

# WELCOME *to the* NEIGHBORHOOD



As a new member of our community, we'd like to get to know you better.  
Please share more about yourself by answering the questions below.  
We look forward to learning all about you.

Name: \_\_\_\_\_

Apartment #: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Birthday: \_\_\_\_\_

What is your occupation or vocation? \_\_\_\_\_

Where is your hometown? Are there other important places you have lived?

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## TELL ME ABOUT YOUR FAMILY.

Are you married, widowed, divorced, domestic partnership, single?

What is your spouse's name and occupation? Children's names?

How many grandchildren? Are there other special people in your life?

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Are you a veteran? Yes ☐ No ☐ If yes, what branch? \_\_\_\_\_



**What is your level of education? In what field/area of study?**

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**What is your interest in music?** *(List preferred types, any musical experience/interest)*

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**What is your interest in reading?** *(List preferred genres, any literary experience/interest)*

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**What is your interest in art?** *(List preferred mediums, any artistic or creative experience/interest)*

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**What is your interest in sports?** *(List sports of interest, any experience/expertise)*

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**What is your interest in cooking/entertaining/socials?** *(List specific interests, any experience)*

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**What is your religious affiliation?** *(List religion and any associated important practices, experience)*

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**What community groups/organizations/nonprofits are you affiliated with?**

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**What are your hobbies?**

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**What does wellness mean to you? What are your wellness goals?**

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Our Provincial Senior Living lifestyle focuses on designing opportunities that are meaningful and purposeful to each resident and promotes resident wellness in the areas of Mind, Body, Spirit, Community and Vocation. The program and event offerings are based on what the community residents want to engage in.

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## INTELLECTUAL

Would you be interested in intellectual wellness programs where you can expand your mind with mentally stimulating challenges and education (e.g., *Lecture Series – Financial Health, Healthy Eating, Fitness, Elder Law; Life Long Learning Series – courses on computers, history, languages, travelogues*)? Yes ☐ No ☐

## PHYSICAL

Would you be interested in participating in physical wellness programs that will improve your balance, mobility, endurance and strength (e.g., *strength training, yoga, stretch and balance classes, dancing lessons, walking club, using exercise equipment in clubhouse*)? Yes ☐ No ☐

## SOCIAL

Would you be interested in social wellness programs where you can interact with others, share interests, grow your circle of friends and participate in social events (e.g., *happy hour, community barbecue, painting workshops, cooking classes, clubs, games*)? Yes ☐ No ☐

Would you be interested in joining your neighbors for community group trips (e.g., *plays, shopping, restaurants, museums, parks, bowling lanes, movies, fishing, golf*)? Yes ☐ No ☐

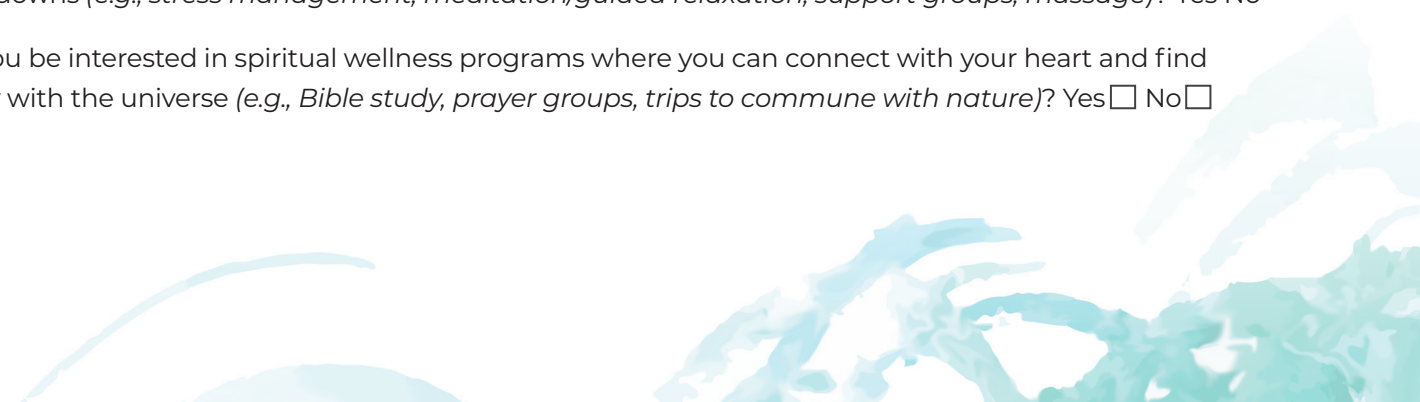
## VOCATIONAL/ ENVIRONMENTAL

Would you be interested in community-based programs where you can serve, share, lead, and continue through meaningful activities including lifespan occupations, learning new skills, volunteering, and developing new interests and hobbies (e.g., *volunteering, fundraising, garden and woodworking clubs, Villa Inspired Living Community member*)? Yes ☐ No ☐

## SPIRITUAL/ EMOTIONAL

Would you be interested in emotional wellness programs where you can learn to manage your responses to life's ups and downs (e.g., *stress management, meditation/guided relaxation, support groups, massage*)? Yes ☐ No ☐

Would you be interested in spiritual wellness programs where you can connect with your heart and find harmony with the universe (e.g., *Bible study, prayer groups, trips to commune with nature*)? Yes ☐ No ☐



**What committees or groups would you like to find out more about or start?**

*(List campus committees, i.e., welcoming committee, letters to soldiers committee, campus choir, trips committee, exercise group)*

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Thank you for helping us get to know you better  
so we can help you live an inspired senior living  
lifestyle in your new neighborhood.

