

Sample Activities Calendar

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