



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 October.

Small Steps Music

Date: October 8th & 22nd

@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 13th & 27th
@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 5th , 8th , 12th , 19th , 22nd ,
26th
@11:30AM & 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 1st , 15th , 29th

@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 @9:15AM

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.



Communication skills/Emotional intelligence

October 5th & 19th @2:00PM



Emotional Intelligence & Communication Skills

Emotional intelligence is the ability to recognize, understand, and manage our own emotions while being aware of and responsive to the emotions of others. Strong communication skills complement emotional intelligence by helping us express ideas clearly, listen actively, and build positive relationships. Together, these skills support effective teamwork, reduce misunderstandings, and create a respectful and productive environment.

Volunteering

Date: October 7th , 13th , 21st , 27th
@10:00AM/10:30AM

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 6th & 20th @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/Tennis

Date: October 5th , 7th , 19th ,
21st
@10:00 or @1:30PM

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



Life Skills

Date: October 14th & 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.

Spiritual Wellness

Date: September 14th & 28th
@11:00AM



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

Grocery Shopping

Date: October 12th & 26th
@9:45AM

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 14th & 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.

Housekeeping

Date: October 13th & 27th @1:30PM

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

Bird Bash will be Friday November 13th , 2026 at Trilith Live. Family night will be January 28th , May 20th , and August 19th the staff, residents, participants, and family members convene for a fun evening of fellowship and presentations/updates.



Circle Time

Daily @9:30AM Except October 8th, 12th, 26th

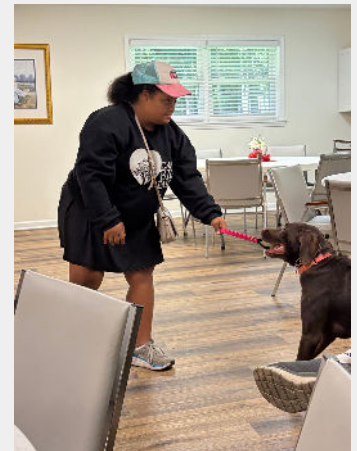


Every morning the participants will engage in fine motor skills and continuous learning activities (adult coloring and educational sheets) until all participants arrive. They will be provided with a nutritious breakfast (Grab and Go).

Dog Therapy

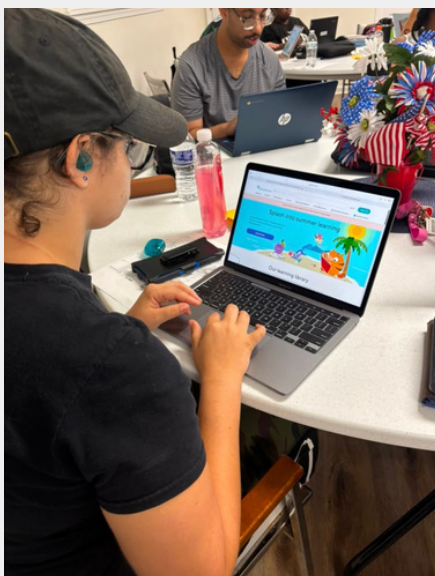
Date: October 5th & 19th
@1:30PM

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.



Computer Skills

Date: October 14th & 28th
@10:00AM

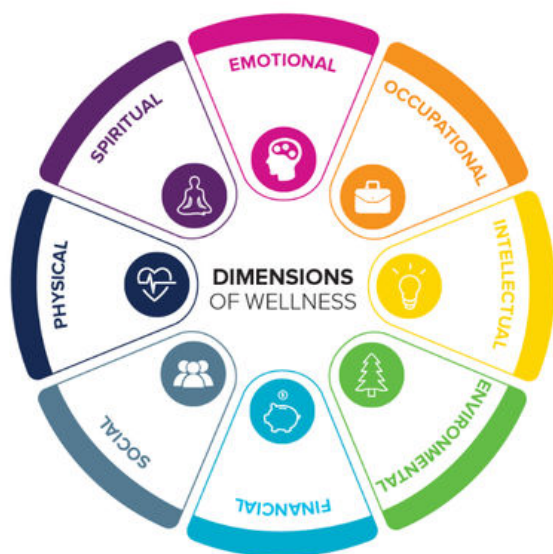


When designing these lessons, it's important to consider a diverse range of activities that cater to different learning styles and abilities. We introduce adaptive tools that make the process easier for everyone. Encouraging collaboration among participants also enhances the learning experience, as peers 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 residents & participants have planned for November 2026!