

Wellness and Life Enrichment

Fitness Classes

Chair Dancing
Chair Yoga
Mat Yoga
Men's Strength
Move, Groove, and Drum
Otago Healthy Movement
Power Walkers
Some Like a Stroll
walking club
Strength and Alignment
Tai Chi
Water Movement

Life Enrichment

Art Classes and Open
Studio Time
Book Club
Brews and Clues
Bridge
Coffee Klatch
Concerts on the Courtyard
Current events discussions
with moderator
Dessert on the Patio
Entertainers
Fireside Concerts
Fondue by the Fireplace
Gardening Committee
Guest Speakers
Library Committee
Mahjong and
Mahjong Lessons
Movies
One Day University
Open Canasta
Outings—Ravinia,
Marriott Lincolnshire,
Restaurants, Botanic
Gardens, Lincoln
Park Zoo
Resident Council
Ted Talks
Travel Series
Weekly Shabbat Candle
Lighting and Blessing



Tamarisk
NorthShore

A CJE SeniorLife Managed Community

847.597.8772

1627 Lake Cook Road | Deerfield, IL 60015

info@tamarisknorthshore.com | tamarisknorthshore.com



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