



VISIT OUR COMMUNITY PAGE FOR MORE INFORMATION:

- Where to participate in E3 Initiatives
- Find the monthly Dining Calendar
- Take the E3 Zone Survey & submit YOUR E3 toward Intentional Living



Intentional Living with the Power of E3

EAT

What we eat is so important to our daily, physical and mental performance.

ENERGY

How we find our physical drive is a key element to building our endurance for a healthy lifestyle.

EMPOWER


Taking an active role in how we participate in life and be social, contributes to our own agility and well-being.


CAMPUS MAP

E³ KEY FOR ENGAGEMENT

-  Dining Venues
Culinary Events
-  Physical Activity
Resident Clubs
-  Social and Cultural Events
Resident Clubs
-  E3 Kiosk

 Patriot Café
Congressional Dining Room

 Wellness & Aquatics Center
Senior Trail & Nature Park
Social and Cultural Events

 Resident Clubs

- Normandie Ridge Chorus
- Book Club
- Crafts
- Woodship

Social and Cultural Events
Wellness & Aquatics Center
Patriot Café
Congressional Dining Room

