

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

August Birthday Party
Friday, August 3, 3:00 PM

Speaking
Wednesday, August 8, 2:00 PM

Veterans Pie and Coffee
Wednesday, August 29, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

AUGUST 2018

ATRIA HEARTHSTONE WEST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

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 AL

STAFF KEY:

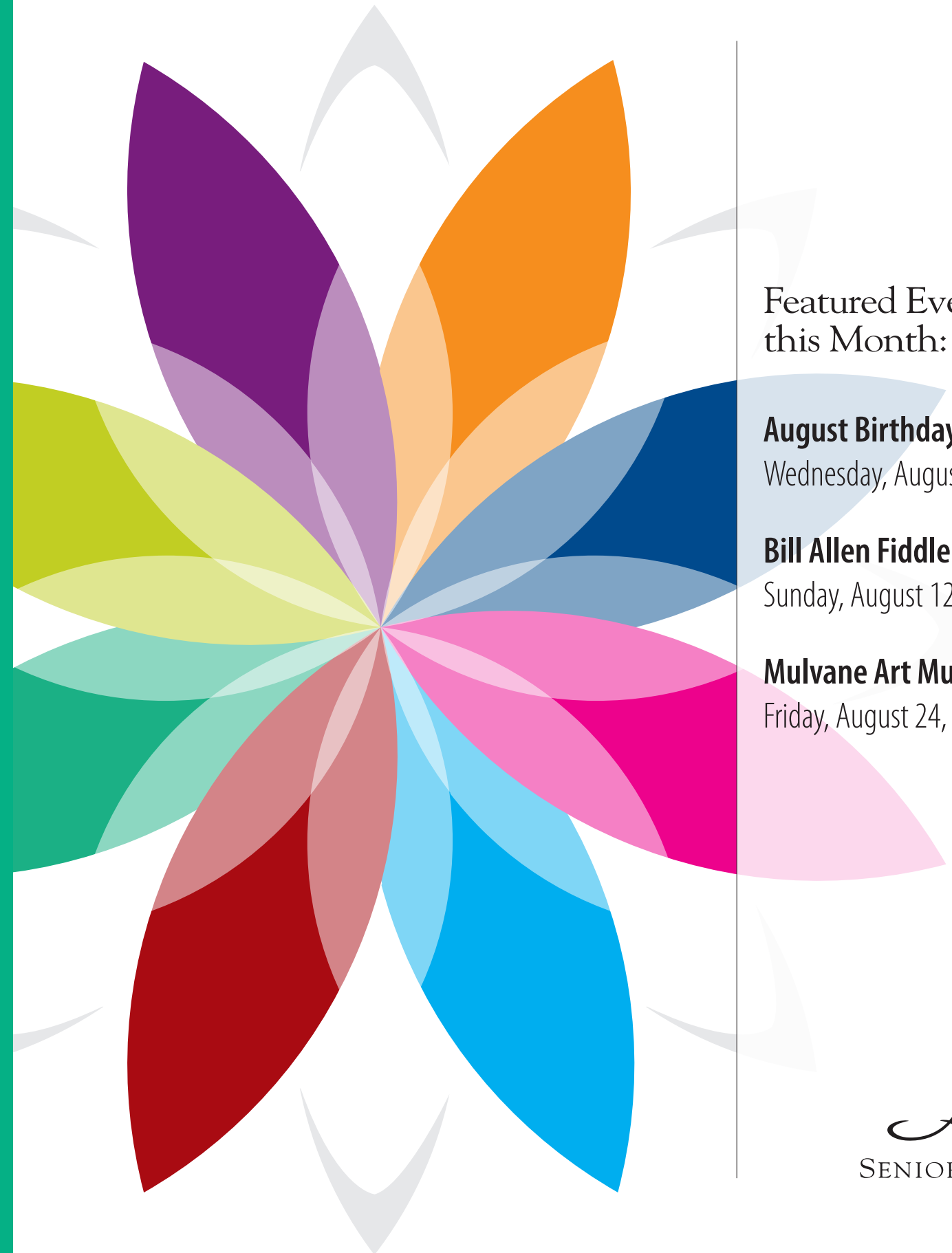
Paid Instructor PI
Pam Been PB
Outside Volunteer OV
Lana Demler LAN
Franny Deters FAB
Resident Lead RI
Rhonda Botsford RB
Debbie Hoffman DH

