

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**TMA Art Talk "Still Life  
Comes Alive"**

Thursday, June 6, 1:30 PM

**Comedy Hour w/  
Maintenance & Housekeeping**

Thursday, June 20, 2:00 PM

**Fun with Watercolor**

Friday, June 28, 3:00 PM

*Atria*  
SENIOR LIVING

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## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**Church Transportation**  
**Beginning at 9AM**  
Happy Birthday David B.!

- 2:00 **EF** Mexican Train Dominoes (CH)
- 3:00 **PA** Puzzle Club (CH)
- 4:45 **LL** Resident Led Penny Poker (CH)
- 6:00 **PA** Poker Last Chance to Buy In w/ Les (CH)

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Atria ENGAGE LIFE®

**ROOM LOCATION KEY:**

Clubhouse CH  
Bus BUS  
Palm Circle PC  
Dining Room DR  
Studio ST

**STAFF KEY:**

Deanna CBD  
Sally Hamann ELD  
Mary CSD

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

9:30 **IS** Singing Old Hymns w/ Pastor Steve (CH)

10:30 **LL** Nifty Knitters (ST)

1:00 **PA** Saturday Cinema (CH)

3:00 **C** Bridge Club (CH)

6:00 **PA** Resident Led Cribbage (CH)

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**Church Transportation**  
**Beginning at 9AM**

- 2:00 **EF** Mexican Train Dominos (CH)
- 3:00 **C** Puzzle Club
- 4:45 **PA** Penny Poker w/ Les & Murl (CH)
- 6:00 **PA** Poker Last Chance to Buy In w/ Les! (CH)

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**Sprouts Grocery Trip at 2:00 PM**

- 9:30 **HF** Strength and Balance Fitness (CH) (ELD)
- 10:30 **HF** Exercise, Toning & Fun w/ Fitness Balls (CH) (ELD)
- 12:30 **CV** Operation Coupon: Clip & Socialize (ST)
- 1:45 **LL** Chinese Mahjong (CH)
- 6:00 **HF** Engage Your Brain: Topic Toss (CH) (ELD)

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**Professional Luncheon**  
**11:30AM- 1:00PM**

- 8:15 **HF** Atria Moves! Challenging Walking Club (DR) (ELD)
- 9:15 **HF** Standing Fitness: Legs and Balance (DR) (ELD)
- 2:30 **PA** Atria Bingo (CH)
- 6:30 **EF** Game Night: Board Games (CH)

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**Walgreen's Trip at 11AM**

- 9:30 **HF** A.M. Stretch and Strengthen (CH) (ELD)
- 10:30 **HF** Circuit Training: Weights/Steps (CH) (ELD)
- 2:00 **LL** Town Hall - Community Update Meeting (CH)
- 6:15 **LL** Trivia Night! Atria Bucks to the Winner! (CH) (ELD)

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**Fry's Grocery Trip at 2:00 PM**  
**Happy Birthday Leila L.!**

- 9:30 **HF** Standing Fitness: Legs and Balance (CH)
- 10:30 **HF** Exercise with Mini Fitness Balls (CH)
- 1:30 **CE** TMA Art Talk "Still Life Comes Alive" (CH)
- 3:00 **PA** Learn to Play Poker w/ Les & Murl (CH)
- 6:30 **EF** Game Night: Mexican Train (CH)

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8:15 **IS** Nature Walk and Bird Watching (CH) (ELD)

9:30 **HF** Building Strength through Exercise (CH)

10:30 **HF** Cardio and Dance Fitness (CH)

11:30 **EF** Lunch Bunch outing: Sweet Tomatoes (BUS)

2:30 **EF** Hit Parade Hour with Mary Lou (CH)

6:00 **EF** Friday Night Games (CH)

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10:30 **HF** Gentle Yoga for Mind and Body (CH)

1:00 **EF** Dorothy Sayers Mysteries (CH)

1:30 **LL** Nifty Knitters (ST)

3:00 **PA** Bridge Club

6:00 **PA** Resident Led Cribbage (CH)

