

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Samaritans Purse Project w/ TLS

Thursday, November 1, 2:00 PM

Capital Building Tour

Friday, November 9, 12:30 PM

Thanksgiving Dinner

Thursday, November 22, 11:00 AM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

NOVEMBER 2018

ATRIA HEARTHSTONE EAST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- A** Atria StoryWise

- ROOM LOCATION KEY:**
- Dining Room DR
 - Library LB
 - Activity Room AR
 - Outside OT
 - Physical Therapy Room PT
 - Life Guidance LG
 - Patio PA

- STAFF KEY:**
- Susan Imthurn PI
 - Christen ELD
 - Lana Demler PI

<p>9:00 HF Morning Fitness Trail-2nd Floor 4</p> <p>11:00 IS Catholic Communion (AR)</p> <p>11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>1:00 HF Light Weights (AR) (PI)</p> <p>2:00 IS Bill Allen Fiddlers (DR)</p> <p>3:00 LL History Buffs with Doug Wallace (AR)</p> <p>4:00 HF Afternoon Stretch (AR) (PI)</p> <p>6:00 Sunday Night Pitch (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise (DR) 5</p> <p>10:00 HF What's in a Word? (AR) (PI)</p> <p>12:00 CV Coupon Clippers (AR) (PI)</p> <p>1:30 CE Adult Coloring Class (AR) (PI)</p> <p>3:30 HF Yoga with Misha (AR) (PI)</p> <p>4:00 LL Book Club (LB) (PI)</p> <p>6:00 EF Scrabble® Challenge (LB)</p>	<p>9:00 Dillons Shopping (OT) 6</p> <p>9:00 HF Therapeutic Exercise w/ Christen (DR) (ELD)</p> <p>10:00 C Donuts & Coffee w/ Christen (LB) (ELD)</p> <p>10:30 CE Card Making Class (AR) (PI)</p> <p>1:30 HF Tai Chi w/ Mae (AR)</p> <p>2:30 Bingo (DR) (PI)</p> <p>3:45 IS Bible Study w/ Kyle (AR)</p> <p>4:00 LL Trivia (LB) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 7</p> <p>10:00 Wednesday Chic Flicks (LB) (ELD)</p> <p>12:30 Walmart Shoppers (OT) (PI)</p> <p>12:30 CE Writers Corner (AR) (PI)</p> <p>2:30 CV Resident Council Officers Meeting. (AR) (ELD)</p> <p>3:00 C Men's Group- Pie & Coffee (LB) (PI)</p> <p>4:00 HF Low-Impact Aerobic w/ Susan (AR) (PI)</p> <p>5:30 Rummy (LB) (PI)</p> <p>6:00 CE Readers Theatre (LB) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 8</p> <p>9:30 HF Wellness Checks (PT)</p> <p>10:00 C Atria StoryWise™ (AR) (PI)</p> <p>11:30 PA Ambassador Luncheon (OT) (ELD)</p> <p>2:00 Bingo (DR) (PI)</p> <p>2:30 CE Crafting w/ Lana (AR) (PI)</p> <p>4:00 HF Light Weights (AR) (PI)</p> <p>6:00 LL Landmark Adventures w/ Lana (OT) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9</p> <p>9:30 Left, Center, Right (AR) (PI)</p> <p>10:30 LL Air Pano (AR) (PI)</p> <p>12:30 EF Capital Building Tour (OT) (PI)</p> <p>2:30 C Happy Hour (PA) (ELD)</p> <p>3:30 HF Yoga with Misha (AR)</p> <p>6:00 PA Friday Night Pitch Club (AR)</p>	<p>10:00 HF Light Weights w/ Lana (AR) (PI) 10</p> <p>10:30 EF Tenzi Dice Challenge (AR) (PI)</p> <p>12:30 HF Chair Dancing (AR) (PI)</p> <p>2:00 Bingo (DR) (PI)</p> <p>3:15 LL World Travel-iPad® program (LB) (PI)</p> <p>5:30 EF Atria Bridge Players</p> <p>6:30 Saturday Night Comedy Flick (LB)</p> <p>7:00 HF Evening Fitness Trail-2nd Floor</p>
<p>Veterans Day 11</p> <p>9:00 HF Morning Fitness Trail-2nd Floor</p> <p>11:00 IS Catholic Communion (AR)</p> <p>11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>1:00 HF Light Weights (AR) (PI)</p> <p>2:00 C Veterans Program (LB) (ELD)</p> <p>3:00 LL History Buffs w/ Doug Wallace (AR)</p> <p>4:00 HF Afternoon Stretch (AR) (PI)</p> <p>6:00 Sunday Night Pitch (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 12</p> <p>9:30 LL Health Talk w/ Encompass (LB)</p> <p>10:00 HF What's in a Word? (AR) (PI)</p> <p>12:00 CV Coupon Clippers (DR) (PI)</p> <p>1:30 CE Adult Coloring Class (AR) (PI)</p> <p>3:30 HF Yoga with Misha (AR)</p> <p>4:00 LL Book Club (LB) (PI)</p> <p>6:00 EF Scrabble® Challenge (LB) (PI)</p>	<p>9:00 Dillons Shopping (OT) 13</p> <p>9:00 HF Therapeutic Exercise w/ Christen (DR) (ELD)</p> <p>10:00 C Donuts & Coffee w/ Christen (LB) (ELD)</p> <p>10:30 CE Card Making Class (AR) (PI)</p> <p>1:30 HF Tai Chi with Mae (AR)</p> <p>2:30 Bingo (DR) (PI)</p> <p>3:45 IS Bible Study w/ Kyle (AR)</p> <p>4:00 LL Trivia (LB) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 14</p> <p>10:00 Wednesday Chic Flick (LB) (PI)</p> <p>12:30 Walmart Shoppers (AR) (PI)</p> <p>12:30 CE Writer's Corner (AR) (PI)</p> <p>2:30 CV Resident Council Meeting (LB) (ELD)</p> <p>3:00 HF Low Impact Aerobics w/ Susan (AR) (PI)</p> <p>3:00 C Men's Pie & Coffee (LB) (PI)</p> <p>5:30 Rummy (AR) (PI)</p> <p>6:00 CE Readers Theatre (LB) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 15</p> <p>9:30 HF Wellness Checks (PT)</p> <p>10:00 C Atria StoryWise™ (AR) (PI)</p> <p>1:00 LL Zoo 2 U program (LG)</p> <p>2:00 Bingo (DR) (PI)</p> <p>2:30 CE Crafting w/ Lana (AR) (PI)</p> <p>4:00 HF Light Weights (AR) (PI)</p> <p>6:00 LL Landmark Adventures w/ Lana (OT) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 16</p> <p>9:30 Left, Center, Right (AR) (PI)</p> <p>10:30 LL Air Pano (AR) (PI)</p> <p>12:00 PA Ambassador Meeting (AR) (ELD)</p> <p>12:30 EF Barnes & Noble Coffee Shop (OT) (PI)</p> <p>2:30 C Happy Hour (PA) (ELD)</p> <p>3:30 HF Yoga with Misha (AR)</p> <p>6:00 PA Friday Night Pitch Club (LB)</p>	<p>10:00 HF Light Weights w/ Lana (AR) (PI) 17</p> <p>10:30 Nail Spa (AR) (PI)</p> <p>12:30 HF Chair Dancing (AR) (PI)</p> <p>2:00 Bingo (DR) (PI)</p> <p>3:15 LL World Travel-iPad® program (LB) (PI)</p> <p>5:30 EF Atria Bridge Group</p> <p>6:30 Saturday Night Comedy Flick (LB)</p> <p>7:00 HF Evening Fitness Trail-2nd Floor</p>
