

# SAMPLE PROGRAMS & CLASSES

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## PROGRAMS:

- Intergenerational programs with local kindergarten and high school students
- Daily multi-faceted "Choices" program based on the seven dimensions of wellness
- Bible study and spiritual classes
- Lectures and current event discussions
- Art and jewelry making classes
- Book club review
- Gardening
- Wine and cheese socials
- Drumming circles
- Movie night
- Baking club
- Pet therapy
- Themed parties
- Support groups – Diabetes support
- Painting class

## FITNESS CLASSES:

- Thai Chi
- Yoga
- Chair exercises
- Balance class

## EVENTS & OUTINGS:

- Lunch at local restaurants
- Baseball games and other sporting events
- Theatrical productions
- Botanic Garden
- Concerts
- Picnic at the lake
- Entertainers

## COMMUNITY ENGAGEMENT:

Participate in:

- Feed My Starving Children
- 500 Acts of Kindness
- Jewelry donations to Children's Hospital
- Food drive
- Mitten Tree
- School supplies drive
- Alzheimer's Walk

THE HIGHLANDS  
AT THE MOORINGS OF ARLINGTON HEIGHTS

