

# Life Enrichment Resources

*It is my pleasure to help you in any of the following ways!*

**Halle Bolduc - Director of Life Enrichment - (320) 982-8250**

- **Senior Fit Wellness Program** - *If you want to keep moving, you've got to keep moving!*
  - Program designed to promote and maintain mobility
  - Help retain level of independence and enhance confidence
- **Spiritual Growth Opportunities** - Bible Studies every Monday Morning
- **Interactive Education** - *You're never too old to learn something new!*
  - *Senior Learning Network* - Live interactive learning sessions
  - *Cyber Seniors* - Learn more about iPads and other technology around us!
  - *Science* - An exciting science experiment right in front of you!
- **Group Settings aren't your favorite?** Let's talk during a 1:1 visit!
- **Outings** - *Let's experience the world around us!*
- **Community Connections**
  - *Weaving Love* - Making sleeping mats for homeless from plastic bags
  - *Warm Hearted Wednesday* - Different projects done to help others
  - *Prayer Blankets* - Tying fleece blankets to donate to Fairview Hospital
- **State Services for the Blind/Vision Impaired and Deaf/Hard of Hearing**
  - Completely **FREE** service
  - I will help coordinate an assessment performed by a state employee
  - Adaptive equipment provided by state based on outcome of assessment
- **Fighting Financial Fraud**
  - 15% of the population are SELF-REPORTED financial fraud victims
  - Educating residents on prevention tips
  - Providing resources to overcome financial fraud
- **Volunteers Welcome!** We cherish our volunteers at Country Meadows!
  - *If you would like to volunteer, I would love to hear about it!*