

Current Program Offerings - below programs are available to your skilled nursing home, assisted living, memory care, adult family home and all other seniors living communities.

In Partnership with Seniors Creating Art (SCA) Enrichment Services offers:



ACCESS TO ART

The Access to Art program provides 1 hour long art workshops for participants. Each student will be engaged at their individual level to ensure participants receive the amazing health benefits that participating in creating art provides.

WHAT TO EXPECT

Each 1 hour Art session, a professional Art Instructor will lead a creative art workshop for participants. Instructors will create themed workshop using holidays and special events as inspiration. Participants can keep all artwork created during workshops.

THE PURPOSE OF THE ACCESS TO ART PROGRAM IS

to expand access to art for seniors and people residing in skilled nursing homes so that those participating may experience better overall health and well-being. Seniors Creating Art (SCA) will **provide all art supplies for use during workshops** Mediums will switch quarterly between **watercolor painting and acrylic painting.**

Program by Seniors Creating Art

New Programs being developed and planned to launch in 2026-2027

Pet Therapy

Dementia-centered programming

Visit website for more information on how to bring programs into your senior living community or complete Interest Form



Enrichment Services

The mission of Enrichment Services is to provide activities that help people of all ages and abilities develop skills and explore their interests, while improving health and finding connection within their community.

Contact Enrichment Services:
programs@enrichmentservices.info
www.enrichmentservices.info

Current Program Offerings - below programs are available to your skilled nursing home, assisted living, memory care, adult family home and all other seniors living communities.

WHAT TO EXPECT

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



COMMUNITY 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 COMMUNITY 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.

Program by Enrichment Services, Inc.

NATURE CONNECTION



WHAT TO EXPECT

Each Nature Connection session lasts one hour and gives residents a playful, hands-on experience with plants and nature-inspired activities.

Your Enrichment Facilitator will visit twice per month and lead the group through gardening, sensory exploration, and simple creative projects. Your location will get to keep the portable garden for your community after the program ends.



Nature Connection brings joy to residents in senior living communities with an indoor-garden experience where they can grow, smell, taste, and craft with plants in creative, nature-inspired ways.

THE NATURE CONNECTION PROGRAM IS

a garden-focused program where residents have hands-on experiences caring for an indoor self-contained garden. Each session includes tending to a garden—that is accessible and comfortable for people of all mobility levels.

Participants explore their indoor garden together, harvesting fresh herbs or greens, touching and working with soil in their communities own portable planter, enjoying the calming and often familiar sensory experience of feeling it in their hands. Each visit also includes time for reflections, observations, and small creative prompts that can be recorded in a personal garden journal that grows fuller with every session.

This blend of tactile gardening, exploring nature and meaningful reflection creates a soothing, social hour that supports physical well-being, emotional connection, and the simple joy of nurturing something that grows.

Program by Enrichment Services, Inc.

Current Program Offerings - below programs are available to your skilled nursing home, assisted living, memory care, adult family home and all other seniors living communities.



RELAX AND RECOVER CARE PROGRAM

The Relax and Recover Care Program creates a supportive and soothing environment for Skilled Nursing Residents. It is a program rich with calming sensory experiences to encourage feelings of security, warmth and recovery.

WHAT TO EXPECT

Each 1 hour Care session, an Enrichment Facilitator will transform your designated location into a relaxing "Recovery Cafe" engaging residents, and their senses with the goal to create an environment where healing and recuperation occur.



Soothing Music and Sounds



Aromatherapy Oils Diffuser



Sensory Aquarium LED Candles



Warm hand towel reflexology treatment

THE PURPOSE OF THE RELAX AND RECOVER CARE PROGRAM IS

To create a gentle caring space in Skilled Nursing Communities where, for a period of time, no demands are made of residents allowing them to fully Relax and Recover from the day.

Using known therapy practices such as music therapy, aromatherapy and techniques to engage the senses, trained Enrichment Facilitators will visit in-person and prepare the space designated within your location to accommodate your residents each session.

