



Grand Kit



COUNTRY MEADOWS
RETIREMENT COMMUNITIES



Welcome to our **Grand Kit**

Whether visiting a grandparent or an older loved one, we are so happy you are here. While you are enjoying your visit, check out a fun activity we have planned for you. Also, be sure to say hi to our residents and co-workers. They are happy you are here, too.

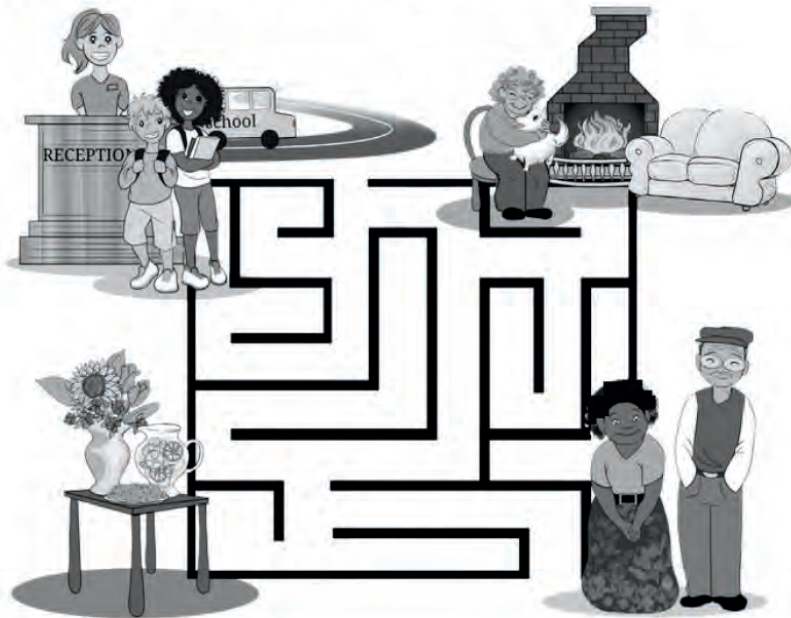
Have a Grand time!



Explore our retirement community

Lobby

Explore our lobby to meet our residents.



Fitness classes

We have fitness classes to keep our residents healthy.

Match the words to the blanks to finish the story.

The fitness class was really cool. The _____ looked like they were having so much _____! They were listening to _____ and following the fitness _____ who was teaching them how to do _____ stretches. Tomorrow they have Zumba® and _____ classes. Fun!

Word Bank

Instructor

Fun

Residents

Music

Yoga

Tai Chi

Game room

We even have a fun game room everyone can enjoy.

Find all the cool things from the game room in the word search below.

N M M O V I E S U V P A R T I E S E
C U J W Y Y W A R T I P U Z Z L E S
W S H Y I U P B I L L I A R D S O Y
X I Z J C I L R K E G B O O K S Y L
E C X B O A R D G A M E S G R X J
X G W S K E C A R D S T O Q U W A X

Puzzle Key

Cards, billiards, board games, Wii, puzzles, parties, art, books, music, movies

Dining room

We have yummy meals in the dining room for residents, especially dessert! Circle which dessert would you pick.



