

# enjoy life ADVENTURE SERIES

INDEPENDENT LIVING



## No, it's not Granola and Rainbows: It's Mindfulness

Mindfulness has gained widespread recognition, receiving endorsements from celebrities and athletes, and even has made its way into fast food. But what exactly is mindfulness and how can it positively influence your life? Join us to explore how mindfulness can enrich your life.

**Date:** Wednesday, January 24

**Time:** 10am - 11:30am

**Location:** Wilson Commons,  
Chopin Community Room

**Price:** \$11 per person

**Physical Activity:** Low.

**RSVP:** To your front desk by January 17.

**Spoiler Alert:** Mindfulness is not solely about achieving peace and relaxation. Backed by years of research, mindfulness has the potential for enhancing your mental, physical and biological wellbeing.

*Special guest Chris Smith, head teacher of the Academy for Mindfulness, will lead this presentation. He has co-authored several scientific papers focused on integrating mindfulness, specifically for law enforcement.*



## Lake Geneva Winterfest

Lake Geneva presents the 29th Annual Winterfest, the only national snow sculpting championship in the United States. Witness 15 teams at work while they create remarkable, larger-than-life snow sculptures as well as enjoy an ice sculpture tour, igloos, bonfires on the beach and more.

**Date:** Friday, February 2

**Time:** 10am, lunch at 11am sharp

**Location:** Downtown Lake Geneva at Riviera Plaza and Flat Iron Park along the shores of Geneva Lake

**Price:** Winterfest admission is free. Lunch is \$26 per person.

*Lunch will be at the 5-star Lake City Social. We have arranged a fixed price menu where you'll choose from five entrées, and includes soup and drink. Cocktails are an additional cost at the bar.*

**Physical Activity:** Medium. Wear winter attire and appropriate footwear for outdoor walk.

**RSVP:** To your front desk by January 22.

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## Rock Wall Climbing

Looking for an adventure that makes you feel on top of the world? Join us at Adventure Rock for indoor rock-climbing! Learn the basics of belaying, knot tying and planning your wall route. This is a beginner level class guided by Certified Climbing Wall Instructors. Imagine how you'll feel after this adventure!

**Date:** Tuesday, March 19

**Time:** 10am - 12pm

**Location:** Adventure Rock Gym,  
21250 W. Capitol Drive, Brookfield

**Price:** \$27.60 per person

*Includes instruction, rental harness and shoes.*

**Physical Activity:** High. Adventure Rock requires participants to sign a waiver. Please see your LE for additional information about registration. Comfortable clothing and a water bottle are recommended.

**RSVP:** To your front desk by March 8.



## Shedd Aquarium

Discover the wonder of the aquatic animal world! The Shedd Aquarium connects nature lovers and animal enthusiasts with the natural world. Shedd's exhibits bring you face-to-face with incredible animals from around the world — all right in your backyard.

**Date:** Wednesday, April 17

**Time:** Arrive by 11am

**Location:** Shedd Aquarium,  
1200 S. DuSable Lake Shore Dr, Chicago, IL

**Price:** \$35 per person

*Includes access to exhibits and 4D iMax experience*

**Physical Activity:** Medium/High.

**RSVP:** To your front desk by April 2.