

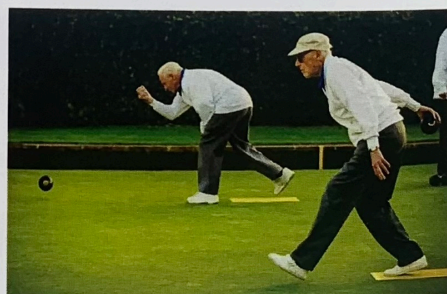
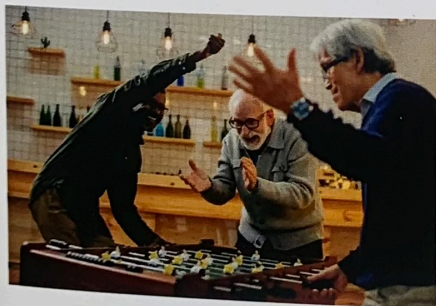
Activities

At Heal Rest, we believe that our residents have earned every bit of their free time. Our activities are designed to be mentally stimulating, thought engaging and fun for our residents.



Activities At Heal Rest

- Regular pool visits at Heal Rest facility, Waldorf
- Visits to National Harbor
- Visits to Washington, D.C Monuments
- Visits to Museums
- Appropriate mind-stimulating activities and cognitive games
- Book Club
- Water aerobics
- Gardening
- All major holiday celebrations
- Bingo



HEAL REST ASSISTED LIVING

A place to call home...

Schedule A Tour Today!

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