

## ***Recreation, Leisure and Rehab Programs at the Weinberg Residence***

Each day at the Weinberg Residence, Recreation, Occupational Therapy and Rehab staff along with Volunteers and Residents themselves strive to provide excellent recreation, leisure, cultural and therapeutic programs for the unique individuals who live here.

*Recreation and leisure experiences are integral parts of every individual's life. Our diverse array of programs and services offer Weinberg residents opportunities to have enjoyable and enlightening experiences that contribute to a superior quality of life- physically, mentally, and socially.*

Programs are designed and organized for optimum health and independence. Residents are instrumental in guiding the development of programs at Weinberg. We also have an active Resident Council that informs residents and assists in making decisions about the direction of programs and care.

### ***Why is Recreation Important?***

- ♥ ***Get Well*** - Participation in recreation and leisure activities contributes to a healthier mind and body.
- ♥ ***Live Well*** - Being as active as possible makes life more satisfying and fun!
- ♥ ***Stay Well*** - When a person feels well, recreation can help maintain that sense of health.

***Leisure and Recreation Programs offer numerous benefits to residents to enjoy life more -everyday!***

***We offer programs such as:***

- ***Yoga, Tai Chi and Keep Fit***
- ***Shopping Excursions***
- ***Community outings***
- ***Cinema Night***
- ***Gentleman's Club***
- ***Wax and Relax***
- ***Humour Programs***
- ***Music Therapy***
- ***Yiddish Discussions***
- ***Art History***
- ***Computer Education***
- ***Arts and Crafts***
- ***Bingo***
- ***Birthday Parties***
- ***Gardening & Current Events***

- ***Cultural Performances***
- ***Bingo***
- ***Music Therapy***
- ***Pet Therapy***
- ***Continuing Education***

***Taking time to have fun, learn and undertake new experiences are important aspects of good mental health. Participation in Recreation programs give people an opportunity to:***

- **Feel good about themselves and their accomplishments**
- **Have positive, enjoyable and meaningful interactions with others**
- **Build confidence**
- **Develop coping techniques & relieve tension**
- **Maintain and increase independence**
- **Continue Learning**
- **Improve physical abilities**
- **Express and communicate oneself creatively**
- **Laugh and Have Fun!**



## *Cultural Programs at the Weinberg Residence*

**The essence of the Snider Campus for Jewish Seniors, is at its core, a commitment to the principles, culture and traditions of Judaism. The warm Jewish atmosphere is felt in every department, program and element of daily life in our Home.**

☆ We are blessed to have our own synagogue, the Chava and Abrasha Wosk Synagogue, located in the Louis Brier Home, which provides daily, Shabbat and all holy day services. Services are led by residents & volunteers, & are open to all.

☆ All Jewish holidays are observed through traditions spanning through the religious services, food served and prepared, programs and special events. Every effort is made to pay respect to the multi-faceted ways in which Jews observe holidays throughout the world.

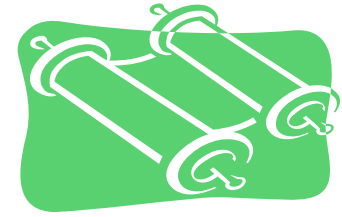
☆ The Snider Campus for Jewish Seniors is an integral and vibrant part of the Vancouver Jewish community. Our residents are pioneers of the Canadian Jewish community, and therefore serve to teach, inspire and enrich. Community members, including rabbis, cantors, layleaders, children and families play a large role in maintaining and nurturing the Jewish spirit in our Home.

☆ All staff of the Snider Campus for Jewish Seniors are educated and trained in Jewish laws and observances that pertain to the care of our residents.

☆ The Snider Campus for Jewish Seniors is under the supervision of the B.C. Kashrut Council, and our food is prepared with all the care and flavour of a Bubbe's kitchen.

### **Intergenerational Programs**

Children from many of our community organizations visit & bring their smiles, songs, laughter and warmth to residents, & even more importantly, benefit from the wisdom of their Jewish elders.



Our programs are always being modified and changed based on the preferences and needs of residents. Please share with us any ideas and suggestions and we will try to incorporate them into our program.

### *Your Team at Weinberg:*

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