<p>9:00 HF Morning Fitness Trail- 2nd Floor 18</p> <p>11:00 IS Catholic Communion (AR)</p> <p>11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>1:00 HF Light Weights (AR) (PI)</p> <p>2:00 IS Sentimental Journeys - Sing Along (LB) (PI)</p> <p>3:00 LL History Buffs w/ Doug Wallace</p> <p>4:00 HF Afternoon Stretch (AR) (PI)</p> <p>6:00 Sunday Night Pitch (AR) (PI)</p>	<p>8:30 Appts w/ Dr. Hobbs (AR) 19</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR)</p> <p>10:00 EF Even, Stevens, Odd (LB) (PI)</p> <p>12:00 CV Coupon Clippers (DR) (PI)</p> <p>1:30 CE Adult Coloring Class (AR) (PI)</p> <p>3:30 HF Yoga with Misha (AR)</p> <p>4:00 LL Book Club (AR) (PI)</p> <p>6:00 EF Scrabble® Challenge (LB)</p>	<p>9:00 Dillons Shopping (OT) 20</p> <p>9:00 HF Therapeutic Exercise w/ Christen (DR) (ELD)</p> <p>10:00 C Donuts & Coffee w/ Christen (LB) (ELD)</p> <p>10:30 CE Card Making Class (AR) (PI)</p> <p>1:30 HF Tai Chi with Mae (AR)</p> <p>2:30 Bingo (DR) (PI)</p> <p>3:45 IS Bible Study w/ Kyle (AR)</p> <p>4:00 LL Trivia (LB) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 21</p> <p>10:00 Holiday Classic Movie (LB) (PI)</p> <p>12:30 Walmart Shoppers (OT) (PI)</p> <p>12:30 CE Writers Corner (AR) (PI)</p> <p>2:00 C Ladies Tea (PA) (PI)</p> <p>3:00 HF Low Impact Aerobics w/ Susan (AR) (PI)</p> <p>3:00 C Men's Pie & Coffee (LB) (PI)</p> <p>5:30 Rummy (AR) (PI)</p> <p>6:30 C Family Night Bingo (DR) (PI)</p>	<p>Happy Thanksgiving 22</p> <p>9:00 HF Therapeutic Exercise w/ Susan (DR) (PI)</p> <p>10:00 C StoryWise™ - 5 things I'm grateful for (AR) (PI)</p> <p>11:00 C Thanksgiving Dinner (DR)</p> <p>2:00 Turkey Bingo (DR) (PI)</p> <p>2:30 CE Crafting w/ Lana (AR) (PI)</p> <p>4:00 HF Light Weights (AR) (PI)</p> <p>6:00 LL Landmark Adventures w/ Lana (OT) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 23</p> <p>9:30 Left, Center, Right (AR) (PI)</p> <p>10:30 LL Air Pano (AR) (PI)</p> <p>12:30 Dollar Tree Outing (OT) (PI)</p> <p>2:30 C Happy Hour (PA) (ELD)</p> <p>3:30 HF Yoga with Misha (AR)</p> <p>6:00 PA Friday Night Pitch Club (LB)</p>	<p>10:00 HF Light Weights w/ Lana (AR) (PI) 24</p> <p>10:30 EF Tenzi Dice Challenge (AR) (PI)</p> <p>12:30 HF Chair Dancing (AR) (PI)</p> <p>2:00 Bingo (DR) (PI)</p> <p>3:15 LL World Travel- iPad® program (LB) (PI)</p> <p>5:30 EF Atria Bridge Group</p> <p>6:30 Saturday Night Comedy Flick (LB)</p> <p>7:00 HF Evening Fitness Trail-2nd Floor</p>
<p>9:00 HF Morning Fitness Trail-2nd Floor 25</p> <p>11:00 IS Catholic Communion (AR)</p> <p>11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>1:00 HF Light Weights (AR) (PI)</p> <p>2:00 IS Sentimental Sing Along (DR) (PI)</p> <p>3:00 LL History Buffs w/ Doug Wallace</p> <p>4:00 HF Afternoon Stretch (AR) (PI)</p> <p>6:00 Sunday Night Pitch (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 26</p> <p>10:00 HF What's in a Word? (AR) (PI)</p> <p>12:00 CV Coupon Clippers (DR) (PI)</p> <p>1:30 CE Adult Coloring Class (AR) (PI)</p> <p>3:30 HF Yoga with Misha (AR)</p> <p>4:00 LL Book Club (AR) (PI)</p> <p>6:00 EF Scrabble® Challenge (LB)</p>	<p>9:00 HF Therapeutic Exercise w/ Christen (DR) 27</p> <p>9:00 Dillons Shopping (OT)</p> <p>10:00 C Donuts & Coffee w/ Christen (LB) (ELD)</p> <p>10:30 CE Card Making Class (AR) (PI)</p> <p>1:00 CV Food 4 Thought Meeting (AR)</p> <p>1:30 HF Tai Chi with Mae (AR)</p> <p>2:30 Bingo (DR) (PI)</p> <p>3:45 IS Bible Study w/ Kyle (AR)</p> <p>4:00 LL Trivia (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 28</p> <p>9:30 IS Mass (AR)</p> <p>10:00 Holiday Classic Movie (LB) (PI)</p> <p>12:30 Walmart Shoppers (OT) (PI)</p> <p>12:30 CE Writer's Corner (AR) (PI)</p> <p>2:30 CV Resident Activity Planning Meeting (LB) (ELD)</p> <p>3:00 HF Low Impact Aerobics w/ Susan (AR) (PI)</p> <p>3:00 C Men's Pie & Coffee (LB) (PI)</p> <p>5:30 Rummy (AR) (PI)</p> <p>6:00 CE Readers Theatre (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 29</p> <p>10:00 C Atria StoryWise™ (AR) (PI)</p> <p>2:00 Bingo (DR) (PI)</p> <p>2:30 CE Soap Making w/ Lana (AR) (PI)</p> <p>4:00 HF Light Weights w/ Susan (AR) (PI)</p> <p>6:00 LL Landmark Adventures w/ Lana (OT) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 30</p> <p>9:30 Left, Center, Right (AR) (PI)</p> <p>10:30 LL Air Pano (AR) (PI)</p> <p>12:30 EF Governors Mansion Holiday Tour (OT) (PI)</p> <p>1:30 C Meadows Elementary Singers (DR)</p> <p>2:30 C Happy Hour (LB) (ELD)</p> <p>3:30 HF Yoga w/ Misha (AR)</p> <p>6:00 PA Friday Night Pitch Club (AR)</p>	

