

Program Catalog

Spring
2025

CURATED CURRICULUM & LOOK BOOK.



"Mary & Bright's programs are unmatched in creativity, dedication, and excellence. With unparalleled expertise in dementia care and senior living, they inspire meaningful connections and deliver transformative experiences for residents, staff, and families alike."

– Sabrina H., MM, MT-BC Washington D.C.

Welcome To

Mary & Bright

Our Vision

At Mary & Bright LLC, we believe that every program is an opportunity to inspire, connect, and enrich lives. Our sensory-based programs are thoughtfully designed to foster meaningful engagement, create lasting memories, and bring joy to residents, caregivers, and staff alike.

Crafted with Expertise, Reviewed with Care

Our programs are thoughtfully created and curated by a dedicated team of experts, including recreational therapists, licensed practicing counselors, masters- and doctorate-level music and art therapists, educators, gerontologists, seasoned dementia care professionals, and activity specialists. To ensure exceptional quality, every quarterly offering is carefully reviewed by a variety of close and connected colleagues and advocates for purposeful, engaging living. This includes neurologists, neuropsychologists, psychiatrists, active older adults, and senior living C-Suite professionals. Together, we ensure that each program reflects the highest standards of care, innovation, and inclusivity.

Our Promise to You

When you choose Mary & Bright LLC, you're not just accessing programs—you're investing in a partnership dedicated to transforming lives, fostering connections, and creating a legacy of engagement.



Our Purpose

Our Why...

Why We Do What We Do

At Mary & Bright LLC, we care deeply about our customers and clients. Yes, we are a business, but we are so much more. We started Mary & Bright because we wanted the ability to do more and focus on what really matters—**YOU, YOU, & YOU - WE THE PEOPLE**, and creating opportunities and lifestyles where everyone can thrive.

Our Mission

We Strive to deliver programs and solutions that inspire, connect, and enrich lives through sensory-based activities designed to foster meaningful engagement, create lasting memories, and bring joy to residents, caregivers, and staff alike. Each program is rooted in the belief that everyone deserves a life filled with purpose, connection, and joy.



Our Inspiration

Our Driving Force

Our **inspiration** stems from deeply personal connections to Alzheimer's disease and our love for the older adults in our lives — *our friends, our families, and the very first residents* who touched our hearts, like Ginger and her husband Bill, and Mary's grandfather, who not only helped raise her but was her very best friend. We've spent countless, tireless hours standing alongside *direct care professionals, engagement specialists, and frontline associates* who serve with dedication and compassion yet often feel stretched thin. They deserve far more than a pizza party; **they deserve meaningful support, resources, and recognition for their invaluable contributions.**

We've shared tears with family caregivers in support groups, stood beside them during their most trying times, and celebrated the small, joyful moments of connection that mean so much. We are driven by the residents and individuals who, for a time, *seemed lost in the shuffle—those who seemed to be fading away but, through creativity, care, connection, and intentional engagement, rediscovered their joy.*

This work, this mission, this passion is grounded in a simple but profound truth found in our favorite quote—we return to time and time again—by the honorable and beloved Maya Angelou: **“People will forget what you said, but they will never forget how you made them feel.”**



Reviews & Success Stories

What's the Tea?

"Mary & Bright's programming has brought my mom back to life. Over the course of a few weeks, their global-themed programs awakened something I hadn't seen in years. During a small tea party centered on France, my mom began to mutter in French—a language she hadn't spoken in decades. I cannot thank Mary and her team enough for the joy they've brought to our family."

– Amanda B., Family Caregiver and Retired Nurse, Staunton, VA

"Mary possesses a unique ability to connect with residents, demonstrating genuine empathy and understanding. Her innovative approaches to engagement have significantly improved well-being and fostered a strong sense of community. She truly leads with passion, grace, and composure, making her an invaluable mentor and leader."

– Dorcas A., ADC, Life Enrichment Director, Gainesville, VA

"Mary and her team have not only brought to life our residents and community but have empowered and encouraged me. She truly understands the day-to-day demands and stressors we experience in senior living and memory care. Her support is invaluable, and her programs have saved me time and energy, easing my stress and re-energizing me. Both our family and resident participation rates are higher than ever before—not only because of Mary & Bright's exceptional programs but because she has inspired me to take my offerings to the next level."

