



MURRAY HIGHLAND  
MEMORY CARE



# LIFE ENRICHMENT ACTIVITIES

At **Murray Highland Memory Care**, you will find experienced staff that have created an atmosphere of trust and support. We offer detailed care, meticulous and personalized to each resident's needs. The wide array of activities are designed to engage the mental, physical, and emotional facets of each resident.

## Daily Activities and Engagement

Our team works closely with residents to create a daily schedule that includes:

- ✓ **Physical Fitness**  
Light exercise, yoga, and walking groups to maintain physical health.
- ✓ **Brain Fitness**  
Games, puzzles, and cognitive exercises to stimulate memory and cognition.
- ✓ **Social Events**  
Small group gatherings, book clubs, and conversation circles to build connections.
- ✓ **Creative Expression**  
Music, art, and craft sessions to encourage creativity and enjoyment.
- ✓ **Entertainment**  
Movie nights, live music, and special performances to foster fun and relaxation.



## Personalized Care & Compassion

Murray Highland's highly trained and compassionate team provides the extra care and attention residents may need. From assistance with daily tasks to offering emotional support, we are here to help each resident feel valued and cared for.



## Signature Dining Experience

We believe that food nourishes both the body and the soul. Our dining program offers delicious and nutritious meals in a warm, social setting where residents can enjoy good food and good company.



## Community Pet Companions

At Murray Highland, we understand the positive impact pets can have on residents' well-being. Our community includes friendly pet companions that bring comfort and joy to daily life.



## Fostering Safety & Familiarity

Our thoughtfully designed environment supports residents in navigating the community with ease, helping to build self-confidence and reduce anxiety. Familiar surroundings and structured routines help residents feel safe and comfortable in their home.



## Your Care Team

The Murray Highland care team is more than just staff—they are companions and friends, dedicated to supporting residents in living life to the fullest. Together, we share conversations over morning coffee, engage in planned events, and enjoy the moments that make life meaningful.

### Murray Highland Memory Care

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