

# *"I was sick and you visited me..."*

It is easy to spread peace: just look for those in need and love them in simple ways. Volunteering at nursing homes and assisted living centers is an easy way to learn to spread peace. Residents in these homes are often overjoyed to see younger people. They enjoy watching them perform and simply spending time together. Can you sing or play an instrument? Put on a magic show? Read a short story or perform a skit? Can you listen to their stories? Play an easy board game?

To volunteer, simply call a home and ask for permission to visit the residents. With permission, you can tour the halls, knock on doors and look for those ready to hear a song or story, and play a game or chat. When you call, you can ask for the "events coordinator" to arrange for a public performance, if you or a group of friends would like to do something like play music or perform a show for a large group of residents. Residents especially enjoy show tunes and songs they will recognize, and maybe even sing along with!

Here are some centers right around the corner in Irving.

Ashford Hall  
2021 Shoaf Dr.  
Irving, TX 75061  
(972) 579-1919

Emeritus at Irving  
820 N Britain Rd.  
Irving, TX 75061  
(972) 999-1268

Avalon Memory Care  
3400 Country Club Rd N  
Irving, TX 75062  
(800) 696-6536

Irving Nursing & Rehabilitation  
619 N Britain Rd.  
Irving, TX 75061  
(972) 785-9300

Avante Rehabilitation Center  
225 N Sowers Rd.  
Irving, TX 75061  
(972) 253-4173

The Villages on MacArthur  
3443 N MacArthur Blvd.  
Irving, TX 75062  
(469) 586-4424

Elmcroft of Irving  
2425 Texas Dr.  
Irving, TX 75062  
(972) 659-6800

Northgate Plaza  
2101 W Northgate Dr.  
Irving, TX 75062  
(972) 255-4460