At Avenida, we offer a **resident enrichment** program that addresses the five key areas of healthy aging with a calendar of classes and events, updated monthly.

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Life Activity Discovering new places, adventures, and deeper meaning engages the mind, body, and spirit.

Material Security Retirement isn't only about rightsizing; it's also about making the most of the funds set aside for this

next phase.

2 A A A A A A A A A A A A A A A A A A A	ALLE				maintain brain h	ealth.
SUNDAY	THLY CAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
9:00 Cardio Fit	7:30 Coffee, News & Friends	7:30 Coffee, News, & Friends	7:30 Meet Up Groups	7:30 Pranayama–Deep Breathing	7:30 Coffee, News, & Friends	9:00 Farmers Market
3:00 Simply Organized–Transform	8:30 Trail Blazers Walking Club	8:30 Strength & Resistance Training	8:30 Trail Blazers Walking Club	Exercises	8:30 Trail Blazers Walking Club	10:00 Hiking Club (see hiking schedule
Cluttered Areas in Your Home	9:30 Cardio Fit (low impact)	9:30 Tai Chi	9:30 Circuit Training	8:30 Strength & Balance	9:30 Cardio Fit (low impact)	for upcoming trips)
7:00 Aromatherapy – Essential Oils	10:30 Boost Your Memory	10:30 Tech Time	10:30 Boost Your Memory	9:30 Tai Chi	10:30 Boost your Memory	11:00 Aqua Fitness
from Nature	11:00 Shopping	1:30 The Power of Images – Photography	1:30 Aqua Fitness	10:30 Tech Time	1:30 Aqua Fitness	1:30 Intro to Sketching
	1:30 Aqua Fitness	2:30 Zumba	2:30 Creative Writing	1:30 The Power of Images – Photography	2:30 Creative Writing	2:30 Book Club
	2:30 Creative Writing	3:30 Drumming for Health	3:30 Multi-media Art	2:30 Zumba	3:30 Multi-media Art	4:00 Journal Your Life
	3:30 Multi-media Art	7:00 Giving Back to the Community –	5:00 Wine Down Wednesday –	3:30 Drumming for Health	5:00 Social Hour & Entertainment	7:00 Game Night Party
	7:00 The Great Courses – Mind/Body	Make a Positive Impact	Social & Entertainment	4:30 Yoga	7:30 Social Dancing (learn different	
	Philosophy		7:00 The Great Courses – The American	7:00 At the Movies – Documentary	dance styles)	
			West History Myth and Legacy			
8	9	10	11	12	13	14
10:00 Champagne Brunch	7:30 Coffee, News & Friends	7:30 Coffee, News & Friends	7:30 Coffee, News & Friends	7:30 Coffee, News & Friends	7:30 Coffee, News & Friends	7:30 Coffee, News & Friends
4:00 Series – Health Benefits of	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club
Spirituality	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit
7:00 At the Movies – Foreign Film	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost your Memory	10:30 Boost Your Memory
	11:00 Shopping	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Agua Fitness	1:30 Aqua Fitness
	1:30 Aqua Fitness	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing
	2:30 Creative Writing	4:00 Travel Club	3:30 Multi-media Art	4:00 Travel Club	3:30 Multi-media Art	4:00 Travel Club
	3:30 Multi-media Art	7:00 Positivity & Resilience Series –	5:00 Wine Down Wednesday	7:00 Geneaology – Find Your Roots	5:00 Social Hour & Entertainment	7:00 Game Night Party
	7:00 The Great Courses – Mr. Lincoln:	Bouncing Back & Going Strong	7:00 The Great Courses – Genius of		7:00 Line Dancing	3, 3,
	The Life of Abraham Lincoln		Michelangelo			
15	16	17	18	19	20	21
	7:30 Coffee, News & Friends				-	
9:00 Cardio Fit		7:30 Coffee, News & Friends	7:30 Coffee, News & Friends	7:30 Coffee, News & Friends	7:30 Coffee, News, & Friends	7:30 Coffee, News & Friends
3:00 Series – Spirituality & Mental Health: Coping & Adaptation	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club
	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit
4:00 Community Jeopardy	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost your Memory	10:30 Boost Your Memory
	11:00 Shopping	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Aqua Fitness
	1:30 Aqua Fitness	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing
	2:30 Creative Writing	4:00 Travel Club	3:30 Multi-media Art	4:00 Travel Club	3:30 Multi-media Art	4:00 Travel Club
	3:30 Multi-media Art	7:00 Positivity & Resilience Series	4:30 Wine Down Wednesday	7:00 Geneaology – Find Your Roots	5:00 Social Hour & Entertainment	7:00 Card Tournament
	7:00 The Great Courses – How the Stock Market Works		7:00 Mindfulness Meditation		7:00 Mindfulness Meditation	
22	23	24	25	26	27	28
	7:30 Coffee, News & Friends	7:30 Coffee. News & Friends				7:30 Coffee, News & Friends
9:00 Champagne Brunch			7:30 Coffee, News & Friends	7:30 Coffee, News & Friends	7:30 Coffee, News, & Friends	
7:00 At the Movies – Foreign Film	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club
	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit	9:30 Cardio Fit
	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost Your Memory	10:30 Boost your Memory	10:30 Boost Your Memory
	11:00 Shopping	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Aqua Fitness	1:30 Aqua Fitness
	1:30 Aqua Fitness	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing	2:30 Creative Writing
	2:30 Creative Writing	4:00 Travel Club	3:30 Multi-media Art	3:00 Wine Tasting Tour and Dinner	3:30 Multi-media Art	4:00 Travel Club
	3:30 Multi-media Art	7:00 Positivity & Resilience Series	4:30 Wine Down Wednesday	-7:00 7:00 Mindfulness Meditation	5:00 Social Hour & Entertainment	7:00 Game Night
	7:00 The Great Courses		7:00 Mindfulness Meditation	7:00 Mindrumess Meditation	7:00 The Great Courses–Music	
29	30	31				
9:00 Cardio Fit (low impact)	7:30 Coffee, News & Friends	7:30 Coffee, News & Friends				
4:00 Community Barbeque	8:30 Trail Blazers Walking Club	8:30 Trail Blazers Walking Club				
7:00 Genealogy – Find Your Roots	9:30 Cardio Fit	9:30 Cardio Fit				
	10:30 Boost Your Memory	10:30 Boost Your Memory				
	11:00 Shopping	1:30 Aqua Fitness				
	1:30 Aqua Fitness	2:30 Creative Writing				
	2:30 Creative Writing	4:00 Travel Club				
	3:30 Multi-media Art	7:00 Positivity & Resilience Series		This is an and a		which Augustala Five Te Theirs ended and and a
	7:00 The Great Courses – History					rt of Avenida's Five To Thrive resident enrichment cation, community size, and resident preferences.
		1		program. Actu		

