



So much to do:

Programming at Ensō Verde.

The hillside surroundings provide the perfect backdrop for programs based on physical, spiritual and emotional growth. As with all aspects of life at Ensō Verde, these programs will be developed and organized by resident community members.

Events and activities. Excursions and seminars. Performances, clubs and classes. Discussion forums and guest lectures. From your home at Ensō Verde, the world is yours to discover and explore. The following types of clubs and programs are anticipated at Ensō Verde:

- Aquatic classes
- Concerts and performances
- Strength training
- Cultural events and outings
- Current events discussion groups
- Daily meditation
- Special Interest Groups
- Education and Entertainment
- Fitness
- Health and Wellness
- Hiking, walking and biking groups
- Horticulture and gardening
- Lifelong learning classes
- Mindfulness classes
- Mindful Community Training workshops
- Pottery, painting and woodworking
- Tai Chi
- Travel
- Weekly Dharma talks
- Writing and poetry
- Yoga

Ensō VerdeSM
A KENDAL[®] AFFILIATE

ZEN-INSPIRED SENIOR LIVING
IN VENTURA COUNTY

Per Health and Safety Code section 1772.2, Kendal at Ventura has filed an application for a Permit to Accept Deposits and a Certificate of Authority with the California Department of Social Services.

