



JOURNEY CLUB - RECREATION & SOCIAL ENGAGEMENT

Physical:

- Cardio, strength training, aquatic programs, yoga, spin classes, golf, tai chi, movement/dance classes, Nordic walking (poles), balance workshops, exercise classes, Zumba, sit and be fit

Social:

- Group excursions, book club, movie nights (new releases and classics), cribbage/bridge groups, pub night, poker night, parties/teas, dinner club, wine tasting, Mother's Day brunches, holiday celebrations, cultural/ethnic groups, shopping

Emotional/Creative:

- Choir, reader's theatre, creative writing, drama club, drum circle, ceramics, pottery, flower arranging, photography, printmaking, stained glass, open art studio, music therapy, classical music, attending: CPO, opera, ballet, theatre/plays, sporting events, art exhibitions, cultural events

Spiritual:

- Mindfulness classes, yoga, sacred text study, worship, writing/journaling, life review, pastoral care, prayer services, ethical decision making

Environmental:

- Horticulture program, walking groups, Plein Air art classes, nature club, wildlife/bird watching club, day trips, picnics, travel/sight-seeing, fishing, golf

Occupational:

- Facilitated volunteering program and community partnerships, baking, cooking classes, wood working, knitting/fibre arts clubs, intergenerational programs

Intellectual:

- Westman Wellness University (wellness seminars), book clubs, guest speakers (professors, physicians, etc.), educational seminars/lectures, brain health activities, history club, genealogy workshops, political discussion group, TED talks, current events discussions, trivia games, computer/iPad lessons, Philosopher's café