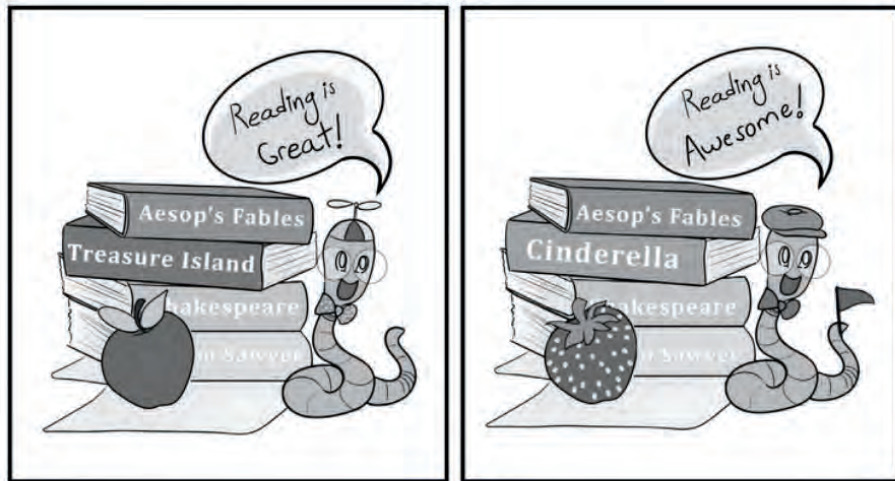

Ecumenical Retirement
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Ecumenical Retirement Community is the not-for-profit sister community of Country Meadows Retirement Communities.

Library

We have a library full of books for anyone to read! Spot all six differences between the two pictures.



Garden

Match the words to the pictures.

The residents take care of beautiful gardens.

Flowers

Vegetables

Butterflies

Bird houses

Bunnies



Chapel

The chapel is a great place for residents and their families to sing, pray or meditate and spend time with each other.

Color by number.

1 = Red

2 = Green

3 = Yellow

4 = Blue



Resident and visiting pets

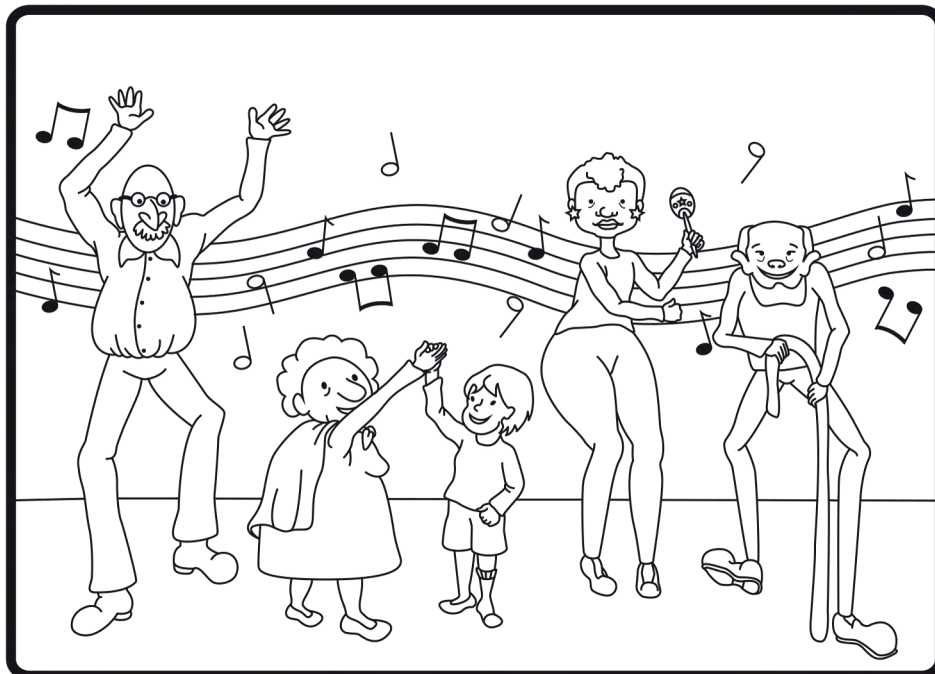
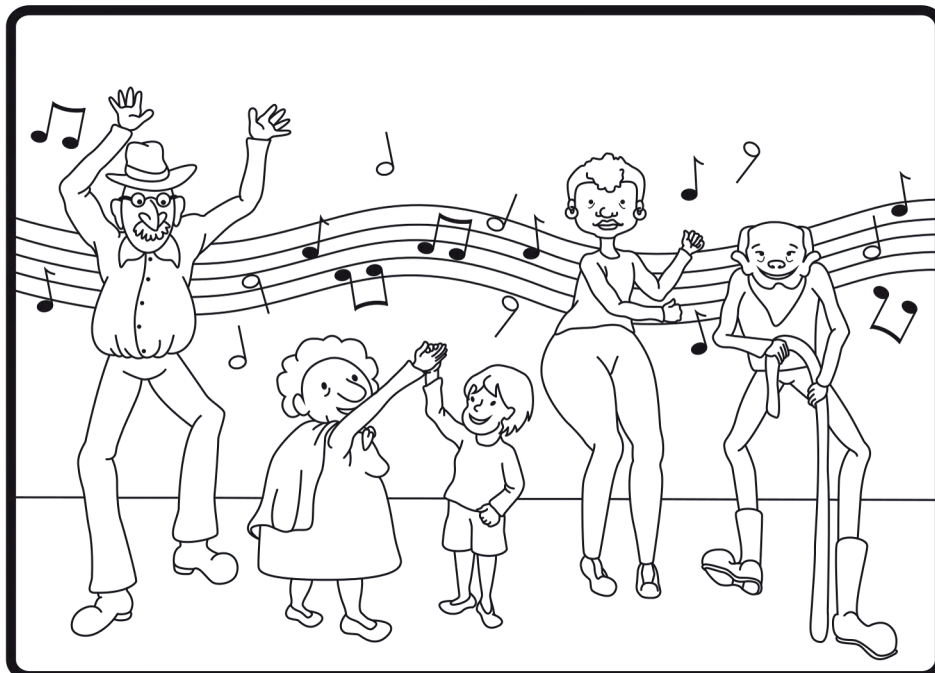
Did you know pets live and visit here? Many residents have dogs, cats and birds. At times, other animals visit too like horses, alpacas, snakes and lizards!