– Tony L., Memory Care Director, Palm Beach Gardens, FL



What We Offer

Included

Each Tool Kit Includes

- **Engaged Stages of Living Guide & Tutorial:** Tailored strategies for residents across all cognitive and physical ability levels.
- **Comprehensive Course Overview and Objectives:** Clearly defined goals to ensure purposeful engagement.
- **Facilitator Guide with Step-by-Step Instructions:** Simple, easy-to-follow directions for flawless program delivery.
- **Presentation Materials:** Ready-to-use slides, visuals, and handouts to enhance your program experience.
- **Event Planning and Organization Tools:** Timelines, checklists, and resources to simplify preparation and execution.
- **Adaptation Tools and Modalities:** Resources and strategies for accommodating mobility challenges, special diets, one-on-one engagement with family caregivers, communication needs, and more.
- **Shopping List and Budget-Friendly Tips:** A carefully curated shopping list with budget-friendly alternatives for those with limited resources.
- **Family and Staff Engagement Tips:** Creative ideas to involve families and staff, fostering inclusivity and connection.
- **Suggested Style & Set-Up Tips:** Inspiring ideas to create an inviting and professional atmosphere.
- **Printable Resources and Takeaways:** Handouts, activities, and keepsakes for participants to enjoy beyond the program.
- **Reminiscing and Reflection Questions:** Thought-provoking prompts to encourage connection and shared memories.
- **Social Media and Communication Blurbs:** Pre-written posts to help you promote your events and engage your audience.
- **Intentional Sensory Engagement:** Every program integrates multiple sensory elements to create immersive, enriching experiences.



But Wait, There's More

Additional Services

With **100+ years of cumulative experience**, our team is here to serve you with ***expertise, passion, and purpose***. We offer a variety of anytime materials and services to further enhance your community's experience, including:

- Anytime materials and downloadable resources for flexible use.
- Team training guides and staff appreciation ideas.
- Support group structure guides and customizable surveys.
- Consultations and interium support tailored to your community's unique needs.
- In-person or virtual private or small-group music, art, and recreational therapy services (where available).
- Volunteer training guides and recruiting resources.
- Intentional, purposefully designed living spaces and decor services.
- Annual calendar themes and creation tools.
- Educational offerings, including CEUs for accredited states.
- Recommended resources for nationwide and local services, including at-home care, counseling and mediation, support services, neurological evaluation clinics and centers, and home health and therapy services.
- ***And so much more!***



Options & Opportunities

Pricing

Subscription Plans

- **Monthly Subscription: \$160/month**
Access to all resident and sensory-based learning programs, tools, and resources.
- **Quarterly Subscription: \$400/quarter**
Saving \$80 compared to monthly pricing!
- **Annual Subscription: \$999/year**
Saving \$921 compared to monthly pricing!
- **Platinum Annual Subscription: \$1,599/year**
Includes access to all learning programs, event planning tools, calendar creation resources, volunteer recruitment training, family support group curriculum, monthly support calls, and our exclusive Self-Care Circle.

Individual Downloads

- **Single Program: \$50 each**
- **Bundles**
 - **3 Programs: \$125 or 6 Programs: \$200**

Therapy Services - Music, Art, & Recreational

- **In-Person Group Therapy: \$115/hour**
- **In-Person Individual Therapy: \$99/hour**
- **Virtual Group Therapy: \$100/hour**
- **Virtual Individual Therapy: \$85/hour**

*** For in-person services, mileage beyond 20 miles is reimbursed at the federal rate.
Package rates are available—contact us to discuss your needs! ***

Options & Opportunities

Pricing



Education & Training

- *Toolkits & Support Group Curriculum Guides: \$150 each*
- *In-Person Training (Full Day): \$1,600 + travel*
- *Virtual Training (Half Day): \$750*

Consulting Services

- *Hourly Consulting: \$160/hour*
- *Custom Consulting Packages:*
 - *Small Projects (3 hours): \$400*
 - *Comprehensive Projects (10 hours): \$1,350*

Tailored To You

- ***Don't See What You Need?*** *Whether you're a booming company, family-owned business, small resource, or an individual caregiver, we're here to create a plan that works for you. Connect with us to discuss your needs today!*
- ***Specialty Pricing:*** *Discounts are available for nonprofits and government-funded organizations.*
- ***Special Gift Offer:*** *New annual subscribers receive a free gift valued at \$350!*



Curriculum & Tool Kits

Spring 2025



Spring into Full Bloom

Spring 2025

MARCH

WOMEN'S HISTORY MONTH

- **Name That Tune: The History of Women in Music** - Celebrate women's achievements through music trivia, storytelling, and interactive fun.
- **Mystery & Mocktail Mixology: The Women Spies of WWII**- Learn the hidden stories of WWII's female spies while crafting mocktails inspired by history.
- **Pop-Up Museum: Women Artists Through Time**-Explore iconic art and history created by women artists from around the world through interactive storytelling.

