



BLOOM into Wellness Open House

# Experience Something More

June 11, 2026

[woodcrestvilla.org](http://woodcrestvilla.org)



# The BLOOM Experience

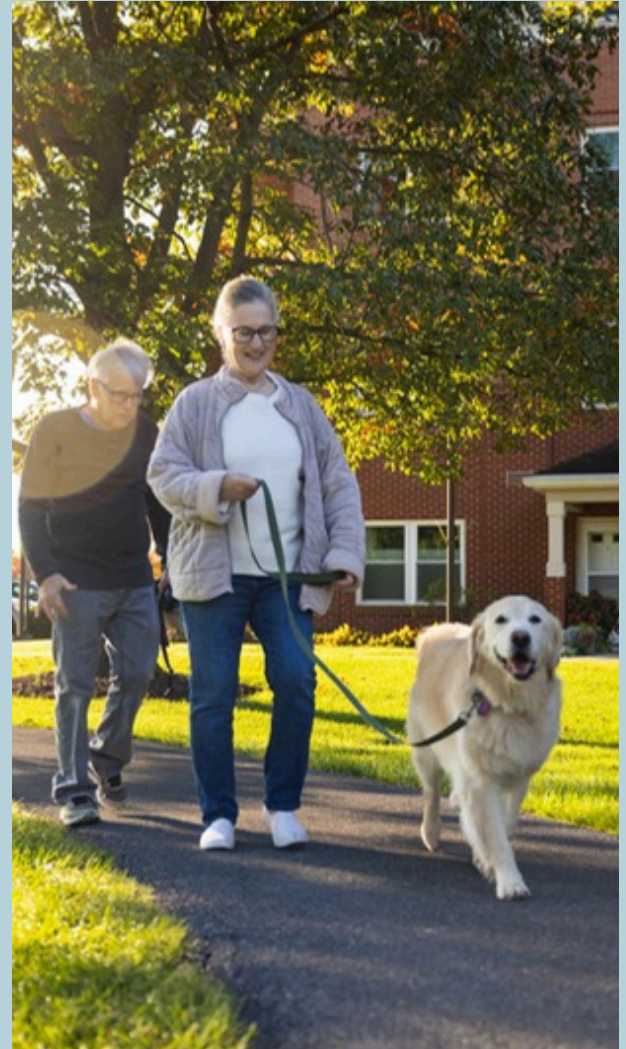
We are excited about the Woodcrest Villa BLOOM program, which encourages residents to blossom into wellness.

Residents have a variety of needs, interests, and goals, yet they find common ground among the seven dimensions of wellness.

At our friendly BLOOM into Wellness open house, we will share with you what it means to 'BLOOM' at Woodcrest Villa through a selection of immersive experiences.

Simply look through the catalog below and select three experiences you would like to participate in during your visit.

If the classes are full, you will automatically be placed in another class.





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I began to see the benefit of Bloom Wellness as I thought of how I would like to share my love of watercolor and art with other residents at WCV, but didn't know how to go about the process. With the help of the Resident Experience Coordinator, I explored my ideas and began to feel more confident. My hope was to inspire others here at WCV to get creative.

# BLOOM's Seven Dimensions of Wellness



BLOOM is our personalized approach to wellness that goes beyond the physical and dietary dimensions that you may think of when you hear the term 'wellness.'

During the event, you will have the opportunity to select experiences that will introduce you to three of the seven dimensions of wellness.

The seven dimensions of wellness are:

Environmental

Physical

Intellectual

Vocational

Spiritual

Emotional

Social





# Environmental

Join Elizabeth Mills, Certified Nature and Forest Therapy Guide, for an engaging introduction to the practice and science of Forest Therapy.

Learn what Nature and Forest Therapy is and how it supports overall health and well-being. This session explores the roots of Forest Therapy along with research on how time in nature affects the mind and body. You will gain practical insight into how slowing down and connecting with the natural world can reduce stress and improve focus. Designed to be both informative and interactive, this experience invites you to actively engage with key elements of the practice. The program will be held outdoors on Level 1 under cover at the Kunzler Plaza. The location is wheelchair accessible.