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Monthly Calendar of Events and Programming



Featured Events
this Month:

Veterans Appreciation

Friday, November 9, 2:00 PM

Ambassadors Appreciation Luncheon

Tuesday, November 13, 11:30 AM

Veterans Pie and Coffee

Wednesday, November 28, 2:00 PM

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SENIOR LIVING

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NOVEMBER 2018

ATRIA HEARTHSTONE WEST engage life®

SUNDAY

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FRIDAY

SATURDAY



Atria ENGAGE LIFE

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- Atria StoryWise**

- ROOM LOCATION KEY:**
- Atrium ATR
 - Community Room CR
 - South Dining Room SD
 - Chapel CH
 - Bus Outings BUS
 - South Lobby SL
 - Activity Room ACT
 - Library LIB
 - AL Circle ALC

- STAFF KEY:**
- Paid Instructor PI
 - Outside Volunteer OV
 - Lana Demler LAN
 - Franny Deters FAB
 - Resident Lead RI
 - Rhonda Botsford RB
 - Ambassador AMB
 - Susan A SA

4

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
11:00 IS Communion Services (CH) (OV)
1:00 HF Raisin' the Exercise (CR) (FAB)
1:30 C Quick Chat (CR) (FAB)
2:00 Bingo (CR) (FAB)
3:30 IS Taped Service from Gage Park Baptist (SL) (FAB)
3:30 LL Spanish Language Class (LIB) (RI)
6:00 Cards (CR) (RI)
6:00 IS Bible Study w/ Tim & Mary Johnson (CH) (OV)

5

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga w/ Caregivers Home Health (CR) (PI)
1:00 HF Raisin' the Roof w/ Nanny from CGHH (CR) (PI)
1:30 CE Hearthstone Crafters (CR) (FAB)
1:30 C Quick Chat (CR) (RB)
2:00 PA Bridge (LIB) (AMB)
3:00 What's in a Word? (CR) (RB)
6:00 Cards (CR) (RI)

