



# MONTHLY NEWSLETTER

Check out this month's newsletter and calendar to discover all of the exciting and enriching activities we have planned for our residents for the month of May.

## Life Skills

Date: May 7 & 14  
11:00AM



**Basic life skills include self-care activities, cooking, money management, shopping, room organization, and transportation. These skills are learned overtime.**



## Dog Therapy

**This organization is a 501(c)(3) non-profit humane society. They were established to stem the tide of abandoned dogs and cats in the southern crescent of Atlanta. Twice a month Coco's cupboard bring therapy dog to TSV, so that our participants can enjoy being in the presence of therapy animals. They are allowed to touch, pet and walk the dogs. It's a 20-30 minute visit.**



## Arts & Crafts

Date: May 7 & 14  
10:15AM

**Arts and Crafts offer our residents a chance to learn and grow in a fun and creative environment, while also developing problem-solving skills that help improve mental health and strengthen teamwork and communication skills.**



## Dance Fitness/Water Aerobics

Date: May 2, 16, & 30  
11:45AM



**The high-and low-intensity intervals make Zumba/ Dance Fitness an excellent cardio workout. Traditional Zumba workouts emphasize strengthening the core, while Zumba/DF Toning and Zumba Step workouts incorporate weights to build muscles in the arms, legs, and glutes.**

**The water aerobics class includes a warm-up, cardio, strength training exercises and a cooldown. There are exercises like water walking, bicep curls, leg and arm lifts. The buoyancy of water is easy on the joints. The participants will be allowed to have open swim for 30 minutes after the sessions. There is a lifeguard on duty.**



## Social Outings/Social Time

Date: May 9 & 23  
11:00AM



**Social activities are an important way for adults with developmental and intellectual disabilities to connect with others and develop relationships.**

## Reading Time

**When given time to read, individuals will acquire vocabulary skills, develop fluency, improve reading stamina, and develop a love for reading.**



## Meditation

Date: May 1, 6, 8, 9, 13, 14, 15, 20, 22, 23, & 29  
9:00AM



**Meditation is a mental exercise that focuses on attention and awareness. We explore meditation to overcome anxiety and focus on positivity.**

# Volunteering

Date: May 1, 8, 15, 21, 22, 28, & 29  
9:30AM & 10:00AM

## Graceland Thrift Store

### Clothes Less Traveled Thrift Shop

**Our adults volunteer at both stores. They organize shelves which makes the merchandise more appealing to shoppers. They stock shelves and discard outdated merchandise.**



## Southwest Christian Healthcare

**Southwest Christian Health Care is a ministry dedicated to providing the highest quality care and support for terminally ill patients, children, and seniors all supported by a spiritual and grief recovery care team. TSV provides companionship for the participants, assists staff with the activities and helps to maintain their wonderful gift shop, giving our Adults the opportunity to serve others.**



# Grocery Shopping

Date: May 6, 13, & 20  
10:00AM

**Every Monday, our residents take a trip to Walmart to shop for groceries. This weekly activity helps our residents become knowledgeable on budgeting, nutrition, and everything else there is to know about shopping.**



## Current Events

Date: May 2, 9, 16, 23, & 30  
9:00AM & 2:00PM

**Big stories of the day explained in 10 minutes. The mission is to break down complicated news stories with easy to-understand explanations.**



## Performing Arts

Date: May 2, 9, 16, 23, & 30  
9:30AM & 10:00AM



**Performing Arts is an effective tool to help individuals work through physical, emotional, and behavioral issues that may hinder their development. Residents learn songs and have perform them for the Seniors at Christian City. The residents have recently selected a comedic play to learn and perform. The performance date is TBA.**

## Gardening

Date: May 6, 10, 13, & 20  
12:00PM & 1:00PM

**A Tower Garden system was donated to TSV which makes it easy for the Adults to grow their own fresh, nutrient rich food without soil. In addition, Christian City has made a garden plot available for future use. Good health starts with good habits.**



## Grocery Shopping Prep

Grocery shopping is an essential part of adulting. Getting fast food for every meal is expensive, unhealthy, and unrealistic. For that reason — a regular trip to the grocery store is essential. We have started to prepare a menu and grocery list each week. This activity has given the group an opportunity to plan healthy choices and it has made the grocery experience much faster and more productive.



## Cooking

Date: May 6, 13, & 20  
11:30AM



Our Adult Participants are preparing meals. They are learning how to cook from scratch.

## Yoga

Date: May 1, 15, & 29  
11:00AM

Yoga can promote better posture and body awareness. Additionally, yoga's focus on mobility and flexibility can contribute to better alignment.



