



LOUIS BRIER  
HOME & HOSPITAL



# RECREATION & LEISURE GUIDE BOOK

# Take a peek at a few of the programs happening here!

**WAKE UP WITH MUSIC** Every Wednesday morning on the 2nd floor the day begins with a fresh cup of coffee or tea and your favourite music. Sing along, request a song or just sit back and relax while the conversation and songs flow. Music Therapist-led.

**OUT & ABOUT** Weekly trips are factored into every week of the year. Scenic drives, shopping excursions, theatre, regular dance and music concerts, restaurants, parks, beaches, coffee shops, pubs, art galleries, the aquarium, berry farms and wine tasting outings are just a few examples of excursions taken during this past year. This is a very popular program and participants are encouraged to sign up for each outing at the LB Reception desk.

**PET VISITS** A regular group of dogs (and their owners) visit the home each week offering playful companionship to everyone as they move about the home. We also have a cat who wanders about the home plus a myriad of fish who live upstairs.

**SCENIC DRIVES** Remember the days of Sunday drives and how it felt to get out on the road with no particular destination in mind? Well, if this appeals to you join us Thursday afternoons for a two hour tour of the old, the familiar and the new views around town. Please sign up at Reception as seating is limited.

**CONVERSATIONAL HEBREW** It is 'Hebrew only' during conversational Hebrew. Try something new or practice your first (or second language!)

**THE MONTHLY BIRTHDAY CELEBRATION** Residents who celebrate their birthday are honoured during the month of their birth. Professional musicians perform and cake, tea and coffee are served. Parties are typically the last Wednesday afternoon of the month and celebrations are held concurrently on the 1st and 2nd floor.

**SEATED DANCE** Get ready to get your groove on as you move to some great music in this really fun program. A great way to re-energize mid-afternoon.

**THIS WEEK IN HISTORY** This Week in History provides a synopsis of important historical events on the anniversary of their occurrence. Using the iPad, the internet is used to explore world events and are brought to life with images and sound. Thursday afternoons.

**SUNDAY AFTERNOON CONCERT SERIES** Each and every week professional musicians perform at the Louis Brier. We are extremely fortunate to offer world renowned performers, grassroots bands, chamber groups, rock bands, choirs and ensemble groups to create fabulous entertainment for residents, guests and families who are visiting. A wide-range of musicians are brought to the Homeside Lounge every Sunday at 2:15pm. So sit back and enjoy the music!

**OPEN ART STUDIO** Guided by our Program Coordinator who is also an Art Therapist, participants can use this scheduled time to create. Participants can use the time to create. Whether you choose to use the space to do your own thing, participants also have the opportunity to create a specific project. Everyone is encouraged to express their individual creativity and no experience is required.

**HIGH TEA** Take a moment to relax with classical music and a nice cup of tea served in a beautiful china cup. Sit with friends, or make some new ones while enjoying freshly baked goodies. Stay as long as you like and remember that refills are always encouraged. Tuesday afternoons in the Bistro.

**FLORAL ARRANGING AND SEASONAL GARDENING** Connect with nature and create with flowers. As well, we offer basic indoor & outdoor gardening projects, seed propagation, growing tomatoes, cukes, herbs and squash. Participants create and explore and connect with the beauty of nature.

**HYDRATION STATION** Feeling thirsty? The mobile Hydration Station offers residents a variety of tasty beverages. Delicious herbal tea, specialty coffees, hot chocolate and custom fresh fruit smoothies are just a few of the offerings. Place your order at the mobile station as it moves through the Homeside Lounge.

**INDIAN COOKING** Do you like spicy ethnic food? Enter the magical and exotic world of Indian cooking. This seasonal and small group of enthusiastic cooks small work together to create and prepare an Indian-themed dining experiences. Seasonal Program.

**Wii GAMES** Join the trend and play popular television games of Wheel of Fortune & Jeopardy. The popular television game shows from the '80's are immensely popular and we have brought it here for you to play. Not familiar with Wii technology? We will show you how and work with you to play this fun and interactive technology.

**KEEP FIT** Is a fun, seated cardiovascular and strengthening fitness program choreographed to music. Balls, weights and tether bands are provided to enhance the workout. You will feel yourself getting stronger as you enjoy a half hour of energizing exercises. Participants are encouraged to go at their own pace.

**EXPRESSIVE ARTS THERAPY** Led by an Expressive Arts Therapist, participants explore art, movement and creativity every Monday morning in the 1st floor Arts and Crafts room.

**LOUIS BRIER TEST KITCHEN: LET'S BAKE!** We know you can't beat the feeling of home cooking, but what can make you feel more at home than baking? Muffins, cakes, cookies, rugelach, baklava, blintzes, cheesecakes, hamantashen and sufganiyot are just a few examples of delicious goodies made in the kitchen. Join in!

