



# 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 February.

## Lifestyle Enrichment

Date: Feb. 5 & 19  
11:00AM

Engaging in meaningful activity is essential for every human being and can be especially helpful with individual with intellectual and developmental disabilities (IDD). These activities promote confidence, skill development, social interaction and over-all wellbeing. The participants will practice self care/cleanliness, dress for success and business lunch preparation.



## Small Steps Music, Inc

Date: Feb. 5, 13, 19 & 27  
1:30PM

Music therapy is the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy interventions can address a variety of healthcare & educational goals: promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical rehabilitation. The Small Steps staff continues to support, nurture, and develop each individual's abilities and areas of need through the use of innovative teaching strategies and enjoyable music interventions in a therapeutic environment.



# Primrose Art Therapy/ Arts & Crafts

Date: Feb. 11 & 25  
11:00AM

**Our mission is to empower individuals on the autism spectrum and all individuals with disabilities by providing them with opportunities for self-expression, creativity, and personal growth through art. We strive to foster inclusivity, understanding, and appreciation for neurodiversity within our communities.**



# Fitness/ Dance Fitness

Date: Feb. 3, 10, 12, 13, 17, 19, 24, 26 & 27  
11:00AM & 11:15AM & 1:30PM

**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.**



## Social Outings/Social Time

Date: Feb. 6 & 20  
10:30AM



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

## News/Current Events

Date: Feb. 3, 10, 17 & 24  
9:30AM

**Big Stories of the day explained in 10 minutes. The mission is to break down complicated news stories with easy to-understand explanations and keep the participants abreast on local and global current events.**



## Affirmation

Date: Feb. 3, 10, 17 & 24  
9:30AM



**Affirmation sessions can help boost confidence when feeling powerless, reduce fear of judgment, and broaden perspectives, helping in both personal and professional life. This session will also include good morning songs.**

# Volunteering

Date: Feb. 4, 5, 12, 18, 19 & 26  
9:30AM & 10:00AM

Graceland Thrift Store  
and/or  
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: Feb. 17  
1:30PM

**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.**



## Life Skills

Date: Feb. 11 & 25  
10:00AM

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

## Performing Arts

Date: Feb. 13 & 27  
11:00AM



**The Adult Day participants are learning commercials and a comedy skit to perform.**

## Gardening

Date: Feb. 5 & 19  
1:30PM

**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

Date: Feb. 17  
1:30PM

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/Healthy Living

Date: Feb. 11 & 25  
1:30PM



A healthy lifestyle promotes physical, mental, social and spiritual well-being; enhancing the quality of life. Studies show that staying physically active and eating healthy can add years to your life. Our healthy living activities include easy meal prep with healthy ingredients, nature walks, and hiking.

## American Sign Language Class (ASL)

Date: Feb. 3, 10, 17 & 24  
10:00AM

American Sign Language (ASL) is the 3rd most common language in the U.S. and a beneficial skill for everyday life. It is a rich & visual language used by the Deaf community.



## House Keeping

Date: Feb. 3, 10, 17 & 24  
2:00PM

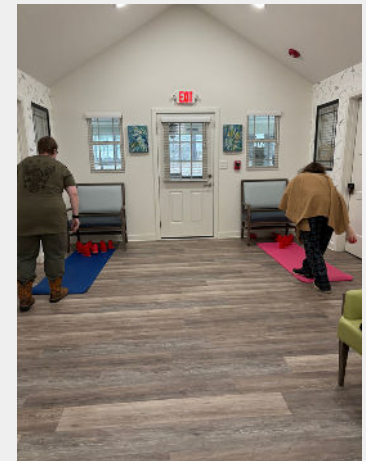
**Our residents and participants come together to learn proper housekeeping skills in the Cottage common areas and the Gathering Place during Adult Day Programming. These life skills are important for home maintenance, future residency once they live independently, and can prepare them to segue into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



## Leisure Time

Date: Feb. 3, 10, 17 & 24  
2:00PM

**A time when you can relax and do things that you enjoy. Our participants watch movies, listen to music and talk amongst themselves. Autonomy is an important aspect for wellbeing.**



## Family Night

Date: Feb. 27  
5:00PM

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



## Welcome Center

Date: Daily  
9:00AM

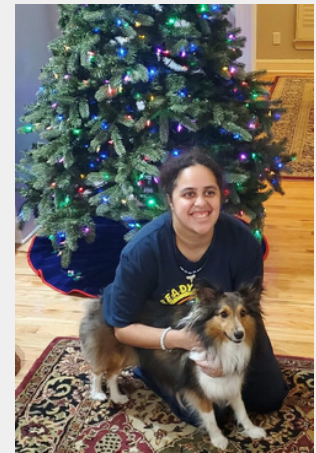


**Every morning the participants will engage in fine motor skills and continuous learning activities (coloring and educational sheets) until all participants arrive. They will be provided with a nutritious breakfast (Grab and Go)**

## Dog Therapy

Date: Feb. 10 & 24  
1:00PM

**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.**



## Learning Center

Date: Feb. 13 & 27  
10:00AM

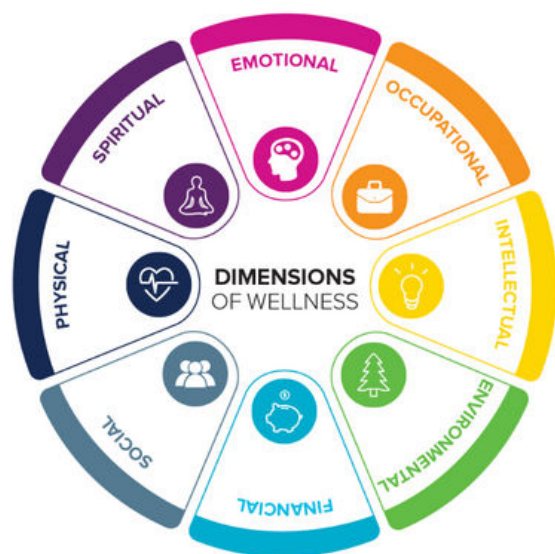






# WELLNESS GUIDE

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.



## Domains of Wellbeing

- Identity – being well known.
- Connectedness – being loved and connected.
- Security – feeling safe.
- Autonomy – freedom to choose and a sense of control.
- Meaning – purpose and hope.
- Growth – unfolding.
- Joy – having contentment and delight.

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 March 2025!