6 Election Day 7 am - 7 pm

8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 Dillons Shopping (BUS) (LAN)
9:30 CE Paper Crafting (ACT) (RB)
1:00 PA Executive Board Meeting (ACT) (FAB)
1:00 HF Raisin' the Roof Exercise (SD) (RB)
1:00 LL Adventure's w/ Lana (BUS) (LAN)
2:00 PA Friends of Bill W. Meeting (LIB) (AMB)
2:00 Bingo (SD) (RB)
6:00 Mexican Train Dominoes (LIB) (RI)
6:00 StoryWise™ Fun (ATR) (RB)
6:00 Cards (SD) (RI)

7

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 Nail Spa (ACT) (RB)
9:30 IS Coping w/ Change w/ Terry Frizzell (CH) (OV)
12:30 Walmart Shopping (BUS) (LAN)
1:00 LL Mahjong (ATR) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:30 EF Piano w/ Carol (ATR) (OV)
1:30 C Quick Chat (CR) (RB)
2:00 CV - Speaking (ATR) (OV)
3:00 CV Resident Council (ATR) (FAB)
6:00 Cards (CR) (RI)

8

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:30 CE Acrylic Painting Class (ACT) (PI)
10:00 HF Chair Exercise w/ JT w/ Care Givers HH (CR) (PI)
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:30 C Quick Chat (CR) (RB)
3:30 EF Piano w/ Joe (ATR) (PI)
4:00 Tiki Time (ATR) (RB)
6:00 Cards (CR) (RI)
6:00 C Town Hall Meeting (ATR) (FAB)
6:00 Adventure's w/ Lana (BUS) (LAN)

9

8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 C Donuts & Coffee w/ Managers (ATR) (FAB)
9:30 EF YouTube Music Video's (ATR) (FAB)
10:00 HF Weight Lifting w/ Care Givers HH (CR) (PI)
12:00 HF Blood Pressure Checks (LIB) (OV)
1:00 HF Raisin' the Roof Exercise (SD) (RB)
1:00 LL Red Carpet Library Services (CR) (OV)
1:30 C Quick Chat (SD) (RB)
2:00 CE Silver Bells Bell Choir (CR) (RB)
2:00 CV Veterans Appreciation (ATR) (OV)
3:00 UNO® Cards (CR) (RB)
6:00 Cards (CR) (RI)

10

Craft Bazaar 9am - 4pm

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
10:30 HF Raisin' the Roof Exercise (CR) (FAB)
11:00 C Quick Chat (SD) (FAB)
1:00 Bingo (SD) (FAB)
6:00 Board Games (CR) (FAB)
6:00 Cards (CR) (RI)
6:00 EF Poppin & Movie (ATR) (FAB)

11 Veterans Day

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
11:00 IS Communion Service (CH) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (FAB)
1:30 C Quick Chat (CR) (FAB)
2:00 Bingo (CR) (FAB)
3:30 LL Spanish Language Class (LIB) (RI)
3:30 IS Taped Service from Gage Park Baptist (SL) (FAB)
6:00 Cards (CR) (RI)
6:00 IS Bible Study w/ Tim & Mary Johnson (CH) (OV)

12

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
8:30 HF Dr. Hobbs (Podiatrist) (ACT) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga w/ Care Givers Home Health (CR) (PI)
1:00 HF Raisin' the Roof w/ Nanny from CGHH (CR) (PI)
1:30 CE Hearthstone Crafters (CR) (RB)
1:30 C Quick Chat (CR) (RB)
2:00 PA Bridge (LIB) (AMB)
3:00 What's in a Word? (ATR) (RB)
6:00 Cards (CR) (RI)

13

8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 Dillons Grocery Shopping (BUS) (LAN)
9:30 CE Paper Crafting (ACT) (RB)
10:00 HF Weight Lifting w/ Care Givers HH (CR) (PI)
10:00 Bon Worth Shopping - here (ATR) (FAB)
11:30 CV Ambassadors Appreciation Luncheon (BUS) (FAB)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:00 LL Adventure's w/ Lana (BUS) (LAN)
2:00 Bingo (CR) (RB)
3:00 Cards (CR) (RI)
6:00 Mexican Train Dominoes (LIB) (RI)
6:00 StoryWise™ Fun (ATR) (RB)

14

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 Nail Spa (ACT) (RB)
9:30 IS Mass (CH)
10:00 HF Yoga w/ Care Givers Home Health (CR) (PI)
12:30 Walmart Shopping (BUS) (LAN)
1:00 LL Mahjong (ATR) (FAB)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:30 C Quick Chat (CR) (RB)
3:00 LL Trivia (CR) (RB)
6:00 Cards (CR) (RI)
6:00 IS Rosary (CH) (OV)

15

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:30 CE Acrylic Painting Class (ACT) (PI)
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) (OV)
10:00 HF Chair Exercise w/ JT w/ Care Givers HH (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:30 C Quick Chat (CR) (RB)
2:00 Bingo (CR) (RB)
3:30 EF Piano w/ Joe (ATR) (PI)
6:00 Cards (CR) (RI)
6:00 Adventure's w/ Lana (BUS) (LAN)