3. Physical and Functional Fitness The care of the human body is essential.

5 Social Resources People with more social

support in a communal setting have been shown to live longer.

Cognitive Efficacy Engaging in intellectual and creative pursuits is proven to maintain brain health.

FRIDAY	SATURDAY
6	7
News, & Friends	9:00 Farmers Market
zers Walking Club	10:00 Hiking Club (see hiking schedule
Fit (low impact)	for upcoming trips)
our Memory	11:00 Aqua Fitness
tness	1:30 Intro to Sketching
e Writing	2:30 Book Club
edia Art	4:00 Journal Your Life
lour & Entertainment	7:00 Game Night Party
ancing (learn different	
tyles)	
13	14
News & Friends	7:30 Coffee, News & Friends
zers Walking Club	8:30 Trail Blazers Walking Club
Fit	9:30 Cardio Fit
our Memory	10:30 Boost Your Memory
tness	1:30 Aqua Fitness
Writing	2:30 Creative Writing
edia Art	4:00 Travel Club
lour & Entertainment	7:00 Game Night Party
ncing	
20	21
News, & Friends	7:30 Coffee, News & Friends
izers Walking Club Fit	8:30 Trail Blazers Walking Club 9:30 Cardio Fit
our Memory	10:30 Boost Your Memory
tness	1:30 Aqua Fitness
eWriting	2:30 Creative Writing
edia Art	4:00 Travel Club
lour & Entertainment	7:00 Card Tournament
ness Meditation	