

LILAC TRACE

R.E.A.C.H. for Life

DAILY SEQUENTIAL PROGRAMMING

Bridge Senior Living's R.E.A.C.H. for Life program is thoughtfully structured daily sequential programming designed to promote holistic well-being among residents. Inspired by leading practices in Alzheimer's and dementia care, each day features a series of purposeful activities aimed at fostering physical, cognitive, and emotional health.

Rise and Shine

Each day begins with breakfast, followed by social engagement and an interactive event such as a meet-and-greet or current events discussion.

R

Exercise

Our mid-morning activity focuses on physical health through exercise like yoga or tai chi.

E

Activate the Mind

Prior to lunch, residents engage in brain fitness activities such as memory or word games that maintain cognitive function.

A

Creativity

After lunch, creative programming allows residents to create or express themselves.

C

Happiness

Our mid-to-late afternoon activities emotionally engage residents with a variety of activities like reminiscing or music therapy.

H

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Complementing the R.E.A.C.H. for Life framework, Bridge Senior Living offers signature programs that further enrich the resident experience:

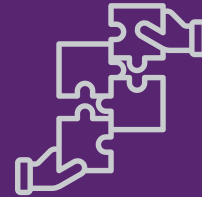
Suitcase of Memories

Residents reconnect with cherished memories through curated items and storytelling.



Grab & Go Engagement

Easily accessible activities and materials to encourage spontaneous engagement throughout the day.



Bridge University

Educational initiatives to stimulate intellectual curiosity and lifelong learning.



Maestro Music Program

Integrative music therapy, enhancing mood and cognitive function through the power of music.



Support Group Series

Facilitated sessions that support and foster a sense of community among residents and their families.



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