

## Therapeutic Recreation Programs

### Culinary Experience.

Explore the world from the comfort of your armchair! Travel with us as we take you on a multi-sensory experience! This program includes full cooking demonstration, food samples, volunteering opportunities to help the chef cook plus a 100" screen and projector that presents music, culture and food trivia and a fact file for each country. In addition, our residents will have an opportunity to help, cook, dance, learn and eat and be social!

### Intuitive Creativity: Process Art

Intuitive Creativity is all about finding our flow through creative process. Process art is about focusing on our sensory systems and intuition to let go of our expectations and feel our way through a piece of art. A multi-sensory experience, this program allows the individual to try new art mediums such as paint, clay, collaging, glue, beading and jewelry making. Every class is built off the last class and always follows the lead of participant's likes and interests.

## April Birthdays

In astrology, those born April 1–21 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. These Rams burn bright and enjoy leadership roles and daring artistic pursuits. Those born April 22–30 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts.

Melvin Andrews-April 3  
Cindy Taylor-April 5  
Mary Lloyd-April 11  
Helen Webber-April 11  
Charles Gardiner-April 13  
Irvine Armstrong-April 17  
Dorothy Taylor-April 25  
Clarence Wurm-April 25  
Heywood Shelby-April 29

## Therapeutic Recreation

The purpose of Therapeutic Recreation is to enable all individuals to achieve quality of life and optimal health through meaningful participation in recreation and leisure. The profession recognizes the importance of the recreation experience and supports all individuals in having full access to and the freedom to choose recreation and leisure opportunities. Therapeutic Recreation intervention is provided by trained professionals in clinical and/or community settings.

April 2022

# Exeter Villa

155 John St E., Exeter, ON 519-235-1581



## Celebrating April

**April 6  
Process Art**

**April 7  
Leaving Tracks**

**April 8  
RH Pizza Lunch**

**April 12  
NH Pizza Lunch**

**April 14  
Jan Denk**

**April 20  
Culinary Experience**

**April 21  
Chinese Lunch Club**

**April 21  
The Exeter Villa Oscars**

**April 25  
Duo Percussion Group**

**April 26  
Big Money Bingo**

**April 29  
Fruit & Veggie Social**

## Be Brave Be Smart Be Kind & Be Safe!

*Thoughts from Erika...*

We are heading into a very special Spring this year! We're getting ready to emerge from a long time being wrapped up; a long time feeling like personal freedom was on a 'time out'.

We are now excited for change; we're already watching for the Robins, the white squirrels, baby rabbits running across the lawns. We want to feel the rain, smell the flowers and realize our dreams of feeling fresh air on our faces for the first time in a long time. We want to smile and see others smiling back at us...from a distance, of course...but we long for that reconnection on a level we've been missing.

Finally, we have some say in it. We know so much more now. We have had our vaccines and we've learned what it's like to be isolated and we don't want to go back there.

We have the tools and the knowledge to keep ourselves and our loved ones safe so, with excitement and wise caution...we will venture out, together remembering we still have to protect home plate.

We won't play games with our health or gamble or flirt with danger. We will go out and enjoy the world.

You've got to know that you are deeply loved by your family and your community... so remember to take and take care of yourself and think of protecting your friends and neighbours when you go out. Show your smiles, keep you distance, put on your mask if you find you can't keep that distance or the environment you are going into requires you protect yourself...i.e. a more crowded area or dentist or chiropractor's office. Make that conscious and wise decision. Be Brave, Be Smart, Be Kind and Be Safe.