

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Sunrise and Breakfast
w/ Terry Frizzel**

Sunday, April 1, 7:30 AM

April Birthday Party

Friday, April 6, 3:00 PM

**Spring Dance w/
Big O Productions**

Saturday, April 28, 7:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

APRIL 2018

ATRIA HEARTHSTONE WEST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Happy Easter

7:00 HF Wii® Golf (ATR) (RI)
7:30 IS Sunrise and Breakfast w/ Terry Frizzel (ATR) (OV)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (RI)
9:00 HF Wii® Bowling (ATR) (RI)
11:00 IS Communion Services (CH) (OV)
1:00 HF Raisin' the Exercise (CR) (LAN)
1:30 C Quick Chat (CR) (LAN)
2:00 B Bingo (CR) (LAN)
2:00 PA Bridge (LIB) (RI)
3:30 IS Taped Service from Gage Park Baptist (SL) (LAN)
6:00 Cards / Bible Study (CR) (RI)

1

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:00 HF Wii® Bowling (ATR) (RI)
1:30 CE Hearthstone Crafters (ACT) (FAB)
1:30 C Quick Chat (CR) (PB)
2:00 PA Bridge (LIB) (RI)
3:00 What's in a Word? (CR) (LD)
6:00 Cards (CR) (RI)

2

8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Dillons Shopping (BUS) (RB)
9:30 CE Paper Crafting (ACT) (PI)
10:00 HF Weight Lifting (CR) (PI)
1:00 PA Executive Board Meeting (ACT) (FAB)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:00 Out & About Van Ride (BUS) (RB)
2:00 Bingo (CR) (LD)
2:00 PA Friends of Bill W. Meeting (CH) (RI)
6:00 EF Out to the Movie (\$3.00) (BUS) (RB)
6:00 Mexican Train Dominoes (LIB) (RI)
6:00 Cards (CR) (RI)

3

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Nail Spa (ACT) (RB)
9:30 IS Coping w/ Change w/ Terry Frizzell (CH) (OV)
10:00 HF Yoga (CR) (PI)
12:30 Walmart Shopping (BUS) (RB)
1:00 HF Raisin' the Roof Exercise (CR) (PB)
1:30 EF Piano w/ Carol (ATR) (PB)
1:30 C Quick Chat (CR) (PB)
2:00 CV Veterans Pie & Coffee (CR) (FAB)
3:00 CV Resident Council (ATR) (FAB)
6:00 Cards (CR) (RI)

4

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Dollar Store Shopping (BUS) (FAB)
9:30 CE Acrylic Paint Classes (ACT) (PI)
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) (OV)
10:00 HF Chair Exercise w/ JT (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (PB)
2:00 Bingo (CR) (PB)
3:30 EF Piano w/ Joe (ATR) (PI)
4:00 Tiki Time (ATR) (PB)
6:00 Cards (CR) (RI)
6:00 Scenic Drive (BUS) (PB)

5

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' 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 (CR) (PI)
12:00 HF Blood Pressure Checks (LIB) (OV)
1:00 HF Raisin' the Roof Exercise (SD) (PB)
1:30 C Quick Chat (SD) (PB)
2:00 CE Silver Bells Bell Choir (CR) (FAB)
3:00 PA April Birthday Party (ATR) (PB)
6:00 Cards (CR) (RI)

6

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

7

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

8

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
8:30 Dr. Hobbs - Podiatrist (ACT) (PI)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:30 C Quick Chat (CR) (PB)
1:30 CE Hearthstone Crafters (CR) (FAB)
2:00 PA Bridge (LIB) (RI)
3:00 What's in a Word? (ATR) (LD)
6:00 Cards (CR) (RI)
6:30 IS Bible Study w/ Rev. Jim Angel (CH) (OV)

9

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Dillons Grocery Shopping (BUS) (RB)
9:30 CE Paper Crafting (ACT) (LD)
10:00 HF Weight Lifting (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:00 Out & About Van Ride (BUS) (RB)
2:00 PA Friends of Bill W. Meeting (CH) (RI)
2:00 Bingo (CR) (LD)
6:00 Cards (CR) (RI)
6:00 EF Out to the Movies (\$3.00) (BUS) (RB)
6:00 Mexican Train Dominoes (LIB) (RI)

10

8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Nail Spa (ACT) (RB)
9:30 IS Mass (CH)
10:00 HF Yoga (CH) (PI)
10:00 CV Activity Planning Meeting (LIB) (FAB)
12:30 Walmart Shopping (BUS) (RB)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
3:00 LL Trivia (ATR) (PB)
3:00 StoryWise™ Fun (ATR) (FAB)
6:00 Cards (CR) (RI)
6:00 IS Rosary (CH) (OV)

11

8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:30 CE Painting Class (ACT) (PI)
10:00 HF Chair Exercise w/ JT (CR) (PI)
10:00 EF Sac N Fox Casino (BUS) (LD)
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (PB)
2:00 Bingo (CR) (PB)
3:30 EF Piano w/ Joe (ATR) (PI)
4:00 Tiki Time (ATR) (PB)
6:00 Scenic Drive (BUS) (PB)
6:00 Cards (CR) (RI)

