

Sample Activities Calendar

TIME	EVENT
9:00 a.m.	COFFEE & THE POST Come chat about interesting articles in the news while we enjoy our morning coffee or tea.
9:30 a.m.	STANDING YOGA CLASS Increase your flexibility and overall well-being with gentle yoga poses.
10:30 a.m.	WHOLE FOODS OUTING Meet in the lobby with your bags and grocery list.
11:00 a.m.	OPEN ART STUDIO Choose your medium and create a masterpiece.
2:00 p.m.	PRESIDENTIAL HISTORY Join resident John Allen, our own professor of American history, for a lecture on the impact of our founding fathers.
3:30 p.m.	WINE & CHARCUTERIE SOCIAL WITH CLASSICAL MUSIC APPRECIATION Music lovers will enjoy hearing a string quartet from the School of Performing Arts while enjoying a selection of wine and charcuterie.
4:30 p.m.	BOOK CLUB Come discuss the current best seller with like-minded book lovers.
5:30 p.m.	DINNER AND A SHOW OUTING Enjoy an evening at our local theater as we take in a meal and musical.
6:30 p.m.	POKER CLUB Bring your poker face and see who has the luck of the draw.
8:00 p.m.	COMEDY MOVIE NIGHT Take in an evening showing of this year's number one comedy.

Sample Activities Calendar

TIME	EVENT
9:00 a.m.	COFFEE AND DAILY CHRONICLE Come chat about interesting articles in the news while we enjoy our morning coffee or tea.
10:00 a.m.	YOGA STRETCH CLASS Gentle but effective yoga poses help increase flexibility and overall well-being.
11:00 a.m.	MEET ME AT MOMA We'll use this Museum of Modern Art program to view and discuss art. Today we look at Jackson Pollack.
1:00 p.m.	STEP IT UP WALKING CLUB Walking is like medicine! Grab a friend and join us as we walk the trail.
1:30 p.m.	OUTING TO THE MUSEUM OF FINE ARTS We will venture out to the museum today and take in the amazing artwork!
2:30 p.m.	TED TALK AND DISCUSSION Join us for a thought-provoking program on wellness and active aging.
3:30 p.m.	WINE & CHEESE SOCIAL WITH CLASSICAL MUSIC APPRECIATION Music lovers will enjoy this lovely string quartet from our local high school.
4:30 p.m.	BOOK CLUB Come discuss the current best seller with like-minded book lovers.
6:30 p.m.	CARD SHARKS POKER CLUB Bring your poker face and see who has the luck of the draw.
7:00 p.m.	EVENING MEDITATION GROUP Enjoy 10 minutes of guided meditation that may help you sleep more peacefully tonight.