

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Beyond Bourbon Derby Cart**
Wednesday, September 2, 3:30 PM
- NFL Kick-Off Mobile Cart Comin'!**
Thursday, September 10, 3:30 PM
- Mobile Cart Fun: Totally Rad 80's**
Wednesday, September 30, 3:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SEPTEMBER 2020

ATRIA FOREST LAKE engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>9:30 HF Open Hours Walking Session (9:30-10:30) (PG)</p> <p>11:00 HF C Hall Walking- 30 Minute Session #1 (PG) (ELI)</p> <p>1:00 HF A Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>2:00 CV The Great Give Back-Dog Toy Making (IR) (ELI)</p> <p>3:30 Afternoon Bingo! (IR) (ELI)</p> <p>6:00 HF One on One Walking (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Hallway Fitness: Weight Workout (PG) (ELI)</p> <p>11:00 PA Resident Council Meeting (IR) (ELD)</p> <p>1:00 HF One on One Walking (A & B Halls) (PG) (ELI)</p> <p>2:30 HF One on One Walking (C Hall) (PG) (ELI)</p> <p>3:30 EF Beyond Bourbon Derby Cart (IR) (ELD)</p> <p>6:00 C Back Page Programming (IR)</p>	<p>9:00 C Morning Schedule Update Delivery (PG)</p> <p>10:00 HF One on One Walking (PG) (ELD)</p> <p>11:00 CE Bracelet & Earring Making (IR) (ELD)</p> <p>1:00 Afternoon Bingo! (AR) (ELD)</p> <p>3:00 HF One on One Walking (PG) (ELD)</p> <p>4:00 EF Bingo Bucks Shopping Cart Comin! (IR) (ELD)</p> <p>6:00 LL Call in Trivia Tournament! (IR) (ELD)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF One on One Walking (PG) (ELI)</p> <p>10:45 IS Devotional Packet & Call In (IR) (ELD)</p> <p>1:00 CE Water Balloon Art Creations (PG) (ELD)</p> <p>4:00 C Hydration & Snack Cart (IR) (ELI)</p> <p>6:00 HF One on One Walking (PG)</p>	<p>Run for the Roses~ Kentucky Derby!</p> <p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Atria Derby Walking # 1 (PG)</p> <p>11:00 HF Atria Derby Walking # 2 (PG)</p> <p>1:00 HF Atria Derby Walking # 3 (PG)</p> <p>2:30 EF Kentucky Derby Themed Mobile Cart (IR)</p> <p>6:00 HF Atria Derby Walking # 4 (PG)</p>
<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF One on One Walking (PG) (ELD)</p> <p>11:00 IS First Baptist Church Service (IR)</p> <p>1:15 CE Pen Pal Writing Club (IR) (ELD)</p> <p>2:30 LL Brain Game: Faces & Places Packets (IR) (ELD)</p> <p>3:30 HF One on One Walking (PG) (ELD)</p> <p>6:00 LL Origami Creations (IR)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF A Hall Walking- 30 Minute Sessions (PG) (ELI)</p> <p>10:30 C Flower Arrangements For You (AR) (ELI)</p> <p>1:00 HF B Hall Walking- 30 Minute Sessions (PG) (ELI)</p> <p>2:00 HF C Hall Walking- 30 Minute Session #2 (PG) (ELI)</p> <p>3:30 LL Armchair Travels: All Over Europe (IR) (ELD)</p> <p>6:00 HF One on One Walking (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF A Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>11:00 HF C Hall Walking- 30 Minute Session #1 (PG) (ELI)</p> <p>1:00 HF A Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>2:00 CV A Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>3:00 Afternoon Bingo! (IR) (ELI)</p> <p>6:00 HF One on One Walking (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Hallway