TWO SPARROWS VILLAGE

You belong here

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 & Participants for the month of March.

Small Steps Music/ Drama

Date: March 10th , 19th & 24th
@10:00AM & 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.

A Place to Belong: Two Sparrows Village Begins a New Chapter with Christian City

On a warm evening filled with music, laughter, and the gentle harmonies of a choir gathered around a grand piano, the spirit of community was unmistakable. Friends stood shoulder-to-shoulder, red songbooks open, voices blending together—not just in song, but in shared purpose. For the residents, families, and supporters of Two Sparrows Village, moments like these capture what the organization has always been about: belonging. Now, that sense of belonging is poised to grow.

Two Sparrows Village has officially become a department of Christian City, a milestone partnership that leaders say will expand housing, strengthen services, and create even greater opportunities for adults with intellectual and developmental differences and neurodiverse individuals to live full, meaningful lives.

Why Christian City?

Christian City, long known for its residential care, senior living, and community outreach ministries, offers something Two Sparrows Village has been ready for space to grow. The new relationship allows Two Sparrows Village to expand residential living in a structured, supportive neighborhood designed specifically for abundant community life.

The partnership provides:

- Expanded housing opportunities
- Enhanced life-skills programming
- Professional support infrastructure
- Long-term sustainability for services
- Greater access to healthcare and community resources

Leaders from both organizations emphasize that the mission is aligned. Christian City provides the framework and campus resources; Two Sparrows Village brings its specialized experience serving neurodiverse adults.

Together, they create something larger than either could alone.

Arts & Crafts

Date: March 10th & 24th
@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: March 2nd , 5th , 9th , 16th , 19th , 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: March 12th & 26th
@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.

CNN 10

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: March 4th , 10th , 18th , 24th
@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: March 3rd & 17th @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. Their themes this month is Super Bowl and Tongue Twisters

Water Aerobics/Gym

Date: March 4th & 18th
@1:30PM

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

Life Skills

Date: March 11th & 25th
@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.

Spiritual Wellness

Date: March 11th & 25th
@1:30PM

Spiritual wellness is the ability to find meaning, purpose, and value in life by connecting to something greater than oneself.

Grocery Shopping

Date: March 2nd ,16th & 30th @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: March 10th & 24th @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)

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

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

Daily @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 29th , May 28th , and August 27th the staff, residents, participants, and family members convene for a fun evening of fellowship and presentations/updates.
Bird Bash will be Friday November 13th , 2026 at Trilith Live

Social Circle

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: March 9th & 23rd @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: March 5th & 19th @9:30AM

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.

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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 residents & participants have planned for April 2026!