16

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 C Donuts & Coffee w/ Managers (ATR) (FAB)
9:30 EF YouTube Music Video's (ATR) (FAB)
10:00 HF Weight Lifting w/ Care Givers HH (CR) (PI)
12:00 HF Blood Pressure Checks (LIB) (OV)
1:00 HF Raisin the Roof Exercise (CR) (RB)
1:30 C Quick Chat (CR) (RB)
2:00 CE Silver Bells Bell Choir (ATR) (RB)
2:00 UNO® Cards (CR) (RB)
6:00 Cards (CR) (RI)

17

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
10:30 HF Raisin' the Roof Exercise (CR) (FAB)
11:00 C Quick Chat (CR) (FAB)
1:00 Bingo (CR) (FAB)
3:00 C Wine & Cheese Party (ATR) (FAB)
3:30 LL Sunflower Journeys (ATR) (FAB)
6:00 EF Poppin & Movie (ATR) (FAB)
6:00 Board Games (CR) (FAB)
6:00 Cards (CR) (RI)

18

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
11:00 IS Communion Service (CH) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (FAB)
1:30 C Quick Chat (CR) (FAB)
2:00 Bingo (CR) (FAB)
3:30 LL Spanish Language Class (LIB) (RI)
3:30 IS Taped Service from Gage Park Baptist (SL) (FAB)
6:00 IS Bible Study w/ Tim & Mary Johnson (CH) (OV)
6:00 Cards (CR) (RI)

19

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga w/ Care Givers Home Health (CR) (PI)
1:00 HF Raisin' the Roof w/ Nanny from CGHH (CR) (PI)
1:30 CE Hearthstone Crafters (CR) (RB)
1:30 C Quick Chat (CR) (RB)
2:00 PA Bridge (LIB) (AMB)
3:00 What's in a Word? (CR) (RB)
3:30 EF Country Cross Entertainment (ATR) (PI)
6:00 Cards (CR) (RI)

20

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 Dillons Grocery Shopping (BUS) (LAN)
10:00 EF Rev. Ed Farris & Rick Entertainment (ATR) (OV)
10:00 HF Weight Lifting w/ Care Givers HH (CR) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:00 LL Adventure's w/ Lana (BUS) (LAN)
1:30 EF Entertainment w/ Grace & Kay (ATR) (OV)
2:00 Bingo (CR) (RB)
6:00 Cards (CR) (RI)
6:00 Mexican Train Dominoes (LIB) (RI)
6:00 StoryWise™ Fun (ATR) (RB)

21

7:00 HF Wii® Golf (ATR) (RI)
9:00 Nail Spa (ACT) (RB)
9:30 IS Coping w/ Change w/ Terry Frizzell (CH) (OV)
10:00 HF Yoga w/ Care Givers Home Health (CR) (PI)
12:30 Walmart Shopping (BUS) (LAN)
1:00 LL Mahjong (ATR) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:30 EF Piano w/ Carol (ATR) (OV)
2:00 HF Health Talk w/ Encompass (CR) (OV)
3:00 LL Trivia (ATR) (RB)
6:00 EF Family Night Bingo (CR) (RB)
6:00 Cards (SD) (RI)

22 Thanksgiving Day

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
6:00 Cards (CR) (RI)

23

8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 C Donuts & Coffee w/ Managers (ATR) (FAB)
9:30 EF YouTube Music Video's (ATR) (FAB)
10:00 HF Weight Lifting w/ Care Givers HH (CR) (PI)
12:00 HF Blood Pressure Checks (LIB) (OV)
1:00 HF Ediger Hearing Aids (LIB) (OV)
1:00 HF Raisin the Roof Exercise (SD) (RB)
1:00 LL Red Carpet Library Services (CR) (OV)
1:30 EF Piano w/ Debbie (ATR) (OV)
2:00 CE Silver Bells Bell Choir (CR) (RB)
3:00 EF New Neighbor Welcome Party (ATR) (RB)
6:00 Cards (CR) (RI)

24

7:00 HF Wii® Golf (SL) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
10:30 HF Raisin' the Roof Exercise (CR) (FAB)
11:00 C Quick Chat (CR) (FAB)
1:00 Bingo (CR) (FAB)
3:00 C Wine & Cheese Party (ATR) (FAB)
3:30 LL Sunflower Journeys (ATR) (FAB)
6:00 EF Poppin & Movie (ATR) (FAB)
6:00 Board Games (CR) (FAB)
6:00 Cards (CR) (RI)

25

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
11:00 IS Communion Service (CH) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (SA)
1:30 C Quick Chat (CR) (FAB)
2:00 Bingo (CR) (FAB)
3:30 LL Spanish Language Class (LIB) (RI)
3:30 IS Taped Service from Gage Park Baptist (SL) (FAB)
6:00 Cards (CR) (RI)
6:15 IS Lyndon Amish Mennonite Singers (ATR) (FAB)

26

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga w/ Care Givers Home Health (CR) (PI)
1:00 HF Raisin' the Roof w/ Nanny from CGHH (CR) (PI)
1:30 CE Hearthstone Crafters (CR) (RB)
1:30 C Quick Chat (CR) (RB)
2:00 PA Bridge (LIB) (AMB)
3:00 CV Food 4 Thought (SD) (AMB)
3:00 What's in a Word? (ATR) (RB)
6:00 Cards (CR) (RI)

27

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 Dillons Grocery Shopping (BUS) (LAN)
9:30 CE Paper Crafting (ACT) (RB)
10:00 HF Weight Lifting w/ Care Givers HH (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:00 LL Adventurues w/ Lana (BUS) (LAN)
2:00 Bingo (CR) (RB)
3:30 PA Ambassador Meeting (CR) (FAB)
4:30 EF Prairie Band Casino (BUS) (LAN)
6:00 StoryWise™ Fun (ATR) (RB)
6:00 Cards (CR) (RB)

