



NEW HAVEN

ASSISTED LIVING & MEMORY CARE

Serving TX Since 2013



PURPOSEFULLY ENGAGED

EXERCISE | BRAIN FIT

THERAPEUTIC ACTIVITIES | SOCIAL ACTIVITIES

Group or one on one activities to social clubs there is never a dull moment in our Purposefully Engaged program. We offer a variety of research backed activities:

- Physical Exercise – get fit, chair yoga, indoor and outdoor walking
- Cognitive Exercise -word strategy, creative arts, brain fit, reminiscing
- Social Activities- garden club, baking club

ESSENTIAL CONNECTIONS

THERAPEUTIC ACTIVITIES | INDIVIDUAL ACTIVITIES

As Dementia progresses, some portions of the Purposefully Engaged program may become challenging and understand the need to modify activities based on residents' level of involvement. Essential Connections provides therapeutic and sensory based activities that honor the uniqueness of every resident based off their level of care.

- Stress Reduction & Sensory- music and memory, pet therapy, one on one activities tailored to resident's needs.
- Essential Connections- aromatherapy diffusers, aromatherapy hand massages with oil infused lotions. It is proven that essential oils deepen the mind and body which is essential to a thriving life.

MEMORY CARE PROGRAMS

We offer two memory care programs that are crafted specifically to meet our residents where they are physically, mentally, and emotionally. For senior's with memory loss, life can still be full and vibrant. Our promise is to provide holistic opportunities for our residents to engage and express their creativity in a failure free environment.