## House Keeping

Date: May 6, 13, & 29  
2:00PM

**Our residents and participants come together to learn proper housekeeping skills in the Cottage common areas and the Gathering Place during Adult Day Programming. These life skills are important for home maintenance, future residency once they live independently, and can prepare them to segue into future workforce development opportunities.**



## Exercise With Coach Q

Date: May 7, 14, 21, & 28  
9:30AM



**Coach Q and Chef Nora Pullen have developed The Fitness Ranch to grow our community stronger. They are deeply committed to making a difference. Two Sparrows Village exercise sessions with Coach Q are 4 times a month.**

## Family Night

Date: May 30  
5:00PM

**Once a month, the staff, residents, and family members convene for a fun evening of fellowship.**



## Leisure Time

Date: May 6, 13, & 20  
2:00PM

**A time when you can relax and do things that you enjoy. Our Participant watch movies, listen to music and talk amongst themselves.**



## Learning Centers

Date: May 1, 2, 8, 9, 15, 16, 22, 23, 29, & 30  
1:00PM



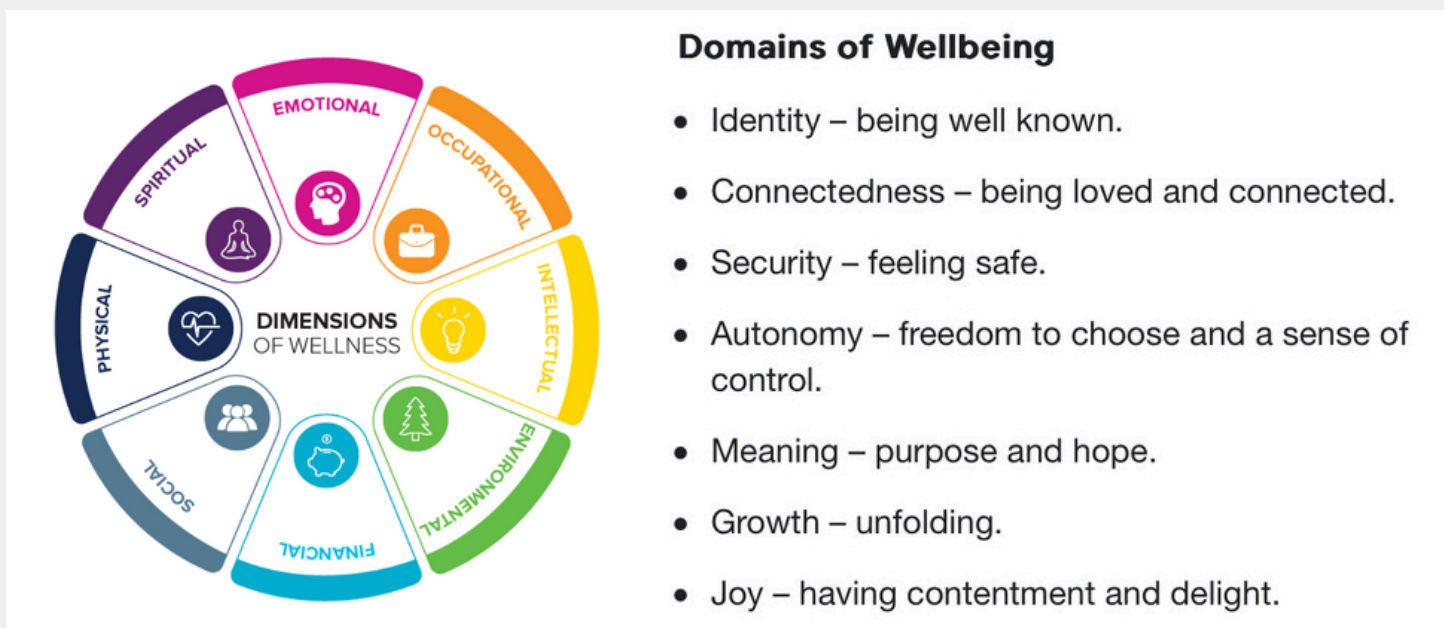
**The activities are used to focus on a set of skills and deepen the students' knowledge and abilities in that area. Students can work alone, in pairs, or in small groups.**





# WELLNESS GUIDE

Through our dedicated focus on the 8 Dimensions of Wellness, we encourage our residents to live a healthy, balanced life. We center the 7 Domains of Wellbeing chart as we plan daily activities. See the chart below to explore the intention behind how we plan our programs.



Please see the calendar for mindful practices around the 7 Domains of Wellbeing. Each day we set time aside for us to be intentional.

Stay tuned for next month's newsletter to find out what our resident participants have planned for June 2024!