Fitness: Weight Workout (IR) (ELI)</p> <p>11:00 PA Engage Life® Meeting (IR) (ELD)</p> <p>1:00 HF Elvis' Shake Your Hips Moment! (IR) (ELI)</p> <p>2:00 HF One on One Walking (PG) (ELI)</p> <p>3:00 EF Hallway Putt Putt (IR) (ELD)</p> <p>6:00 C Back Page Programming (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF One on One Walking (PG) (ELD)</p> <p>11:00 CE Mobile Baking Cart (IR) (ELD)</p> <p>1:00 Afternoon Bingo! (IR) (ELD)</p> <p>3:00 HF One on One Walking (PG) (ELD)</p> <p>3:30 EF NFL Kick-Off Mobile Cart Comin! (IR) (ELD)</p> <p>6:00 LL Call In Book Club (IR) (ELD)</p>	<p>9:00 C Morning Schedule Update Delivery (PG)</p> <p>10:00 HF One on One Walking (PG) (ELI)</p> <p>10:45 IS Devotional Packet & Call In (AR) (ELD)</p> <p>1:00 CE Mobile Cart Garden Club (IR) (ELD)</p> <p>2:30 LL Remembrance Day History & Honor (IR) (ELD)</p> <p>4:00 C Hydration & Snack Cart (LR) (ELI)</p> <p>6:00 HF One on One Walking (AR)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF One on One Walking (PG) (ELI)</p> <p>10:30 C Manicures & Mimosas (IR) (ELD)</p> <p>1:00 CE Weekly StoryWise™ Connecting (IR) (ELD)</p> <p>2:00 LL Word in a Word Challenge (IR)</p> <p>6:00 HF One on One Walking (PG)</p>
<p>National Grandparents Day</p> <p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF One on One Walking (PG) (ELD)</p> <p>11:00 IS First Baptist Church Service (IR)</p> <p>1:00 HF One on One Walking (PG) (ELD)</p> <p>2:00 LL Brain Game: Famous Grandparents (IR) (ELD)</p> <p>3:00 CE Letters to your Grandchildren (IR)</p> <p>6:00 Movie Night: Turner Classic Movies (IR)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF B Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>11:00 HF C Hall Walking- 30 Minute Session #1 (PG) (ELI)</p> <p>1:00 HF A Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>2:00 CE Doorway Paint & Sip (IR) (ELI)</p> <p>3:30 LL Armchair Travels: America's Lighthouses (IR) (ELD)</p> <p>6:00 HF One on One Walking (PG) (ELD)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF A Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>11:00 HF B Hall Walking- 30 Minute Session (PG) (ELI)</p> <p>1:00 HF C Hall Walking- 30 Minute Session #2 (PG) (ELI)</p> <p>1:30 LL Let's Learn: The 19th Amendment (AR) (ELI)</p> <p>2:00 CV The Great Give Back-Dog Treat Mix Up (IR) (ELI)</p> <p>3:00 Afternoon Bingo! (IR) (ELI)</p> <p>6:00 HF One on One Walking (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Hallway Fitness: Weight Workout (IR) (ELI)</p> <p>11:00 HF One on One Walking (A Hall) (PG) (ELI)</p> <p>1:00 HF One on One Walking (B Hall) (PG) (ELI)</p> <p>2:00 HF One on One Walking (C Hall) (LR) (ELD)</p> <p>3:30 EF Mobile Cart Fun: Taco Bout It! (IR) (ELD)</p> <p>6:00 CE Back Page Programming (IR)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF One on One Walking (PG) (ELD)</p> <p>11:00 CE Mobile Baking Cart (IR) (ELD)</p> <p>1:00 Afternoon Bingo! (IR) (ELD)</p> <p>3:00 HF One on One Walking (PG) (ELD)</p> <p>4:00 CE Favorite Poem Day Walk Around (IR) (ELD)</p> <p>6:00 LL Call in Trivia Tournament (AR) (ELI)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF "Hip" Fitness: Tik Tok Dances (AR) (ELI)</p> <p>10:45 IS Devotional & Positive Thoughts (AR) (ELI)</p> <p>12:00 EF Invitation Distanced Dining (DR)</p> <p>1:30 HF Small Group Walking Club (ELD)</p> <p>2:30 Shopping for Essentials* (L) (ELI)</p> <p>4:00 C Fri-YAY Happy Hour (LR) (ELI)</p> <p>6:15 EF Evening Walking Small Group (AR) (ELI)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Video Chi- Tai Chi (LR)</p> <p>1:15 CE Aromatherapy Locket Making & Refills (AR) (ELD)</p> <p>2:30 EF Word in a Word Challenge (AR) (ELI)</p> <p>3:45 LL History behind Woodstock! (LR) (ELI)</p> <p>6:00 HF Evening Stroll & Roll (PG)</p>
<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Sunday Stretches (AR) (ELD)</p> <p>11:00 IS First Baptist Church Service (ULR)</p> <p>1:30 LL One Day University: The American Dream (LR) (ELD)</p> <p>3:30 HF Shoulder Shrugging' Fitness (PG)</p> <p>6:15 IS Walking In Nature (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Marching Monday Fitness (AR) (ELI)</p> <p>11:00 HF Small Group Walking Club 1 (AR) (ELD)</p> <p>12:00 EF Invitation Distanced Dining (DR)</p> <p>1:15 HF Virtual Tai Chi w/ Kevin (LR)</p> <p>2:30 CE Flower Arrangements (AR) (ELD)</p> <p>3:00 LL Armchair Travels: Limestone Tennessee (AR) (ELD)</p> <p>6:00 HF Small Group Walking Club 2 (AR) (ELD)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Stretch Band Exercise (AR) (ELI)</p> <p>10:30 CE Clay Creations & Bottle Designs (AR) (ELI)</p> <p>12:00 EF Invitation Distanced Dining (DR)</p> <p>1:30 HF iPad® Learning: Brain Out Puzzles (LR) (ELI)</p> <p>3:00 Afternoon Bingo! (AR) (ELD)</p> <p>5:00 PA Birthday Dinner Delivery (DR) (ELD)</p> <p>6:30 HF Fitness Move & Groove (AR) (ELI)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Weight Workout (AR) (ELI)</p> <p>11:00 C Reminisce: Music of the 60s Sing a long (AR) (ELD)</p> <p>12:00 EF Invitation Distanced Dining (DR)</p> <p>1:15 CE Photo Op: Dog Days of Summer (LR) (ELD)</p> <p>3:00 EF Mobile Cart Fun: Casino Royale! (IR) (ELD)</p> <p>6:15 HF Evening Walking Group (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Balance Life Exercise (AR) (ELD)</p> <p>11:00 PA World Record Try-Outs (AR) (ELD)</p> <p>12:00 EF Invitation Distanced Dining (DR)</p> <p>1:30 LL Small Group Trivia (AR) (ELD)</p> <p>4:00 EF This Day in History- What Happened (AR) (ELD)</p> <p>6:15 C Sunroom Window Visit (SR) (ELD)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF "Hip" Fitness: Tik Tok Dances (AR) (ELI)</p> <p>10:45 IS Devotional & Positive Thoughts (AR) (ELI)</p> <p>12:00 EF Invitation Distanced Dining (DR)</p> <p>1:30 HF Small Group Walking Club (AR) (ELD)</p> <p>2:30 Shopping for Essentials* (L) (ELI)</p> <p>4:00 C Fri-YAY Happy Hour (LR) (ELI)</p> <p>6:15 EF Evening Walking Small Group (AR) (ELI)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Tai Chi w/ Kevin! (AR)</p> <p>10:30 C Mimosas & Manicures (AR) (ELI)</p> <p>1:00 Saturday Fun: Bingo! (ULR) (ELI)</p> <p>2:30 EF Afternoon Cinema Escape (AR) (ELI)</p> <p>4:00 HF Afternoon Walking Club (PG)</p> <p>6:00 HF Evening Stroll & Roll (PG)</p>
