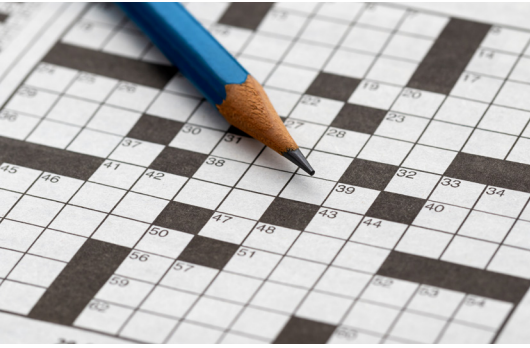


# Engagement Tips



## MASON JAR ENRICHMENT CHALLENGE

Life enrichment means connecting with those activities that light you up. It's easier said than done, especially when social distancing has derailed our regular activities. But enrichment can be found all around, even at home. Our Mason Jar Enrichment Challenge will help you find more fulfillment at home and you may just discover a few new hobbies along the way.

### STEP ONE:

Make a list of things that bring your joy, peace and connection. They can be as simple as enjoying a cup of coffee on the porch or as involved as a new knitting project. Be sure to include things that involve connecting with family or friends - even virtually. Here's a few ideas to get your wheels turning:

- Try a new recipe - baking together with a spouse or virtually with family
- Organize family photos
- Write a letter to a friend or family member
- Create a homemade card
- Re-read a book you love or start a virtual book club!
- Tinker in your woodshop
- Organize a closet
- Tackle a new crossword
- Learn something new - Ted Talks (short videos on an array of topics) are our favorites, [www.ted.com](http://www.ted.com)
- Art enthusiast? Visit the Louvre with a free online tour, [www.louvre.fr/en/visites-en-ligne](http://www.louvre.fr/en/visites-en-ligne)
- Animal lover? Visit elephants, pandas and penguins at home through the San Diego Zoo's live web cams, <https://kids.sandiegozoo.org/videos>

### STEP TWO:

Write each of your joy-bringing activities on a separate slip of paper. Fold and place into a mason jar, bowl or basket.



### **STEP THREE:**

Schedule time each day to randomly select and enjoy one of the activities from the jar. Did the activity bring you joy? If so, put it back in the jar!

Immanuel Communities life enrichment and wellness staff provide residents with thriving activities every day. Through education courses, social engagement, spiritual support and wellness, our team is committed to wellness of the whole person - mind, body and spirit. Visit [Immanuel.com](https://www.immanuel.com) to learn more.

*At Immanuel, our not-for-profit mission guides us to provide Christ-centered service to seniors, each other and the community. Since our founding in 1887, our priorities have always been to serve those in need, especially in troubling times. We're proud of our teams in their support of preventative precautions to keep senior residents, participants and employees safe and well. If you are supporting an aging loved one or are worried about what's next—we're here for you.*

*For more details on Immanuel's response to COVID-19, and other trusted resources, check our updates page. <https://www.immanuel.com/important/covid19updates>*