Please note International Women's Day is March 8th

SPRING-THEMED EVENTS

- **Butterflies and Blooms: A Pollinator Paradise** - Create butterfly puddles, design pollinator houses, and plant host and nectar plants to explore the magic of nature.
- **50 Simple, Easy Spring Activities & Events** - Creative ideas to embrace the rejuvenation of spring with ease art, music, crafts, fitness, reading, writing, and so much more.
- **Jubilee in Spring** - 99 meditations, affirmations, prayers, and spiritual activities to honor the season of rejuvenation.
- **Spring's Small Bites & Swigs: Seasonal Recipes & Celebrations Guide** - A collection of recipes for celebrating spring, featuring small bites, savory samples, sweet treats, mocktails, and more.

Spring 2025

MARCH

SPRING-THEMED EVENTS

- **Spring Remembering and Reminding Program** - *Celebrate spring with “this day in history,” famous birthdays, and highlights of inventions born in March*

CULTURAL HOLIDAYS AND CELEBRATIONS

- **Taste of Mardi Gras in New Orleans (March 4)** - *Explore the flavors, history, and traditions of Mardi Gras with hands-on activities.*
- **Ash Wednesday: A Spiritual Reflection (March 5)** - *Honor Ash Wednesday through guided meditations, reflections on renewal, and symbolic exercises. ** Bonus Content - Prayers of Lent Download*
- **Traditions & Recipes: The Jewish Holiday of Purim (March 14).** - *Discover the significance, customs, and classic dishes of Purim*
- **The Colorful Story & Canvas of Holi (March 14).** - *Celebrate Holi with art using traditional colorful powders and watercolors, paired with storytelling about the festival's rich symbolism*
- **Ramadan: A Sensory-Based Learning Experience & Reflection (Begins March 1).** - *Learn the traditions and significance of Ramadan through storytelling, fasting foods, and cultural lessons*

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MARCH

SPECIAL DAYS

- **Are You Smarter Than a 5th Grader? Grammar Edition (March 4)-** *Celebrate National Grammar Day with fun, interactive trivia for all skill levels.*
- **Double Stuff Taste Test (March 6)-** *Celebrate National Oreo Cookie Day with a playful taste test featuring different Oreo flavors.*
- **Sleep Story Swap (March 10) -** *Cozy up for National Napping Day by sharing these funny and delightful bedtime stories, and lullabies for adult.*
- **101 Tasty Bites & Delights: National Girl Scout Day (March 12)-** *Trivia and recipes featuring Girl Scout cookies, with an optional award ceremony honoring former Girl Scouts.*
- **K-9 Veterans Day: Service and Stories (March 13) -** *Assemble care packages for K-9 units or shelters, paired with stories of heroic K-9 veterans.*
- **Picture Perfect Pups (March 23)-** *Host a virtual dog show, letting residents vote on categories like “Cutest Pup” and “Best Dressed Dog.”*



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MARCH

MARCH MADNESS EVENTS (COMPETITION RUNS MARCH 18–APRIL 8, 2025)

- **March Madness Pep Rally** - *Build excitement for March Madness with a high-energy rally featuring music, games, and festive activities.*
- **March Madness Fever** - *Includes guides for watching, discussing, and setting up sensory experiences for an engaging game-watching environment.*
- **March Madness Mavericks** - *Discover the all-star players, coaches, and teams that have shaped March Madness throughout its history.*
- **Bracket or Bust** - *Host a fun-filled March Madness competition for staff, families, and friends.*

Spring 2025

APRIL

HOLIDAY & CULTURAL CELEBRATIONS

- **Spring or Easter Eggstravaganza** - *Host a fun-filled event with egg decorating, an egg hunt, petting zoo, cupcake walk, and spring build your own bouquet flower bar.*
- **Good Friday Reflections: A Spiritual Journey (April 18th)** - *A serene class featuring guided meditations, scripture readings, and reflections on renewal and hope.*
- **Sunrise Rise Easter Service (April 20th)** - *A reflection of faith and hope with a time of worship, reflection, prayer, and rituals.*

SPRING, EARTH, & ARBOR DAY THEMES

- **Earth Day in Action (April 22: Earth Day)** - *Celebrate Earth Day with a vibrant community clean-up. Encourage participants to take this spirit of action to their local neighborhoods, enhancing green spaces and fostering environmental stewardship.*
- **Composting 101: Reduce, Reuse, Revitalize** - *Hands-on activities on starting a compost bin, understanding composting benefits, and reducing waste naturally.*
- **Wastefully Away: The Truth About Trash** - *An interactive session exploring waste management, recycling, and ways to reduce daily waste.*
- **Arbor Day: The Beauty of Trees (April 26: Arbor Day)** - *Create as a community or family reflective and symbolic tree-inspired art made of recycled materials.*

Spring 2025

APRIL

SEASONAL SPRING, EARTH, & ARBOR DAY THEMES

- **Arbor Day: The Art of The Bonzi (April 26th)** - *Celebrate Arbor Day with a beginner-level exploration of bonsai art. Learn the basics of shaping and maintaining your own miniature tree, a perfect introduction for newcomers to this timeless craft.*

