

# The Vista at Sage Hill

## Engagement Calendar

### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

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



#### Meeting Places

- AR** Activity Room    **FS** Fitness Studio    **OP** Outdoor Patio
- CS** Creative Studio    **GR** Game Room    **PB** Pub
- DP** Dog Park    **L** Lobby    **TH** Theatre

#### Dimensions of Wellness

- Creative    ■ Physical
- Social    ■ Emotional
- Cognitive    ■ Purposeful

Sample as things are subject to change