



luxe life

Yoga at LUXE



Mondays in the Fitness Center

March 4th – April 8th

8:30am – 9:30am

Instructor: Michael Johnson

\$10 a Class

B.Y.O.M
bring your own mat

RSVP: luxe@nfcamenity.com

LUCKY GREEN SMOOTHIE



Try this smoothie for an on-the-go breakfast or a snack. It features hearty greens but tastes like a perfect blend of fruit.

Ingredients: (Serves 2)

- 1 1/2 cup unsweetened nondairy beverage (almond, rice or soy)
- 2 dried apricots or 4 pitted dates
- 1 banana
- 1 cup chopped kale leaves
- 1 cup baby spinach leaves
- 1/2 cup fresh or frozen berries

Combine nondairy beverage, apricots, banana, kale, spinach and berries in a blender and blend until smooth. Enjoy!

MIDTOWN LUNCH BREAK



MEATBALL MONDAYS AT BELLINA ALIMENTARI



Enjoy 3 meatballs, schiacciata, and a Pellegrino soda all for \$9.

Mondays

11:00am – 3:00pm

Ponce City Market

675 Ponce de Leon Ave. NE



Luxe Book Club is a great way to connect with neighbors, share a love of good stories, learn something new and have fun at the same time! Meetings are held the 3rd Tuesday of each month, 7:00pm-8:30pm in the Luxe Club Room.

March 19th

"The Leavers"

by Lisa Koh

April 16th

"The Friend"

by Sigrid Nunez

New members are always welcomed to join!