



MIRAVIDA
LIVING

Meaningful Moments

AT MIRAVIDA

ETHEL | Gabriel's Villa Resident

- ✓ Attend morning exercise
- ✓ Visit with friends
- ✓ Put on your crown
- ✓ Celebrate your 107th birthday





BRIDGING WORLDS: THE JOURNEY OF GENERATIONS THROUGH ANTHROPOLOGY

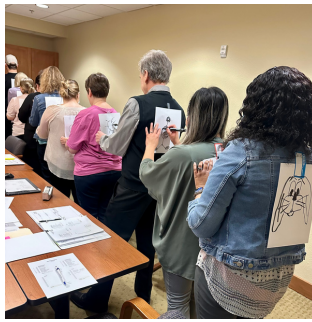
Embarking on a heartwarming journey of shared wisdom and cultural exploration, the University of Oshkosh (UWO) and Miravida Living have intertwined their missions through the innovative Anthropology Class Mentor Program. Launched with a special luncheon, this initiative invited elders and students—over 30 of each—to investigate the multifaceted world of anthropology, symbolizing a beautiful merger of past and present. Elders, rich in life stories, paired with eager yet nervous students, showcasing a vivid cross-generational exchange as meetings were seamlessly scheduled, blending modern technology with tradition.

Throughout the semester, these weekly gatherings transcended mere learning sessions, evolving into moments of genuine connection. Here, cultural tales and values were exchanged, allowing students and elders to find common ground and mutually grow from their shared experiences. The warmth and mutual respect cultivated in these interactions, enriches minds, bridge generational gaps, and weave a close-knit community fabric where every thread is cherished.

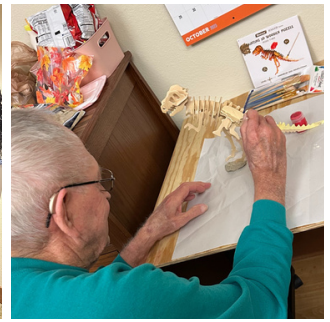
This pioneering initiative sets the stage for continued relationships and more academic opportunities. Together, as the pairs embark on this shared path, the program celebrates diversity, fosters understanding, and rekindles the elder's joy in passing on their legacy. Through their collective stories and explorations, the partnership between UWO and Miravida Living demonstrates the profound impact of unity in learning and life, creating hope and rekindling joy.



Residents explored their dessert-making talents alongside Molly in an ice cream extravaganza.



Team building exercises enhance collaboration and deep connections.



Inspired by their interests, this elder journeyed into 3D puzzle artistry.

Thrive

Miravida Living's Wellness Program

Living life to its fullest at every stage is the heart of Miravida Living's Thrive Program. This wellness initiative is designed to enrich the mind, body, and spirit. Centered around six foundational pillars: **Awaken, Connect, Contribute, Discover, Explore, and Strengthen**, Thrive offers experiences aimed at fostering a balanced and vibrant lifestyle.

Events and activities, identifiable by color-coded pillars on the calendar, ensure a comprehensive approach to well-being, inviting members on a journey of discovery, growth, and connection, embodying the essence of wellness. Visit our online calendars and join us as we Thrive together!



AWAKEN: Faith and Reflection



CONTRIBUTE: Sharing and Mentoring



STRENGTHEN: Moving and Nourishing

YOUR GENEROSITY MATTERS

As a non-profit organization, your gifts are tax deductible.

Your financial gift helps sustain our foundation which secures the future of Miravida Living, and allows residents to thrive in unexpected ways.



GIVE
with Purpose

MiravidaLiving.com/donate



MIRAVIDA
LIVING



Residents know the importance of being friends and keeping a competitive spirit when playing Uno. Enjoying time together, laughs, and of course, the infamous bragging rights when you are the winner.

THE MIRAVIDA LIVING COMMUNITY

Senior Living

Carmel Residence 55+ • Simeanna Apartments 62+

Assisted Living and Memory Care

Gabriel's Villa • Elijah's Place

Skilled Nursing and Rehabilitation

Bethel Home • Eden Rehabilitation • Green House Homes