enjoys her herbal tea, but the friends around make the event even more special.



July 2017

Finding Encouragement in Support Groups




When you're going through a tough time, it's OK to seek help from others, whether you need someone to run an errand, bring you a meal, or just sit and hold your hand. Don't forget there's another way to receive the encouragement you need—by joining a support group.

These types of groups offer a unique form of both emotional and practical support. Linked by a common experience—often a health condition or loss—members of a support group have gone through similar situations and emotions that allow them to truly empathize with each other. Knowing that someone else understands your feelings can provide much-needed relief.

Usually led by a trained guide, support groups allow participants to share their struggles in a confidential setting. People often use support groups as an opportunity to blow off steam and relieve emotional stress, but these groups offer educational benefits, too. Members can share coping methods, ideas, medical news, reading materials and websites, and numerous other resources.

Support groups are different from formal group therapy sessions, but they can still have a therapeutic effect. Medical research continues to show that emotional and psychological support is an important component of health and healing.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|--|
|  | |  | |  | | 1 10:00 Exercise Circle 10:30 Devotions & Prayer 11:00 Patio & Music Social 2:00 Darts & Dominos 3:30 Bingo 6:00 TV Social with Popcorn |
| 2 10:00 Exercise Circle 10:30 Devotions & Prayer 11:00 Sips Social 1:30 Games 5:30 Matinee' Movie 5:30 Cards & Puzzles | 3 10:00 Flex & Stretch 10:30 Devotions 11:00 Patio Music Social 1:30 Manicures 3:00 Craft Painting Suncatchers 6:00 Monday Night Game Shows | 4 Independence Day 10:00 Circle Volleyball 10:30 Devotions 11:00 Wheel of Fortune 2:00 Feed the Flowers 2:30 Patio & Music Social 3:30 Bingo Night | 5 10:00 Exercise & Move 10:30 Devotions 11:00 Bible Study with Mike Driver 2:00 Darts & Ladderball 4:00 Scenic Drive 6:00 TV Shows | 6 10:00 Movements Matter 10:30 Devotions 11:00 Cross Stitching Women's Club 1:30 Fun & Games 3:30 Sensory Garden 6:00 Bingo | 7 10:00 Chair Yoga & Move 10:30 Devotions & Prayer 11:00 Daily News 1:00 Fun & Games 2:30 Matinee' & Hydration 4:00 4th of July Cookout & Games | 8 10:00 Ball & Stretch 10:30 Encouraging Word of the Day 11:00 Patio & Music Social 2:00 Afternoon Stroll 3:30 Scrabble & Cornhole 6:00 Movie Night |
| 9 10:00 Exercise Circle 10:30 Devotions & Prayer 11:00 Sips Social 1:30 Ladderball 5:30 Matinee' Movie 5:30 Dominos & Puzzles | 10 10:00 Flex & Stretch 10:30 Devotions 11:00 Patio Music Social 1:30 Manicures 3:00 Craft Day: Summertime Heat Fans 6:00 Monday Night Game Shows | 11 10:00 Cardio Blast 10:30 Devotions 11:00 Reminiscing & Sips Social 1:30 Jurnee Carr Fleece Blanket Craft 3:30 Bingo Night 5:30 TV Shows | 12 10:00 Exercise & Move 10:30 Devotions 11:00 Bible Study with Mike Driver 4:00 Scenic Drive 6:00 TV Shows | 13 10:00 Movements Matter 10:30 Devotions 11:00 Cross Stitching Women's Club 1:30 DIY Flower Bouquets 3:30 Sensory Garden 6:00 Bingo | 14 10:00 Chair Yoga & Move 10:30 Devotions & Prayer 11:00 Patio Social and Cornhole 2:00 Summer Baking Session: Coconut Creme Pie 3:30 Darts & Scrabble 4:00 Evening Stroll 6:00 Popcorn & Movie Night | 15 10:00 Exercise Circle 10:30 Devotions & Prayer 11:00 Patio Social & Music 2:00 Circle Volleyball 3:30 Uno & Checkers 6:00 TV Social with Pretzels |
| 16 10:00 Exercise Circle 10:30 Devotions & Prayer 11:00 Sips Social 1:00 Diamondbacks vs. Braves 3:00 Scrabble & Games 5:30 Matinee' Movie | 17 10:00 Flex & Stretch 10:30 Devotions 11:00 Patio Music Social 11:00 Encouraging Word of the Day 1:30 Manicures 3:00 Craft Day: Doily Wall Art 6:00 Monday Night Game Shows | 18 9:30 Frieda Jones & Therapy Dogs 10:00 Cardio Blast 10:30 Devotions 11:00 Current Events 11:00 Reminiscing & Sips Social 1:30 Bowling Fun 3:30 Bingo Night 5:30 TV Shows | 19 10:00 Exercise & Move 10:30 Devotions 11:00 Bible Study with Mike Driver 12:00 Cubs vs. Braves 2:00 Performance by Momma Molasses 4:00 Scenic Drive 6:00 TV Shows | 20 10:00 Movements Matter 10:30 Devotions 11:00 Cross Stitching Women's Club 1:30 Fun & Games 3:30 Sensory Garden 6:00 Bingo | 21 10:00 Chair Yoga & Move 10:30 Devotions & Prayer 11:00 Daily News 2:00 Summer Baking Session: Pumpkin Pie 4:00 Evening Stroll 6:00 Popcorn & Movie Night | 22 10:00 Volleyball Circle & Stretch 10:30 Encouraging Word of the Day 11:00 Patio & Hydration Social 2:00 Afternoon Stroll 3:30 Puzzles 6:00 Movie Night |
| 23 10:00 Exercise Circle 10:30 Devotions & Prayer 11:00 Sips Social 2:30 Games 5:30 Matinee' Movie | 24 | 25 10:00 Cardio Blast 10:30 Devotions 11:00 Current Events 11:00 Reminiscing & Sips Social | 26 10:00 Exercise & Move 10:30 Devotions 11:00 Bible Study with Mike Driver 4:00 Scenic Drive 6:00 TV Shows | 27 10:00 Movements Matter 10:30 Devotions 11:00 Cross Stitching Women's Club 1:30 Canvas Painting 3:30 Sensory Garden 6:00 Bingo | 28 10:00 Chair Yoga & Move 10:30 Devotions & Prayer 11:00 Trivia on the Patio 2:00 Summer Baking Session: Apple Pie 4:00 Evening Stroll 6:00 Popcorn & Movie Night | 29 10:00 Exercise Circle 10:30 Devotions & Prayer 2:00 Trivial Pursuit 3:30 Sunday Stroll 5:00 TV Social with Popcorn |
| 30 10:00 Exercise Circle 10:30 Devotions & Prayer 11:00 Sips Social 1:30 Sensory Garden 5:30 Matinee' Movie | 31 | 1:30 Seated Soccer 3:30 Bingo Night 5:30 TV Shows | | | | |