<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 C Morning Window Visits (SR) (ELD)</p> <p>10:00 HF Sunday Stretches (LR) (ELD)</p> <p>11:00 First Baptist Church Service (ULR)</p> <p>3:00 HF Afternoon Walking Club (AR) (ELD)</p> <p>6:15 LL Documentary & Discussion (AR) (ELD)</p> <p>6:30 PA Evening Stroll & Roll (PG)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF Monday Marching Fitness (AR) (ELI)</p> <p>11:00 CV Hershey's "Kisses" for our Fire Fighters (AR) (ELI)</p> <p>12:00 EF Invitation Distanced Dining (DR)</p> <p>1:15 HF Virtual Tai Chi w/ Kevin (LR)</p> <p>2:30 C Fun w/ Social Media: Snapchat Selfies! (AR) (ELI)</p> <p>3:30 LL Armchair Travels: The Grand Canyon (AR) (ELD)</p> <p>6:30 HF Heart Healthy Cardio (SR) (ELD)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF A Hall Walking- 30 Minute Sessions (PG) (ELI)</p> <p>11:00 HF B Hall Walking- 30 Minute Sessions (PG) (ELI)</p> <p>1:00 HF C Hall Walking- 30 minute Session 1 (PG) (ELI)</p> <p>2:00 HF C Hall Walking- 30 minute Session 2 (PG) (ELI)</p> <p>3:30 EF Groovy Way Mobile Cart (IR) (ELD)</p> <p>6:00 C Back Page Program (IR)</p>	<p>9:00 C Morning Schedule Update Delivery (IR)</p> <p>10:00 HF A Hall Walking- 30 Minute Sessions (PG) (ELI)</p> <p>11:00 HF B Hall Walking- 30 Minute Sessions (PG) (ELI)</p> <p>1:00 HF C Hall Walking- 30 minute Session 1 (PG) (ELI)</p> <p>2:00 HF C Hall Walking- 30 minute Session 2 (PG) (ELI)</p> <p>3:30 EF Mobile Cart Fun: Totally Rad 80's (IR) (ELD)</p> <p>6:00 C Back Page Program (IR)</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 AS Atria StoryWise</p>	<p>ROOM LOCATION KEY:</p> <p>Activity Room AR Patio Garden PG Lobby L Dining Room DR Living Room LR Upstairs Living Room ULR Sunroom SR In-Room IR</p>	<p>STAFF KEY:</p> <p>Engage Life Director ELD Engage Life Instructor ELI</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Derby Days Social
Saturday, September 5, 2:30 PM

**Grandparents Vs.
Grandkids Dance Off**
Sunday, September 13, 12:30 PM

50 Steps Walking Challenge
Wednesday, September 30, 3:30 PM

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SEPTEMBER 2020

ATRIA FOREST LAKE Life Guidance®

SUNDAY

MONDAY

TUESDAY

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THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Titanic Day (The Titanic Was Found) 1 10:00 HF Dance It Out! (LG) (LGD) 10:30 Weekly StoryWise™ Discussion (LG) (LGD) 12:30 LL History of the Titanic (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Zumba® Chair Exercise (LG) (LGD) 3:30 Musical Journal: Songs of Titanic (LG) (LGD) 6:00 Netflix®: Finding Titanic Documentary (LG)	Rock & Roll Hall of Fame Day 2 10:00 HF Muscle Building & Balancing (LG) (LGD) 10:30 EF Scenic Drive: "Car-a-oke" 12:30 C Today's Chronicle & News (LG) (LGD) 1:30 CV The Great Give Back: NY Heroes (LG) (LGD) 2:30 PA September Birthday Celebrations (LG) (LGD) 3:30 HF 50 Steps Walking Challenge 6:00 LL Getting to Know Rock & Roll HoF Stars! (LG) (LGD)	The Day Sinatra Went Solo 3 10:00 HF Stretch & Flex Fitness (LG) (LGD) 10:30 EF Sinatra Songs & Trivia (LG) (LGD) 12:30 C Rat Pack Social (LG) (LGD) 1:30 CE Sinatra Karaoke