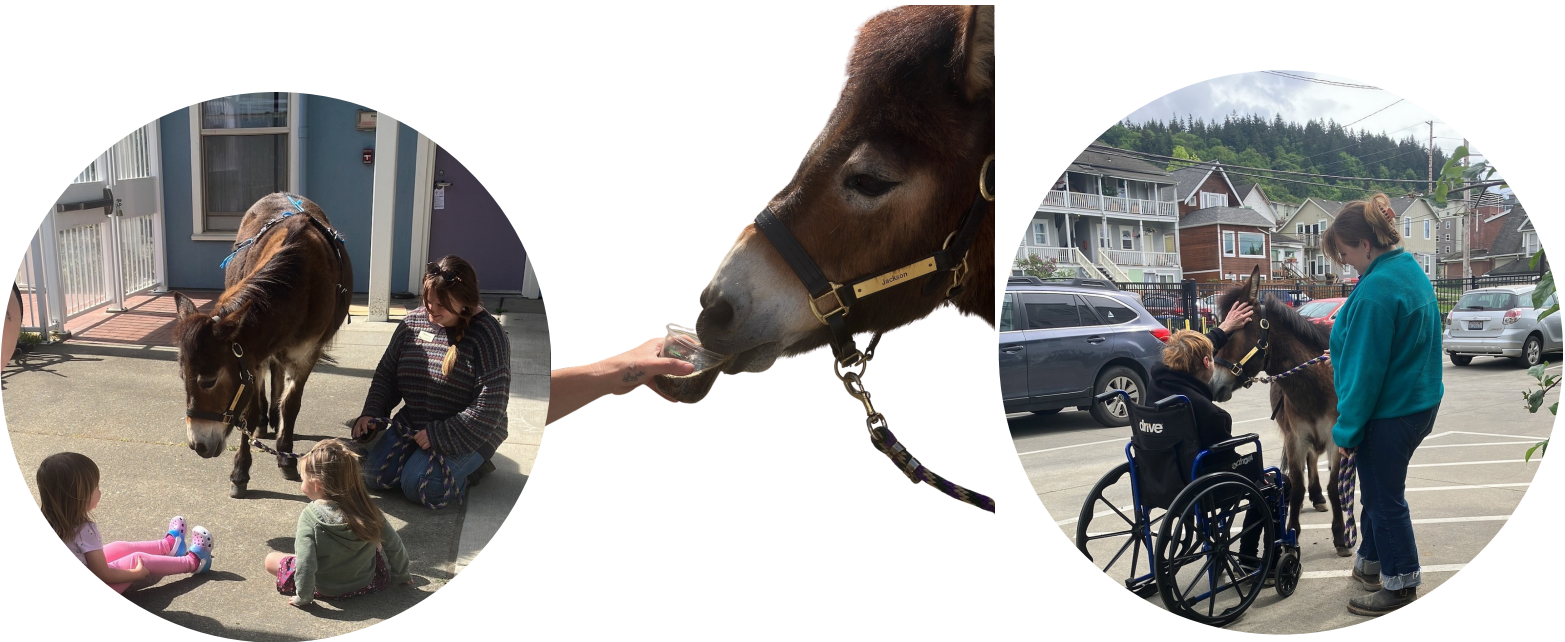


Community NEWSLETTER

May 2026

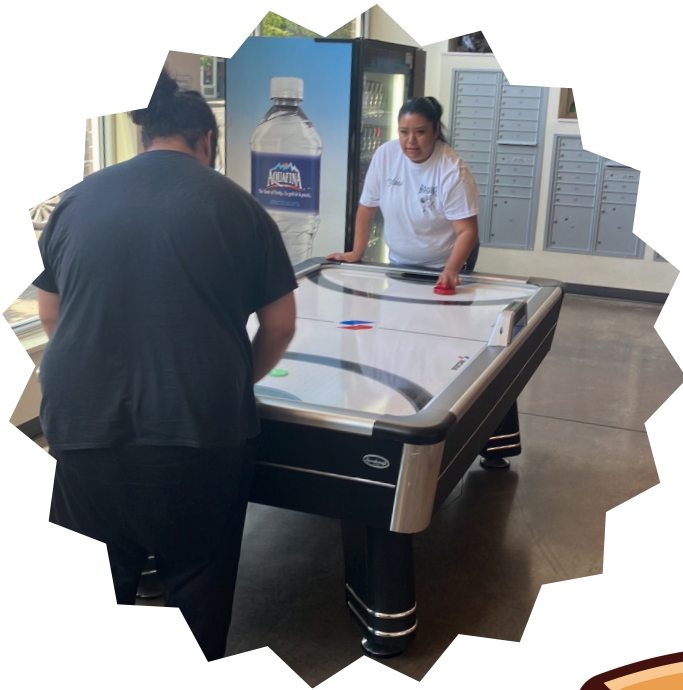
Donkeys drink root beer?!?!



With warmer weather approaching, bringing a miniature donkey to join residents for root beer floats creates an especially unique and memorable experience. The novelty of having a miniature donkey right on-site sparks immediate excitement and curiosity, with many residents eager to step outside and gather together. The playful experience of not only enjoying root beer floats together but even offering the miniature donkey a taste of root beer adds an unexpected and lighthearted moment that residents are likely to remember long after the visit. For individuals who have experienced long periods of isolation or survival-focused living, these joyful and one-of-a-kind interactions provide meaningful moments of connection, emotional relief, and community engagement that can have a lasting impact.

Pizza Party with our partner Peer Counselor from Ideal Options

A pizza party and game day creates an inviting space where residents can come together in a relaxed and enjoyable environment centered around food, fun, and shared experiences. Activities like these encourage natural conversation and provide opportunities for residents to interact in ways that feel easy and authentic. Friendly competition, shared laughter, and casual storytelling help strengthen relationships and build a stronger sense of community within the building. A peer counselor from Ideal Option also joins the gathering to offer additional support and connect residents with available services in a low-pressure, approachable setting. For individuals who have experienced chronic homelessness or prolonged periods of instability, these gatherings offer more than entertainment—they create opportunities to build positive memories, increase social connection, and experience the comfort of simply enjoying time with others.



Garden Club at Laurel Forest

