



## Guide to Four Seasons activities and group activities

This is your handy guide to all the activities, events, and interests 'groups at Four Seasons that are listed on the monthly calendar and weekly reminder. New activities are always coming up and the current list occasionally changes.

To keep current, check out the latest version of this guide on the community website at, [www.our4seasons.org](http://www.our4seasons.org)

**MAH-JONGG** - is a game played with tiles and dice and so much fun. The following website has information on the game  
www.national [mahjonggleague.org](http://mahjonggleague.org)

**POKER** - If you have matchsticks, you can play

**MEXICAN TRAIN**- This is a game played with dominos. Fun and challenging

**BRIDGE** - A social card game

**POOL OR IS IT BILLIARDS?** -The pool tables are always available, so bring a friend and take an open table. There is a yearly tournament if you are competitive.

**CHESS** - If you are a serious player or just enjoy the game.

**CRAFTS** - This group is open to anyone who likes to work with their hands. There is needlework, woodworking, jewelry making, cooking/baking, cake decorating, and cooking

**BOOK CLUB** - If you like to read but never know what to read, join our book club. We have interesting selections during the year and lots of fun with the presentations. If there is a movie that can be obtained to go with the book, it means an extra afternoon gathering.

**CREATIVE WRITERS GROUP** - Are you a writer or "wannabe", The purpose is to encourage each writer to learn as much as they can.

**HIKERS** - Want to get out, stretch your legs, and see some beautiful scenery? The hiking group meets at the clubhouse for a trip to one of the great local trails. Not too long or strenuous, just fun and lots of fresh air.

**HORSESHOES** - Want some outdoor exercise. Horseshoes are available to play anytime.

**WATER AEROBICS** - Stretch and swim to music and then relax in the spa.

**CARING HANDS** - This group provides companionship, transportation, picking up prescriptions, groceries for neighbors who are ill or unable to drive.

**GENTLEMEN'S COFFEE** - The guys meet each Friday morning for coffee and snacks.

**MEET AND EAT** - This is the community potluck dinner. No sign up is needed, just bring a dish to share.

**THIRD THIRSTY THURSDAYS** - Often the biggest party in town. Occasionally there will be a catered dinner, with live music and dancing. Sign up is required.

**SHUFFLEBOARD** - Shuffleboard for anyone any time. The sticks are waiting for you to practice or play with a friend. Occasionally we have a tournament.

**HAPPY HOUR** - Join your neighbors for a pleasant hour of BYO drinks and snacks in the cafe. Guaranteed good conversation. Just drop in and stay awhile.

**CANASTA** - A social card game.

**CHI GONG** - Involves meditation and controlled breathing. It also has positive effects on bone and cardiovascular health and improves balance.

**YOGA** - Helps relieve daily aches and pains, improves the immune system, increases flexibility, and provides peace of mind.

**IN THE CLUBHOUSE - ANY TIME, ANY DAY** - Be as impromptu as you like. By yourself, with neighbors, or with friends visiting, you can enjoy sitting by the fireplace enjoying the digital piano, reading a book in the library, adding pieces to the community picture puzzle, enjoying coffee in the cafe, checking out books or CDs to take home, soaking in our spa, or swimming laps.

**WANT TO START A NEW GROUP ACTIVITY....** Reserve a time and date with the front desk, have a community e-mail sent out promoting your activity, and have fun.