



My touch, tone and sensitivity nurtures older adults and creates meaningful friendships”

Led by Amy Goodshaw



I'm a California State Certified Activity Leader with a degree in education. I taught for 20 years, and have been volunteering and working with older adults for 25 years, both as an Activities Coordinator in senior care, and privately with persons needing recreational therapy.

I bring a unique understanding of the developmental stages of older adults and their communication styles, allowing for healthy interaction and fulfilling experiences.

Through my personalized activity programming, the senior gains valuable legacy support and positive attention.

Monday, Wednesday & Friday



Fun, friendship and socialization
Important connections during this time of social distancing



Engaging programming for seniors
Music, discussion, exercise, reminiscing, brain games, and more



Small group of 5-10 members
Truly personalized, quality attention



Healthy break from routine
A needed 1-hour break from your new home routine



Meetings held using the free Zoom app

For details, contact Amy at (714) 398-1050