

## WHAT TO EXPECT

**Each Variety Hour Session, an Enrichment Facilitator will engage residents in numerous activities that will stimulate the brain, encourage movement and socialization.**



# VARIETY HOUR

is a lively, senior-focused program that combines gentle chair exercises, brain games, trivia, group discussions, and storytelling to promote physical wellness, mental sharpness, and social connection in one engaging session.

## THE VARIETY HOUR PROGRAM IS

·designed specifically for seniors, offering a balanced mix of light physical activity, stimulating mental exercises and group storytelling in a warm, social setting. Each session begins with gentle chair exercises perfect for all levels of mobility.

Following the physical warm-up, we dive into interactive activities that keep the mind sharp and spirits high. Seniors can enjoy brain games led by a Skilled Facilitator to exercise memory followed by group discussions and storytelling that foster connection and creativity.

This unique combination of movement, mental engagement, and social interaction creates a holistic experience that supports physical health, cognitive vitality, and emotional well-being—all in one enjoyable hour.