12

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' 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 (CR) (PI)
12:00 HF Blood Pressure Checks (LIB) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (PB)
1:00 LL Red Carpet Library Services (CR) (OV)
1:30 C Quick Chat (CR) (PB)
2:00 CE Silver Bells Bell Choir (CR) (PB)
3:00 UNO™ (CR) (OV)
6:00 Cards (CR) (RI)

13

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

14

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

15

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:30 CE Hearthstone Crafters (CR) (FAB)
1:30 C Quick Chat (CR) (LD)
2:00 PA Bridge (LIB) (RI)
3:00 What's in a Word? (CR) (LD)
3:30 EF Country Cross - Singing (ATR) (PI)
6:00 Cards (CR) (RI)

16

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Dillons Grocery Shopping (BUS) (RB)
9:30 CE Paper Crafting (ACT) (LD)
10:00 HF Weight Lifting (CR) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:00 Out & About Van Ride (BUS) (RB)
1:30 EF Grace & Kay singing (ATR) (LD)
2:00 PA Friends of Bill W. Meeting (CH) (RI)
2:00 Bingo (CR) (LD)
6:00 Cards (CR) (RI)
6:00 Mexican Train Dominoes (LIB) (RI)

17

8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Nail Spa (ACT) (RB)
9:30 IS Coping w/ Change w/ Terry Frizzell (CH) (OV)
10:00 HF Yoga (CR) (PI)
12:30 Walmart Shopping (BUS) (RB)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:30 EF Piano w/ Carol (ATR) (PB)
2:00 HF Health Talk w/ Encompass (CR) (OV)
3:00 LL Trivia (ATR) (PB)
3:00 StoryWise™ Fun (ATR) (FAB)
6:00 Cards (SD) (RI)
6:00 EF Family Night Bingo (CR) (PB)

18

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:30 CE Painting Class (ACT) (PI)
10:00 HF Chair Exercise w/ JT (CR) (PI)
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (PB)
1:30 C Quick Chat (CR) (PB)
2:00 Bingo (CR) (PB)
3:30 EF Piano w/ Joe (ATR) (PI)
4:00 Tiki Time (CR) (PB)
6:00 Cards (CR) (RI)
6:00 Scenic Drive (BUS) (PB)

19

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

20

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

21

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

22

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:30 CE Hearthstone Crafters (CR) (FAB)
2:00 PA Bridge (LIB) (RI)
3:00 CV Food 4 Thought (SD) (RI)
3:00 What's in a Word? (ATR) (LD)
6:00 Cards (CR) (RI)

23

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Dillons Grocery Shopping (BUS) (RB)
9:30 CE Paper Crafting (ACT) (LD)
10:00 HF Weight Lifting (CR) (PI)
1:00 Out & About Van Ride (BUS) (RB)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
2:00 Bingo (CR) (LD)
2:00 PA Friends of Bill W. Meeting (CH) (RI)
4:30 EF Prairie Band Casino (BUS) (RB)
6:00 Cards (CR) (RI)
6:00 Mexican Train Dominoes (LIB) (RI)

24

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 Nail Spa (ACT) (RB)
10:00 CV Ambassador Meeting (LIB) (FAB)
10:00 HF Yoga (CR) (PI)
12:30 Walmart Shopping (BUS) (RB)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
2:00 EF Western Wednesdays (SL) (LD)
2:00 HF Healthwise 55 (CR) (PB)
3:00 LL Trivia (ATR) (PI)
3:00 StoryWise™ Fun (ATR) (FAB)
6:00 Cards (CR) (RI)

25

8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
9:30 CE Painting Class (ACT) (PI)
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) (OV)
10:00 HF Chair Exercise w/ JT (CR) (PI)
1:00 EF Piano w/ Debbie (ATR) (OV)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
2:00 Bingo (CR) (PB)
3:30 EF Piano w/ Joe (ATR) (PI)
4:00 Tiki Time (CR) (PB)
6:00 Cards (CR) (RI)
6:00 Scenic Drive (BUS) (PB)

26

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' 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 (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 (CR) (PB)
1:00 LL Red Carpet Library Services (CR) (OV)
2:00 CE Silver Bells Bell Choir (CR) (FAB)
3:00 EF New Neighbor Welcome Party (ATR) (PB)
6:00 Cards (CR) (RI)

27

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

28

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

29

7:00 HF Wii® Golf (ATR) (RI)
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB)
9:00 HF Wii® Bowling (ATR) (RI)
10:00 HF Yoga (CR) (PI)
1:00 HF Raisin' the Roof Exercise (CR) (LD)
1:30 C Quick Chat (CR) (PB)
1:30 CE Hearthstone Crafters (CR) (FAB)
2:00 PA Bridge (LIB) (RI)
3:00 What's in a Word? (ATR) (LD)
6:00 Cards (CR) (RI)

