

# Sample Activities Calendar



TIME	EVENT
9:00 a.m.	<p><b>COFFEE AND DAILY CHRONICLE</b></p> <p>Come chat about interesting articles in the news while we enjoy our morning coffee or tea.</p>
10:00 a.m.	<p><b>YOGA STRETCH CLASS</b></p> <p>Gentle but effective yoga poses help increase flexibility and overall well-being.</p>
11:00 a.m.	<p><b>MEET ME AT MOMA</b></p> <p>We'll use this Museum of Modern Art program to view and discuss art. Today we look at Jackson Pollack.</p>
1:00 p.m.	<p><b>STEP IT UP WALKING CLUB</b></p> <p>Walking is like medicine! Grab a friend and join us as we walk the trail.</p>
1:30 p.m.	<p><b>OUTING TO THE MUSEUM OF FINE ARTS</b></p> <p>We will venture out to the museum today and take in the amazing artwork!</p>
2:30 p.m.	<p><b>MASTERCLASS ON BRAIN HEALTH BY LEADING EXPERTS</b></p> <p>This three-part MasterClass series is for anyone with a brain, the critical but often neglected part of our wellness plans. Learn science-backed strategies to help keep your mind sharp and brain boosting recipes to enhance cognitive function. Join the world's leading brain health experts and ensure your best days are ahead.</p>
3:30 p.m.	<p><b>WINE &amp; CHEESE SOCIAL WITH CLASSICAL MUSIC APPRECIATION</b></p> <p>Music lovers will enjoy this lovely string quartet from our local high school.</p>
4:30 p.m.	<p><b>BOOK CLUB</b></p> <p>Come discuss the current best seller with like-minded book lovers.</p>
6:30 p.m.	<p><b>CARD SHARKS POKER CLUB</b></p> <p>Bring your poker face and see who has the luck of the draw.</p>
7:00 p.m.	<p><b>EVENING MEDITATION GROUP</b></p> <p>Enjoy 10 minutes of guided meditation that may help you sleep more peacefully tonight.</p>