

THRIVE AT CANTERBURY WOODS

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Canterbury Woods is committed to helping you achieve personal wellness through resident-driven/ staff-facilitated programs, classes, events and opportunities.

Whether you enjoy music, art, nature, outings, workshops, health fairs, parties, exercise classes, health screenings/talks, new resident get-togethers, resident/community service or physical activity to name a few, we offer the resources and the opportunities to create the lifestyle you choose.

THE 8 DIMENSIONS OF WELLNESS

Our Wellness Program derives from the 8 Dimensions of Wellness, which is the holistic integration of eight interactive dimensions that perpetually influence each other. These dimensions include:

1. **Intellectual:** Intellectual wellness involves engaging in new ideas, and continuing to expand your knowledge. It encourages active participation in scholastic, cultural, creative and community activities.
2. **Physical:** Physical wellness relates to maintaining a healthy body. Physical health is attained through movement, exercise, eating well/diet and nutrition, getting enough sleep and paying attention the signs of illness and seeking care when needed.
3. **Social:** Social wellness involves communications skills, maintaining meaningful relationships, respecting yourself and others, and creating a positive support system that includes family members and friends.
4. **Spiritual:** Spiritual wellness acknowledges our search for deeper meaning in life and is reflected when our actions become more consistent with our beliefs and values. Spirituality can be experienced in numerous ways including meditation, like-minded groups, exercise, nature, the arts, prayer or religion to help create inner peace.
5. **Environmental:** Environmental wellness involves leading a lifestyle that is respectful of, and in harmony with your environment whether indoors or out. Environmental well-being involves an appreciation and awareness of the limits of the earth's natural resources, and understanding the impact of your actions on the environment.
6. **Occupational:** Occupational wellness is about enjoying your occupational endeavors and contributions. This dimension encourages personal satisfaction and enrichment through volunteer and work opportunities.

7. **Emotional:** Emotional wellness relates to understanding and being attentive to your thoughts and feelings. It is important to pay attention to self-care, relaxation and stress reduction as well as develop resources that help you cope more effectively with stress.
8. **Financial:** Financial wellness is satisfaction with current and future financial situations. It involves successfully managing bills, budgets, investments and unexpected expenses.

WELLNESS IN THE WOODS

- Take advantage of our complimentary **Functional Fitness Skills** - a simple and easy assessment that measures your strength, flexibility and endurance with opportunities to maintain, improve and set goals that you create.
- **One On One New Resident Wellness Meetings** address questions and concerns, *after* you have had a chance to settle in. Receive informative handouts plus complimentary sips and treats!
- New residents receive **Special Invites** from Wellness to select CW events and gatherings. If you arrived 12 months ago or less, watch your e-mails and/or mail boxes.
- Try our **Monday Balance Class** if you 'd like to work on increased leg strength and general balance from 9:30-10:00 a.m. , Auditorium
- **Join In On the FUN!** Pickle Ball, Chair Volleyball, Badminton, Corn Hole, Ping-Pong or Croquet. Times announced in What's New, the Weekly Newsletter or Pop-Up Event posters.
- **Weight Loss Support** /Weight Watchers Meetings every Thursday at 1:00 pm., Canterbury Room. Please join us!
- Come and enjoy **Monthly Excursions** to a variety of locations that are chosen by Wellness and residents alike. From parades, museums, orchards, state parks/reserves and much more. Where would YOU like to go?
- **Support for Low Vision** Residents. If you have a question or need please let us know.
- **Transportation Support/Uber.** Transportation challenges? Let us help you "get going"!
- **Do you have a Wellness topic or idea to share?** We'd love your ideas and input!