



season of @ **GRAND OAKS**
REFLECTION

SEPTEMBER 10-16, 2023



JOIN US FOR NATIONAL ASSISTED LIVING WEEK CELEBRATION!

ACTIVITIES FOR RESIDENTS:

SPRINGING INTO REFLECTIVE MEMORIES (SUNDAY, SEPTEMBER 10):

- Submit photos of yourself or your family that reflect on the past 12 months, symbolizing the growth and renewal. You can start submitting your pictures now
- Pictures will be used to create a "Memory Wall" for displaying these photos throughout the week.

SUMMER SERENITY: MINDFUL MOMENTS (MONDAY, SEPTEMBER 11):

- 2:30pm - In the Library
 - Snack: Fresh Fruit & Veggie Smoothies Station



Autumn's Wisdom: Nature's Whispers (Tuesday, September 12):

- 10:00am - 6:00pm - In the Courtyard
 - Nature walk in the courtyard for employees and residents - Find the hidden word in the courtyard and share your findings with Laurie for a prize.
- 3:00pm - In the Commons
 - Resident Volunteers meet in the Commons to prepare thank you gift for staff

Winter's Warmth: Fiesta of Diversity (Wednesday, September 13):

- 2:30-3:30 pm - In the Commons
 - Resident Volunteers Table: Thank You Staff Appreciation Giveaway



Giving Back: Harvesting Compassion (Thursday, September 14):

- 2:00pm -3:00pm - In The Commons
 - Craft care packages for a women's shelter, reflecting the spirit of giving during this season- (National Center for Families and Children)
 - Snack: Trail Mix and Soda Station, Make Your Own Trail Mix.

Embracing Diversity: A Global Mosaic (Friday, September 15):

- 3:00pm - 4:00pm - In The Commons
 - There will be 7 tables, each representing one of the 7 continents to symbolize our diversity. You can explore global flavors by trying snacks from around the world at each table, appreciating Grand Oaks' rich cultures.

Closing Reflections: Nurturing Growth Together (Saturday, September 16):

- 2:30pm - 3:30pm- In the Library
 - Root Beer Floats, Popcorn, Mixed Peanuts.
 - Use this time to express gratitude for the week's events and discuss how reflection can continue to be part of daily life in the community.

