



Lifestyle360

Five Star Premier Residences of Chevy Chase Lifestyle360 Program Offerings



AQUA DYNAMICS

This class offers safe, gentle and fluid movements with a strong emphasis on range of motion.

YOGA/TAI CHI

A very special class designed for seniors, which aids in balance and strength.

GOLDEN PILATES

This class works on stretching, balance, breathing and strength in a combination of seated and standing exercises.

CORE FUSION FITNESS

A variety of everything is offered during this class; strength, dance and functional fitness. It gets you moving and is a lot of fun!

Five Star Premier Residences of Chevy Chase regularly offers instructional fitness classes 6 days per week, and our indoor heated swimming pool is open 7 days a week. The pool is only closed on Christmas day.



WIZ QUIZ

Play 'Jeopardy' the Premier Residences style in teams. Use your wit and have fun. Prizes are given to the winner.

FORUM SPEAKERS

Monthly speakers from all backgrounds. Previous speakers include former Assistant Attorney Generals, Politicians, Washington Post Columnists, scientists and hosts of others. To date there have been 127 forum speakers.

FOREIGN LANGUAGES

We have conversation groups in Spanish, French and German. Residents get together to read, converse, and share their love and command of the languages.



RELIGIOUS SERVICES

Monthly services are offered on site for residents to attend; Catholic Mass, Shabbat Services and Protestant Worship. In addition transportation is offered on weekends to local churches and synagogues.

GROUP MEDITATION

A refreshing experience; join together with other meditators and feel relaxed, refreshed and energized.



SATURDAY SOCIAL

Every Saturday afternoon residents gather in the Wintergarden for refreshments and socialization. On occasion there is live entertainment.

FLOOR MIXERS

Each month residents are invited to their Floor Mixer. Invitations are placed under everyone's door. During the mixer residents socialize and enjoy some wine and cheese. The mixer is hosted by the Residents' Council Program Committee. All residents who attend participate in a raffle and the mixer is emceed by a resident. Each resident has an opportunity to share some personal information with the group.

HAPPY HOURS

Twice a week drink specials are offered in the Club Room/Bar. Residents gather before dinner every day for a drink. Beer, wine, liquor and soft drinks are available.

MUSEUM DROP-OFF TRIPS

One of our more popular trips! Each month the Museum Drop-off trip provides residents an opportunity to select which museum in Washington, DC they'd like to visit. They'll stay for a couple of hours and then return to the community.



SUNDAY AFTERNOON CONCERTS

Every Sunday afternoon musicians of the highest quality perform in our Wintergarden. These musicians have performed at the Kennedy Center, Strathmore Music Center, Bethesda Blues and Jazz Club as well as toured internationally. The range of programs are from jazz to classical, folk/bluegrass and popular music.

POETRY GROUP

The group meets monthly to share their love of poetry. Residents read poetry they have written or from one of their favorite poets. The group supplies a Poem of the Month which is posted for all to read.

VOLUNTEERISM

We have resident volunteers who serve on committees, lead programs, and are Resident Store shopkeepers, just to name a few opportunities. Our community is stronger as a result of volunteerism. We invite all volunteers to an Appreciation Luncheon for a buffet and to receive a plant as our gift. Approximately one-third of our residents volunteer within the community.



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FIVE STAR
Premier
RESIDENCES
OF CHEVY CHASE

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For more information, please call to request our monthly calendar at 301-907-8895.