After the location has been transformed by your Facilitator to the temporary "Relax and Recover Cafe", Skilled Nursing Staff can encourage and escort residents to the Cafe to enjoy some relaxation and recovery (R&R) being led by a trained Enrichment Facilitator. **Residents attending R&R Care Sessions are shown to experience better overall health and wellbeing.**



Program by Enrichment Services, Inc.



RHYTHMS AND RECALL

JOIN US FOR RHYTHMS AND RECALL! THIS INTERACTIVE GROUP EXPERIENCE IS BURSTING WITH FUN AS WE SING, SOCIALIZE, AND SHARE MEMORIES TOGETHER. DISCOVER THE AMAZING HEALING POWER OF MUSIC. IT'S ALL ABOUT CONNECTION AND JOY!

THE PURPOSE OF THE RHYTHMS AND RECALL PROGRAM IS

WHAT TO EXPECT

EACH 1 HOUR SESSION, FACILITATORS WILL GUIDE PARTICIPANTS THROUGH AN ENGAGING MUSIC AND REMINISCING PROGRAM. PARTICIPANTS WILL RECEIVE INSTRUMENTS TO PLAY ALONG CREATING RHYTHMS AND RECALLING FUN MEMORIES!

TO CREATE A SPACE WHERE PARTICIPANTS CAN GATHER TO PLAY INSTRUMENTS, SINGALONG TO FAMILIAR MUSIC AND ENGAGE IN FUN CONVERSATION AND REMINISCING USING GUIDED QUESTIONS.

EACH RHYTHMS AND RECALL PROGRAM, FACILITATORS WILL HAND OUT MUSICAL SUPPLIES INCLUDING FINGER BELLS, WOOD BLOCKS AND MARACAS SO THAT PARTICIPANTS CAN JOIN IN WITH THE BAND! BETWEEN EACH SONG, FACILITATORS WILL ENGAGE WITH RESIDENTS ASKING QUESTIONS TO ENGAGE THE MEMORY AND PROMOTE POSITIVE FEELINGS.



Program by Enrichment Services, Inc.

Current Program Offerings - below programs are available to your skilled nursing home, assisted living, memory care, adult family home and all other seniors living communities.

VIRTUAL DISCOVERY LAB



A self-guided, technology-enhanced activity program designed to help Activity Directors bring immersive Virtual Reality (VR) experiences to their residents using VR devices. The program expands learning, exploration, and engagement opportunities for residents of all ability and cognitive levels.

WHAT TO EXPECT

The excitement starts the moment your community receives its Virtual Reality devices—unbox them, power up, and the adventures begin! Activity Directors can assist residents with device usage and guide residents through VR journeys—travel, cultural exploration, nature immersion, relaxation environments, exercise, games, movement and more. Immersive sessions can be tailored to residents' needs and interests.

VIRTUAL DISCOVERY LAB

is an interactive program that provides senior living communities fully stocked, ready-to-use Virtual Reality experiences designed specifically for senior citizens and people living with dementia. Seniors living staff will receive hands-on training to confidently operate the VR devices and lead engaging sessions with residents. Staff will have access to themed ideas, simple guides, and ongoing tech support to keep things running smoothly. With tips and best practices, it's easy to create safe, engaging moments residents will love.

Quotes from Activity Directors:

*"This class - **Rhythms and Recall** - is so much fun that we often hear staff stating they wish they could join in too, because the residents are having so much fun."*

Shevell, Activity Director at Life Care Center of South Hill

*"**Relax and Recover** Workshops have been a great addition to our programming. Residents love coming for the serene environment favorite part for them is the heated towels. I love how this is a wonderful activity for those that are non-verbal with anxiety during the sessions you visually can witness them relax."*

Ashley, Activities Manager at Martha and Mary Health Care

*"Our **Access to Arts** workshops have been truly amazing. Residents look forward to seeing our teacher at scheduled times. We have an art gallery wall that I use to post the residents paintings on for all to see, and they get lots of compliments. We are so grateful to be included in such a great program! Thank you!"*

Jennifer, Activity Director at Crystal Cove Health and Rehab