

The Residences at Linden Pointe

Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 10:00 Interfaith Church Service 1:30 Sunday Movie Matinee 3:30 Fireside Conversations 6:00 Mindful Meditation TH TH OP AR	02 9:00 Tai Chi 10:30 Book Club: Catcher in the Rye 1:30 Creative Studio: Floral Design 4:00 Happy Hour: Wine Tasting & Travel FS DP CS PB	03 10:00 Line Dancing Class 11:00 Coffee & Current Events 1:30 Adventure Outing 4:00 Trivia Challenge 6:30 Live Mic Night FS TH GR PB	04 9:00 Morning Stretch & Balance 10:30 Curiosity Collective: King Tut's Secrets 11:30 Creative Studio: Making Papyrus Paper 3:30 Baking Club Falafel 6:30 After Dinner Social: King Tut's Elixir Tasting & Travel Talk FS TH CS AR PB	05 9:00 Walking Club 11:00 Ted Talk Thursday The Science of Life Span 2:00 Bridge Club 1:00 Happy Hour with Live Entertainment 3:30 Thursday Night Karaoke FS TH GR PB PB	06 9:00 Yoga & Mindfulness 10:30 Guest Speaker Series 1:00 Creative Writing Circle "Things I wish I knew at 19" 1:00 Gratitude & Reflection Group Discussion 1:00 Friday Night Movie & Popcorn FS TH AR GR TH	07 9:00 Functional Fitness! 11:00 Culinary Demo 2:00 Community Volunteer Project: Pet Welfare Volunteer at the Humane Society 4:00 "Wine Down Saturday" Local Winery Tasting & Talks 7:00 Poker Games FS AR L PB GR
08 10:00 Interfaith Church Service 1:30 Sunday Movie Matinee 3:30 Fireside Conversations 6:00 Mindful Meditation TH TH OP AR	09 9:00 Tai Chi 10:30 Book Club: Catcher in the Rye 1:30 Creative Studio: Pottery & Sculpture Workshop 4:00 Happy Hour: 1950's! Wear your Poodle Shirts Live 50's Music & Cocktails FS DP CS PB	10 10:00 Line Dancing Class 11:00 Coffee & Current Events 1:30 Adventure Outing 4:00 Trivia Challenge 6:30 Live Mic Night FS TH GR PB	11 9:00 Morning Stretch & Balance 10:30 Curiosity Collective: Art History Impressionism 11:30 Creative Studio: Monet Inspired Waterlilies 3:30 Baking Club Mandala Cupcakes 6:30 After Dinner Social: Impressionistic Spritz: Tasting & Travel Have you visited famous art museums? FS FS CS AR PB	12 9:00 Walking Club 11:00 Ted Talk Thursday How to Age Joyfully 2:00 Bridge Club 1:00 Happy Hour with Live Entertainment 3:30 Thursday Night Karaoke FS TH GR PB PB	13 9:00 Yoga & Mindfulness 10:30 Guest Speaker Series 1:30 Creative Writing Circle "Things I wish I knew at 19" 3:00 Gratitude & Reflection Group Discussion 7:00 Friday Night Movie & Popcorn FS TH AR GR TH	14 9:00 Functional Fitness! 11:00 Culinary Demo 2:00 Community Volunteer Project: Pet Welfare Volunteer at the Humane Society 4:00 "Wine Down Saturday" Local Winery Tasting & Talks 7:00 Poker Games FS AR AR PB GR
15 10:00 Interfaith Church Service 1:30 Sunday Movie Matinee 3:30 Fireside Conversations 6:00 Mindful Meditation TH TH OP AR	16 9:00 Tai Chi 10:30 Book Club: Catcher in the Rye 1:30 Creative Studio: Pottery & Sculpture Workshop 4:00 Happy Hour: Chef's Tasting Experience. Be Surprised! FS DP CS PB	17 10:00 Line Dancing Class 11:00 Coffee & Current Events 1:30 Adventure Outing 4:00 Trivia Challenge 6:30 Live Mic Night FS TH GR PB	18 9:00 Morning Stretch & Balance 10:30 Curiosity Collective: Cosmvision of the Andean Civilization 11:30 Creative Studio: Amate Bark Painting 3:30 Baking Club Ecuadorian Babaco Pie 6:30 After Dinner Social: Pisco Sour Cocktail: Tasting & Travel Have you traveled to South America? FS TH CS AR PB	19 9:00 Walking Club 11:00 Ted Talk Thursday The Legacy & Laughter of The Golden Girls 2:00 Bridge Club 1:00 Happy Hour with Live Entertainment 3:30 Thursday Night Karaoke FS TH GR GR PB	20 9:00 Yoga & Mindfulness 10:30 Guest Speaker Series 1:30 Creative Writing Circle "Favourite Vacation Reminiscing" 3:00 Gratitude & Reflection Group Discussion 7:00 Friday Night Movie & Popcorn FS TH AR GR TH	21 9:00 Functional Fitness! 11:00 Culinary Demo 2:00 Community Volunteer Project: Crafting for Comfort 4:00 "Wine Down Saturday" Local Winery Tasting & Talks 7:00 Poker Games FS AR AR PB GR
22 10:00 Interfaith Church Service 1:30 Sunday Movie Matinee 3:30 Fireside Conversations 6:00 Mindful Meditation TH TH OP AR	23 9:00 Tai Chi 10:30 Book Club: Catcher in the Rye 1:30 Creative Studio: Mixed Media Collage 4:00 Happy Hour with Live Music FS DP CS PB	24 10:00 Line Dancing Class 11:00 Coffee & Current Events 1:30 Adventure Outing 4:00 Resident Monthly Birthday Party Social 6:30 Live Mic Night FS TH GR PB	25 9:00 Morning Stretch & Balance 10:30 Curiosity Collective: Wonders of the Night Sky 11:30 Creative Studio: Chalk Pastel Galaxy 3:30 Baking Club Out of this World Donuts 6:30 After Dinner Social: Celestial Spritz: Tasting & Talk Do aliens exist? FS TH CS AR PB	26 9:00 Walking Club 11:00 Ted Talk Thursday King Richard, Solving a 500 Year Old Cold Case 2:00 Bridge Club 1:00 Happy Hour with Live Entertainment 3:30 Thursday Night Karaoke 5:00 Candlelight Dinner FS TH GR GR PB	27 9:00 Yoga & Mindfulness 10:30 Guest Speaker Series 1:30 Creative Writing Circle "My First Job Reminiscing" 3:00 Gratitude & Reflection Group Discussion 7:00 Friday Night Movie & Popcorn FS TH AR GR TH	28 9:00 Functional Fitness! 11:00 Culinary Demo 2:00 Community Volunteer Project: Baking for Ronald McDonald House 4:00 "Wine Down Saturday" Local Winery Tasting & Talks 7:00 Poker Games FS AR AR PB GR

Dimensions of Wellness

Creative

Social

Cognitive

Physical

Emotional

Purposeful