30



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

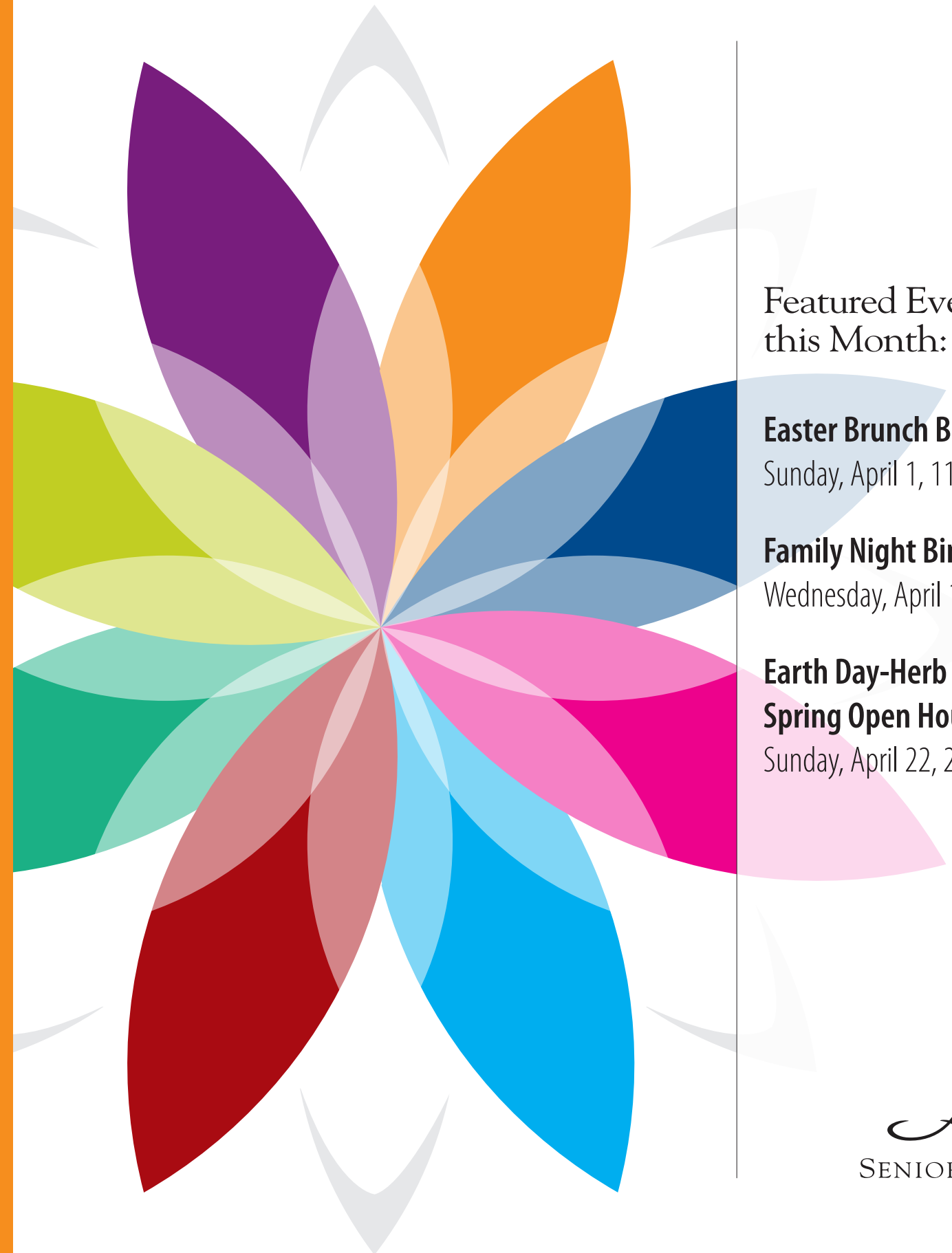
ROOM LOCATION KEY:
Atrium ATR
Community Room CR
South Dining Room SD
Chapel CH
Bus Outings BUS
South Lobby SL
Activity Room ACT
Library LIB
Front Porch FP
AL Circle ALC
Main Dining Room MD

STAFF KEY:
Paid Instructor PI
Pam Been PB
Outside Volunteer OV
Lana Demler LAN
Franny Deters FAB
Leann Dexter LD
Resident Lead RI
Rhonda Botsford RB

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

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Easter Brunch Buffet
Sunday, April 1, 11:00 AM

