



## **Working with Local Partners to Achieve Important Distinctions**

Friends Center City-Riverfront (FCC-R) provides a distinctly integrated approach for your health, wellness, and enjoyment through crucial local partnerships. FCC-R has a fundamental core philosophy that health and wellness involve every dimension of an individual's life. We believe our goals coincide with yours and a move to FCC- R will provide you with the services, support, ambiance, and resources to maximize your ageless potential.

### **Dining**

A key aspect of life in a community setting is enjoying meals and fellowship with your neighbors. FCC-R will offer a lively atmosphere in which to exchange thoughts, ideas, and news during weeknight dinners in the Riverfront Commons or in area restaurants. Working with local restaurants, quality caterers, such as Fork and the Starr organization, FCC-R currently provides residents with two dinners weekly included in the monthly fees and based on usage. This allows residents the flexibility to enjoy the surrounding neighborhood restaurants, the freedom to cook at home, and the value of chef-prepared meals shared with friends.

### **Fitness**

As important as everyday wellness is the opportunity to take part in a regular fitness regimen, building strength and maintaining balance. FCC-R offers an exercise program and is evaluating fitness center options to provide an option custom designed for the fitness and exercise needs of Riverfront residents.

### **Cultural, Social Civic and Spiritual Programming**

Friends Center City Riverfront residents share an active calendar of cultural, social, civic and spiritual programming with members of Friends in the City (FitC) our "community without walls". Residents from Riverfront join with other FitC members from across center city in activities that range from book clubs and walking groups to ethnic dining groups and special excursions to points of interest outside of Philadelphia. While some of these activities and programs are held in the Riverfront Commons, most take place in venues across the city. Our objective is to enable Riverfront residents to enjoy the benefits of urban life, and the FitC program is built around this goal. A calendar of current programs can be found on our web site:

[www.friendscentercity.org](http://www.friendscentercity.org)