

Sample Activities Calendar

TIME	EVENT
9:00 a.m.	<p>COFFEE AND DAILY CHRONICLE</p> <p>Come chat about interesting articles in the news while we enjoy our morning coffee or tea.</p>
9:30 a.m.	<p>TOTAL BRAIN HEALTH CARE</p> <p>Join us for this brain workout designed by Dr. Cynthia Green to invigorate the mind, body, and spirit. Today's theme is Gardens Galore.</p>
10:00 a.m.	<p>FOODIE CLUB</p> <p>Your fellow resident, May, is sharing her family focaccia recipe with us!</p>
11:00 a.m.	<p>EXERCISE ESSENTIALS</p> <p>In this workout, you will focus on stretching, which helps with flexibility.</p>
1:00 p.m.	<p>SINGFIT</p> <p>Join friends for our award-winning music therapy program.</p>
2:00 p.m.	<p>ST. JOHNS CHILDREN'S GROUP & COMMUNITY SERVICE CLUB</p> <p>We will welcome our young friends to help put together care packages for first responders.</p>
3:00 p.m.	<p>CRUDITÉ AND CRAFT BEER SOCIAL</p> <p>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.</p>
4:00 p.m.	<p>WALKING CLUB</p> <p>Walking is like medicine! Grab a friend and join us as we walk through our garden path.</p>
6:30 p.m.	<p>EVENING MEDITATION CLUB</p> <p>Enjoy 10 minutes of guided meditation that may help you sleep more peacefully tonight.</p>