

# Life Enrichment



## ABOUT LEP

The Life Enrichment Program provides our older participants the opportunity to participate in a variety of activities that will keep them invigorated and engaged. **Population Served:** Typically 55-99 years young.

Participants in LEP come to us with various needs and levels of abilities. Participating in LEP gives our program participants a sense of purpose. There is a feeling of family when you are a part of this program. Many participants form strong bonds and friendships with one another and everyone enjoys their time in LEP. We also specialize in memory care for those participants that are diagnosed with dementia. LEP is a popular place for our visitors and volunteers to spend time.

**For more information please contact:**

**Ray Nunez** | 860-218-6045 | [rnunez@harc-ct.org](mailto:rnunez@harc-ct.org)

**Shanda Dickens** | 860-218-6143 | [sdickens@harc-ct.org](mailto:sdickens@harc-ct.org)



*Changing lives, changing minds*

## TYPES OF ACTIVITIES:

A variety of activities and social functions are planned throughout the week to support our participants interests and abilities.

- ▶ ArtSparks - a weekly art program for our artists
- ▶ Music Therapy & Pet Therapy
- ▶ Beauty activities
- ▶ Volunteer activities
- ▶ Wii Wednesdays and games
- ▶ Special Events & Celebrations planned monthly

Since 1951 Harc has been *Sparking Possibilities* for those with intellectual disabilities. Harc provides special needs support for a lifetime to individuals and their families so they may enjoy lives of quality, inclusion and dignity.