

PROGRAMS + EVENTS

Your guide to leisure, fitness, and cultural engagement at Coterie



PURSUE WHAT INSPIRES YOU

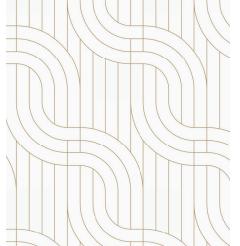
A well-lived life comes with abundant opportunity to pursue the things you enjoy most. With more than 50 unique, immersive engagements held each week, there is always something to keep you connected and inspired at Coterie.

Coterie's curated programs and events calendar offers a host of elevated engagements – from social functions and classes to cultural outings and fitness opportunities. These life-affirming programs encompass Coterie's Seven Elements of Engagement, with each event thoughtfully planned to promote your physical, spiritual, or intellectual well-being.

ART + CULTURE

Stay connected to the world of art shows, museums, performing arts, film, music, and luxury goods.





FEATURED EVENT

de Young Museum Tour | Friday 10am

Join a guided tour of the de Young Museum's newest exhibit: To Teach and Inspire: The Julia Brenner Textile Collection.

Brenner's collection has served as the foundational holding of the museum's textile collection for nearly 100 years.

Film Screenings

Attend a screening in the on-site cinema or join a movie house excursion.

Live Performance

Take in an opera or rock show, ballet or poetry slam, or chamber choir or comedy act.

HEALTH + WELLNESS

Maintain your physical fitness while enhancing your emotional well-being through group classes and excursions.



FEATURED EVENT

"Nine and Dine" Golf Outing | Wednesday 11am

Grab your clubs and join us at the Presidio Golf and Concordia Club to play nine holes of "best ball," followed by lunch at the clubhouse! Players of all abilities are welcome.

Strength Training

Improve your muscular strength and cardio health with upper, lower, and full body workouts.

Healthy Living Program by Mayo Clinic

Work with a Mayo-certified wellness coach to create a personalized plan that helps you manage your fitness, nutrition, stress, and other matters of wellness.

LIFELONG LEARNING

Discover new passions and learn from San Francisco's most qualified experts through lectures, literary clubs, and off-site events.

FEATURED EVENT

Seminar: "The Science of Happiness" | Monday 6pm

Are humans hardwired for happiness? This four-week course explores the roots of a happy, meaningful life through science and practice. Led by a neurobiologist and author.



Art Workshops

Express your mood through oil paint, clay, watercolor, and other media in a series of expert-led workshops.

Book Discussions

Join a weekly book club meeting curated and led by McNally Jackson, New York's premier independent bookstore.

SOCIAL CONNECTION

Enjoy lively, organized social events, within the community and out on the town.

FEATURED EVENT

"Bocce and Bellinis" | Thursday 6:30pm

You're invited to join us in welcoming our local bocce league for an evening of pro tips, refreshments, and high-rolling fun at the Coterie rooftop bocce court.



Morning Routines

Greet the day with a crossword or a quiet chat with neighbors over coffee.

Game Gatherings

Bring your competitive spirit to card tournaments, mahjong, or a curated collection of board games.

SPECIAL CELEBRATIONS

Join friends, family, and neighbors for a host of seasonal events, private parties, outings, and limited engagements.

FEATURED EVENT

An Evening on the Amalfi Coast | Friday 5:30pm

Enjoy an evening inspired by Italy's Amalfi Coast – complete with authentic regional wines, seafood dishes, folk music and dance, and a screening of *It Started in Naples*.



Holiday Parties

Celebrate those extra-special holidays, feasts, and seasonal occasions with Coterie's anticipatory services.

Private Events

Allow Coterie's hospitality team to host your private party, reunion, or other special event.

SPIRITUAL WELL-BEING

Deepen your spirituality through mindfulness practice, observance of holidays, and service to others.

FEATURED EVENT

Tai Chi ∣ Tuesday 1pm

Reduce stress, increase your range of motion, and find center in this extra-special session led by our local tai chi sifu.



Sound Bath Meditation

Unplug from the buzz of the modern world and deeply relax and restore through vibrational sound waves.

Faith-Based Gatherings

Connect with other members of your faith to worship, study, and serve the community through volunteer work.

FAMILY BONDING

Create new memories with family members and friends at these specially crafted events and outings.



FEATURED EVENT

Ceramics Painting with Little Art Makers | Sunday 3pm

Join the artists and storytellers of the San Francisco Children's Art Center at this Little Art Makers special engagement. Our expert brings her patented brand of storytelling while leading kids through a ceramic painting project.

Champagne Brunch

Family members are invited to attend weekly brunch with a special menu by Coterie's Executive Chef.

Football Sunday

Watch the game with your family in the screening room while enjoying refreshments.

SAMPLE ITINERARY

DAILY

Morning Coffee8amRooftop TerraceHatha Yoga10amYoga StudioCocktail Hour5pmKarl's Lounge

MONDAY

Lecture Series3pmClub RoomFilm Screening: Beaches7pmCinema

TUESDAY

Aqua Aerobics1pmRooftop PoolLuxury Timepieces Sale4pmLibrary

WEDNESDAY

Golf Outing 11am Presidio Golf and

Concordia Club

Book Club 4pm Library

THURSDAY

Strength Training11amFitness CenterConversations on Art3pmClub Room

FRIDAY

Connect to Nature9amRooftop TerraceAn Evening of Magic5:30pmThe Monarch Room

SATURDAY

Food Tour: Chinatown 10am Chinatown Aperitivo Cocktail Hour 5pm Rooftop Terrace

SUNDAY

Family Scavenger Hunt10amClub RoomSeminar: Stargazing7pmRooftop Terrace



Independent Living Assisted Living Memory Care

415.915.6655

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