

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.
9:30 a.m.	TOTAL BRAIN HEALTH CARE Join us for this brain workout designed by Dr. Cynthia Green to invigorate the mind, body, and spirit. Today's theme is Gardens Galore.
10:00 a.m.	FOODIE CLUB Your fellow resident, May, is sharing her family focaccia recipe with us!
11:00 a.m.	EXERCISE ESSENTIALS In this workout, you will focus on stretching, which helps with flexibility.
1:00 p.m.	SINGFIT Join friends for our award-winning music therapy program.
2:00 p.m.	ST. JOHNS CHILDREN'S GROUP & COMMUNITY SERVICE CLUB We will welcome our young friends to help put together care packages for first responders.
3:00 p.m.	CRUDITÉ AND CRAFT BEER SOCIAL Enjoy fresh and healthy veggie sticks with Chef's famous buttermilk dip, which pair well with our special beer of the day. We'll also try our hand at the game of Lists.
4:00 p.m.	WALKING CLUB Walking is like medicine! Grab a friend and join us as we walk through our garden path.
6:30 p.m.	EVENING MEDITATION CLUB Enjoy 10 minutes of guided meditation that may help you sleep more peacefully tonight.

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.