28

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 Nail Spa (ACT) (RB)
10:00 HF Yoga w/ Care Givers Home Health (CR) (PI)
12:30 Walmart Shopping (BUS) (LAN)
1:00 LL Mahjong (ATR) (FAB)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:30 C Quick Chat (CR) (RB)
2:00 CV Veterans Pie and Coffee (CR) (RB)
3:00 LL Trivia (ATR) (RB)
6:00 Cards (CR) (RI)

29

7:00 C Meadows Elementary Singing (ATR) (FAB)
7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:30 CE Acrylic Painting Class (ACT) (PI)
10:00 HF Chair Exercise w/ JT w/ Care Givers HH (CR) (PI)
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
2:00 Bingo (CR) (RB)
3:30 EF Piano w/ Joe (ATR) (PI)
4:00 Tiki Time (ATR) (RB)
6:00 Cards (CR) (RI)
6:00 Adventure's w/ Lana (BUS) (LAN)

30

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (FAB)
9:00 C Donuts & Coffee w/ Managers (ATR) (FAB)
9:30 EF YouTube Music Video's (ATR) (FAB)
10:00 HF Weight Lifting w/ Care Givers HH (CR) (PI)
12:00 HF Blood Pressure Checks (LIB) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (RB)
1:30 C Quick Chat (CR) (RB)
2:00 CE Silver Bells Bell Choir (CR) (RB)
3:00 UNO® Cards (CR) (RB)
6:00 Cards (CR) (RI)

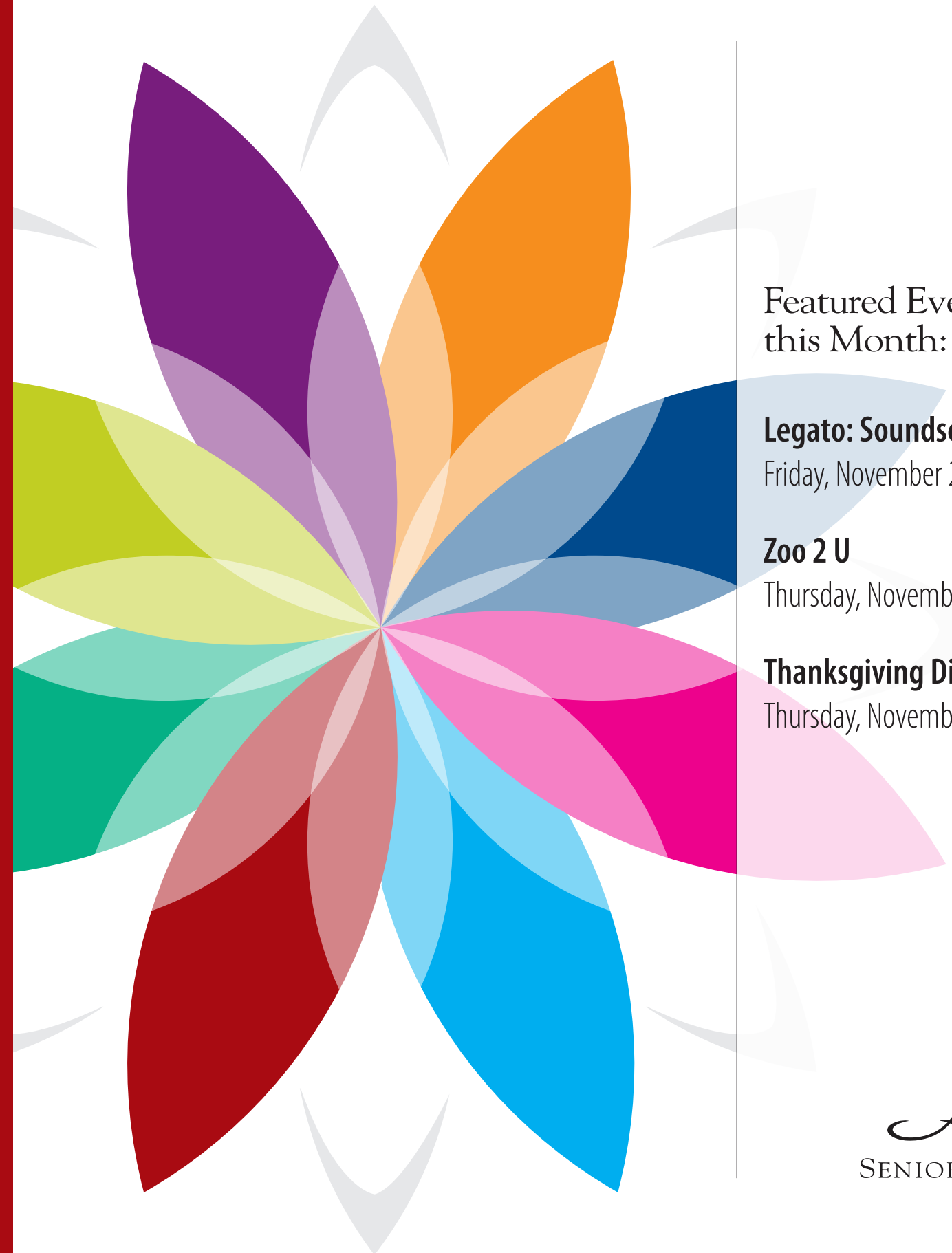
31

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoopers' Morning Walk (ALC) (AMB)
9:00 HF Wii® Bowling (ATR) (RI)
10:30 HF Raisin' the Roof Exercise (CR) (FAB)
11:00 C Quick Chat (CR) (FAB)
1:00 Bingo (CR) (FAB)
3:00 C Wine & Cheese Party (ATR) (FAB)
3:30 LL Sunflower Journeys (ATR) (FAB)
6:00 EF Poppin & Movie (ATR) (FAB)
6:00 Board Games (CR) (FAB)
6:00 Cards (CR) (RI)

UNO® is a registered trademark of Mattel, Inc. Wii® is a trademark of Nintendo of America, Inc.