Connect the dots to finish the pictures.



Spot the Differences:

Can you spot the 7 differences between the two pictures below?



Answers: 1. Tall man's hat, 2. Grandchild's sock, 3. Tall woman's earrings, 4. Tall woman playing a maraca, 5. Short man's beard, 6. Short man's shoe, 7. No musical note above the tall woman's head

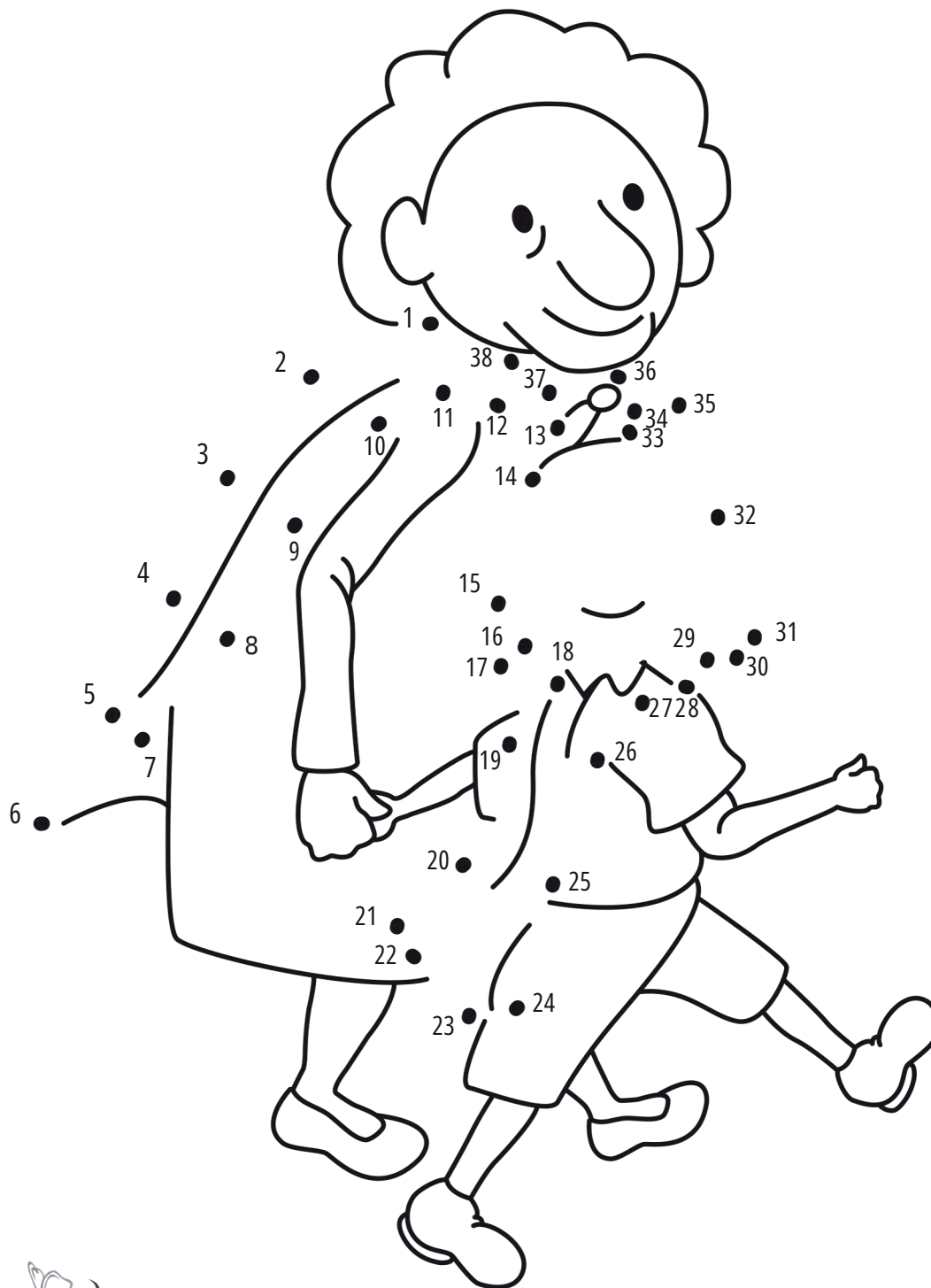

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This activity is from our children's activity book, *The Unforgettable Adventures of Grandma's Care (Understanding The Forgetting Disease: Dementia)*

Connect the Dots:

Connect the dots to create a picture.



This activity is from our children's activity book, *The Unforgettable Adventures of Grandma's Care (Understanding The Forgetting Disease: Dementia)*

Time to play!

Engaging in word games and puzzles has many health benefits.

They can enhance short-term memory, reduce stress, sharpen cognitive processing and improve visual and spatial reasoning. Test your skills and have fun with our word search. (Answers are on the back.)

V	W	N	A	C	T	I	V	I	T	I	E	S	V	H	S	K	O	S	N
