



**SPRING HILL
HEALTH AND REHABILITATION CENTER**

A proud member of the Consulate Health Care family

12170 Cortez Boulevard, Brooksville, FL 34613

P. (352) 597-5100 | F. (352) 597-5020

consulatehealthcare.com

Get to know our
ACTIVITIES
Department



**Sonia Muguercia,
CNA**
Activities Assistant

Serving residents of
Spring Hill Health and

Rehabilitation for 20 years and counting, Sonia is an expert in resident care and personal service. Always thinking outside the box, she keeps the atmosphere in activities exciting, uplifting, and fun. Sonia has a deep commitment to providing residents with the highest quality of life.



Brian Phelan, BA
Activities Director

Joining Spring Hill Health
and Rehabilitation in early
2016, Brian brings his

education, experience, and perspective on the importance of engagement and socialization to physical health. Brian always strives to improve the quality of care provided to residents through therapeutic recreation.



**SPRING HILL
HEALTH AND REHABILITATION CENTER**

A proud member of the Consulate Health Care family

New Friends



New fun!

What are Individual Activities?

While staying at Spring Hill Health and Rehabilitation, many residents will fill their down-time with activities of their choice. If you regularly enjoy activities such as movies, reading, crafts, puzzles, cards, etc., don't hesitate to ask us how we can help. It is a pleasure to help provide the needed materials for you to enjoy. Whether it is a deck of cards for solitaire, yarn for knitting, or a magazine to read, let us be a part of your leisure time.

Resident Council

Meets on the first Thursday of each month at 2:00 p.m. and all residents are welcome

Our Resident Council operates by and for our residents. The council is an independent group of people who live at Spring Hill Health & Rehabilitation who advocate for the well-being of all residents. The council offers a forum for residents to be part of decision-making within their own home. Resident Council is a good way to help make our care center the best it can be. We discuss concerns, suggestions, notes of appreciation, residents' rights and care center policies. We are always looking for suggestions for upcoming activities.

Family Council

Much like the Resident Council, our Family Council is a self-led, self-determining group of families and friends who work to improve the quality of care and quality of life for the residents by providing families with a voice in decision-making that affects them and their loved ones. Many voices are stronger than one. The power of many people working together is enough to make changes, whereas one person can only do so much. Come see how the council is a partnership between families and staff for guidance, information, and problem solving, and a safe forum to voice observations and opinions to improve quality of life.

Live Entertainment

Several times per month, special group activities are hosted including live entertainment. Keep an ear out for special happenings going on this month, no cover charge.

What are Group Activities?

Each week brings with it a new set of activities. While we try to keep a regular routine from week to week, we also try to bring new and exciting activities all the time. Some of the most popular group activities we offer include:

- **Bingo/Games:** Several days each week, we play fun group games including bingo. All residents and guests are welcome to attend. We award winners with prize tickets that can later be used in our monthly Prize Store.
- **Prize Store:** Once per month, we offer residents the chance to spend their prize tickets for various items.
- **Diner's Club/Order Out Club:** These are offered during dinner as a family-style meal where we all eat together at one big table. It is also a chance to purchase food from outside restaurants. Attendees say the food is even better with friends.
- **Nail Art:** Come down to this activity to get your fingernails trimmed and painted by our friendly and fashionable staff.
- **Religious Activities:** Enjoy our various religious groups including Bible Study, Catholic Mass, Rosary, and TV Church.
- **Fitness:** Have some fun and stretch those muscles as we move together.