Contest (CY) (LGD) 2:30 HF Afternoon Marching Fitness 3:30 LL Name That Tune: Sinatra or Rat Pack (LG) (LGD) 6:00 IS Sharing & Positive Feeling (LGP)	The Price is Right® Day! 4 10:00 HF Move Your Arms Aerobics (LG) (LGD) 10:30 IS Mid Morning Devotions 12:30 EF Let's Play: The Price is Right®! (LG) (LGD) 1:30 LL The History of The Price is Right® (LG) (LGD) 2:30 EF Friday Fun Day: Making a Sundae (LGP) (LGD) 3:30 HF Stand Up & Balance It! (LGD) 6:00 IS Wise Words w/ Friends	Kentucky Derby Happens Today! 5 10:00 HF Seated Fitness & Stretch (LG) (LGD) 10:30 LL Kentucky Derby Facts & Trivia (LG) 12:30 CE Create Your Own: Derby Horses (LG) 1:30 HF Walk for a Cause: The Arthritis Found. (LG) 2:30 C Derby Days Social (LG) 3:30 Themed Bingo: Horses & Hats (LG) 6:00 IS Guided Meditation & Breathing
Photo Booth Day 6 10:00 HF Sunday Morning Stretches (LG) (LGD) 10:30 LL History of the Photo Booth (LG) (LGD) 11:00 IS First Baptist Church Service 1:30 CE Create Your Own: Photo Booth Props (LG) 2:30 EF Photo Booth Fun & Social (LG) (ELD) 3:30 C Today's Chronicle & News 6:00 HF 50 Steps Walking Challenge (LGP)	Grandma Moses Day Labor Day 7 10:00 HF Move & Groove Fitness (LG) (LGD) 10:30 LL Who Was Grandma Moses? (LG) (LGD) 12:30 LL History of Labor Day (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Colorful Weight Workout (LG) (LGD) 3:30 C Patio Reading & Music (LGP) (LGD) 6:00 IS Lyrics & Lemonade Relaxation (LGP)	Patsy Cline's Birthday 8 10:00 HF Stand Up & Step Out Fitness (LG) (LGD) 10:30 Weekly StoryWise™ Discussion (LG) (LGD) 12:30 LL Who Was Patsy Cline? (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Zumba® Chair Exercise (LGP) (LGD) 3:30 Musical Journal: Patsy Cline Honky Tonk (LG) (LGD) 6:00 Prime Movie: "Sweet Dreams" (LG)	Cloud Nine Day 9 10:00 HF Muscle Building & Balancing (LG) (LGD) 10:30 EF Brain Busters: Name Nine (LG) (LGD) 12:30 C Today's Chronicle & News (LG) (LGD) 1:30 CV The Great Give Back: NY Heroes (LG) (LGD) 2:30 CE Bake It: Pudding In A Cloud (LG) (LGD) 3:30 HF 50 Steps Walking Challenge (LGP) (LGD) 6:00 LL "Nine" Phrases & Things (LG) (LGD)	Arnold Palmer's Birthday 10 10:00 HF Stretch & Flex Fitness (LG) (LGD) 10:30 LL Who Was Arnold Palmer (LG) (LGD) 12:30 C Arnold Palmer Tea Social (LG) (LGD) 1:30 EF Putt Putt Competition! (CY) (LGD) 2:30 HF Walking Club: Moon Walk 3:30 PA Monthly Welcome To Neighborhood (LG) (LGD) 6:00 IS Evening Meditation & Relaxation (LG)	Taste of Honey Day Remembrance Day (9/11) 11 10:00 HF Move Your Arms Aerobics (LG) (LGD) 10:30 IS Mid Morning Devotions 12:30 CE Cook It Up: No Bake Bee Bites (LG) (LGD) 1:30 LL Let's Learn: All About the Honey Bee (LGP) (LGD) 2:30 HF Stand Up & Balance It! (LG) (LGD) 3:30 Musical Journal: Sounds of Jazz (LG) (LGD) 6:00 IS Positive Feelings & Well Wishes (LGP)	Chocolate Milkshake Day 12 10:00 HF Move & Groove: Music Marching (LG) (LGD) 10:30 LL Where Did Chocolate Milk Begin (LG) 1:30 HF Walk for a Cause: The Arthritis Found. (LG) 1:30 EF Chocolate Shakes & Scenic "Drives" (LG) 2:30 C Today's Chronicle & News (LG) 3:30 Afternoon Players: Bingo Time! (LG) 6:00 IS Tunes & Tea on the Patio (LG)