Family Night Bingo
Wednesday, April 18, 6:30 PM

**Earth Day-Herb Garden/
Spring Open House**
Sunday, April 22, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

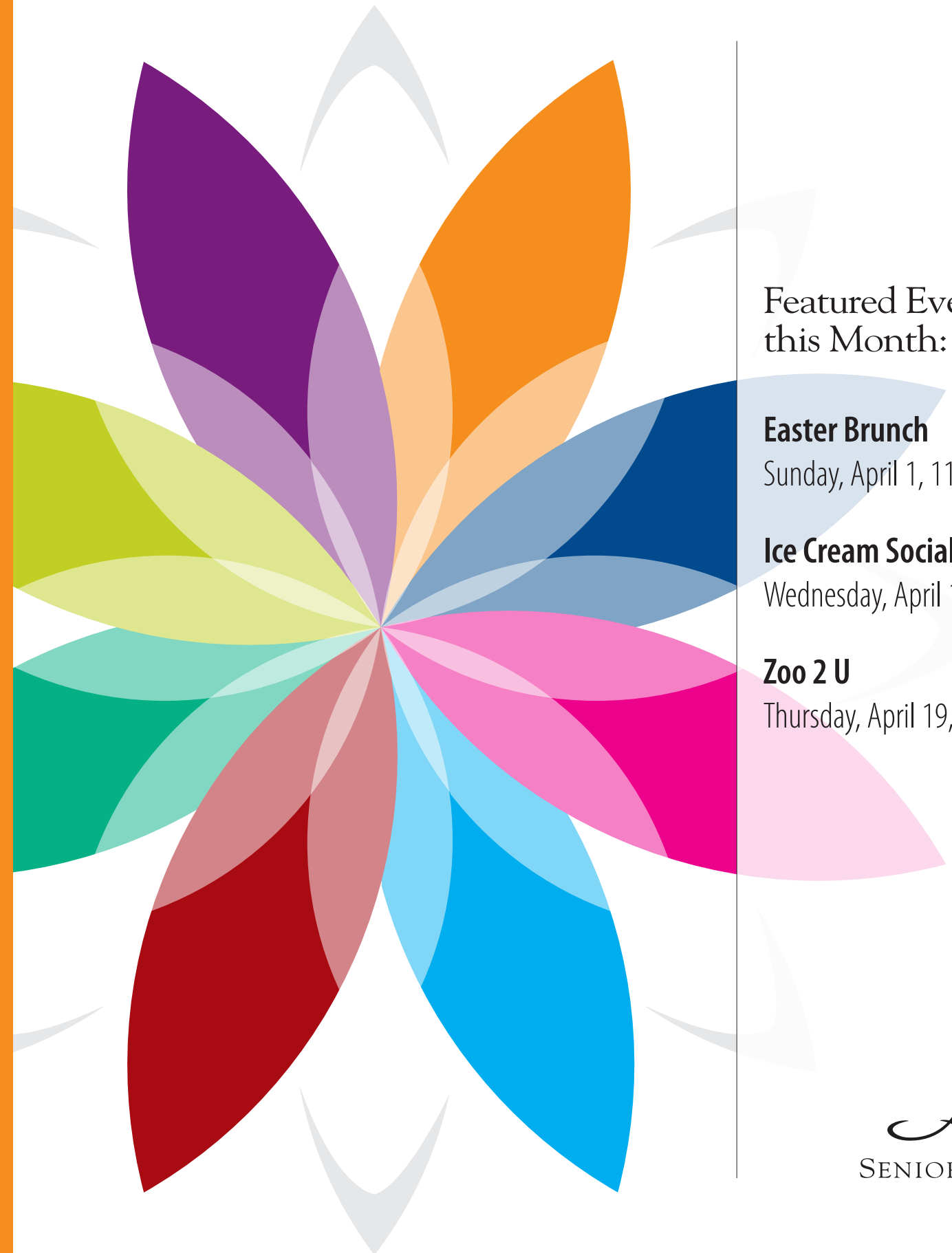
SATURDAY

<p>Happy Birthday Teresa Lasnier Happy Easter</p> <p>11:00 IS Catholic Communion (AR) 11:00 EF Easter Brunch Buffet (DR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI) 1:00 HF Light Weights (AR) (PI) 2:00 IS Sentimental Journeys-Sing-Along (LB) 3:00 IS Adult Scavenger Egg Hunt 4:00 HF Afternoon Stretch (AR) (PI) 6:00 IS Sunday Night Pitch (AR) (PI)</p>	<p>Happy Birthday Phil Keeshan</p> <p>9:00 HF Therapeutic Exercise (DR) 10:00 IS What's in a Word? (AR) (PI) 12:30 IS Out & About (OT) (PI) 1:00 CV Coupon Clippers (DR) 2:00 CE Adult Coloring Class (AR) (PI) 4:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 5:00 EF Scrabble® Challenge (LB) (PI) 6:00 LL Trivia (LB) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Christen (DR) (ELD) 9:00 IS Dillons Shopping (OT) 10:00 CE Spring Crafting w/ Christen (AR) (ELD) 1:30 HF Tai Chi w/ Mae (AR) 2:30 HF Bingo (DR) (PI) 3:30 HF Afternoon Stretch 5:30 LL Book Club (AR) (PI) 6:00 EF Outing w/ West Neighbors (OT) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 HF Wednesday Chick Flicks (LB) (ELD) 12:30 IS Walmart Shoppers (OT) 1:00 EF Fact or Fiction - Guys vs. Gals (AR) (PI) 2:30 CV Resident Council Officers Meeting (AR) (ELD) 4:00 HF Low Impact Aerobic w/ Susan (AR) (PI) 6:00 IS Rummy (AR)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:30 EF Atria Spelling Bee (AR) 10:30 CE Atria StoryWise™ (AR) (ELD) 2:30 LL Bingo (LG) (PI) 3:00 C Men's Group - Sports Bloopers (ELD) 4:00 HF Light Weights (AR) (PI) 6:00 HF Thursday Night Pitch (AR)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 IS Left, Center, Right (AR) (ELD) 10:30 CE Making Hand Lotion (AR) 12:30 EF Museum Outing (OT) (PI) 2:00 LL Red Carpet Library (LB) 2:30 HF Happy Hour (LB) (PI) 3:30 HF Low Impact Aerobics (AR) (ELD) 6:00 PA Whist Led by Nadene-2nd floor</p>	<p>10:00 HF Drum Stick Cardio (AR) 10:45 LL iPad® Programs (LB) 12:00 IS Nail Spa (AR) 1:30 HF Standing Tall Fitness (AR) 2:00 IS Bingo (DR) 3:45 PA New Resident Meet & Greet 6:30 IS Saturday Night Comedy Flick (LB)</p>
<p>11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI) 1:00 HF Light Weights (AR) (PI) 2:00 IS Sentimental Journeys- Sing-Along (LB) 3:00 LL History Buffs w/ Doug Wallace (AR) 4:00 HF Afternoon Stretch (AR) (PI) 6:00 IS Sunday night Pitch (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 LL Health Talk w/ Encompass (LB) 10:00 IS What's in a Word? (AR) (PI) 11:00 PA Ambassador Luncheon (OT) (ELD) 12:30 IS Dollar Store Shopping (OT) (PI) 1:00 CV Coupon Clippers (DR) 2:00 CE Adult Coloring Class (AR) (PI) 4:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 5:00 EF Scrabble® Challenge (LB) (PI) 6:00 LL Trivia (LB) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Christen (DR) (ELD) 9:00 IS Dillons Shopping (OT) 10:00 CE Spring Crafting w/ Christen (AR) (ELD) 1:30 HF Tai chi with Mae (AR) 2:30 HF Bingo (DR) (PI) 3:30 HF Afternoon Stretch 5:30 LL Book Club (AR) (PI) 6:00 EF Outing w/ West Neighbors (OT) (PI)</p>	<p>Happy Birthday John Draper</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:30 CE Writer's Corner (AR) (PI) 12:30 IS Walmart Shoppers (AR) 1:00 EF Fact or Fiction-Guys vs. Gals (LB) (PI) 2:00 C Ladies Tea (LB) (PI) 3:30 CV Resident Council Meeting (LB) 4:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 6:00 IS Rummy (AR)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:30 CE Atria StoryWise™ (AR) (ELD) 2:30 LL Bingo (DR) (PI) 3:00 CE Watercolor Painting (AR) (PI) 4:00 HF Light Weights (AR) (PI) 6:00 HF Thursday Night Pitch (AR)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 IS Left, Center, Right (AR) (ELD) 10:30 CE Floral arranging-Spring arrangements (AR) 12:00 PA Ambassador Meeting (AR) (ELD) 12:30 EF Museum Outing (OT) (PI) 2:30 HF Happy Hour (LB) (PI) 3:30 HF Low Impact Aerobics (AR) (PI) 6:00 PA Whist Led by Nadene-2nd floor (AR)</p>	<p>10:00 HF Drum Stick Cardio (LB) 10:45 LL iPad® Program (LB) 1:30 HF Standing Tall Fitness (AR) 2:00 IS Bingo (DR) 3:45 IS Bridge Group 6:30 IS Saturday Night Comedy Flick (LB)</p>