I	O	H	C	I	I	P	C	M	D	V	G	E	I	N	K	Y	B	E	H
E	Y	H	G	O	Z	N	V	X	D	I	J	B	A	I	T	O	G	Z	T
V	V	E	K	S	U	O	U	G	B	J	S	R	V	Y	A	B	Q	R	K
S	W	L	F	D	E	P	U	F	V	Q	E	O	T	T	Q	Y	P	F	S
C	O	P	T	S	O	E	L	Q	A	T	O	X	A	R	M	G	S	W	C
V	I	F	C	E	J	T	Z	E	E	F	K	V	G	Z	Y	V	M	K	G
F	O	U	Y	G	H	B	U	V	L	O	F	N	G	S	Z	I	Q	C	L
M	S	L	F	Y	K	V	Y	A	L	E	Y	O	L	X	K	I	O	A	L
A	U	F	U	N	D	M	E	C	I	M	X	R	B	Y	I	U	E	R	G
L	U	Y	N	N	P	Y	G	F	H	U	F	W	T	W	C	O	P	E	L
I	W	E	C	Q	T	X	A	C	I	Q	Q	E	J	W	M	E	V	V	S
N	W	M	V	Z	U	E	S	Y	K	T	F	F	H	Q	S	E	Q	J	B
F	V	V	V	H	W	T	E	L	I	A	N	V	V	N	D	S	W	R	T
C	O	O	E	E	E	P	N	R	S	R	F	E	S	D	F	B	A	A	E
R	S	R	C	P	J	F	P	A	S	L	Y	U	S	C	E	B	M	J	X
E	M	U	X	W	Q	Y	P	R	N	O	P	D	S	S	Q	L	I	P	U
B	I	H	T	C	A	F	K	A	C	M	H	R	O	F	S	C	O	Z	L
G	P	Y	J	G	C	L	G	T	A	R	K	W	N	S	H	I	P	S	Y
L	M	I	W	E	W	O	S	C	Z	P	A	Q	Q	S	O	C	I	A	L

Find the following words in horizontal, vertical and diagonal directions:

- | | | |
|--------------|----------|--------------|
| • Fitness | • Safety | • Care |
| • Social | • Pets | • Activities |
| • Veterans | • Couple | • Helpful |
| • Volunteers | • Campus | |

We hope you enjoyed our word search. Let's see how you did.