Grandparents Day 13 10:00 HF Sunday Morning Stretches (LG) (LGD) 11:00 IS First Baptist Church Service 12:30 EF Grandparents Vs. Grandkids Dance Off (LG) (ELD) 1:30 CE Grandparents Poetry Slam (LGP) (ELD) 2:30 LL Most Famous Grandparents in the World (LG) 3:30 C Today's Chronicle & News (LG) 6:00 HF 50 Steps Walking Challenge (LGP)	Lighthouse Lighting Day 14 10:00 HF Parachute Poppin' Fitness (LG) (LGD) 10:30 EF Virtual Tour: America's Lighthouses (CY) (LGD) 12:30 CE Lighthouse Building & Painting (LGP) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Colorful Weight Workout (LG) (LGD) 3:30 C Listen & Learn on the Patio (LG) (LGD) 6:00 IS Nature Walk & Find: Fallen Leaves (LGP)	Make a Hat Day 15 10:00 HF Chair Yoga 10:30 Weekly StoryWise™ Discussion (LG) (LGD) 12:30 LL Hats Around the World (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Zumba® Chair Exercise (LG) (LGD) 3:30 Musical Journal: Thunderstorm Sounds (LG) (LGD) 5:30 IS Alzheimer's Support Group (AR) 6:00 Netflix® Movie Night (LG)	Play-Doh Day 16 10:00 HF Muscle Building & Balancing 10:30 EF Virtual Visit: Play-Doh Museum of Art (LGD) 12:30 C Today's Chronicle & News (LG) (LGD) 1:30 CV The Great Give Back: NY Heroes (LG) (LGD) 2:30 CE Play-Doh Ceramic Platters (LG) (LGD) 3:30 HF 50 Steps Walking Challenge 6:00 LL Science Behind Play-Doh (LG) (LGD)	Apple Dumpling Day 17 10:00 HF Stretch & Flex Fitness (LG) (LGD) 10:30 CE Bake It: Apple Dumplings (LG) (LGD) 12:30 C What's in the Word? (LG) (LGD) 1:30 EF Apple "Bobbing" Challenge (LG) (LGD) 2:30 HF Cardio & Core Workout (LG) (LGD) 3:30 LL Apple Dumpling Taste Test (LG) (LGD) 6:00 IS Sunsets & Songs on the Patio (LGP)	Tom Thumb vs. The Horse Day 18 10:00 HF Move Your Arms Aerobics (LG) (LGD) 10:30 IS Mid Morning Devotions (LG) (LGD) 12:30 LL How Cars Have Changed (LG) (LGD) 1:30 EF Friday Fun Day: Sundae Making Fun (LGP) (LGD) 2:30 HF Stand Up & Balance It! (LG) (LGD) 6:00 EF "Tom Thumb" Horse Racing (LG) (LGD) 6:00 Musical Journal: Sounds of Swing (LG) (LGD)	Talk like a Pirate Day 19 10:00 HF Move & Groove: Rocketman Marching (LG) (LGD) 10:30 EF Pirate Impersonation Contest (LG) (LGD) 12:30 LL Fact V Fiction: Pirate's Life (LG) 1:30 HF Walk for a Cause: The Arthritis Found. (LG) 2:30 C It's a Pirates Life For Me Social (LG) (LGD) 3:30 Themed Bingo: X Marks The Spot (LG) 6:00 IS Letters to the Men on the Moon (LG)
Emmy Awards Day 20 10:00 HF Sunday Morning Stretches (LG) (LGD) 11:00 IS First Baptist Church Service 12:30 EF Red Carpet Roll Out (LGP) 1:30 CE Trophy Painting & Presentation (LG) (ELD) 2:30 LL Let's Learn: History of the Emmy's (LG) 3:30 C Patio Popsicle Social (LGP) 6:00 HF 50 Steps Walking Challenge (LGP)	World Alzheimer's Day 21 10:00 HF Parachute Poppin' Fitness 10:30 CV Fundraiser Challenge: Bake Sale (LG) (LGD) 12:30 CV Fundraiser Challenge: Car Wash (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Colorful Weight Workout (LG) (LGD) 3:30 C Patio Reading & Music (LG) (LGD) 6:00 IS Guided Meditation for Calm Hearts (LGP)	Piano Month Celebration 22 10:00 HF Flex & Stretch (LG) 10:30 Weekly StoryWise™ Discussion (LG) (LGD) 