



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.

1.
Life Activity
Discovering new places, adventures, and deeper meaning engages the mind, body, and spirit.

2.
Material Security
Retirement isn't only about rightsizing; it's also about making the most of the funds set aside for this next phase.

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

4.
Cognitive Efficacy
Engaging in intellectual and creative pursuits is proven to maintain brain health.

5.
Social Resources
People with more social support in a communal setting have been shown to live longer.

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

This is an example schedule of programs, classes, and events as part of Avenida's Five To Thrive resident enrichment program. Actual community calendars may vary based on location, community size, and resident preferences.