



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 October.

Lifestyle Enrichment

Date: October 1st, 15th, 29th
@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 attire preparation.



Small Steps Music, Inc

Date: October 9th & 23rd
@1:30PM

Music therapy is the clinical & evidence-based use of music interventions 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.



Arts & Crafts

Date: October 28th
@11:00AM

Our mission is to empower individuals on the Autism spectrum and all individuals with developmental differences 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: October 6th , 9th , 13th , 20th , 27th , ,
23rd
@11:00AM & 12:00PM



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

Social Outings

Date: October 2nd , 8th , 16th , 30th
@10:30AM



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

News/Current Events

Daily @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 of local and global current events.



Affirmation

Daily @9:30AM

✶AFFIRMATIONS✶

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: October 22nd
@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. A superb way to learn vocational skills.



Southwest Christian Healthcare

Date: October 7th & 21st @10:00AM

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: October 6th & 20th
@1:00PM

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



Life Skills

Date: October 28th
@10:00AM



Basic life skills include self-care activities, cooking, money management, shopping, apartment organization, and transportation. These skills are learned over time and essential for adulting to increase independence.

Water Aerobics

Date: October 1st , 15th , 29th
@1:30PM



The adult day participants get to have fun all while staying fit during water aerobics.

Gardening/Nature Walks

Date: October 22nd
@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 provided a garden plot for use. We also participate in nature walks. Good health starts with good habits.



Grocery Shopping Prep

Date: October 6th & 20th
@1:00PM

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: October 28th
@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: October
Mondays @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/hard hearing community.



Housekeeping

Date: October
Daily @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 and can prepare them to segue into future workforce development opportunities.



Leisure Time

Date: October
Mondays @2:00PM

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



Family Night

January, May, and August the staff, residents, participants, and family members convene for a fun evening of fellowship and presentations/updates.



Welcome Center

Daily @9:00AM



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

Dog Therapy

Date: October 13th & 27th
@1:00PM

Twice a month Coco's cupboard bring's therapy dogs to TSV, so that our participants can enjoy being in the presence of therapy animals. 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 region of Atlanta. They are allowed to touch, pet and walk the dogs. It's a 1 hour visit.



Learning Center

Date: October 1st , 15th , 28th
@10:00AM

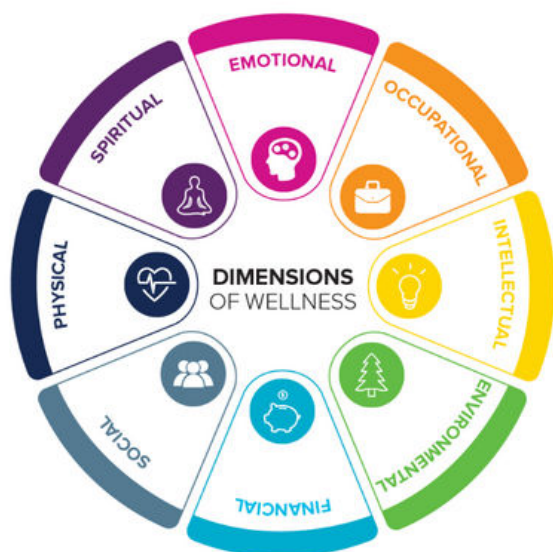


When designing these lessons, it's important to consider a diverse range of activities that cater to different learning styles and abilities. We introduce adaptive tools that make the process easier for everyone. Encouraging collaboration among participants also enhances the learning experience, as peers can learn from each other's strengths and perspectives. Most importantly, maintain a supportive and patient environment where all individuals feel valued and empowered to overcome their challenges and achieve their learning goals.



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 November 2025!