12:30 LL How To: Chords on the Keys (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Zumba® Chair Exercise (LG) (LGD) 3:30 Musical Journaling: Classic Piano (LG) (LGD) 6:00 Netflix® Movie Night (LG) (LGD)	Casino Royale Day 23 10:00 HF Muscle Building & Balancing 10:30 EF Virtual Tour: Viva Las Vegas (LG) (LGD) 12:30 C Today's Chronicle & News (LG) (LGD) 1:30 CV The Great Give Back: NY Heroes (LG) (LGD) 2:30 EF Casino Casual Social (LG) (LGD) 3:30 PA Pretty Nails Social Hour (LG) (LGD) 6:00 HF 50 Steps Walking Challenge (LGP) (LGD)	Cherry Jubilee Day 24 10:00 HF Stretch & Flex Fitness (LG) (LGD) 10:30 CE Bake It: Cherry Jubilee (LG) (LGD) 12:30 C Jubilee Social (LG) (LGD) 1:30 LL The Queen's Jubilee History (LGP) (LGD) 2:30 HF Leg & Arm Stretches Exercise (LG) (LGD) 3:30 LL Chicken Soup & Patio Tea (LG) (LGD) 6:00 IS Listening To The Wind	Madam Justice Day 25 10:00 HF Move Your Arms Aerobics (LG) (LGD) 10:30 IS Positive Message Sharing 12:30 LL Let's Learn: Who Was Sandra Day O'Conner (LG) (LGD) 1:30 EF Friday Fun Day: Sundae Making Fun (LGP) (LGD) 2:30 HF Stand Up & Balance It! (LG) (LGD) 3:30 Musical Journal: Sounds of The Blues (LG) (LGD) 6:00 IS Positive Feelings & Well Wishes (LGP)	Shamu's Birthday 26 10:00 HF Move & Groove: Boots Music Marching (LG) (LGD) 10:30 CE Shamu Painting Contest (LG) 12:30 LL Did You Know: All About the Orca (LG) 1:30 HF Walk for a Cause: The Arthritis Found. (LG) 2:30 C Saturday Fun: Karaoke Music & Singing (LG) 3:30 Afternoon Players: Bingo Time! (LG) 6:00 IS Patio Walks for Relaxation (LGP)
Chocolate Milk Day 27 10:00 HF Sunday Morning Stretches (LG) (LGD) 11:00 IS First Baptist Church Service 12:30 EF Sunday Movie Afternoon & Popcorn (LG) 1:30 CE Chocolate Milk Making (LG) 2:30 LL Chocolate Milk Pops & Talks (LG) (ELD) 3:30 C Today's Chronicle & News (LG) 6:00 HF 50 Steps Walking Challenge (LGP)	Strawberry Cream Pie Day 28 10:00 HF Parachute Poppin' Fitness (LG) 10:30 EF Bake It: Strawberries & Creme Parfaits (LG) (LGD) 12:30 CE Afternoon Sing Along (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Colorful Weight Workout (LG) (LGD) 3:30 C Listen & Learn on the Patio 6:00 IS Tell Me Something Good (LGP)	International Coffee Day 29 10:00 HF Flex & Stretch (LG) 10:30 Weekly StoryWise™ Discussion (LG) (LGD) 12:30 LL Coffee Clatch & Chat (LG) (LGD) 1:30 C Today's Chronicle & News (LG) (LGD) 2:30 HF Zumba® Chair Exercise (LG) (LGD) 3:30 Musical Journaling: City Sidewalk Sounds (LG) (LGD) 6:00 Netflix® Movie Night (LG) (LGD)	Submarine Day 30 10:00 HF Muscle Building & Balancing (LG) (LGD) 10:30 CE Submarine Building & Sinking (LG) (LGD) 12:30 C Today's Chronicle & News (LG) (LGD) 1:30 CV The Great Give Back: NY Heroes (LG) (LGD) 2:30 PA Pretty Nails Social Hour (LG) (LGD) 3:30 HF 50 Steps Walking Challenge (LG) (LGD) 6:00 LL Trivia Night: All About Submarines (LG) (LGD)	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 Musical	ROOM LOCATION KEY: Life Guidance Patio LGP Activity Room AR Life Guidance LG Courtyard CY	STAFF KEY: Engage Life Director ELD Life Guidance Director LGD

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