<p>11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI) 1:00 HF Light Weights (AR) (PI) 2:00 IS Sentimental Journeys-Sing-Along (LB) (PI) 3:00 LL History Buffs w/ Doug Wallace 4:00 HF Afternoon Stretch (AR) (PI) 6:00 IS Sunday night Pitch (AR) (PI)</p>	<p>8:30 IS Appts w/ Dr. Hobbs (AR) 9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Health Matters w/ Humana (DR) 12:30 IS Out & About (OT) (PI) 1:00 CV Coupon Clippers (DR) 2:00 IS Country Cross-Dennis Bowen (DR) 2:00 CE Adult Coloring Class (AR) 4:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 5:00 EF Scrabble® Challenge (LB) (PI) 6:00 LL Trivia (LB) (PI)</p>	<p>9:00 IS Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) 10:00 CE Spring Crafting w/ Christen (AR) (ELD) 1:30 HF Tai Chi with Mae (AR) 2:30 HF Bingo (DR) (PI) 3:30 HF Afternoon Stretch 5:30 LL Book Club (AR) (PI) 6:00 EF Outing w/ West Neighbors (OT) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 HF Wednesday Chick Flicks (LB) (ELD) 12:30 IS Walmart Shoppers (OT) 1:00 EF Facts or Fiction-Guys vs. Gals (LB) (PI) 4:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 6:00 IS Rummy (AR) (PI) 6:30 C Family Night Bingo (DR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:30 CE Atria StoryWise™ (AR) (PI) 1:30 LL Zoo 2 U program (LG) 2:30 LL Bingo (DR) (PI) 3:00 C Men's Group-Sport's Bloopers (LB) (ELD) 4:30 HF Light Weights (AR) (PI) 6:00 HF Thursday Night Pitch (AR)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 IS Left, Center, Right (AR) (ELD) 10:30 CE Ceramics painting (AR) 12:30 EF Museum Outing (OT) (PI) 2:00 LL Red Carpet Library (LB) 2:30 HF Happy Hour (LB) (PI) 3:30 HF Low-Impact Aerobics (AR) (PI) 6:00 PA Whist Led by Nadene-2nd floor (LB)</p>	<p>10:00 HF Drum Stick cardio (AR) 10:45 LL iPad® Program (LB) 12:00 IS Nail Spa (AR) 1:30 HF Standing Tall Fitness (AR) 2:00 IS Bingo (DR) 3:45 PA New Resident Meet & Greet (LB) 6:30 IS Saturday Night Comedy Flick (LB)</p>
<p>Earth Day</p> <p>11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI) 1:00 HF Light Weights (AR) (PI) 2:00 EF Spring Open House (RC) 2:00 EF Earth Day-Herb Garden (PA) (ELD) 3:00 LL History Buffs w/ Doug Wallace 4:00 HF Afternoon Stretch (AR) (PI) 6:00 IS Sunday night Pitch (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 IS What's in a Word? (AR) (PI) 12:30 IS Out & About (OT) (PI) 1:00 CV Coupon Clippers (DR) 2:00 CE Adult Coloring Class (AR) (PI) 4:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 5:00 EF Scrabble® Challenge (LB) (PI) 6:00 LL Trivia (LB) (PI)</p>	<p>9:00 IS Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) 10:00 CE Spring Crafting w/ Christen (AR) (ELD) 10:30 CV Food 4 Thought Meeting (AR) 1:30 HF Tai Chi with Mae (AR) 2:30 HF Bingo (DR) (PI) 3:30 HF Afternoon Stretch 5:30 LL Book Club (AR) (PI) 6:00 EF Outing w/ West Neighbors (OT) (PI)</p>	<p>Happy Birthday Anna Moore & Mary Matchen</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 IS Mass (AR) 10:30 CE Writer's Corner (AR) 12:30 IS Walmart Shoppers (OT) 1:00 EF Fact or Fiction-Guys vs. Gals (LB) (PI) 2:30 CV Resident Activity Planning Meeting (LB) (ELD) 4:00 HF Low Impact Aerobics w/Susan (AR) (PI) 6:00 IS Rummy (AR) (PI)</p>	<p>9:00 HF Therapeutic Exercise w/ Susan (DR) (PI) 9:30 HF Wellness Checks (AR) 10:30 CE Atria StoryWise™ (AR) (PI) 2:30 LL Bingo (DR) (PI) 3:00 C Men's Group- Sports Bloopers (LB) (PI) 4:30 HF Light Weights (AR) (PI) 6:00 HF Thursday Night Pitch (AR)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 IS Left, Center, Right (AR) (ELD) 10:30 CE Card Making Class (AR) 12:00 PA Ambassador Meeting (AR) (ELD) 12:30 EF Museum Outing (OT) (PI) 2:30 HF Happy Hour (LB) (PI) 3:30 HF Low-Impact Aerobics (AR) (PI) 6:00 PA Whist Led by Nadene-2nd floor (LB)</p>	<p>10:00 HF Drumstick Cardio (AR) 10:45 LL iPad® Program (LB) 1:30 HF Standing Tall Fitness (AR) 2:00 IS Bingo (DR) 3:45 IS Bridge Group (AR) 6:30 IS Saturday Night Comedy Flick (LB)</p>
<p>Happy Birthday Natalie Teasley</p> <p>11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) 1:00 HF Light Weights (AR) (PI) 2:00 IS Sentimental Journeys-Sing-Along (LB) (PI) 3:00 LL History Buffs w/ Doug Wallace (AR) 4:00 HF Afternoon Stretch (AR) (PI) 6:00 IS Sunday Night Pitch (AR)</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 IS What's in a Word? (AR) (ELD) 12:30 IS Out & About (OT) (PI) 1:00 CV Coupon Clippers (AR) (PI) 2:00 CE Adult Coloring (AR) (PI) 4:00 HF Low-Impact Aerobics w/ Susan (AR) (PI) 5:00 EF Scrabble® Challenge (LB) (PI) 6:00 LL Trivia (LB) (PI)</p>	 <p>PA Personal Achievement HF Health & Fitness EF Entertainment & Fun CV Civic Engagement LL Lifelong Learning CE Creative Expression IS Inspiration & Spirituality C Connection IS Atria StoryWise</p>		<p>ROOM LOCATION KEY:</p> <p>Dining Room DR Library LB Activity Room AR Outside OT Physical Therapy Room PT Life Guidance LG Patio PA Reception/Lobby RC</p>	<p>STAFF KEY:</p> <p>Susan Imthurn PI Christen ELD Rhonda Bottsford PI</p>	