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**Church Transportation**  
**Beginning at 9AM**

- 2:00 **EF** Mexican Train (CH)
- 3:00 **C** Puzzle Club (CH)
- 4:45 **PA** Penny Poker w/ Les & Murl (CH)
- 6:00 **C** Poker Last Chance to Buy In w/ Les (CH)

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**Happy Birthday Frank S.**  
**Sprouts Grocery Trip at 2:00 PM**

- 9:30 **HF** A.M. Stretch and Strengthen (CH)
- 10:30 **HF** Atria Moves! Walking club! (DR)
- 12:30 **CV** Operation Coupon: Clip & Socialize (CH)
- 1:00 **LL** Food for Thought - Culinary Meeting (DR)
- 1:45 **PA** Chinese Mahjong (CH)
- 3:30 **C** Engage Life® Forum (CH) (ELD)
- 6:00 **LL** Technology Talk with Chris (CH)

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**Happy Birthday Susan L.!**

- 9:30 **HF** Standing Fitness: Legs and Balance (CH)
- 10:30 **HF** Fitness Balls Exercise (CH) (ELD)
- 1:15 **LL** Book Club Discussion (CH) (ELD)
- 2:45 **C** Storytelling with Friends (CH) (ELD)
- 6:30 **C** Director's Night with Mary: Bunko (CH) (CSD)

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**Happy Birthday Brad T.!**  
**Walgreen's Trip at 11AM**

- 9:30 **HF** A.M. Stretch and Strengthen (CH)
- 10:30 **HF** Circuit Training: Steps and Weights (CH)
- 1:30 **LL** Smart Brain Aging (CH)
- 2:30 **CE** Tie Blanket Project (ST)
- 6:00 **C** Summer Sizzling Treats & Mystery Theater (CH) (ELD)

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**Fry's Grocery Trip at 2:00 PM**

- 9:30 **HF** Standing Fitness: Leg Strength & Balance (CH)
- 10:30 **HF** Resistance Bands Workout (CH)
- 1:30 **C** Veterans Roundtable Discussion (CH)
- 3:00 **PA** Penny Poker with Les and Murl (CH)
- 6:00 **EF** Mexican Train Dominos (CH)

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9:30 **HF** Strength and Balance Class (CH)

10:30 **HF** Move to the Music Exercises (CH) (ELD)

1:00 **IS** Faith Sharing with Loretta (CH)

3:00 **C** It's a Grand Old Flag Country Style! (CH)

6:00 **EF** Friday Night Games (CH)

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9:30 **CV** Singing Old Hymns w/ Pastor Steve (CH)

10:30 **CE** Nifty Knitters (ST)

1:00 **EF** Saturday Cinema (CH)

3:00 **C** Bridge Club (CH)

6:00 **PA** Resident Led Cribbage (CH)

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**Church Transportation**  
**Beginning at 9AM**

- 2:00 **EF** Mexican Train (CH)
- 3:00 **C** Puzzle Club
- 4:45 **PA** Penny Poker w/ Les & Murl (CH)
- 6:00 **PA** StoryWise™: Fantastic Fathers Event (CH) (ELD)

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**Sprouts Grocery Trip at 2:00 PM**

- 9:30 **HF** Standing Fitness: Leg Strength & Balance (CH)
- 10:30 **HF** Toning Exercises w/ Fitness Balls (CH)
- 12:30 **CV** Operation Coupon: Clip & Socialize (CH)
- 6:30 **EF** Game Night: Rummikub® (CH)

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9:30 **HF** Standing Fitness: Leg Strength & Balance (CH)

10:30 **HF** Exercise, Toning & Fun w/ Fitness Balls (DR)

1:30 **LL** Stroke Awareness Lecture (CH)

3:00 **PA** Ambassador Meeting (CH) (ELD)

6:00 **C** Large Tile Scrabble® (CH)