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

<p>5</p> <p>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 Services (CH) (OV) 1:00 HF Raisin' the Exercise (CR) (LAN) 1:30 C Quick Chat (CR) (LAN) 2:00 Bingo (CR) (LAN) 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)</p>	<p>6</p> <p>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) (DH) 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 - Lessons (LIB) (RI) 3:00 What's in a Word? (CR) 6:00 Cards (CR) (RI)</p>	<p>7-7 Primary Election</p> <p>7</p> <p>8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB) 9:00 Dillons Shopping (BUS) (RB) 9:30 CE Paper Crafting (ACT) (PI) 1:00 HF Raisin' the Roof Exercise (SD) (RB) 1:00 PA Executive Board Meeting (ACT) (FAB) 1:00 Out & About Van Ride (BUS) (LAN) 2:00 Bingo (SD) (RB) 2:00 PA Friends of Bill W. Meeting (CH) (RI) 6:00 StoryWise™ Fun (ATR) (RB) 6:00 Cards (CR) (RI) 6:00 Mexican Train Dominoes (LIB) (RI)</p>	<p>1</p> <p>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 IS Catholic Bible Study (CH) (OV) 10:00 HF Yoga (SD) (PI) 12:30 Walmart Shopping (BUS) (RB) 1:00 HF Raisin' the Roof Exercise (CR) (PB) 1:00 LL Mahjong (ATR) (OV) 1:30 C Quick Chat (CR) (PB) 3:00 LL Trivia (CR) (RB) 6:00 Cards (CR) (RI)</p>	<p>2</p> <p>7:00 HF Wii® Golf (ATR) (RI) 8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB) 9:00 Dollar Stores Shopping (BUS) (FAB) 9:30 CE Paint Classes (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) 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)</p>	<p>3</p> <p>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) 1:30 C Quick Chat (CR) (PB) 2:00 CE Silver Bells Bell Choir (CR) (FAB) 3:00 PA August Birthday Party (ATR) (PB) 6:00 Cards (CR) (RI)</p>	<p>4</p> <p>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)</p>
<p>12</p> <p>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 Rasin' the Roof Exercise (CR) (LAN) 1:30 C Quick Chat (CR) (LAN) 2:00 Bingo (CR) (LAN) 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)</p>	<p>13</p> <p>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) 1:30 CE Hearthstone Crafters (CR) (FAB) 1:30 C Quick Chat (CR) (PB) 2:00 PA Bridge - Lessons (LIB) (RI) 3:00 What's in a Word? (ATR) 6:00 Cards (CR) (RI)</p>	<p>14</p> <p>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) 10:00 HF Weight Lifting (CR) (PI) 1:00 Out & About Van Ride (BUS) (RB) 1:00 HF Raisin' the Roof Exercise (CR) 2:00 Bingo (CR) 2:00 PA Friends of Bill W. Meeting (CH) (RI) 6:00 StoryWise™ Fun (ATR) (RB) 6:00 Cards (CR) (RI) 6:00 Mexican Train Dominoes (LIB) (RI)</p>	<p>15</p> <p>9:00 Nail Spa (ACT) (RB) 9:30 IS Coping w/Change w/ Terry Frizzell (CH) (OV) 10:00 HF Yoga/Catholic Bible Study (CR) (PI) 12:30 Walmart Shopping (BUS) (RB) 1:00 LL Mahjong (ATR) (FAB) 1:00 HF Raisin' the Roof Exercise (CR) 1:30 EF Piano w/ Carol (ATR) (PB) 2:00 HF Health Talk w/ Encompass (CR) (OV) 3:00 CV Activity Planning Meeting (LIB) (FAB) 3:00 LL Trivia (ATR) (PB) 6:00 Cards (SD) (RI) 6:00 EF Family Night Bingo (CR) (PB)</p>	<p>16</p> <p>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 Scenic Drive (BUS) (PB) 6:00 Cards (CR) (RI)</p>	<p>17</p> <p>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) 1:30 C Quick Chat (CR) (PB) 2:00 CE Silver Bells Bell Choir (CR) (FAB) 3:00 UNO® (CR) (RB) 6:00 Cards (CR) (RI)</p>	<p>18</p> <p>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 Board Games (CR) (LAN) 6:00 Cards (CR) (RI) 6:00 EF Poppin & Movie (ATR) (LAN)</p>
