

# Sample Activities Calendar

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