



COMMUNITY PROGRAMMING



At Chartwell, we take pride in enriching our resident's lives through our comprehensive programming, enabling them to lead vibrant, energetic, and active lifestyles. Our approach to Life Enrichment integrates six dimensions of wellness: spiritual, physical, emotional, intellectual, social, and vocational. Our goal is to enhance mental well-being, foster connections, combat loneliness, and promote an active, engaged lifestyle. Offering our residents an array of optional programming right outside their doorstep is how we follow our guiding purpose of **Making People's Lives BETTER.**

If you have senior clients or serve community groups that would benefit from participating in Community Programming hosted by Chartwell in your physical space or at a Chartwell property, or if you have any questions - Contact us today at partnership@chartwell.com.

Below are two programs that our own residents participate in at our residences that we can offer to your senior clients or group.



Artfull Enrichment

[approximate 1 hour session]

Artfull Enrichment is an art program tailored towards seniors that fosters social connectivity, creative expression, and life-long learning. Under the Artfull Enrichment umbrella, we offer art presentations, art projects/drawing activities and more. Allowing participants to unleash their creative expression, join in on artful discussions and enhance their skills in a supportive environment. Our most popular sessions are the Art Projects – participants leave with their own personal art!

FitMinds

[approximate 45 min session x 8 weeks]

Fit Minds is a program created for individuals between the ages of 60–75 years of age, it focuses on brain health, lifestyle choices and cognitive exercises. It is an 8–week course, that offers education, cognition exercises, handouts, and community connection. This program can be hosted at a Chartwell residence or at another location with the last week occurring at a Chartwell residence paired with lunch to celebrate!

The 8–week course is as follows:

Week One: Presentation on Living a Brain Healthy Lifestyle [Introductory Session]

Week Two: Community Active Living Series Session One (Focus is Physical Activity)

Week Three: Community Active Living Series Session Two (Focus is Mental Activity)

Week Four: Community Active Living Series Session Three (Focus is Nutrition)

Week Five: Community Active Living Series Session Four (Focus is Socialization)

Week Six: Community Active Living Series Session Five (Focus is Spirituality)

Week Seven: Community Active Living Series Session Six (Focus is Meaning and Purpose)

Week Eight: Lunch at a Chartwell Residence