<p>19</p> <p>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 Bingo (CR) (LAN) 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)</p>	<p>20</p> <p>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) 1:30 CE Hearthstone Crafters (CR) (FAB) 1:30 C Quick Chat (CR) 2:00 PA Bridge-Lessons (LIB) (RI) 3:00 What's in a Word? (CR) 3:00 EF Music w/ Adrith (ATR) (PI) 6:00 Cards (CR) (RI) 7:00 EF Prairie Winds Flute Circle (ATR) (RB)</p>	<p>21</p> <p>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) 10:00 HF Weight Lifting (CR) (OV) 1:00 Out & About Van Ride (BUS) (RB) 1:00 HF Raisin' the Roof Exercise (CR) 2:00 Bingo (CR) 2:00 PA Friends of Bill W. Meeting (CH) (RI) 6:00 StoryWise™ Fun (ATR) (RB) 6:00 Cards (CR) (RI) 6:00 Mexican Train Dominoes (LIB) (RI)</p>	<p>22</p> <p>7:00 HF Wii® Golf (ATR) (RI) 8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB) 9:00 Nail Spa (ACT) (RB) 10:00 HF Yoga/Catholic Bible Study (CR) (PI) 12:30 Walmart Shopping (BUS) (RB) 1:00 LL Mahjong (ATR) (FAB) 1:00 HF Raisin' the Roof Exercise (CR) 1:30 C Quick Chat (CR) (RB) 2:00 EF Western Wednesdays (SL) 3:00 CV Ambassador Meeting (LIB) (FAB) 3:00 LL Trivia (ATR) (PI) 6:00 Cards (CR) (RI)</p>	<p>23</p> <p>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 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) 1:30 C Quick Chat (CR) (RB) 2:00 Bingo (CR) (PB) 3:30 EF Piano w/ Joe (ATR) (PI) 4:00 Tiki Time (CR) (PB) 6:00 Scenic Drive (BUS) (PB) 6:00 Cards (CR) (RI)</p>	<p>24</p> <p>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) 12:00 HF Blood Pressure Checks (LIB) (OV) 1:00 LL Red Carpet Library Services (CR) (OV) 1:00 HF Ediger Hearing Aids (LIB) (OV) 1:00 HF Raisin' the Roof Exercise (SD) (PB) 1:30 EF Piano w/ Debbie (ATR) (OV) 2:00 CE Silver Bells Bell Choir (CR) (FAB) 3:00 EF New Neighbor Welcome Party (ATR) (PB) 6:00 Cards (CR) (RI)</p>	<p>25</p> <p>7:00 HF Wii® Golf (SL) (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 Board Games (CR) (LAN) 6:00 Cards (SD) (RI) 6:00 EF Poppin & Movie (ATR) (LAN)</p>
<p>26</p> <p>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 Bingo (CR) (LAN) 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)</p>	<p>27</p> <p>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) 1:00 HF Wii® Bowling (ATR) (RI) 1:30 CE Hearthstone Crafters (CR) (FAB) 1:30 C Quick Chat (CR) (RB) 2:00 PA Bridge - Lessons (LIB) (RI) 3:00 What's in a Word? (ATR) 3:00 CV Food 4 Thought (SD) (RI) 6:00 Cards (CR) (RI)</p>	<p>28</p> <p>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) 10:00 HF Weight Lifting (CR) (PI) 1:00 Out & About Van Ride (BUS) (RB) 1:00 HF Raisin' the Roof Exercise (CR) 2:00 Bingo (CR) 2:00 PA Friends of Bill W. Meeting (CH) (RI) 4:30 EF Prairie Band Casino (BUS) (RB) 6:00 Cards (CR) (RB) 6:00 Mexican Train Dominoes (RI)</p>	<p>29</p> <p>7:00 HF Wii® Golf (ATR) (RI) 8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB) 9:00 Nail Spa (ACT) (RB) 10:00 HF Yoga/Catholic Bible Study (SD) (PI) 12:30 Walmart Shopping (BUS) (RB) 1:00 HF Raisin' the Roof Exercise (CR) (PB) 1:00 LL Mahjong (ATR) (OV) 1:30 C Quick Chat (CR) (PB) 2:00 CV Veterans Pie and Coffee (CR) (RB) 2:00 EF Western Wednesdays (SL) (RB) 3:00 LL Trivia (CR) (RB) 6:00 Cards (CR) (RI)</p>	<p>30</p> <p>7:00 HF Wii® Golf (ATR) (RI) 8:15 HF Hearthstone Hoofers' Morning Walk (ALC) (FAB) 9:30 CE Paint Classes (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) (RB) 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)</p>	<p>31</p> <p>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) 2:00 CE Silver Bells Bell Choir (CR) (FAB) 3:00 UNO® (CR) (RB) 3:30 EF Crab Legs all you can eat \$20.00 (BUS) (RB) 6:00 Cards (CR) (RI)</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 Atria StoryWise</p>