iPad® is a registered trademark of Apple Inc.
Scrabble® is a registered trademark of Hasbro, Inc.

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Easter Brunch
Sunday, April 1, 11:00 AM

Ice Cream Social
Wednesday, April 18, 2:00 PM

Zoo 2 U
Thursday, April 19, 1:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

9:30 **HF** Morning Stretch
 10:00 **LL** Sunday Paper
 10:15 **IS** Legato: Our Favorite Hymns
 11:00 Easter Brunch
 1:00 **EF** Noodle Balloon
 1:30 Nails & Tales
 2:30 **C** Snack & Chat
 3:00 **HF** Fun Fitness
 3:45 **EF** Name 5
 6:00 **EF** Movie & Popcorn

2

8:00 **PA** Walking Club
 9:30 **HF** Therapeutic Exercises
 10:15 **EF** Out & About
 1:00 **EF** Bingo
 2:00 **C** Daily Horoscopes
 2:30 **EF** Legato: Sing Along
 3:00 **HF** Feeling Fit
 3:30 **IS** Hand Massages
 6:00 **CE** Color Creation

3

8:00 Beauty Shop w/ Esther
 9:30 **HF** Movin' & Groovin'
 10:00 **LL** Daily News & Donuts
 11:00 **EF** Legato: Drum Circle
 1:00 **LL** Trivia
 2:30 **EF** Bingo
 3:30 **HF** Afternoon Stretch
 6:00 **EF** Card Games

4

8:00 **PA** Walking Club
 8:30 **C** Veterans Breakfast
 9:30 **HF** Therapeutic Exercises
 10:00 **LL** News & Views
 10:30 **EF** Bingo
 1:00 **EF** Noodle Balloon
 2:00 **CE** Collage Art
 3:15 **HF** Conductorcise®
 4:00 Dinner Outing
 6:00 **EF** Game Night!

