



# 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

### *High Line Nine Gallery Opening* | Tuesday 5pm

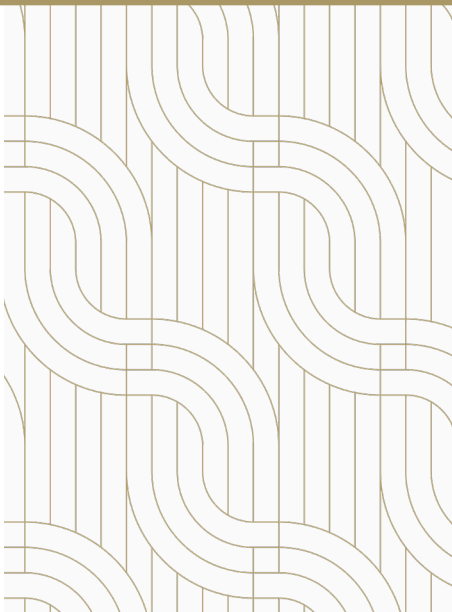
Join us to celebrate the opening of High Line Nine gallery's newest exhibition featuring the work of Mexican-American artist Nicolas V. Sanchez. Transportation is provided, RSVP required.

### 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

### ***Storm King Group Walk*** | Wednesday 10am

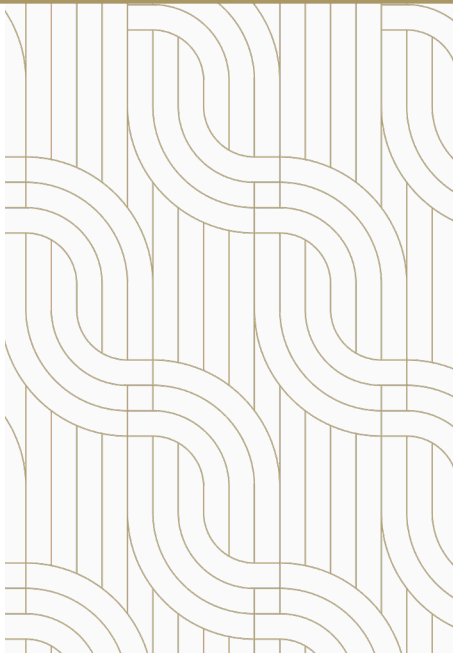
Experience art under the open skies at the Storm King Art Center, a 500-acre outdoor museum in the Hudson Valley. Lunch and transportation are provided, RSVP required.

#### **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 Manhattan'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.

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# SOCIAL CONNECTION

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

## FEATURED EVENT

### ***Taste of Great Jones* | Monday 5pm**

You're invited to a private tasting of small batch whiskey by Great Jones Distillery. Great Jones was Manhattan's first distillery to open after Prohibition. Enjoy light bites and live music.



### **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.

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# 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

***Craft It with MakeInspires*** | Sundays at 3pm

Invite the family and join us in the Club Room for a series of crafting and STEAM workshops, hosted by MakeInspires of Hudson Yards.

## 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 Coffee	8am	Sky Terrace
Hatha Yoga	10am	Yoga Studio
Cocktail Hour	5pm	Lena’s Lounge

## MONDAY

Lecture Series	3pm	Club Room
Film Screening: <i>Beaches</i>	7pm	Cinema

## TUESDAY

Shadow Boxing	10am	Fitness Center
Luxury Timepieces Sale	4pm	Atelier

## WEDNESDAY

Excursion: Urban Farming	10am	Brooklyn Grange
Book Club	4pm	Library

## THURSDAY

Strength Training	11am	Fitness Center
Conversations on Art	3pm	Club Room

## FRIDAY

Excursion: Group Walk	9am	Chelsea Piers
An Evening of Magic	5:30pm	The Brass Room

## SATURDAY

Food Tour: Chinatown	10am	Chinatown
Aperitivo Cocktail Hour	5pm	Lena’s Lounge

## SUNDAY

Family Scavenger Hunt	10am	Club Room
Energy Reset	7pm	Atelier



COTERIE  
HUDSON YARDS

Independent Living  
Assisted Living  
Memory Care

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