



5 PILLARS OF HEALTH

PHYSICAL
EMOTIONAL
SPIRITUAL
INTELLECTUAL
SOCIAL

Pursue & Optimize Life's Possibilities

A breadth of programs and environments to fulfill the wellness needs, interests, and expectations of the diverse 55-plus population.

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THE
DORCHESTER
&
MANOR

5 P I L L A R S O F H E A L T H

The wellness dimensions overlap and coordinate to provide a rich environment for living.

PHYSICAL

The goal of living independently is one shared by many people, and physical wellness is necessary to achieve this. Lifestyle choices that maintain or improve health and functional ability include engaging physical activity, choosing healthy foods with adequate nutrition, getting adequate sleep, managing stress, limiting alcohol intake, not smoking, making appointments for check-ups, and following medical recommendations. Healthy balanced meals promote better health, provide energy, and offer protection against a host of chronic diseases.

- Wellness Workshops
- Rehab Center-including PT/OT and Monthly Education Classes
- Bayada Health Talks
- Swimming Outings
- Walking Groups
- Fitness Center with Weights
- Chair Volleyball
- Chair Dancing
- Chair Yoga
- Dancing
- Low Impact Exercise Classes
- Hydration Station
- Dining Options that include Heart Healthy and Sugar Free Options. Fresh Fruits and Vegetables Served Daily
- Menu Chat with Chef
- Smoke-Free Community

EMOTIONAL

Feelings are the lens through which people view the world, and the ability to be aware of and direct one's feelings to help create balance in life. Emotional wellness encompasses the ability to navigate your feelings. This means identifying, assessing, and effectively sharing those feelings with others. Coping with challenges and behaving in trustworthy and respectful ways signal emotional wellness, attributes that can be encouraged through peer interactions, stress management, humor/laughter and sharing personal histories.

- Creative Writing Classes
- Adult Coloring Classes
- Mental Health Classes
- Counseling through our Partnerships
- Comedy Movie Nights
- Comedy Entertainers

SPIRITUAL

Living with meaning and purpose in life guided by personal values, is the key to feelings of well-being and connection to the larger world. Group and individual faith-based activities, personal meditation, mindful exercise and experiencing nature can create the opportunity for spiritual growth.

- Weekly Meditation
- Worship Services by Local Churches
- Bible Studies
- Chair Yoga
- Nature Walks
- Visits to Area Gardens and Parks
- Volunteer and Community Involvement Opportunities

INTELLECTUAL

Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested. There are many ways to stay intellectually active, including taking courses, journaling, painting, or joining a club or group. Challenging oneself with games and puzzles.

- Painting Classes
- Games Room
- Card Room
- Puzzle Room
- Computer Software Classes
- Special Speakers on Diverse Subjects
- Creative Writing Classes
- Library – Book Clubs
- Knitting/Crocheting Clubs

SOCIAL

Social wellness is about connecting with others to form positive relationships. Social interactions with family, friends, neighbors and chosen peer groups can be valuable for maintaining health. Personal contact by meeting new neighbors, joining clubs, traveling, visiting, and dining with friends and family, engaging new experiences.

- Monthly Birthday Socials
- New Neighbor Socials
- Billiards, Darts and Cards
- Wine Socials
- Yappy Hour for our Fur Babies
- Bus Trip to Local Interests, Lunch Club, Shopping, Farmers Market
- Musical Entertainment
- Holiday Themed Socials
- Summer Senior Prom
- Harvest Festival
- Spring into Summer Festival