



Imagine Your Days at Friends Center City-Riverfront

Tuesday (a busy day)

- 7:00 a.m. Headed to the Community Room for a cup of coffee and the morning papers – enjoyed a chat with other early risers and fellow film group members about the upcoming series we’re planning for Sunday nights
- 9:00 a.m. Attended an in-house workshop on everyday wellness provided by the care coordinator from Friends Life Care (FLC)
- 10:30 a.m. Out for a shopping trip with a Friends Center City-Riverfront (FCC-R) couple to the Italian Market, using Car Share and finish with a great lunch, then back to FCC-R around 1:30
- 2:30 p.m. Took the bus (free transit access) to Sweat Center City for water aerobics class
- 5:00 p.m. Headed from Sweat directly to the PAFA (Pennsylvania Academy of the Fine Arts) for a printmaking class
- 7:00 p.m. Class over, heading back on the bus from the Clothes Pin to 2nd Street, just ½ block from FCC-R

Wednesday

- 7:30 a.m. Joined two friends in the Community Room for a morning walk exploring the many small houses in Independence Hall Park – added two new residents who just moved in
- 9:00 a.m. Back in the Community Room for coffee and toast and catching up with friends
- 9:30 a.m. Home for a shower and then work until noon to get that draft manuscript that I promised completed within the month
- Noon Took the 17 bus to Temple OLLI program to teach my course as part of the Life Long Learning program
- 3:00 p.m. Decided to walk back home so that I can stop to get some special cookies at my favorite bakery in Chinatown and then pick up eggs from the Pennsylvania Dutch stand at Reading Terminal Market
- 4:00 p.m. Enjoyed a respite at home, watching boats on the Delaware
- 6:00 p.m. Joined the FCC-R community for dinner in the Community Room and discussed plans for the weekend – a group of us, who are part of the FCC-R Dining Club; plan to have a great dinner at Fork on Friday and then head to a Mozart chamber concert in the Perelman Theater at the Kimmel Center

Thursday (a quiet day)

- 7:30 a.m. I love this morning routine of joining friends in the Community Room for our morning walk – today it is along the Delaware
- 9:00 a.m. Back in the Community Room for coffee and toast and checking out the opportunities for the day
- 10:00 a.m. About 10 of us join for our once weekly Meeting for Worship
- 11:00 a.m. I head out to the Independence Branch of the Philadelphia Public Library, where I volunteer to read to a lunchtime children’s group
- 3:00 p.m. Continuing on my literary day, I am back in the Community Room for the monthly book club
- 6:00 p.m. Had a great dinner by Manna in the Community Room where my daughter joined me and the other residents before we all headed on to the Arden for their latest production