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

August Birthday Celebration

Wednesday, August 1, 1:00 PM

Bill Allen Fiddlers

Sunday, August 12, 2:00 PM

Mulvane Art Museum

Friday, August 24, 12:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

AUGUST 2018

ATRIA HEARTHSTONE EAST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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
Rhonda Bottsford PI

Atria ENGAGE LIFE

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<p>9:00 HF Morning Fitness Trail 11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>1:00 HF Light Weights (AR) (PI) 2:00 IS Sentimental Journeys-Sing Along (LB) 3:00 LL History Buffs with Doug Wallace (AR) 4:00 HF Afternoon Stretch (AR) (PI) 6:00 Sunday Night Pitch (AR) (PI)</p> <p style="text-align: right;">5</p>	<p>9:00 HF Therapeutic Exercise (DR) 9:30 What's in a Word? (AR) (PI) 12:00 CV Coupon Clippers (AR) 1:30 CE Adult coloring class (AR) (PI) 3:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 4:00 LL Book Club (LB) (PI) 6:00 EF Scrabble® Challenge (LB)</p> <p style="text-align: right;">6</p>	<p>9:00 Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) (ELD) 10:00 C Donuts with Directors (LB) (ELD) 12:30 CE Readers Theatre (LB) 1:30 HF Tai Chi w/ Mae (AR) 2:30 Bingo (DR) (PI) 3:45 IS Bible Study w/ Kyle (AR) 4:00 LL Trivia (LB) (PI)</p> <p style="text-align: right;">7</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 Wednesday Chic Flick (LB) 12:30 Walmart Shoppers (AR) 12:30 CE Writer's Corner (AR) (PI) 2:00 C Men's Pie & Coffee (DR) (ELD) 2:30 CV Resident Council Meeting (LB) 3:30 HF Yoga with Misha (AR) 5:30 Rummy (AR) 6:30 IS Evening Meditation w/ Lana (AR)</p> <p style="text-align: right;">8</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:00 C Atria StoryWise™ (AR) (ELD) 11:30 Balloon Toss (AR) 2:00 Bingo (DR) (PI) 2:30 CE Crafting w/ Lana (AR) 3:30 C Men's Group- Pie & Coffee (LB) (ELD) 4:00 HF Light Weights (AR) (PI) 6:00 Evening Out & About w/ West bldg (OT) 6:30 Thursday Night Pitch (AR)</p> <p style="text-align: right;">9</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 Left, Center, Right (AR) (ELD) 12:00 PA Ambassador Meeting (AR) (ELD) 12:30 Aldis & Dollar Tree (OT) (PI) 2:00 LL Red Carpet Library (LB) 2:30 C Happy Hour (PA) (ELD) 2:30 C New Resident Meet & Greet 3:30 HF Yoga with Misha (AR) 5:30 PA Whist led by Nadene-2nd floor</p> <p style="text-align: right;">10</p>	<p>10:00 HF Light Weights w/ Rhonda (AR) 10:30 Nail Spa (AR) 12:30 HF Standing Tall Fitness (AR) 2:00 Bingo (DR) (PI) 5:30 EF Atria Bridge Players 6:30 Saturday Night Comedy Flick (LB) 7:00 HF Evening Fitness Trail</p> <p style="text-align: right;">11</p>
