

PROGRAMS & EVENTS

SAMPLE PROGRAMS AND EVENTS:

- Trips to Chicago Symphony, Ravinia and Lyric Opera
- Trips to the Art Institute of Chicago and Milwaukee Art Museum
- Trips to Chicago Museum Campus
- Millennium Park tour and lunch
- Trips to the Chicago Theatre, Marriott's Lincolnshire Theatre and Writers Theater
- Day trip and lunch in Lake Geneva
- Trips to baseball games
- Continuing education with Lake Forest College
- Drawing and music classes
- Bible study
- Tea and book reviews

FITNESS CENTER CLASSES:

- Water aerobics
- Tai chi
- Yoga
- Pilates
- Chair exercises
- Balance class
- Men's training
- Walking club
- Boot camp
- TRX class

LAKE FOREST PLACE

A  Presbyterian Homes Community

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