Fitness

We have fitness classes in every level of care, such as tai chi, yoga, strength and endurance.



Social

Our residents socialize with neighbors and friends. When new residents move in, we help with the transition and ensure they feel at home.



Veterans

We proudly honor our resident veterans with special events and recognition every year.



Volunteers

Residents create volunteer programs to benefit neighbors and the community.



Safety

All residents have access to 24/7 care, emergency support and an around-the-clock team.



Pets

We are pet friendly and even offer visiting pet therapy and pet care assistance if needed.



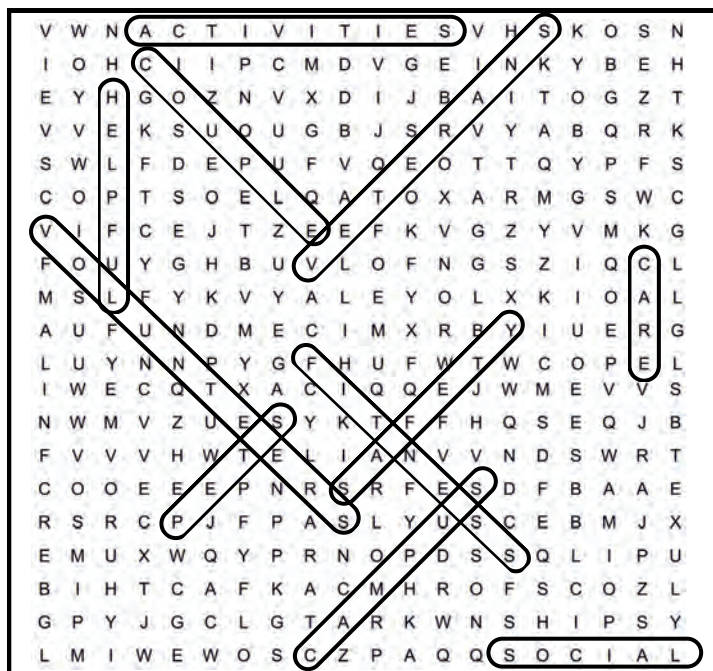
Couples

We welcome couples with different styles of apartments and can even accommodate different care needs in the same apartment.



Campus

Our campus locations are convenient to dining, shopping, entertainment and healthcare services. We're part of the overall community.



Care

Our compassionate, dedicated team is proud to provide quality care. We deliver the support and services our residents deserve and expect through ongoing staff education and training, above-state-required staffing levels for direct care, personalized care plans and clinical leadership emphasizing strong wellness programs and preventative medicine.



Activities

We offer resident-run committees to plan activities all week like gardening, book clubs, educational speakers and outings.



Helpful

Our local expert advisors have guided many families in their senior living journey. They are a helpful resource whether they choose to live here or not. They're here to help.



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Life Stories to Remember!

What is your grandparent's or an older loved one's life story?

Ask these questions and write the answers in the blanks. Bet you will learn a lot!

1. I was born in _____
(place)
2. My date of birth is _____
(date)
3. Something I remember about my mother is _____

4. Something I remember about my father is _____

5. The games I played when I was young were _____

6. My favorite food as a child was _____
7. My favorite holiday is _____ because _____

8. My favorite family pets were _____ and their names were _____
(type(s) of pets)
9. When I was young, I wanted to be this when I grew up _____
(profession)
10. My first job was _____
11. I fell in love with my spouse _____, and this is how we met _____
(name)
12. My favorite adventure or vacation was _____

13. The happiest moment in my life was _____

14. My best advice I can give you as you grow up is _____