<p>9:00 HF Morning Fitness Trail 11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>1:00 HF Light Weights (AR) (PI) 2:00 CE Bill Allen Fiddlers (DR) 3:00 LL History Buffs w/ Doug Wallace (AR) 4:00 HF Afternoon Stretch (AR) (PI) 6:00 Sunday night Pitch (AR) (PI)</p> <p style="text-align: right;">12</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 LL Health Talk w/ Encompass (LB) 10:00 What's in a Word? (AR) (PI) 12:00 CV Coupon Clippers (DR) 1:30 CE Adult Coloring Class (AR) (PI) 3:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 4:00 LL Book Club (LB) (PI) 6:00 EF Scrabble® Challenge (LB) (PI)</p> <p style="text-align: right;">13</p>	<p>9:00 Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) (ELD) 10:00 C Donuts with Directors (LB) (ELD) 12:30 CE Readers Theatre (LB) 1:30 HF Tai chi with Mae (AR) 2:30 Bingo (DR) (PI) 3:45 IS Bible Study w/ Kyle (AR) 4:00 LL Trivia (LB) (PI)</p> <p style="text-align: right;">14</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 Wednesday Chic Flicks (LB) (ELD) 12:30 Walmart Shoppers (OT) 12:30 CE Writers Corner (AR) 2:00 C Ladies Tea (PA) (PI) 3:30 HF Yoga with Misha (AR) 5:30 Rummy (AR) (PI) 6:30 C Family Night Bingo (DR) (PI)</p> <p style="text-align: right;">15</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:00 C Atria StoryWise™ (AR) (PI) 11:30 PA Ambassador Luncheon (OT) (ELD) 1:00 LL Zoo 2 U program (LG) 2:00 Bingo (LG) (PI) 2:30 CE Crafting w/ Lana (AR) 4:00 HF Light Weights (AR) (PI) 6:00 Evening Out & About w/ West bldg 6:30 Thursday Night Pitch (AR)</p> <p style="text-align: right;">16</p>	<p>No Red Carpet Library today 9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 Left, Center, Right (AR) (ELD) 12:00 PA Ambassador Meeting (AR) (ELD) 12:30 EF Topeka Public Library (OT) (PI) 2:30 C Happy Hour (PA) (ELD) 3:30 HF Yoga with Misha (AR) 5:30 PA Whist led by Nadene-2nd floor (LB)</p> <p style="text-align: right;">17</p>	<p>10:00 HF Light Weights w/ Rhonda (AR) 10:30 Nail Spa (AR) 12:30 HF Standing Tall Fitness (AR) 2:00 Bingo (DR) 5:30 EF Atria Bridge Group 6:30 Saturday Night Comedy Flick (LB) 7:00 HF Evening Fitness Trail</p> <p style="text-align: right;">18</p>
<p>9:00 HF Morning Fitness Trail 11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>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 Sunday night Pitch (AR) (PI)</p> <p style="text-align: right;">19</p>	<p>8:30 Appts w/ Dr. Hobbs (AR) 9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 EF Even, Stevens, Odd (LB) 12:00 CV Coupon Clippers (DR) 1:30 CE Adult Coloring Class (AR) (PI) 3:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 4:00 LL Book Club- (AR) (PI) 6:00 EF Scrabble® Challenge (LB) (PI)</p> <p style="text-align: right;">20</p>	<p>9:00 Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) 10:00 C Donuts with Directors (LB) (ELD) 12:30 CE Readers Theatre (LB) 1:30 HF Tai Chi with Mae (AR) 2:30 Bingo (DR) (PI) 3:45 IS Bible Study w/ Kyle (AR) 4:00 LL Trivia (LB)</p> <p style="text-align: right;">21</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 IS Mass (AR) 10:00 Wednesday Chic Flick (LB) 12:30 Walmart Shoppers (OT) 12:30 CE Writer's Corner (AR) 2:30 CV Resident Activity Planning Meeting (LB) (ELD) 3:00 LL Virtual Reality (LB) (ELD) 3:30 HF Yoga with Misha (AR) 5:30 Rummy (AR) (PI) 6:30 IS Evening Meditation w/ Lana (AR)</p> <p style="text-align: right;">22</p>	<p>Happy Birthday Shirley Cramer 9:00 HF Therapeutic Exercise w/ Susan (DR) (PI) 9:30 HF Wellness Checks (AR) 10:00 C Atria StoryWise™ (AR) (PI) 11:30 Balloon Toss (AR) 2:00 Bingo (DR) (PI) 2:30 CE Crafting w/ Lana (AR) (ELD) 4:00 HF Light Weights (AR) (PI) 6:00 Evening Out & About w/ West bldg (AR) 6:30 Thursday Night Pitch (AR)</p> <p style="text-align: right;">23</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 Left, Center, Right (AR) (ELD) 12:30 EF Mulvane Art Museum (OT) 2:30 C Happy Hour (PA) (ELD) 3:30 HF Yoga with Misha (AR) 5:30 PA Whist led by Nadene-2nd floor (LB)</p> <p style="text-align: right;">24</p>	<p>10:00 HF Light Weights w/ Rhonda (AR) 10:30 Nail Spa (AR) 12:30 HF Standing Tall Fitness (AR) 2:00 Bingo (DR) 5:30 EF Atria Bridge Group 6:30 Saturday Night Comedy Flick (LB) 7:00 HF Evening Fitness Trail</p> <p style="text-align: right;">25</p>
<p>9:00 HF Morning Fitness Trail 11:00 IS Catholic Communion (AR) 11:30 LL Today's Top Stories & Coffee Chat (LB) (PI)</p> <p>1:00 HF Light Weights (AR) (PI) 2:00 IS Sentimental Sing Along (DR) (PI) 3:00 LL History Buffs w/ Doug Wallace 4:00 HF Afternoon Stretch (AR) (PI) 6:00 Sunday night Pitch (AR) (PI)</p> <p style="text-align: right;">26</p>	<p>Happy Birthday Ann Smith 9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 What's in a Word? (AR) (PI) 12:00 CV Coupon Clippers (DR) 1:30 CE Adult Coloring Class (AR) (PI) 3:00 HF Low Impact Aerobics w/ Susan (AR) (PI) 4:00 LL Book Club (AR) (PI) 6:00 EF Scrabble® Challenge (LB) (PI)</p> <p style="text-align: right;">27</p>	<p>Happy Birthday Carol Brock 9:00 Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) 10:00 C Donuts with Directors (LB) (ELD) 10:30 CV Food 4 Thought Meeting (AR) 12:30 CE Readers Theatre (AR) 1:30 HF Tai Chi with Mae (AR) 2:30 Bingo (DR) (PI) 3:45 IS Bible Study w/ Kyle (AR) 4:00 LL Trivia (AR) (PI)</p> <p style="text-align: right;">28</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 Wednesday Chic Flick (LB) 12:30 Walmart Shoppers (OT) 12:30 CE Writers Corner (AR) 2:30 EF Wine Slushies on the Patio (PA) 3:30 HF Yoga w/ Misha (AR) 5:30 Rummy (AR) 6:30 IS Evening Meditation w/ Lana (AR)</p> <p style="text-align: right;">29</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (AR) 10:00 C Atria StoryWise™ (AR) (PI) 11:30 Balloon Toss (AR) 2:00 Bingo (DR) (PI) 2:30 CE Crafting w/ Lana (AR) 4:00 HF Light Weights (AR) 6:00 Evening Out & About w/ West bldg (OT) 6:30 Thursday Night Pitch (AR)</p> <p style="text-align: right;">30</p>	<p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 Left, Center, Right (AR) 12:30 EF Museum Outing (OT) 2:00 LL Red Carpet Library (LB) 2:30 C Happy Hour (LB) (ELD) 3:30 HF Yoga w/ Misha (AR) 5:30 PA Whist led by Nadene-2nd floor</p> <p style="text-align: right;">31</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 Atria StoryWise</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Music Therapy
W. Soundscaping Source
Friday, August 3, 10:00 AM

