

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Social Saturday**  
Saturday, September 4, 2:00 PM

**Oktoberfest Happy Hour**  
Wednesday, September 15, 2:00 PM

**Dance & Movement:  
Cowboy Charleston**  
Thursday, September 30, 4:00 PM



# SEPTEMBER 2021

ATRIA SUGAR LAND  
engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

|   |   |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
|---|---|---|--|---|---|---|----|--------------|----|------------|----|-----------|----|-----------|----|-------|---|---------|---|-------------|----|-------------|----|---|-----------|---|-----------------------|----|----------------|----|-------------------|-----|
| <p>10:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR) (MG)</p> <p>11:00 <span style="color: red;">RSF</span> Traditions of Rosh Hashanah: Honey (GR) (MG)</p> <p>11:15 <span style="color: orange;">SCE</span> Labor Day Brain Challenge Handout (GR)</p> <p>1:30 <span style="color: blue;">CPI</span> Work Wisdom Part III (GR)</p> <p>2:00 <span style="color: red;">RSF</span> Catholic Mass (CR) (MG)</p> <p>3:00 <span style="color: red;">RSF</span> Church Sing Along (GR) (MG)</p> <p>4:00 Birthday Cake w/ Corla and Friends (DR)</p> <p>5:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session II (GR)</p> | <p><b>5</b></p> <p><b>LABOR DAY</b></p> <p><b>ROSH HASHANAH</b></p> <p>10:15 <span style="color: purple;">HPF</span> Drumming w/ Xavier (GR) (V)</p> <p>11:00 <span style="color: purple;">HPF</span> Walking Challenge Launch (GR)</p> <p>2:00 <span style="color: red;">RSF</span> History &amp; Celebration of Rosh Hashanah (GR)</p> <p>2:30 <span style="color: orange;">SCE</span> Reminiscing: A Day at Work (GR)</p> <p>3:00 <span style="color: red;">CEA</span> Flower Crafts (GR)</p> <p>5:30 <span style="color: purple;">HPF</span> Lower Body Conditioning (GR)</p> | <p><b>6</b></p> <p>10:30 <span style="color: purple;">HPF</span> Flow Yoga</p> <p>11:00 <span style="color: blue;">CPI</span> Ambassador Club Meeting (GR)</p> <p>2:00 Bingo (GR) (MG)</p> <p>3:30 <span style="color: blue;">CPI</span> First Responder Project</p> <p>5:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cowboy Charleston (GR)</p>   | <p><b>7</b></p> <p><b>INTERNATIONAL LITERACY DAY</b></p> <p>10:30 <span style="color: purple;">HPF</span> Upper Body Conditioning (GR)</p> <p>11:00 <span style="color: green;">LIS</span> Book Club Launch (GR)</p> <p>2:00 <span style="color: orange;">SCE</span> Sips and Dips Happy Hour (DR)</p> <p>4:00 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR)</p> <p>5:30 <span style="color: green;">LIS</span> ODU: Reinventing English (GR)</p>  | <p><b>8</b></p> <p>10:30 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (GR)</p> <p>11:00 <span style="color: red;">CEA</span> Music History: Country (GR)</p> <p>2:00 Bingo (GR) (LK)</p> <p>3:30 <span style="color: purple;">HPF</span> Working on Well-being (GR)</p> <p>5:30 Bible Study Series: Part II (GR)</p> <p>5:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cupid Shuffle (GR)</p>                                     | <p><b>9</b></p> <p>10:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory (GR)</p> <p>11:00 <span style="color: blue;">CPI</span> Honoring First Responders (GR)</p> <p>2:00 <span style="color: orange;">SCE</span> Word Game (GR) (MG)</p> <p>3:00 <span style="color: red;">RSF</span> Bible Study Series: Part II (GR)</p> <p>4:00 <span style="color: purple;">HPF</span> Total Body Conditioning - Advanced (GR)</p> <p>5:30 <span style="color: orange;">SCE</span> Friday Night Matinee (MR) (LK)</p> | <p><b>10</b></p> <p><b>PATRIOT DAY</b></p> <p>10:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session III (GR)</p> <p>2:00 <span style="color: orange;">SCE</span> Social Saturday (CR) (MG)</p> <p>3:00 Bingo (GR) (MG)</p> <p>4:00 <span style="color: green;">LIS</span> Honoring Patriot Day (GR)</p> <p>5:30 <span style="color: purple;">HPF</span> Posture and Stretch Fitness Class (GR)</p>                     |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| <p><b>GRANDPARENTS DAY</b></p> <p>10:00 <span style="color: red;">RSF</span> Bible Class w/ Jerry &amp; Sue (WR) (JSL)</p> <p>11:00 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR)</p> <p>2:00 <span style="color: red;">RSF</span> Catholic Mass - Television (GR) (MG)</p> <p>3:00 <span style="color: red;">RSF</span> Church Sing Along (GR) (LK)</p> <p>4:00 <span style="color: purple;">HPF</span> Strength Training Bingo: Session IV (GR)</p> <p>5:30 <span style="color: green;">LIS</span> ODU: The Universe &amp; You (GR)</p>   | <p><b>12</b></p> <p>10:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory (GR)</p> <p>11:00 <span style="color: green;">LIS</span> Zodiac &amp; Horoscope of September (GR)</p> <p>4:00 <span style="color: purple;">HPF</span> Lower Body Conditioning (GR)</p> <p>5:30 <span style="color: orange;">SCE</span> Ice Cream Social (FM) (LK)</p>  | <p><b>13</b></p> <p>10:30 <span style="color: purple;">HPF</span> Flow Yoga (GR)</p> <p>10:45 <span style="color: orange;">SCE</span> Word Game (GR)</p> <p>11:00 <span style="color: red;">CEA</span> Creating Water Globes (GR)</p> <p>2:00 <span style="color: blue;">CPI</span> Engage Life® Planning Meeting (GR)</p> <p>3:00 Bingo (GR) (LK)</p> <p>5:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cupid Shuffle (GR)</p> | <p><b>14</b></p> <p><b>YOM KIPPUR</b></p> <p>10:30 <span style="color: purple;">HPF</span> Upper Body Conditioning (GR)</p> <p>11:00 <span style="color: red;">RSF</span> Observing Yom Kippur (GR)</p> <p>2:00 <span style="color: orange;">SCE</span> Oktoberfest Happy Hour (DR)</p> <p>5:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR)</p>  | <p><b>15</b></p> <p>10:30 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (GR)</p> <p>10:45 <span style="color: blue;">CPI</span> Food For Thought - Culinary Led (GR)</p> <p>2:00 Bingo (GR) (LK)</p> <p>3:00 <span style="color: purple;">HPF</span> Working on Well-being (GR)</p> <p>5:30 Bible Study Series: Part III (GR)</p> <p>5:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Papa Loves Mambo (GR)</p>                      | <p><b>16</b></p> <p>10:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory (GR)</p> <p>11:00 <span style="color: green;">LIS</span> Science 101 (GR) (LK)</p> <p>3:00 <span style="color: red;">RSF</span> Bible Study Series: Part III (GR)</p> <p>4:00 <span style="color: purple;">HPF</span> Total Body Conditioning - Advanced (GR)</p> <p>5:30 <span style="color: orange;">SCE</span> Friday Night Matinee (CR) (MG)</p> <p>5:30 Movie Night (MR) (MG)</p>   | <p><b>17</b></p> <p><b>CONSTITUTION DAY</b></p> <p>10:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session V (GR)</p> <p>11:00 <span style="color: green;">LIS</span> History &amp; Origins of Oktoberfest (GR)</p> <p>2:00 <span style="color: orange;">SCE</span> Social Saturday (CR) (MG)</p> <p>3:00 Bingo (GR) (MG)</p> <p>5:30 <span style="color: purple;">HPF</span> Posture and Stretch Fitness Class (GR)</p> |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| <p>10:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR)</p> <p>11:00 <span style="color: orange;">SCE</span> Oktoberfest Traditions Around the Globe (GR)</p> <p>2:00 <span style="color: red;">RSF</span> Church Sing Along (GR) (MG)</p> <p>3:00 <span style="color: red;">RSF</span> Catholic Mass (GR) (MG)</p> <p>5:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session VI (GR)</p>   | <p><b>19</b></p> <p>10:15 <span style="color: purple;">HPF</span> Drumming w/ Xavier (GR) (V)</p> <p>11:00 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory (GR)</p> <p>2:00 <span style="color: green;">LIS</span> ODU: The Musical Genius of Mozart (GR)</p> <p>5:30 <span style="color: purple;">HPF</span> Lower Body Conditioning (GR)</p>   | <p><b>20</b></p> <p><b>WORLD GRATITUDE DAY</b></p> <p>10:30 <span style="color: purple;">HPF</span> Flow Yoga (GR)</p> <p>10:45 <span style="color: orange;">SCE</span> Word Game (GR) (LK)</p> <p>2:00 Bingo (GR) (LK)</p> <p>3:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Papa Loves Mambo (GR)</p> <p>5:30 <span style="color: orange;">SCE</span> PositiviTea: Gratitude (GR)</p>   | <p><b>21</b></p> <p><b>AUTUMN EQUINOX (FALL BEGINS)</b></p> <p>10:30 <span style="color: purple;">HPF</span> Upper Body Conditioning (GR)</p> <p>11:00 <span style="color: green;">LIS</span> StoryWise™ (GR) (MG)</p> <p>2:00 <span style="color: orange;">SCE</span> PositiviTea: Happy Hour (DR)</p> <p>3:00 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR)</p> <p>3:30 Bible Study Series: Part IV (GR)</p> <p>5:30 <span style="color: green;">LIS</span> Root Beer Floats (CR) (MG)</p> | <p><b>22</b></p> <p>10:30 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (GR)</p> <p>11:00 <span style="color: blue;">CPI</span> Refinishing Furniture (GR)</p> <p>2:00 Bingo (GR) (LK)</p> <p>3:00 <span style="color: green;">LIS</span> Knitting Club (GR) (LK)</p> <p>4:00 <span style="color: purple;">HPF</span> Dance &amp; Movement: The Git Up Line Dance</p> <p>5:30 <span style="color: purple;">HPF</span> Working on Well-being</p>        | <p><b>23</b></p> <p>10:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory (GR)</p> <p>11:00 <span style="color: orange;">SCE</span> Word Game (GR) (MG)</p> <p>3:00 <span style="color: red;">RSF</span> Bible Study Series: Part IV (GR)</p> <p>4:00 <span style="color: purple;">HPF</span> Total Body Conditioning - Advanced (GR)</p> <p>5:30 <span style="color: orange;">SCE</span> Friday Night Matinee (MR) (LK)</p>   | <p><b>24</b></p> <p>10:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session VII (GR)</p> <p>11:00 <span style="color: red;">CEA</span> Creating Art from the Scents We Smell (GR)</p> <p>2:00 <span style="color: orange;">SCE</span> Social Saturday (CR) (MG)</p> <p>3:00 Bingo (GR) (MG)</p> <p>5:30 <span style="color: purple;">HPF</span> Posture and Stretch Fitness Class (GR)</p>                               |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| <p>10:00 <span style="color: red;">RSF</span> Bible Class w/ Jerry &amp; Sue (WR) (JSL)</p> <p>11:00 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR)</p> <p>1:30 <span style="color: red;">CEA</span> UV-Sun Paper Project (GR)</p> <p>2:30 <span style="color: red;">RSF</span> Church Sing Along (GR) (MG)</p> <p>3:30 <span style="color: red;">RSF</span> Catholic Mass (GR) (MG)</p> <p>5:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session VIII (GR)</p>  | <p><b>26</b></p> <p>10:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory (GR)</p> <p>11:00 <span style="color: orange;">SCE</span> Coming Together Project Presentation (GR)</p> <p>11:00 Finishing