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Legato: Soundscaping Source

Friday, November 2, 10:00 AM

Zoo 2 U

Thursday, November 15, 1:00 PM

Thanksgiving Dinner

Thursday, November 22, 4:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

NOVEMBER 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- A** Atria StoryWise
- J** Legato

- ROOM LOCATION KEY:**
- Activity Room AR
 - Dining Room DR
 - Library LB
 - Life Guidance LG
 - Outside OT
 - Patio PA
 - Physical Therapy Room PT

- STAFF KEY:**
- Christen ELD
 - Lana Demler PI
 - Susan Imthurn PI

<p>9:30 HF Morning Stretch</p> <p>10:00 J Legato: Our Favorite Hymns</p> <p>10:30 LL Sunday Paper</p> <p>11:00 IS Catholic Communion</p> <p>1:00 EF Name 5</p> <p>2:00 C Snack & Chat</p> <p>2:30 HF Noodle Balloon</p> <p>3:30 EF Card Games</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">4</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 J Legato: Sing Along</p> <p>1:00 EF Bingo</p> <p>2:30 EF Out & About</p> <p>3:30 IS Hand Massages</p> <p>4:00 HF Feeling Fit</p> <p>6:00 CE Color Creation</p> <p style="text-align: right;">5</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Movin' & Groovin</p> <p>10:15 C Daily News & Donuts</p> <p>11:00 J Legato: Sing Along</p> <p>1:00 LL Trivia</p> <p>2:30 EF Bingo</p> <p>3:30 HF Afternoon Stretch</p> <p>4:30 LL Word Games</p> <p style="text-align: right;">6</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 EF Bingo</p> <p>1:00 EF Noodle Balloon</p> <p>2:00 CE Collage Art</p> <p>3:00 HF Conductorcise®</p> <p>3:45 J Legato: Instrument Play Along</p> <p>6:00 EF Out & About</p> <p style="text-align: right;">7</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Stretch & Flex</p> <p>10:00 LL The Newsstand</p> <p>10:45 J Legato: Sing Along</p> <p>1:00 CE What's Cookin'?</p> <p>2:30 EF Bingo</p> <p>3:30 HF Fun Fitness</p> <p>4:00 EF Happy Hour</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">8</p>	<p>9:00 HF Conductorcise®</p> <p>10:00 J Legato: Soundscaping Source Music Therapy</p> <p>11:00 LL Daily News</p> <p>1:00 A Atria StoryWise™</p> <p>2:15 CE Crafting</p> <p>3:30 HF Noodle Balloon</p> <p>4:00 C Horoscopes</p> <p>6:00 IS Hand Massages</p> <p style="text-align: right;">9</p>	<p>9:30 HF Fun Fitness</p> <p>10:15 LL Today In History</p> <p>11:00 J Legato: Musical Trivia</p> <p>1:00 HF Chair Yoga</p> <p>2:30 EF Bingo</p> <p>3:45 LL Puzzle Time!</p> <p>6:00 EF Movie & Popcorn</p> <p style="text-align: right;">10</p>
<p>9:30 HF Morning Stretch</p> <p>10:00 J Legato: Our Favorite Hymns</p> <p>10:30 LL Sunday Paper</p> <p>11:00 IS Catholic Communion</p> <p>1:00 EF Name 5</p> <p>2:00 C Snack & Chat</p> <p>2:30 HF Noodle Balloon</p> <p>3:30 EF Card Games</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">11</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 J Legato: Sing Along</p> <p>1:00 EF Bingo</p> <p>2:30 EF Out & About</p> <p>3:30 IS Hand Massages</p> <p>4:00 HF Feeling Fit</p> <p>6:00 CE Color Creation</p> <p style="text-align: right;">12</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Movin' & Groovin</p> <p>10:15 C Daily News & Donuts</p> <p>11:00 J Legato: Sing Along</p> <p>1:00 LL Trivia</p> <p>2:30 EF Bingo</p> <p>3:30 HF Afternoon Stretch</p> <p>4:30 LL Word Games</p> <p style="text-align: right;">13</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 EF Bingo</p> <p>1:00 EF Noodle Balloon</p> <p>3:00 HF Conductorcise®</p> <p>3:45 J Legato: Instrument Play Along</p> <p>6:00 EF Out & About</p> <p style="text-align: right;">14</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Stretch & Flex</p> <p>10:00 LL The Newsstand</p> <p>10:15 J Legato: Sing Along</p> <p>1:00 CE What's Cookin'?</p> <p>2:30 EF Bingo</p> <p>3:30 HF Fun Fitness</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">15</p>	<p>9:00 HF Conductorcise®</p> <p>10:00 J Legato: Soundscaping Source Music Therapy</p> <p>11:00 LL Daily News</p> <p>1:00 A Atria StoryWise™</p> <p>2:15 CE Crafting</p> <p>3:30 HF Noodle Balloon</p> <p>4:00 C Horoscopes</p> <p>6:00 IS Hand Massages</p> <p style="text-align: right;">16</p>	<p>9:30 HF Fun Fitness</p> <p>10:15 LL Today In History</p> <p>11:00 J Legato: Musical Trivia</p> <p>1:00 HF Chair Yoga</p> <p>2:30 EF Bingo</p> <p>3:45 LL Puzzle Time!</p> <p>6:00 EF Movie & Popcorn</p> <p style="text-align: right;">17</p>
