

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.	MASTERCLASS ON BRAIN HEALTH BY LEADING EXPERTS 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.
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.