A garden club at Laurel Forest Senior Apartments provides residents with meaningful opportunities for engagement, purpose, and connection through shared outdoor activity. Gardening supports physical health by encouraging gentle movement, improving mobility, and promoting time spent outside in fresh air and sunlight. It also offers important mental and emotional benefits, including reduced stress, improved mood, and a sense of accomplishment as residents care for and watch plants grow over time. Beyond the individual benefits, the garden club fosters social interaction and community building, giving seniors a shared space to collaborate, exchange knowledge, and form relationships. For many residents, it creates a calming, purposeful routine that enhances overall well-being and strengthens their sense of belonging within the community.



Looking Ahead

Manicures are back!



It has been a few months since we hosted on-site manicures following the graduation of our previous nail tech cohort, and we extend our congratulations to those students as they move forward into the broader community and their professional careers. We are now excited to welcome a new group of Northwest Barber Academy nail techs back in June to resume this valued self-care offering. These manicure events provide residents with opportunities for relaxation, dignity, and connection, while also supporting students in gaining hands-on, real-world experience. We look forward to continuing this meaningful partnership and bringing these positive, community-building experiences back to our sites.

Monthly Walks with Wild Whatcom

Bringing back nature walks with Wild Whatcom as the weather becomes warmer and sunnier has had a refreshing and revitalizing impact on residents after the long winter months. These walks provide an opportunity to re-engage with the outdoors, soak in natural light, and gently increase physical activity, all of which support improved mood, energy, and overall well-being. After a season often marked by isolation and limited mobility, residents benefit from the chance to connect with nature, build routine, and share meaningful experiences with others. The return of these walks brings a renewed sense of vitality, connection, and joy as residents step back into the rhythm of the natural world.

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