



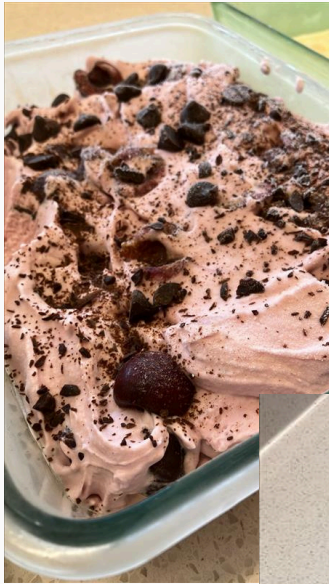
JULY 2025

NEIGHBORHOOD

Community News Letter

I scream for ice cream!

Our very own staff member who loves to get creative in the kitchen made ice cream from scratch to help cool off from the summer heat and remind residents how much we care! These summer fun flavors were, rainer cherry and chocolate, lemon cookie car and classic vanilla.



This issue:

I scream for ice cream!

Seniors and Kiddos Paint!

Chair Yoga at DP

Ragfinery at 22 North

More walks with Wild
Whatcom

Upcoming

Expanding Wild Whatcom
opportunities!

Ragfinery comes to all the
buildings!

Animals as Natural Therapy
FREE tour

Grant applications to go to
Animal's as Natural Therapy

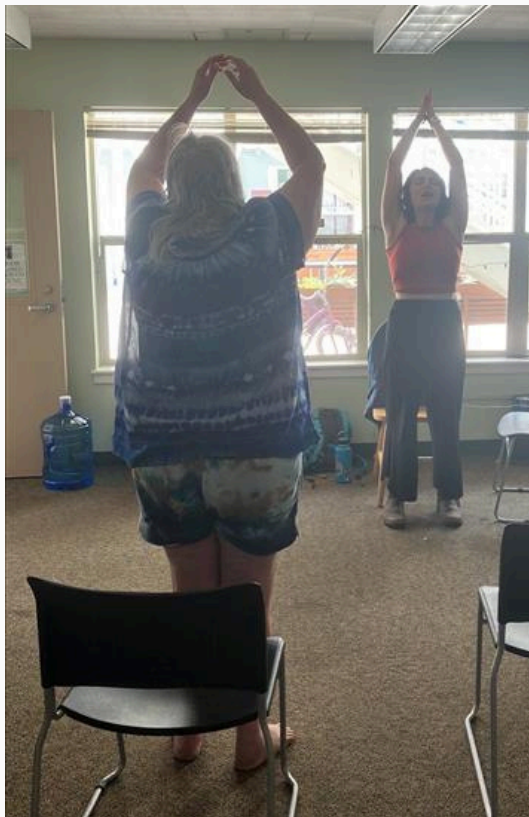
Intergenerational Craft Time!

The kiddos from the classroom at Laurel Forest joined the Laurel Forest senior residents for some intergenerational arts and crafts. There was a lot of laughter and creativity and the seniors got a chance to let their inner child out to play!



Chair Yoga at Dorothy Place

As we know yoga can be super helpful with relaxation and mindfulness, so we had our very own OC staff member who leads a weekly “desk yoga” come to Dorothy Place and led the residents in a mindful yoga practice, we want to keep this event going on a monthly routine so that the Dorothy Place residents can have plenty of opportunities to intergrate relaxation, wellness and mindfulness into their daily lives, which survivors of DV need and deserve!



Ragfinery at 22 North

Ragfinery came to 22 North to mend residents clothes for free!
Residents not only got some TLC to their clothing but also got to learn how to sew and work on some personal crafts!



More walks with Wild Whatcom

The seniors have been loving the Wonder Walks with Wild Whatcom, this month we went to Taylor docks, learned about the local ecosystem and saw a lot of marine life. Even though the weather was chilly and a bit overcast, being outdoors in community always warms and brightens the spirits!



Upcoming

22 North and Dorothy Place are requesting outdoor and movement time, so we will be joining Wild Whatcom in August!



Taking a Farm Tour with Animals as Natural Therapy



Superfeet is handing out a grant for non profits to apply for. I am currently applying for it and plan on using the money to get therapeutic services with the animals!

SUPERFEET