Lines Trivia (H) (MG)</p> <p>2:00 <span style="color: purple;">HPF</span> Lower Body Conditioning (GR)</p> <p>3:00 <span style="color: red;">CEA</span> Finish That Line Trivia (GR)</p> <p>3:00 iPad® Games: Wheel of Fortune®</p> <p>5:30 Ice Cream Social (CR) (LK)</p>  | <p><b>27</b></p> <p>10:30 <span style="color: purple;">HPF</span> Flow Yoga (GR)</p> <p>11:00 <span style="color: green;">LIS</span> Bird Watching and Tea (P)</p> <p>2:00 <span style="color: blue;">CPI</span> Resident Council Meeting (GR)</p> <p>3:00 Bingo (GR) (LK)</p> <p>5:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: The Git Up Line Dance (GR)</p>   | <p><b>28</b></p> <p>10:30 <span style="color: purple;">HPF</span> Upper Body Conditioning (GR)</p> <p>10:45 <span style="color: green;">LIS</span> Knitting Club (GR) (LK)</p> <p>2:00 <span style="color: orange;">SCE</span> Ice Cream "Bar" Happy Hour (DR)</p> <p>4:00 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (GR)</p> <p>5:30 <span style="color: orange;">SCE</span> Family Feud™ (MG)</p>   | <p><b>29</b></p> <p>10:30 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (GR)</p> <p>11:00 <span style="color: purple;">HPF</span> Working on Well-being (GR)</p> <p>2:00 Bingo (GR) (LK)</p> <p>4:00 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cowboy Charleston (GR)</p> <p>5:30 Bible Study Series Monthly Wrap-up (CR) (MG)</p> <p>5:30 <span style="color: green;">LIS</span> ODU: The Delicious History of Ice Cream (GR)</p> | <p><b>30</b></p> <p><b>ROOM LOCATION KEY:</b></p> <table border="0"> <tr><td>Dining Room</td><td>DR</td></tr> <tr><td>Worship Room</td><td>WR</td></tr> <tr><td>Media Room</td><td>MR</td></tr> <tr><td>Club Room</td><td>CR</td></tr> <tr><td>Game Room</td><td>GR</td></tr> <tr><td>Porch</td><td>P</td></tr> <tr><td>Hallway</td><td>H</td></tr> <tr><td>Family Room</td><td>FM</td></tr> <tr><td>Chapel Room</td><td>CR</td></tr> </table>  | Dining Room   | DR | Worship Room | WR | Media Room | MR | Club Room | CR | Game Room | GR | Porch | P | Hallway | H | Family Room | FM | Chapel Room | CR | <p><b>STAFF KEY:</b></p> <table border="0"> <tr><td>Volunteer</td><td>V</td></tr> <tr><td>Marcela Gozalez, ELPI</td><td>MG</td></tr> <tr><td>Lamia King ELD</td><td>LK</td></tr> <tr><td>Jerry &amp; Sue Loehr</td><td>JSL</td></tr> </table> | Volunteer | V | Marcela Gozalez, ELPI | MG | Lamia King ELD | LK | Jerry & Sue Loehr | JSL |
| Dining Room   | DR  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Worship Room  | WR  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Media Room  | MR  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Club Room   | CR  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Game Room   | GR  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Porch   | P   |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Hallway   | H   |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Family Room   | FM  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Chapel Room   | CR  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Volunteer   | V   |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Marcela Gozalez, ELPI   | MG  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Lamia King ELD  | LK  |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |
| Jerry & Sue Loehr   | JSL   |   |  |   |   |   |    |              |    |            |    |           |    |           |    |       |   |         |   |             |    |             |    |   |           |   |                       |    |                |    |                   |     |