5

9:30 **HF** Stretch & Flex
 10:00 **LL** Daily News
 10:30 **IS** Atria StoryWise™
 11:00 **EF** Legato: Instrument Play Along
 1:00 **EF** Out & About
 2:30 **EF** Bingo
 3:30 **HF** Fun Fitness
 4:00 **EF** Happy Hour
 4:00 **LL** Word Games

6

9:30 **HF** Conductorcise®
 10:00 **IS** Music Therapy w/ Soundscaping Source
 11:00 **LL** The Newsstand
 1:00 **HF** Noodle Balloon
 1:30 **EF** Legato: Sing Along
 2:00 **CE** Crafting
 3:30 **IS** Hand Massages
 6:00 **LL** Trivia

7

9:30 **HF** Chair Yoga
 10:00 **LL** News & Views
 10:30 **LL** Today In History
 11:00 **C** Conversation Ball Game
 1:00 **HF** Chair Dancing
 2:00 **EF** Bingo
 3:00 **EF** Legato: Karaoke!
 3:30 **EF** Puzzle Time
 6:00 **IS** Relax & Remember

8

9:30 **HF** Morning Stretch
 10:00 **LL** Sunday Paper
 10:15 **IS** Legato: Our Favorite Hymns
 11:00 **IS** Catholic Communion
 1:30 Nails & Tales
 2:30 **C** Snack & Chat
 3:00 **HF** Conductorcise®
 3:45 **EF** Name 5
 6:00 **EF** Movie & Popcorn

9

8:00 **PA** Walking Club
 9:30 **HF** Therapeutic Exercises
 10:15 **EF** Out & About
 1:00 **EF** Bingo
 2:00 **C** Daily Horoscopes
 2:30 **EF** Legato: Sing Along
 3:00 **HF** Feeling Fit
 3:30 **IS** Hand Massages
 6:00 **CE** Color Creation

10

8:00 Beauty Shop w/ Esther
 9:30 **HF** Movin' & Groovin'
 10:00 **LL** Daily News & Donuts
 11:00 **EF** Legato: Drum Circle
 1:00 **LL** Trivia
 2:30 **EF** Bingo
 3:30 **HF** Afternoon Stretch
 6:00 **EF** Card Games

11

8:00 **PA** Walking Club
 9:30 **HF** Therapeutic Exercises
 10:00 **LL** News & Views
 10:30 **EF** Bingo
 1:00 **EF** Noodle Balloon
 2:00 **CE** Collage Art
 3:15 **HF** Conductorcise®
 4:00 **EF** Legato: Sing Along
 6:00 **EF** Game Night!

12

9:30 **HF** Stretch & Flex
 10:00 **LL** Daily News
 10:30 **IS** Atria StoryWise™
 11:00 **EF** Legato: Instrument Play Along
 1:00 **EF** Out & About
 2:30 **EF** Bingo
 3:30 **HF** Fun Fitness
 4:00 **EF** Happy Hour
 6:00 **LL** Word Games

13

9:30 **HF** Conductorcise®
 10:00 **IS** Music Therapy w/ Soundscaping
 11:00 **LL** The Newsstand
 1:00 **HF** Noodle Balloon
 1:30 **EF** Legato: Sing Along
 2:00 **CE** Crafting
 3:30 **IS** Hand Massages
 6:00 **LL** Trivia

14

9:30 **HF** Chair Yoga
 10:00 **LL** News & Views
 10:30 **LL** Today In History
 11:00 **C** Conversation Ball Game
 1:00 **HF** Balloon Volleyball
 2:00 **EF** Bingo
 3:00 **EF** Legato: Karaoke!
 3:30 **EF** Puzzle Time
 6:00 **IS** Relax & Remember

15

9:30 **HF** Morning Stretch
 10:00 **LL** Sunday Paper
 10:15 **IS** Legato: Our Favorite Hymns
 11:00 **IS** Catholic Communion
 1:00 **EF** Noodle Balloon
 1:30 Nails & Tales
 2:30 **C** Snack & Chat
 3:00 **HF** Fun Fitness
 3:45 **EF** Name 5
 6:00 **EF** Movie & Popcorn

16

8:00 **PA** Walking Club
 9:30 **HF** Therapeutic Exercises
 10:15 **EF** Out & About
 1:00 **EF** Bingo
 2:00 **C** Daily Horoscopes
 2:30 **EF** Legato: Sing Along
 3:00 **HF** Feeling Fit
 3:30 **IS** Hand Massages
 6:00 **CE** Color Creation

17

8:00 Beauty Shop w/ Esther
 9:30 **HF** Movin' & Groovin'
 10:00 **LL** Daily News & Donuts
 11:00 **EF** Legato: Drum Circle
 1:00 **LL** Trivia
 2:30 **EF** Bingo
 3:30 **HF** Afternoon Stretch
 6:00 **EF** Card Games

18

8:00 **PA** Walking Club
 9:30 **HF** Therapeutic Exercises
 10:00 **LL** News & Views
 10:30 **EF** Bingo
 1:00 **EF** Noodle Balloon
 2:00 Ice Cream Social
 3:15 **HF** Conductorcise®
 4:00 **EF** Legato: Sing Along
 6:00 **EF** Game Night!

