



# Enrichment, your way.



VINEYARD

[vineyardseniorliving.com](http://vineyardseniorliving.com)

### *Grow on.*

At Vineyard, we take the time to learn about everywhere you've been, everything you've done and what it is you're looking for through regular Life, your way™ Lifestyle Assessments. This translates into the personalized programming you need to maximize purpose, passion and cognitive function. *Cultivate* is our proprietary dementia care program designed to enhance the quality of life for individuals living with dementia by understanding their uniqueness and need for the right kind of care.

- Resort-like entry with lounge and courtyard view
- Activities Room
- Library
- RENEW Salon and Spa
- Movie Theatre
- Lounge
- Interactive Kitchen



## Sample activities:

### **INTERGENERATIONAL PROGRAMMING**

Mature adults, young adults and children all learn from each other, and fostering these relationships within the community and watching them grow can bring out the best in even the most timid...and the most fun.

### **AROMATHERAPY**

We want your loved one to be – and feel – his or her very best self, so we utilize aromatherapy hand massage designed to enhance overall wellbeing.

### **WELLNESS**

Wellness-enhanced programs such as onsite fitness classes, dancing, and walking promote independence, mobility, and vitality.

### **COOKING AND CREATING**

We value your loved one's culinary talents at Vineyard, and afternoons are celebrated with a collaboration of special snacks and refreshments.

### **MUSIC**

Musical memory involves more regions of the brain than most types of memory, and some of these regions are less susceptible to the effects of Alzheimer's and dementia. We utilize music to allow for greater recall and emotion, musical aptitude and appreciation, and to engage on a deeper level.

### **ART**

For those living with dementia, art provides creative stimulation, social interaction, and helps to develop fine motor skills with a variety of positive outcomes, including increased confidence, concentration, and motivation.

### **MEMORIES IN THE MAKING**

All of the elements of a life story provide important tools for improving communication, preventing boredom, and honoring your loved one's life. When families come together to create their storybook, it's a meaningful celebration of a life well lived.