SPECIAL DAYS

- **Rainbows and Prisms: The Science of Light (April 3)** - *National Find a Rainbow Day) Interactive exploration of rainbows and prisms.*
- **Secret Recipe Society: Silky Salted Caramel Sauce (April 5)** - *National Caramel Day) Learn to make silky salted caramel in this hands-on session.*
- **The Art of A Cappella: Barbershop Quartets (April 11)** - *A journey through the evolution of barbershop harmonies.*
- **Stretch and Fold (April 26: National Pretzel Day)** - *Fitness fun with stretching and flexibility paired with after workout pretzel treats.*
- **A Bite of History: The Pretzel (April 26: National Pretzel Day)** - *A baking, tasting, and history lesson about a salty but sometimes sweet favorite, pretzels.*
- **The Evolution of Jazz (April 30: International Jazz Day)** - *Explore jazz history with music, art, fashion and our signature mocktail, a jazzy-tini.*



Spring 2025

MAY

HOLIDAYS & CULTURAL CELEBRATIONS

- **Petals and Pourings : A Mother's Day Tea & Flower Station (May 11)** - Celebrate the spirit of Mother's Day with a delightful afternoon tea accompanied by a DIY flower bouquet station.
- **Mother's Day Spoof Fashion Show (May 11)** - Celebrate Mother's Day with a resident or participant-led inspired fashion show featuring unique twist on both vintage and modern styles. Families are encouraged to participate and share in the joy of this fun over-the-top showcase.
- **Palate Discovery Workshop: Cinco de Mayo, a Flight of Festive Flavors & Festivities** - Cinco de Mayo) Experience the vibrant culture of Cinco de Mayo with an engaging margarita tasting paired with traditional recipes. This celebration brings the flavors and history of the day to life.
- **Flags of Honor: A Memorial Day Ceremony (May 27)** - Honor those who served with a meaningful flag-raising ceremony, accompanied by heartfelt moments of reflection and community remembrance.
- **Heroes Among Us: A Memorial Day Picnic (May 27)** - Celebrate Memorial Day with a community picnic featuring classic dishes, outdoor games, and a special tribute to honor veterans.

Spring 2025

MAY

SEASONAL SPRING THEMES

- **The Beauty of Botany** - *Explore plants like succulents, edible flowers, and medicinal herbs while not only planting but painting a beautiful living still-life.*
- **Farm to Table: Culinary Herbs** - *A hands on herb gardening series with recipes, tasting, and heirloom crafts all from your backyard and local farm gardens.*
- **The Audubon Experience Birdwatching Club** - *Guided birdwatching with a explorations, nature walks, discussions education, art, and and habitat support.*
- **Evening Star Gazing Club** - *Indoor and outdoor stargazing and space exploration including a our constellation stories starting in and HD projections.*
- **Spring Swing: Softball Tournament** - *Gather for a fun and friendly softball tournament to celebrate the spring season and pending summer transition. A way-to-play for everyone to. This event also includes music, concession stand style refreshments, and cheering sections to create a full fledge team spirit atmosphere.*

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MAY

SPECIAL DAYS

- **A Parisian Brunch: A Crepe Affair (May 6: National Crepe Day)** - *French-inspired sweet and savory crepes buffet with other delicate Parisian pairing and French fusion fun.*
- **A Bite of History: The Chocolate Chip Cookie (May 15: National Chocolate Chip Day)** - *Discover the origins of chocolate chip cookies while baking and of course, savoring.*
- **Tapping into Fitness: A Tap Dance Workout (May 25: National Tap Dance Day)** - *Celebrate National Tap Dance Day in style with safe seated or standing exercises for everyone to enjoy.*

Thank You

Joy in the Journey

Thank You for Joining Us on This Journey

At Mary & Bright LLC., we are honored to be part of your story. Whether you're exploring our sensory-based programs, engaging with your community, or creating joyful moments with those you love, we're here to inspire, connect, and enrich lives together.

Stay Connected

📞 Call or Text Us: 540.836.0972

✉ Email us: maryandbright.living@gmail.com

🌐 Visit us: <http://marybrightliving.com/>

📱 Follow us on social media: [maryandbrightliving](#) - *find us on Instagram, Facebook, & TikTok*

Let's Create Together

We're always looking for ways to improve and grow. Have feedback, questions, or ideas? Reach out to us—we'd love to hear from you!

A Parting Thought

Together, let's make every moment matter. Thank you for choosing Mary & Bright to bring light, joy, and purpose into your world.

Warmest Regards,

Mary Gaudin & The Mary & Bright Team