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**Walgreen's Trip at 11AM**

- 8:15 **HF** Atria Moves! Walking club (CH)
- 9:30 **HF** Stretch and Strengthen Exercises (CH) (ELD)
- 2:00 **PA** June Birthday Celebration (CH)
- 2:30 **CE** Craftsmanship: Bead Projects (CH)
- 6:15 **CE** Director Night: Name That Tune w/ Sally (CH) (ELD)

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**Fry's Grocery Trip at 2:00 PM**

- 9:15 **HF** Standing Fitness: Leg Strength & Balance (CH)
- 10:30 **HF** Resistance Bands Workout (CH)
- 2:00 **CE** Comedy Hour w/ Maintenance & Housekeeping (CH)
- 3:00 **PA** Penny Poker w/ Les & Murl (CH)
- 6:00 **EF** Game Night: Mexican Train (CH)

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9:30 **HF** Building Strength through Exercise (CH)

10:30 **HF** Energize with Cardio and Dance Moves! (CH)

11:30 **EF** Desert Diamond Casino (BUS)

2:00 **CE** Dorothy Sayers Mysteries (CH)

6:30 **CE** Country Music Under The Stars (PC)

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10:30 **HF** Gentle Yoga for Mind and Body (CH)

10:30 **CE** Nifty Knitters (ST)

1:00 **EF** Saturday Cinema (CH)

3:00 **C** Bridge Club (CH)

6:00 **PA** Resident Led Cribbage (CH)

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**Church Transportation**  
**Beginning at 9AM**

- 1:00 **PA** Observing American Mahjong (CH)
- 2:00 **EF** Mexican Train Dominoes (CH)
- 3:00 **C** Puzzle Club (CH)
- 4:45 **PA** Resident Led Penny Poker (CH)
- 6:00 **PA** Poker - Last Chance to Buy In w/ Les (CH)

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**Sprouts grocery trip at 2:00 PM**

- 8:15 **HF** Atria Moves: Walking Club (CH)
- 9:30 **HF** Stretch, Tone and Balance Fitness (CH)
- 12:30 **CV** Operation Coupon: Clip & Socialize (CH)
- 1:45 **LL** Chinese Mahjong (CH)
- 6:00 **LL** Engage Your Brain Chain of Thought (CH) (ELD)

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9:30 **HF** Standing Fitness: Leg Strength & Balance (CH)

10:30 **HF** Hand-Eye Coordination w/ Fitness Balls (CH)

1:15 **IS** Guided Meditation and Relaxation (CH)

2:30 **EF** Dauber Bingo (CH) (ELD)

6:00 **CE** Director's Night: Blackjack with Deanna (CH) (CBD)

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**Walgreen's Trip at 11AM**

- 9:30 **HF** A.M. Stretch and Strengthen (CH)
- 10:30 **HF** Power exercise: Weights & Steps (CH)
- 2:00 **CE** Bead Projects (ST)
- 4:00 **EF** Dining Out Experience at Jonathans Cork (BUS) (ELD)
- 6:30 **CE** Dining Experience - Pros and Cons (BUS) (ELD)

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**Fry's Grocery Trip at 2:00 PM**

- 9:30 **HF** Standing Fitness: Leg Strength & Balance (CH)
- 10:30 **HF** Resistance Bands Workout (CH)
- 1:15 **LL** Google™ Earth Hometowns (CH)
- 3:00 **PA** Chip Poker with ELD Participating (CH)
- 6:00 **EF** Game Night: Mexican Train (CH)

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**Happy Birthday Murl P.!**

- 9:30 **HF** Strength and Balance Exercise (CH)
- 10:30 **HF** Physical Fitness w/ Mini Balls (CH) (ELD)
- 1:00 **IS** Faith Sharing w/ Loretta (ST)
- 3:00 **CE** Fun with Watercolor (CH)
- 6:00 **PA** Friday Night Games (CH)

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9:30 **CV** Singing Old Hymns w/ Pastor Steve (CH)

10:30 **LL** Nifty Knitters (ST)

1:00 **EF** Saturday Cinema (CH)

1:00 **EF** Summer Cinema Outing (TBA) (BUS)

3:00 **C** Bridge Club (CH)

6:00 **PA** Resident Led Cribbage (CH)

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