

***In this Issue!***

- Meet Grace Holden
- June Calendar of Events
- Activities and Events

**Programming:**

**Connecting  
Mind, Body &  
Soul**

-  Creative Arts Therapies
-  Continuing Education
-  Curated Sensory Experiences
-  Community Engagement
-  Celebration & Spirituality
-  Conditioning & Strengthening
-  Captivating Concerts & Recreation

**Meet Grace Holden-Dance Therapist**



The Greens at Greenwich hosted Grace as their Fall 2021-Spring 2022 intern in Dance/Movement Therapy. Grace received her Master’s in Dance/ Movement Therapy from Sarah Lawrence College in May 2022, and happily joined as a member of the staff upon graduation.

Grace values her internship experience at The Greens where she provided individual and group therapy to every resident. She facilitated both the Men’s Group and Women’s Group and provided weekly Dance Therapy groups incorporating props and music. Grace continues to collaborate with residents, providing opportunities for expression through a variety of dance/movement interventions including rhythm, improvisation and guided imagery. When Grace isn’t dancing with the residents, she’s leading walking club, bingo, karaoke or enjoying nature with residents in the garden.

Grace has cultivated her passion for dance from a young age. In addition to dancing, Grace has toured as a musician in many bands, specializing in trumpet, keys and percussion.

Dance and music were integrated into her undergraduate education where she earned her BA with an emphasis in Interpersonal and Multicultural Communication from the University of Minnesota, Duluth. Beginning in 2015, Grace enjoyed a career of professional dance, touring the world with Lizzo.

Her most recent collaboration with Lizzo was providing trauma-informed mind/ body strategies for aspiring dancers on “Lizzo’s Watch Out for the Biggrrrls” on Amazon Prime.

Grace brings her experiences and love for dance and music to The Greens wholeheartedly.

She values how dance encourages residents to reflect and reminisce on meaningful memories and invites possibilities for connection and social support.

“I want to express my gratitude to the entire staff at The Greens at Greenwich for providing an enriching environment for me to grow as an intern and Dance Therapist. A special thank you to Beth Liebowitz for her knowledge and guidance. I sensed right away that The Greens is a special space for residents to explore their innate creativity. I look forward to getting to know all of the families—and meeting those of you I’ve yet to meet! Most importantly, it’s an honor to care for the residents and hear their stories.”

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# The Greens

AT GREENWICH

An Assisted Living Residence  
1155 King Street  
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Maria Scaros, Executive Director  
Barbara Mullins, SALSA RN  
Beth Liebowitz, Program Director  
Luis Arista, Executive Chef  
Debbie Merigliano, Administrative Assistant

## Activities and Events

Getting ready to have our annual Resident Art Show!



Theresa G. 6/3



Susan B.