*Sample Activity Calendar**

Residents love taking part in a variety of life-enrichment and wellness activities at Clarendale Six Corners. There's something for everyone! Check out what a week for residents could look like in our community.

SENIOR RESIDENCES
CLARENDALE
SIX CORNERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 A.M. Upper Body Focus Training	**9:30 A.M.** American Writers Museum Outing with Guided Tour	**10:00 A.M.** Puppy Yoga in the Courtyard Feat. Chicago Canine Rescue	**10:00 A.M.** Lower Body Strength Training	**10:00 A.M.** Full Body Circuit	**10:00 A.M.** Stretch and Muscle Relaxation Class	**10:00 A.M.** Calm and Connect Yoga
11:00 A.M. Reach and Renew Workout	**10:00 A.M.** Balance Function Class	**11:00 A.M.** Exploring the Bible Discovery	**11:00 A.M.** Resistance Band Workout	**11:00 A.M.** American History Lecture	**11:00 A.M.** Guided Motion Movement Class	**10:15 A.M.** Midwest Bible Church Service
2:00 P.M. Meditation Class	**1:30 P.M.** Volleyball Tournament	**1:15 P.M.** Cocktail Making Class: Mango Lassi Martini	**1:00 P.M.** Poker Club	**1:15 P.M.** Scrapbook Creative Session	**1:30 P.M.** History Discussion	**11:00 A.M.** Bocce Ball Tournament
3:00 P.M. Walking Club Outing to City News Cafe	**2:00 P.M.** Spanish Class	**2:30 P.M.** Chicago Cubs Game Outing	**2:00 P.M.** Clarendale Farmers Market	**2:00 P.M.** Music Discovery	**2:00 P.M.** Active Dance with Alessandra	**1:30 P.M.** Canvas Painting Class
4:30 P.M. Courtyard Discussion: Fashion Trends Through the Decades	**4:00 P.M.** Happy Hour: Live Grassroots Music	**3:00 P.M.** Bingo	**3:00 P.M.** Cooking Class Demonstration: Maki Rolls	**2:30 P.M.** Neuro Fight Club Boxing Class	**3:00 P.M.** Cinema Saturday	**2:00 P.M.** Gardening Group
7:00 P.M. Mexican Train Game Night	**7:00 P.M.** Card Game Group	**4:30 P.M.** Resident Town Hall	**4:30 P.M.** Clarendale Watch Party Club: *The Boroughs*	**4:00 P.M.** Happy Hour	**3:30 P.M.** Catholic Church Mass Transportation	**3:00 P.M.** Matinee Sunday
	7:30 P.M. Resident Movie Night	**7:00 P.M.** Learn the Basics of Bridge	**7:00 P.M.** Rummikub	**7:00 P.M.** Open Board Game Night	**4:30 P.M.** Telestrations	**4:30 P.M.** Mandala Coloring Images

To experience the Clarendale Six Corners lifestyle for yourself, call 872-250-1300 or email *LIFE@ClarendaleSixCorners.com*

**Activities subject to change weekly and monthly for well-rounded living*