



FEDERATION HOMES

Dedicated to Independent Living

GARDEN CLUB

Raised garden beds are available for residents to grow their own vegetables. There is also community herb and greens area for all to enjoy. Flowers are grown to beautify the property.

ENTERTAINMENT

Great entertainment with food is offered monthly and on select holidays. Residents often get dressed up for the occasion.

EXERCISE CLASSES

Residents have the option to join our exercise programs to build and strengthen their bodies and relieve stress.

- Daily morning exercise classes • Yoga • Tai Chi
- Stretching with weights • Special one-time events

GAMES AND ACTIVITIES

Great competitive games and activities keep residents motivated and busy.

- Wii • Bingo • Mah Jongg • Board Games
- Trivia • Current Events • Puzzles • Crossword & Word Find



097523

Federation Homes • 156 Wintonbury Ave., Bloomfield • 860.243.2535
www.federationhomes.org