Bill Allen Fiddlers
Sunday, August 12, 2:00 PM

Zoo 2 U
Thursday, August 16, 1:30 PM

Atria
SENIOR LIVING

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AUGUST 2018

ATRIA HEARTHSTONE EAST life guidance®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>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 J Legato: Sing Along 6:00 EF Out & About</p>	<p>9:30 HF Stretch & Flex 10:00 LL Daily News 10:30 LL Atria StoryWise™ 11:00 J Legato: Instrument Play a Long 1:00 CE What's Cookin'? 2:30 EF Bingo 3:30 HF Fun Fitness 4:00 LL Word Games 4:00 EF Happy Hour</p>	<p>9:30 HF Conductorcise® 10:00 IS Music Therapy W. Soundscaping Source 11:00 LL The Newsstand 1:00 HF Noodle Balloon 1:30 J Legato: Sing Along 2:00 CE Crafting 3:30 IS Hand Massages 6:00 LL Trivia</p>	<p>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 2:30 EF Bingo 3:30 J Legato: Karaoke! 4:00 EF Puzzle Time 6:00 IS Relax & Remember</p>
<p>9:30 HF Morning Stretch 10:00 LL Sunday Paper 10:15 J 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</p>	<p>8:00 PA Walking Club 9:30 HF Therapeutic Exercises 10:15 J Legato: Sing Along 1:00 EF Bingo 2:00 C Daily Horoscopes 2:30 EF Out & About 3:30 HF Feeling Fit 4:00 IS Hand Massages 6:00 CE Color Creation</p>	<p>8:00 Beauty Shop W. Esther 9:30 HF Movin' & Groovin' 10:00 LL Daily News & Donuts 11:00 J Legato: Sing Along 1:00 LL Trivia 2:30 EF Bingo 3:30 HF Afternoon Stretch 7:30 EF Card Games</p>	<p>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 J Legato: Sing Along 6:00 EF Out & About</p>	<p>9:30 HF Stretch & Flex 10:00 LL Daily News 10:30 LL Atria StoryWise™ 11:00 J Legato: Instrument Play a Long 1:00 CE What's Cookin'? 2:30 EF Bingo 3:30 HF Fun Fitness 4:00 EF Happy Hour 6:00 LL Word Games</p>	<p>9:30 HF Conductorcise® 10:00 IS Music Therapy W. Soundscaping Source 11:00 LL The Newsstand 1:00 HF Noodle Balloon 1:30 J Legato: Sing Along 2:00 CE Crafting 3:30 IS Hand Massages 6:00 LL Trivia</p>	<p>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 2:30 EF Bingo 3:30 J Legato: Karaoke! 4:00 EF Puzzle Time 6:00 IS Relax & Remember</p>
<p>9:30 HF Morning Stretch 10:00 LL Sunday Paper 10:15 J Legato: Our Favorite Hymns 11:00 IS Catholic Communion 1:30 Nails & Tales 2:00 Bill Allen Fiddlers 3:00 HF Conductorcise® 3:45 EF Name 5 6:00 EF Movie & Popcorn</p>	<p>8:00 PA Walking Club 9:30 HF Therapeutic Exercises 10:15 J Legato: Sing Along 1:00 EF Bingo 2:00 C Daily Horoscopes 2:30 EF Out & About 3:30 HF Feeling Fit 4:00 IS Hand Massages 6:00 CE Color Creation</p>	<p>8:00 Beauty Shop W. Esther 9:30 HF Movin' & Groovin' 10:00 LL Daily News & Donuts 11:00 J Legato: Sing Along 1:00 LL Trivia 2:30 EF Bingo 3:30 HF Afternoon Stretch 6:00 EF Card Games</p>	<p>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 J Legato: Sing Along 6:00 EF Out & About</p>	<p>9:30 HF Stretch & Flex 10:00 LL Daily News 10:30 LL Atria StoryWise™ 11:00 J Legato: Instrument play a long 1:30 Zoo 2 U 2:30 EF Bingo 3:30 HF Fun Fitness 4:00 EF Happy Hour 6:00 LL Word Games</p>	<p>9:30 HF Conductorcise® 10:00 IS Music Therapy W. Soundscaping Source 11:00 LL The Newsstand 1:00 HF Noodle Balloon 1:30 J Legato: Sing Along 2:00 CE Crafting 3:30 IS Hand Massages 6:00 LL Trivia</p>	<p>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 2:30 EF Bingo 3:30 J Legato: Karaoke! 4:00 EF Puzzle Time! 6:00 IS Relax & Remember</p>
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