

# SAMPLE PROGRAMS & CLASSES

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## PROGRAMS AND EVENTS:

- Chicago Symphony, Ravinia and Lyric Opera
- Architectural tours
- Millennium Park
- Baseball games and other sporting events
- Theatrical and musical productions
- Art Institute of Chicago
- Computer classes
- Bible study; spiritual classes
- Book club review
- Artistic film nights
- Art and improv classes
- Northwestern University continuing education classes
- Learning in Retirement Series: Staying healthy, current events, foreign policy and more

## FITNESS CLASSES:

- Water aerobics
- Tai chi
- Yoga
- Zumba
- Chair exercise classes
- Balance classes
- Strong bones classes
- Boxing
- Men's training

WESTMINSTER PLACE

A  Presbyterian Homes Community