**MIND BENDERS** This program involves trivia quizzes and discussions specifically designed to exercise your brain.

**DRUMMING** We have an amazing and extensive collection of drums available for you to get rhythmic and get your beat on! Music Therapist led.

**MONTHLY CHURCH SERVICE & HYMN SING** Held monthly in the 2nd floor dining room.

**SPECIAL EVENTS** Throughout the year we find a way to celebrate life and healthy living. Whether it is a BBQ in the garden, special lunches, theme-days (Falafel Day, Beach Party, Ice Cream Sundae, Popsicles, Carnival Day involving SnoCones and candy floss to name a few.) Themed parties, Classic Car Shows, picnics in the park and the celebration of the major Jewish festivals and holiday events. Whatever the event, there is always amazing food and music involved. We celebrate living!

**BRAIN GAMES** Scrabble, Checkers, Chess, Clue, Solitaire, puzzles, card games, crossword puzzles, Word Search or brain game activities are available at your request. Need a partner to play with? We can help with that too!

**A LITTLE TRIVIA** This fun activity stimulates your memory and your recall. A wide range of trivia questions are offered in an informal atmosphere. Lots of fun and intellectually stimulating!

**THE LB CHIME TIMES CHOIR** Tone chimes resemble hand bells but are easier to manipulate and use. Come and learn to play this easy-to learn instrument and be amazed at the beautiful sounds the tone chimes (and you) create. Music Therapist led.

**THE VPL BOOK LOAN PROGRAM** The Vancouver Public Library makes it easy to borrow books: You choose the genre or title that interests you and they bring the books to YOU! Delivery and pick up monthly.

**EXPLORING RUSSIAN CULTURE** (Русский!) Russian culture takes centre stage as we offer lectures, presentations, music and explore Russian culture.

**ROOM MAKEOVERS** Do you need some assistance creating space in your room or boxes to unpack? Drawers to sort? Trained volunteers can help you de-clutter, recycle and arrange your living space. You provide the direction and they provide the manpower to create the space you want. Let us know and we can help!

**INEWS & THIS WEEK IN HISTORY** An iPad is used to search out and connect you to world news and topical events and providing an opportunity for participants to stay connected, engage in stimulating conversation and share opinions about the world events

**ART EXPLORATION** Creative, Colourful Crafting offers you the opportunity to explore your creativity. Painting, drawing, claywork, paper craft and collage are just a few of the craft projects offered. Explore your creativity!

**CULTURE AND HERITAGE** The Louis Brier is committed to the principles of Judaism and all Jewish holidays and festivals are observed in the Home. For residents who would like to attend Synagogue, the beautiful Chava and Abrasha Wosk Synagogue is conveniently located onsite and is the centerpiece of the home. Jewish holidays and festivals are celebrated throughout the home and program content is reflective of the holidays.

**PHILOSOPHERS CAFÉ** Discuss, learn, share, explore.

**BINGO** Games are played 3 times a week and offered at different times of the day. Prizes are awarded to game winners.

**THE BREAKFAST CLUB** Twice a week this group gets together to plan and prepare their own breakfast. From fried eggs to French toast, gourmet cheese blintzes, latkes, fruit salad, yogurt parfaits, homemade cinnamon buns and more, residents can explore the delicious world of 'the most important meal of the day' (with regular outings to iHop.)

**CHALLAH BAKING** Do you enjoy the smell (and taste) of freshly baked bread? If 'yes', then you should definitely join this group. Whether you are an expert or a novice come lend a helping hand. This Friday morning group prepares the challah for the Louis Brier's weekly Oneg Shabbat programs. (Plus there is always some extra challah to enjoy right out of the oven).

**COMPUTER TUTORING** Learn to use the computer, Skype, email and more! This 1:1 tutoring is focused on increasing the computer skills of individual participants. Included are Skype, email, internet access, cognitive simulation games, photo and film viewing and listening to concerts. The skilled tutors provide individualized assistance and can also provide instruction and computer problem-solving for residents who have their own computers. Sunday mornings at 10:30am 1st fl Activity Room. Absolutely no previous experience is necessary. Come and learn!

**DISCUSSION GROUPS AND LECTURE SERIES** Discussion groups and lectures are designed as a forum for the older adult. Guaranteed thought-provoking!

**FAMILY CORNER** Do you have grandchildren visiting often but wonder how to keep them occupied and engaged while they're here? We have a box of toys, games and age-appropriate activities ready for you to offer them when the visit. Available through the Reception Desk, families can 'sign out' and borrow a variety of toys during their visit and return them at the end of their visit.