<p>9:30 HF Morning Stretch</p> <p>10:00 J Legato: Our Favorite Hymns</p> <p>10:30 LL Sunday Paper</p> <p>11:00 IS Catholic Communion</p> <p>1:00 EF Name 5</p> <p>2:00 C Snack & Chat</p> <p>2:30 HF Noodle Balloon</p> <p>3:30 EF Card Games</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">18</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 J Legato: Sing Along</p> <p>1:00 EF Bingo</p> <p>2:30 EF Out & About</p> <p>3:30 IS Hand Massages</p> <p>4:00 HF Feeling Fit</p> <p>6:00 CE Color Creation</p> <p style="text-align: right;">19</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Movin' & Groovin</p> <p>10:15 C Daily News & Donuts</p> <p>11:00 J Legato: Sing Along</p> <p>1:00 LL Trivia</p> <p>2:30 EF Bingo</p> <p>3:30 HF Afternoon Stretch</p> <p>4:30 LL Word Games</p> <p style="text-align: right;">20</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 EF Bingo</p> <p>1:00 EF Noodle Balloon</p> <p>2:00 CE Collage Art</p> <p>3:00 HF Conductorcise®</p> <p>3:45 J Legato: Instrument Play Along</p> <p>6:00 EF Out & About</p> <p style="text-align: right;">21</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Stretch & Flex</p> <p>10:00 LL The Newsstand</p> <p>10:45 J Legato: Sing Along</p> <p>1:00 CE What's Cookin'?</p> <p>2:30 EF Bingo</p> <p>3:30 HF Fun Fitness</p> <p>4:00 EF Happy Hour</p> <p>4:30 Thanksgiving Dinner</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">22</p>	<p>9:00 HF Conductorcise®</p> <p>10:00 J Legato: Soundscaping Source Music Therapy</p> <p>11:00 LL Daily News</p> <p>1:00 A Atria StoryWise™</p> <p>2:15 CE Crafting</p> <p>3:30 HF Noodle Balloon</p> <p>4:00 C Horoscopes</p> <p>6:00 IS Hand Massages</p> <p style="text-align: right;">23</p>	<p>9:30 HF Fun Fitness</p> <p>10:15 LL Today In History</p> <p>11:00 J Legato: Musical Trivia</p> <p>1:00 HF Chair Yoga</p> <p>2:30 EF Bingo</p> <p>3:45 LL Puzzle Time!</p> <p>6:00 EF Movie & Popcorn</p> <p style="text-align: right;">24</p>
<p>9:30 HF Morning Stretch</p> <p>10:00 J Legato: Our Favorite Hymns</p> <p>10:30 LL Sunday Paper</p> <p>11:00 IS Catholic Communion</p> <p>1:00 EF Name 5</p> <p>2:00 C Snack & Chat</p> <p>2:30 HF Noodle Balloon</p> <p>3:30 EF Card Games</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">25</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 J Legato: Sing Along</p> <p>1:00 EF Bingo</p> <p>2:30 EF Out & About</p> <p>3:30 IS Hand Massages</p> <p>4:00 HF Feeling Fit</p> <p>6:00 CE Color Creation</p> <p style="text-align: right;">26</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Movin' & Groovin</p> <p>10:15 C Daily News & Donuts</p> <p>11:00 J Legato: Sing Along</p> <p>1:00 LL Trivia</p> <p>2:30 EF Bingo</p> <p>3:30 HF Afternoon Stretch</p> <p>4:30 LL Word Games</p> <p style="text-align: right;">27</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Therapeutic Exercise</p> <p>10:00 LL Daily News</p> <p>10:30 EF Bingo</p> <p>1:00 EF Noodle Balloon</p> <p>3:00 HF Conductorcise®</p> <p>3:45 J Legato: Instrument Play Along</p> <p>6:00 EF Out & About</p> <p style="text-align: right;">28</p>	<p>8:30 PA Walking Club</p> <p>9:30 HF Stretch & Flex</p> <p>10:00 LL The Newsstand</p> <p>10:45 J Legato: Sing Along</p> <p>1:00 CE What's Cookin'?</p> <p>2:30 EF Bingo</p> <p>3:30 HF Fun Fitness</p> <p>4:00 EF Happy Hour</p> <p>6:00 IS Relax & Remember</p> <p style="text-align: right;">29</p>	<p>9:00 HF Conductorcise®</p> <p>10:00 J Legato: Soundscaping Source Music Therapy</p> <p>11:00 LL Daily News</p> <p>1:00 A Atria StoryWise™</p> <p>2:15 CE Crafting</p> <p>3:30 HF Noodle Balloon</p> <p>4:00 C Horoscopes</p> <p>6:00 IS Hand Massages</p> <p style="text-align: right;">30</p>	