19

9:30 **HF** Stretch & Flex
 10:00 **LL** Daily News
 10:30 **IS** Atria StoryWise™
 11:00 **EF** Legato: Instrument Play Along
 1:30 Zoo 2 U
 2:30 **EF** Bingo
 3:30 **HF** Fun Fitness
 4:00 **EF** Happy Hour
 6:00 **LL** Word Games

20

9:30 **HF** Conductorcise®
 10:00 **IS** Music Therapy w/ Soundscaping Source
 11:00 **LL** The Newsstand
 1:00 **HF** Noodle Balloon
 1:30 **EF** Legato: Sing Along
 2:00 **CE** Crafting
 3:30 **IS** Hand Massages
 6:00 **LL** Trivia

21

9:30 **HF** Chair Yoga
 10:00 **LL** News & Views
 10:30 **LL** Today In History
 11:00 **C** Conversation Ball Game
 1:00 **HF** Chair Dancing
 2:00 **EF** Bingo
 3:00 **EF** Legato: Karaoke!
 6:00 **IS** Relax & Remember

22

9:30 **HF** Morning Stretch
 10:00 **LL** Sunday Paper
 10:15 **IS** Legato: Our Favorite Hymns
 11:00 **IS** Catholic Communion
 1:00 **EF** Noodle Balloon
 1:30 Nails & Tales
 2:30 **C** Snack & Chat
 3:00 **HF** Fun Fitness
 3:45 **EF** Name 5
 6:00 **EF** Movie & Popcorn

23

8:00 **PA** Walking Club
 9:30 **HF** Therapeutic Exercises
 10:15 **EF** Out & About
 1:00 **EF** Bingo
 2:00 **C** Daily Horoscopes
 2:30 **EF** Legato: Sing Along
 3:00 **HF** Feeling Fit
 3:30 **IS** Hand Massages
 6:00 **CE** Color Creation

24

8:00 Beauty Shop w/ Esther
 9:30 **HF** Movin' & Groovin'
 10:00 **LL** Daily News & Donuts
 11:00 **EF** Legato: Drum Circle
 1:00 **LL** Trivia
 2:30 **EF** Bingo
 3:30 **HF** Afternoon Stretch
 6:00 **EF** Card Games

25

8:00 **PA** Walking Club
 9:00 **IS** Mass
 9:30 **HF** Therapeutic Exercises
 10:00 **LL** News & Views
 10:30 **EF** Bingo
 1:00 **EF** Noodle Balloon
 2:00 **CE** Collage Art
 3:15 **HF** Conductorcise®
 4:00 **EF** Legato: Sing Along
 6:00 **EF** Game Night!

26

9:30 **HF** Stretch & Flex
 10:00 **LL** Daily News
 10:30 **IS** Atria StoryWise™
 11:00 **EF** Legato: Instrument Play Along
 1:00 **EF** Out & About
 2:30 **EF** Bingo
 3:30 **HF** Fun Fitness
 4:00 **EF** Happy Hour
 6:00 **LL** Word Games

27

9:30 **HF** Conductorcise®
 10:00 **IS** Music Therapy w/ Soundscaping
 11:00 **LL** The Newsstand
 1:00 **EF** Legato: Sing Along
 1:30 **HF** Noodle Balloon
 2:00 **CE** Crafting
 3:30 **IS** Hand Massages
 6:00 **LL** Trivia

28

9:30 **HF** Chair Yoga
 10:00 **LL** News & Views
 10:30 **LL** Today In History
 11:00 **C** Conversation Ball Game
 1:00 **HF** Chair Dancing
 2:00 **EF** Bingo
 3:00 **EF** Legato: Karaoke!
 3:30 **EF** Puzzle Time!
 6:00 **IS** Relax & Remember

29

9:30 **HF** Morning Stretch
 10:00 **LL** Sunday Paper
 10:15 **IS** Legato: Our Favorite Hymns
 11:00 **IS** Catholic Communion
 1:00 **EF** Noodle Balloon
 1:30 Nails & Tales
 2:30 **C** Snack & Chat
 3:00 **HF** Fun Fitness
 3:45 **EF** Name 5
 6:00 **EF** Movie & Popcorn

30

8:00 **PA** Walking Club
 9:30 **HF** Therapeutic Exercises
 10:15 **EF** Out & About
 1:00 **EF** Bingo
 2:00 **C** Daily Horoscopes
 2:30 **EF** Legato: Sing Along
 3:00 **HF** Feeling Fit
 3:30 **IS** Hand Massages
 6:00 **CE** Color Creation



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