

# SURVEY UPDATE

## COMMUNITY LIFE PROGRAMS

From board games to yoga, it is clear to see that our VIPs are excited to get involved. Over a hundred of you have provided feedback to help us develop a Community Life program tailored to your interests. We wanted to take this opportunity to share some of the results with you.



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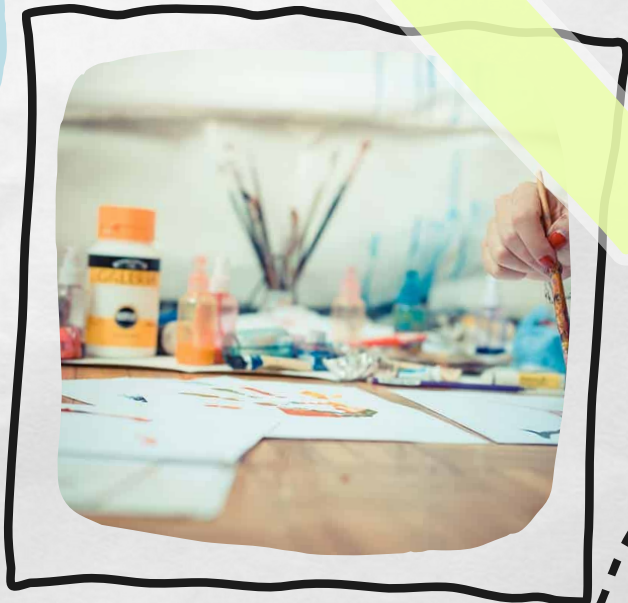
## ORGANIZED GAMES

Board Games emerged as the clear winner, with 42% of the votes. Many of you also wrote in games that would fall under this category, such as Uno, Boggle, and Scrabble. Mexican Train had an overwhelming response with 68% of the votes for domino games and Bridge came in with 43% of the votes under the cards category. Our Card Room and Lounge will have many of these games available for you to enjoy or even start your own groups and clubs to connect with other board games, dominoes and card-playing enthusiasts.



## 2 CREATIVE ARTS PASSIONS

This category included a variety of creative outlets to choose from, ranging from painting and drawing to crocheting and quilting. Acrylic painting (53%) and watercolors (65%) received the most votes, followed by crafts (47%) and flower arranging (42%). It's great to see all the interest in these activities, and we are excited to see all the creativity that will take place in our Art and Craft Studios. Additionally, we will offer instructor-led classes for fun projects and painting tutorials, so there will be plenty of opportunities to learn and have fun.



## 3 WELLNESS PURSUITS

Indoor Cycling (spin classes) received the most votes at 84%. Balance and Fall Prevention came in second with 72%. Strength Training and Personal Training also scored high with 56% and 49%. Our Wellness Program at The Outlook will offer personal training with our Wellness Coordinator in the Fitness Center, as well as a variety of group fitness classes like Strength & Conditioning and Aqua Fit. Group classes like Cardio Fit will increase your heart rate with low-impact aerobic movements that will also improve strength and endurance. Classes like Zumba will introduce easy-to-follow Zumba choreography that will focus on balance, range of motion and coordination. Our Wellness Program will also have an educational component with monthly health-related topics, such as stress management strategies, healthy eating habits and brain health.



**101 out of 105 Responses!**

## 4 LIFELONG LEARNING

Lifelong Learning will aim to provide programs that enrich the lives of our residents by offering a diverse range of stimulating classes, lectures, social activities, and opportunities for personal growth. The survey showed that bringing in speakers from outside the community and having residents present on topics received 50% of the votes. Discussions about movies (64%), brain fitness (61%), and travel/culture (55%) were the most popular choices. Broadway/theater lectures received 50% of the votes. We are excited to introduce programs like At the Movies, where we will present a variety of movies organized around a theme, director, actor, actress or film genre for all movie and theater enthusiasts.



99 out of 105 Responses!

## 5 CLUBS AND GROUPS

We included ideas for various clubs that could be initiated by our residents, such as Bridge Club (27%), Yappy Hours at the Dog Park (10%), or even an Edges First Puzzlers Club (31%). The most popular choices in this category were the Ladies Socials, with 47% of votes, followed by Lunch Bunch with 46%. We also received a high response for Men's Socials with 30%. Book Club and Travel Club both received 45% of the votes. A suggestion was made to start a veteran's group which we would love to have as one of our groups at The Outlook. If you are interested in starting a club/group that you are passionate about, please let us know.



A Novel Idea Book Club #1



Most Popular!

## 6 OUT AND ABOUT

The Out and About category received 100 responses, making it one of the most popular categories. For Community Life, this category is one of the most exciting ones to receive responses in. We're looking forward to taking day trips (65%), watching movies (62%), attending concerts (54%) and tasting all the local food (51%). We'd also like to mention that we're excited about learning and gaining knowledge from visiting local museums (50%) and art galleries (44%). It's great that many of our VIPs are interested in going on overnight trips (48%) and even boarding a cruise for a getaway (33%).

Grab those passports and let the adventures begin.



## 7 STEWARDSHIP AND VOLUNTEERING

Forefront Living and The Outlook have a vision to empower individuals to thrive through innovation and stewardship. As part of this vision, The Outlook will partner with the City of Plano to give back. Volunteering opportunities will be available at the North Dallas Food Bank (41%) and Plano Animal Services (22%). Some VIPs have expressed interest in helping in the Community Life Department for Assisted Living and Memory Support (22%), while others are looking to help in the community library (40%) and welcome new residents (30%). If you have a cause that you are passionate about and would like to lead a group, please let us know.



Community | Support  
Inclusive

*If you have any questions or suggestions, please feel free to reach out.*

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