



CREASY SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Lifestyles

August 2019



Celebrating our Seniors

On August 21st, we celebrate National Senior Citizen's Day – a time for us to acknowledge all of the incredible seniors who have impacted our own lives, as well as the lives of others. At our campus, we know them as husbands and wives, grandfathers and grandmothers, and visionaries with a thirst for adventure. If you're looking for a way to celebrate yourself this Senior Citizen's Day, here are a few activities to get you started – brought to you by the National Council for Aging Care!

Get Competitive

Are you a chess champion? A Pictionary prodigy? Maybe checkers is where you're yet to meet your match. Invite some friends over to put your

skills to the test! Not only are board games a fun pastime, but they also get the creative juices flowing and help maintain a happy and healthy mind. Just by participating in a friendly game of Scrabble, you could be doing great things for your memory. Start a Game Night tradition today by reaching out to your Life Enrichment Director!

Embrace the Power of Music

Music is another effective way in which you can keep your mind active, so why not make some of your own? If you've ever thought about trying your hand at an instrument but never got around to it, there's no time like the present! Pick up a guitar, sit down at a piano, or find whatever else it may be that could lead to a new talent.

See the World

Who doesn't feel better after a vacation? Not only is traveling great for our mental health, but it's a very real possibility for the residents of our Villas! With the Trilogy Travel Club, we're proud to offer our residents the chance to go on cruises, visit museums, and explore uncharted territory. While you're having fun, you'll still be receiving the same level of quality care that you're accustomed to. Contact a member of our Life Enrichment team for more information!

Whatever it is that keeps you entertained and active, we have an experience tailored just for you. Simply talk to anyone on our staff today and ask them how you can begin living your best life!

Happy Birthday!

Residents

Jean R.

Aug 2

Plarn Project

As you can tell life in the villas has been anything but slow this summer – from ice cream sampling, to doing the Plarn Project we are all experiencing a vibrant lifestyle and loving every minute of it! If you have an idea of something you would like to see us do please tell me! These are your programs and your outings so let's go!!

Reminder

Please be sure you get your holiday reservations in soon for the Villa Club House – it is starting to fill up for the Holidays!! Don't miss out!!!

Contact Your Villa Life Style Director

Kathy Hyman, 765-413-2967 or kathy.hyman@creasyspringshc.com

Justin Rife
Executive Director

Kathy Hyman
Villa Lifestyle Director

We strive to provide the best customer service and quality care for our residents.

Our Department Leaders are here to solve any concerns you may have.

In the event that you need further assistance with any unresolved concerns, we encourage you to call or email our Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogys.com

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Villa Lifestyle Corner

Life is so short.

We spend so much

time sweating the small stuff worrying, complaining, gossiping, comparing, wishing, wanting, and waiting for something bigger and better instead of focusing on all the simple blessings that surround us everyday. Life is so fragile and all it takes is a simple moment to change everything we take for granted. Focus on what is important and be grateful! You are blessed!

Believe it! Live your life with

no regrets!

I hope this is why a lot of you have moved here – so you can enjoy life and be around like minded people. I am so proud to have you all in my tribe here in the Villas. As summer starts to come to an end, I love all the fun things we are experiencing while the weather permits –

Let's enjoy the rest of the season and raise your hand to one more ice cream cone!!!

Hugs and Blessings,

Kathy Hyman

Villa Lifestyle Director

LIVING WELL IN THE VILLAS



Bingo antics



Cooking club fun...



B-I-N-G-O!!!!



Learning about the Plarn Project



Lunch with Justin



Mother daughter fun!!!



One of our lovely ladies Edna



Our monthly Plarn project