

**ELEVATE YOUR LIVING EXPERIENCE WITH OUR DEDICATED LIFESTYLE CONCIERGE**

A Lifestyle Concierge will be onsite to plan happy hours, group fitness classes, cooking demonstrations, and more! Combining ARISE signature events with resident run organizations, our Lifestyle Concierge will curate the monthly calendar to bring joy and personal fulfillment.



# Sample Lifestyle Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Garden Group 4:00 Mahjong Club 6:00 Poker Club	<b>2</b> 8-10 Rise & Go Coffee Bar 10:30 Guest Speaker 2:00 Aqua Zumba 3:00 Drawing Class 6:30 Community Game Night	<b>3</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Pool Volleyball 4:00 Mahjong 5:00 Wine Down Wednesday	<b>4</b> 8-10 Rise with Arise 11:30 Lunch in the Square 2:00 Aqua Aerobics 3:30 Tech Time 6:30 Bocce Ball	<b>5</b> 8-10 Rise & Go Coffee Bar 10:30 Open Gym Circuit 1:30 American History Series 4:00 Eucher 6:00 At the Movies	<b>6</b> 8-10 Rise & Go Coffee Bar 11:00 Bocce Ball 12:00 Community Grill Out 2:00 Tea & Company 4:30 Stride Walking Club
<b>7</b> 10:30 Stride Walking Club 2:00 Movie Mattinee 3:30 Puzzel Time	<b>8</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Garden Group 4:00 Mahjong Club 6:00 Poker Club	<b>9</b> 8-10 Rise & Go Coffee Bar 10:30 Giving Back in the City 2:00 Aqua Zumba 4:00 Community Trivia 5:00 Ted Talk	<b>10</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Pool Volleyball 3:30 Mahjong Club 6:30 Stride Walking Club	<b>11</b> 8-10 Rise & Go Coffee Bar 10:30 Stitches & Sewing 2:00 Aqua Zumba 3:30 Ted Talk 6:30 Bocce Ball	<b>12</b> 8-10 Rise & Go Coffee Bar 10:30 Open Gym Circuit 1:30 World History Series 4:00 Eucher 6:00 At the Movies	<b>13</b> 8-10 Rise & Go Coffee Bar 10:30 Farmers Market 11:00 Bocce Ball 2:00 Tea & Company 4:30 Stride Walking Club
<b>14</b> 10:30 Stride Walking Club 2:00 Movie Mattinee 3:30 Travel Club 6:30 Bible Study	<b>15</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Garden Group 4:00 Mahjong Club 6:00 Poker Club	<b>16</b> 8-10 Rise & Go Coffee Bar 10:30 Line Dancing 11:30 Cooking Demo & Lunch 2:00 Aqua Zumba 6:30 Community Board Games	<b>17</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Pool Volleyball 3:30 Mahjong 5:00 Wine Down Wednesday	<b>18</b> 8-10 Rise with Arise 10:30 Book Club 2:00 Aqua Aerobics 3:30 Tech Tim 6:30 Bocce Ball	<b>19</b> 8-10 Rise & Go Coffee Bar 10:30 Open Gym Circuit 1:30 American History Series 4:00 Eucher 6:00 At the Movies	<b>20</b> 8-10 Rise & Go Coffee Bar 11:00 Bocce Ball 2:00 Tea & Company 4:30 Stride Walking Club
<b>21</b> 10:30 Stride Walking Club 2:00 Movie Mattinee 6:30 Fireside Chats	<b>22</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Garden Group 4:00 Mahjong Club 6:00 Poker Club	<b>23</b> 8-10 Rise & Go Coffee Bar 10:30 Geneology Studies 2:00 Aqua Zumba 4:00 Community Trivia 5:00 Ted Talk	<b>24</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Pool Volleyball 3:30 Mahjong Club 6:30 Stride Walking Club	<b>25</b> 8-10 Rise & Go Coffee Bar 10:30 Stitches & Sewing 2:00 Aqua Zumba 3:30 Ted Talk 6:30 Bocce Ball	<b>26</b> 8-10 Rise & Go Coffee Bar 10:30 Open Gym Circui 1:30 World History Series 4:00 Eucher 6:00 At the Movies	<b>27</b> 8-10 Rise & Go Coffee Bar 10:30 Farmers Market 11:00 Bocce Ball 2:00 Tea & Company 4:30 Stride Walking Club
<b>28</b> 10:30 Stride Walking Club 2:00 Movie Mattinee 3:30 Puzzel Time 6:30 Bible Study	<b>29</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Garden Group 4:00 Mahjong Club 6:00 Poker Club	<b>30</b> 8-10 Rise & Go Coffee Bar 10:30 Fitness Lawn Meditation 2:00 Aqua Zumba 5:30 Community Dinner	<b>31</b> 8-10 Rise & Go Coffee Bar 10:30 Stretch & Strength 1:30 Pool Volleyball 3:30 Mahjong 5:00 Musical Entertainment			