

# Life Enrichment Idea

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## **The Idea:** Easter in Ukraine Event

**Community and Team Member:** Sandy Sudak, Activity Director and Music Therapist at Northern Lakes Senior Living

## **Event Goals and Instructions:**

**Sandy is organizing an event to celebrate Easter inspired by traditions of Ukraine.**

**Sandy and her daughter are teaming up to teach residents how to paint Ukrainian Easter eggs. Here is a photo of eggs Sandy has painted in this style in the past. These designs may be too complicated for many residents, so she suggests finding Ukrainian Easter egg coloring pages as a possible alternative option.**



**Additionally, Sandy is ordering Ukrainian and other Eastern European food for residents to sample and enjoy.**

**The group will also be doing some Virtual Reality with a Ukrainian theme led by one of Ebenezer's Life Long Learning community partners, Chris Mangold of Virtual Passport.**