



Wesley Enhanced Living[™]

Main Line

The Fun Has Just Begun at Wesley Enhanced Living *Main Line!*



Clubs

- Art
- Baking
- Books
- Coffee/Tea Morning Social Club
- Current Events
- Drama
- Gardening
- International Discussion
- Knitting
- Meditation
- Science
- Scrap Booking
- Stitching
- Veterans' Club
- Walking

Fitness

- 24 Hour Access to Energy Club
- 2x 30 Minute Personal Training Sessions/Week
- Arthritis Foundation Exercise
- Aqua Exercise Cardio Flex & Press
- Aqua Balance & Strength Building
- Aqua Fountain of Youth
- Aqua Cardio Splash
- Chair Yoga
- Core and Cardio Classes
- Firm on Your Feet
- Have a Ball Power & Core
- The Game of Balance
- Yoga and Meditation





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Game Time

- Bingo
- Blackjack
- Bridge
- Canasta
- Cribbage
- Dominoes
- Mahjong
- Mexican Train
- Dominoes
- Nintendo Wii
- Games - Bowling & Tennis
- Pinochle Poker
- RummyQ
- Scrabble

Learning Never Ends

- Acrylic & Pastel Art Class
- Book Reviews
- Discussion Groups
- Bridge Classes & Games
- iPad Classes
- Microsoft Office Instruction
- Creative Writing
- European Fine Arts
- Fine Arts Music Education
- Spanish, French, & Hebrew Classes
- Glass Fusing
- Creative Craft Classes
- Spiritual Studies
- Poetry Classes