**SIGN UP**

Limit 15 per class





# Physical

Join Woodcrest Villa Wellness Instructors for a fun and energizing cardio drumming session.

In just 20 minutes, you will move to upbeat music using simple, guided rhythms designed to elevate your heart rate and boost your mood. This class is open to all fitness levels. Movements can be done seated or standing, and no prior experience or coordination is needed. Our Wellness Team will guide you every step of the way, making it easy to follow along and stay engaged.

The session will be held in the Wellness Studio within the Wellness Wing, located just off the main lobby in the VIVA Centre. The space is wheelchair accessible.

**SIGN UP**

Limit 12 per class





# Intellectual

Stay curious, creative and engaged in a 20-minute art class. Instructor Nichole Madonna with Pennsylvania College of Art & Design will lead you in an intuitive art-making session with collage and drawing elements.

Let your imagination guide your creativity while Nichole helps you explore your artistic side during this abstract collage and drawing exercise.

This class is held in the Craft Room on Level 1 in the VIVA Centre and is wheelchair accessible.

**SIGN UP**

Limit 15 per class





# Vocational

Everyone has a story to tell. Residents at Woodcrest Villa share their stories through The Woodcrest VILLager newsletter.

Meet members of this resident-lead publication and learn about their roles as editor, proofreader, reporter and other key positions that go into making this publication come to life. They will share their passion for writing and you'll have a chance to write a story of your own!

This experience will be held in our Theatre Room on Level 1 in the VIVA Centre and is wheelchair accessible.

**SIGN UP**

Limit 15 per class





# Spiritual

Join Chaplain Donna Becker for a peaceful outdoor time of devotion and reflection in the Never Forget Garden.

This gathering offers a chance to pause, nurture your spiritual well-being, and connect with others through meditation and prayer in a calming natural setting. Open to all, this experience supports personal reflection and shared moments of faith and encouragement.

The Never Forget Garden is located on Level 1 outside the Hummingbird Main Entrance. The area is wheelchair accessible, though natural terrain may present some challenges. In case of inclement weather, the program will move indoors to the Hummingbird Lobby.

**SIGN UP**

Limit 15 per class





# Emotional

Join Woodcrest Villa staff for Finding Common Ground, a welcoming group discussion designed to help you connect with others in a relaxed and supportive setting.

Using simple conversation cards, participants take turns sharing responses to thoughtful prompts, making it easy to join in, even if you are new to group discussions. This session is ideal for anyone looking to meet new people, discover shared experiences, and gain fresh perspectives in a comfortable, low-pressure environment.

The program will be held in the Hummingbird Dining Private Room. The space is wheelchair accessible.

**SIGN UP**

Limit 15 per class





# Social

Join us for a fun and relaxed social gaming experience at Woodcrest Villa.

Whether you enjoy card games like Hand & Foot or classic board games, this is a great way to unwind, share some laughs, and connect with others. All skill levels are welcome. Games are easy to learn, and there is no pressure, just friendly competition and good company. It is an ideal opportunity to meet residents and fellow guests in a casual, welcoming setting.

The session takes place in the Game Room, located just beyond the water wall. The space is open, with occasional foot traffic from residents and staff, and is wheelchair accessible.

**SIGN UP**

Limit 15 per class



We look forward to welcoming you and sharing what it means to BLOOM at Woodcrest Villa.

This experience is designed to be enjoyable, accessible, and easy to participate in, no matter your interests or experience level.

We will do our best to place you in the sessions you prefer. To ensure a positive experience for all attendees, some class assignments may be adjusted based on size and availability.

You will receive your final, personalized itinerary on the day of the event, making it easy to follow along and fully enjoy your time with us.

For questions, or to make a personal appointment beyond this event, please contact:

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