



Physical Activities

- Cardio & Balance Fit
- Health & Wellness Therapy
- Mall Walking
- Movements That Matter
- Muscle Fitness
- Otago Balance
- Sitting Fitness & Balance
- Tai Chi
- Water Aerobics
- Yoga

Intellectual Activities

- Book Club
- Brain Fit
- Current Events
- Discussion Groups
- Group Crossword Puzzles
- Lectures
- Library
- Montgomery College
- TED Talks
- Word Games

Occupational Activities

- Committee Involvement
- Community Work
- Manna Snacks
- Thoughtful Treasures

Social Activities

- Art Now
- Arts & Crafts
- Billiards
- Bingo
- Bridge
- Chorus
- Coloring
- Garden Level Happy Hour
- Knitting
- Mah Jongg
- MPP Players
- Music Programs
- Play Reading
- Resident Reception
- Sing Along
- Wiz-Quiz

Spiritual Activities

- In-House Religious Services
- Church Shuttle
- Televised Catholic Mass

Emotional Support

- Caregiver Support Group
- Meditation in Motion
- Psychological Support
- Social Services Support



March 2019

The Wellness Program



at

Maplewood
 PARK PLACE

Addressing the Dimensions of Wellness

The Wellness Program at Maplewood Park Place supports all dimensions of wellness with a comprehensive set of activities and programs in which residents and staff work together to assess, maintain and improve individual and community wellness.

Wellness involves...

- W**ellbeing
- E**ngagement with the community
- L**iving life's goals
- L**iving independently
- N**utritional balance
- E**xpanding relationships with others
- S**ocial stability
- S**trength of Body and Mind

Wellness Panel

- Barbara Harry, Executive Director
- Richard Balogh, Associate Executive Director
- Donna Bussard, Wellness Coordinator
- Arielle Roseborough, Director of Continuing Care
- Dominique Davis, Lifestyle Coordinator
- Oscar Blanco, Security Manager

Wellness Process Overview

Move-In Activities

- Clinic Visit
- Security Orientation
- Social Services Visit
- Therapy Screen

Social Introductions

- Hospitality Committee
- Resident Orientation
- Resident Reception
- Captain's Table

