

*Every Detail Designed Around You*  
**ONE GRAND DAY**  
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Ready for a taste of the excitement? Dive into the sample itinerary below! Activities can be customized to your liking and may shift along the way, keeping your experience dynamic and full of surprises.



### 8AM

Enjoy the continental breakfast buffet and enjoy the special breakfast entree of the day which might be scrambled eggs and bacon or waffles with fresh fruit.

### 9AM

The morning is yours to shape. Will it be the invigorating Walking Club across our 25-acre campus, or a moment of calm in Mindful Meditation?

### 10AM

Now you decide it's time for fitness. Out of the abundance of options, you choose to join a Tai Chi class, led by the Director of Fitness.



### 11AM

Join in one of our Week in Review learning sessions, or a Spotlight Presentation where you will learn all about Broadway to Hollywood Musical Hits.

### 12PM

Lunchtime! The Bistro sounds like it will hit the spot today. You choose to have the Philly Cheesesteak with ice-cold lemonade.

### 1PM

It's time to relax, take a moment to yourself and read in the Grand Library. You choose a new book from the rotation and sit in the relaxing chair by the fireplace.



### 3PM

Take a relaxing break in your Signature Suite apartment before the daily social hour. Call your loved ones to check in or take your dog on a stroll through our beautiful, new Fountain Park and dog walk.

### 5PM

Dinner Time! There is a special event happening later in the evening, so you decide to dress up and eat in the Formal Dining Room with your new friends. You order the chef's special for the evening and top it off with a drink.

### 6:30PM

Tonight's stage lights up at the elegant Forum Theatre with Keith West's The Illusioners, an award-winning show featuring breathtaking live performers. You had One Grand Day!