



Activities and Wellness

At Fairview Place, we plan activities and wellness programs that support a person's overall health and fitness. Wellness is a framework that can be used to help us balance our growth and to maintain our level of activity.

Each month, our activity and wellness department plans a variety of activities and events to support the six levels of wellness for each individual. These areas includes...

Social

- Monthly Birthday Party
- Seasonal Events
- Music Programs

Intellectual

- Resource Library
- Secured Internet Wi-fi
- Education Seminars

Spiritual

- Weekly Services
- Weekly Bible Study
- Clergy Visits

Emotional

- Referral Service
- Motivational Speakers
- Reminiscing Programs

Physical

- On-Site Fitness Center
- Morning Exercise
- Monthly Health Checks

Occupational

- Service Projects
- Veteran Recognition
- Craft Activities

Fairview Place is a proud partner of the **Go4Life** Campaign through the National Institute of Aging in Washington, DC. The **Go4Life** Campaign encourages seniors over 50 to stay active and fit. At Fairview Place, we incorporate many of the **Go4Life** programs in our monthly activities calendar, as well as, offer an on-site Fitness Center.