**SHABBOS SPA** What could be better than having your nails done (at non cost!) Participants can enjoy a mini manicure Friday afternoons at the nail bar.

**THE WRITER'S CLUB** This weekly gathering has offered the writers, poets and readers of the Louis Brier an opportunity to exchange ideas, share stories and encourage each other's creativity. Guest poets, journalists and authors regularly visit and present their work. Thursday afternoons at 2:45pm on the 2nd floor.

**STEPPING OUT** Walking Buddies: Do you like to get outside when the weather is nice but would like someone to accompany you? Volunteers can do that! Whether you use a walker, wheelchair or cane you can benefit from the company of a trained volunteer. The surrounding neighbourhood is full of beautiful greenery and the VanDusen Botanical Garden is just down the block. FREE admission passes to VanDusen are available at Reception.

**YOGA** DRU Yoga is a graceful form of seated yoga and involves flowing movement, directed breathing and visualization. With its foundations set firmly in ancient yogic tradition, DRU works on body, mind and spirit, improving strength and flexibility, creating core stability, and is deeply relaxing and rejuvenating. Taught by a Yogi. No experience necessary. Tuesday mornings.

**RESIDENT COUNCIL AND FOOD COMMITTEE MEETINGS** The Residents' Council is made up of residents in the home. All residents are encouraged to attend monthly meetings. The Food Committee meetings are the forum for any and all discussions relating to food at the Louis Brier. Meetings are held once a month with the Food Committee immediately following the Residents' Council meeting.

**JAZZ LOUNGE** The Homeside Lounge is transformed by cool, live, piano jazz, Monday evenings.

**COFFEE AND KVETCH** If coffee at breakfast just wasn't enough for you, enjoy freshly brewed coffee while you meet up with friends. Great coffee and kvetching can be found here. Thursday mornings.

**CIRCLE DANCING** An ancient tradition common to many culture for marking special occasions, strengthening community and encouraging togetherness. Seated dance and yoga-inspired movement. Meditative and rejuvenating. Twice a month, Friday mornings.

**OSEH SHALOM** (translated from Hebrew as 'he who makes peace') is a quite, meditative program on Thursday afternoons. The concept is to offer an environment that is peaceful and regenerative through music. Music Therapist led.

**MINI MANICURES** Choose your favourite colour and enjoy the experience of being pampered while having your nails done.

**PET VISITS** A regular group of dogs (and their owners) visit the home each week offering playful companionship to residents as they visit residents in the SCU.

**FLORAL DESIGN** The Floral Design program runs every 2x month. The program moves outside as the weather warms up.

**MUSIC THERAPY** Melodic Mornings ~ Beginning the day with music—what could be better? Sing, dance, tap your feet or just sit back and enjoy the guitar and singing. Music Therapist led.

**WAKING UP WITH MUSIC** Instruments and song are the integral part of this popular program. Music Therapist-led.



Create. Explore. Indulge.

## PROGRAMS IN THE SPECIAL CARE UNIT

**MUSICAL ONEG SHABBAT** Welcoming the Sabbath with song and traditional customs is a part of every week. Family members are always welcome to join this group.

**UKULELE SING-ALONGS** Old standards and familiar tunes are played on the ukulele, Recreation Therapist led.

**ACTIVE ENGAGEMENT** Music, movement, song and dance, games, activities and fun are methods used in this innovative program. Recreation Therapist-led.

**PIANO CONCERTS** A team of gifted pianists perform weekly.

**SCENIC DRIVES** Residents have an opportunity to tour the city and see the sites on the Louis Brier bus.

**IPAD INNOVATIVE TECHNOLOGY** Interactive social, cognitive and intellectual activities and games are shared with residents in small group and 1:1 settings. Recreation Therapist led.

**ONE TO ONE VISITING** Skilled volunteers provide conversation and companionship. Individualized programming is also facilitated by the Recreation and Music Therapist.

**READING, REVERIES AND RESTORATIVE** The Recreation Therapist brings 1:1 reading, interpersonal engagement and the concepts of Restorative Care to residents Wednesday afternoons.

**HIGH TEA** This elegant program is intended to create a calm, social, home-like environment. Table cloths, fine china tea cups, doilies and snacks create the aesthetic while quiet background music fosters an environment for conversation.

**SENSORY SUNSET** Music Therapist assists in creating an environment that is calming and relaxing during the latter part of the afternoons. Thursdays.

**THE MONTHLY BIRTHDAY CELEBRATION** Each month, residents who are celebrating a birthday are honoured. With live music, cake and refreshments .

**A LITTLE MUSIC** Every Tuesday morning residents can sing and dance along to their favourite tunes.



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# LOUIS BRIER

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For more information about  
programs and activities,  
please refer to the monthly  
**Calendar of Events.**



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