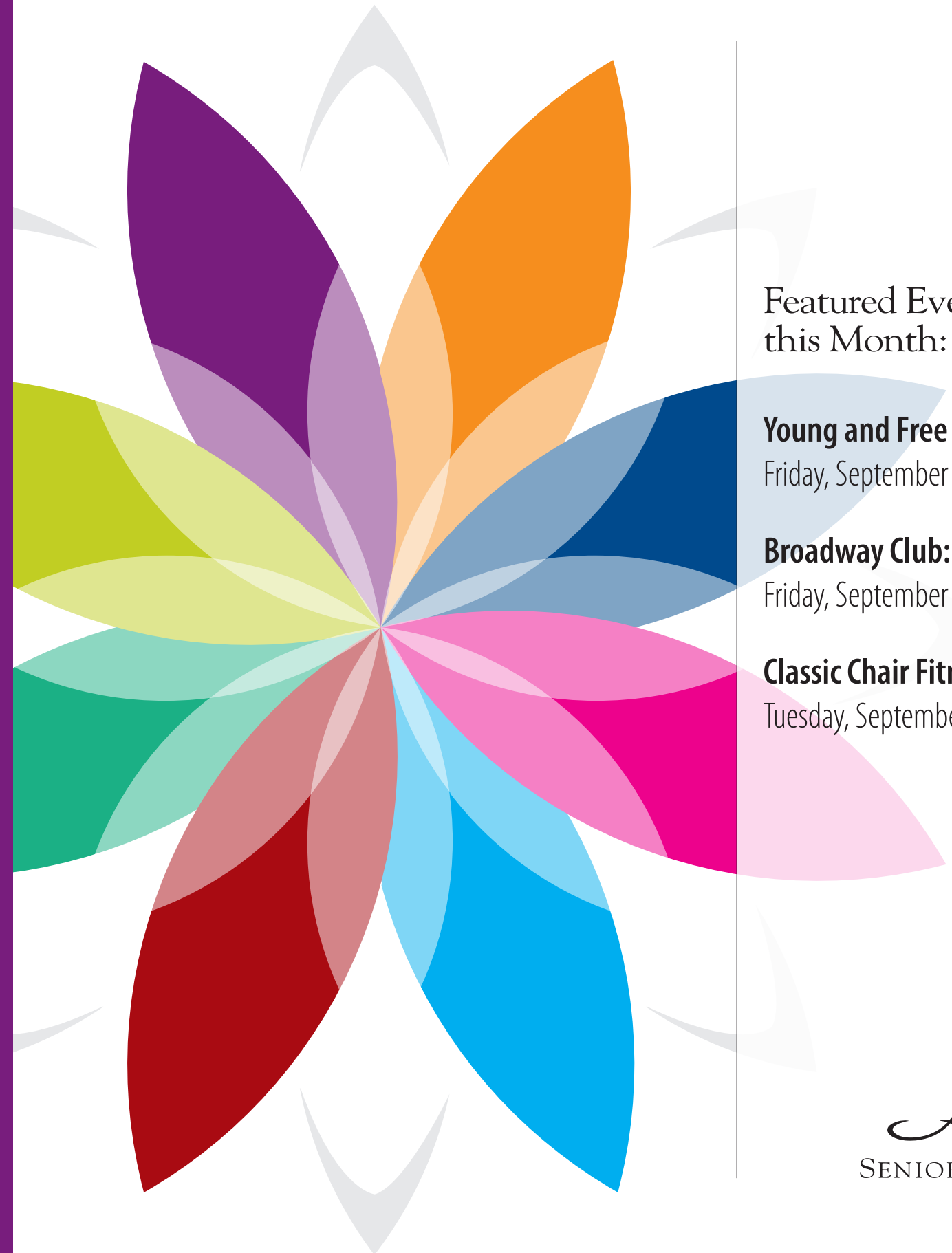


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Young and Free**  
Friday, September 4, 2:45 PM

**Broadway Club: Pippin**  
Friday, September 18, 1:00 PM

**Classic Chair Fitness**  
Tuesday, September 22, 10:00 AM

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

# SEPTEMBER 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Classic Chair Fitness (ER)</p> <p>2:15 <b>HF</b> Classic Chair Fitness (ER)</p> <p>3:00 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>8:00 <b>C</b> The Good Stuff Club (EL)</p> <p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Did You Know... (CC)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>3:00 <b>HF</b> Engage Your Brain (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>10:00 <b>LL</b> iPad®, iPhone &amp; Kindle Class (EL)</p> <p>1:30 Bingo (AB)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Historical Person Spotlight (CC)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:30 Bingo (CC)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>2:30 <b>IS</b> Bible Study (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>EF</b> You Be the Judge (EL)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>2:00 Resident Town Hall (EL)</p> <p>3:30 Resident Town Hall (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Classic Chair Fitness (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: On This Day (CC)</p> <p>1:00 <b>CE</b> Broadway Club: Old Hats (AB)</p> <p>1:30 <b>CE</b> Arbor Knit Wits (EL)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:30 <b>C</b> Happy Hour (FF)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Chair Dance (ER)</p> <p>2:15 <b>HF</b> Young and Free (ER)</p> <p>3:00 <b>HF</b> Country Line Dancing (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>
<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Classic Chair Fitness (ER)</p> <p>2:15 <b>HF</b> Classic Chair Fitness (ER)</p> <p>3:00 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>8:00 <b>C</b> The Good Stuff Club (EL)</p> <p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Did You Know... (CC)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>3:00 <b>HF</b> Engage Your Brain (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>10:00 <b>LL</b> iPad®, iPhone &amp; Kindle Class (EL)</p> <p>1:30 Bingo (EL)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>3:00 Food for Thought (DR)</p> <p>7:00 Movie Night on TCM (APT)</p> <p>7:00 <b>C</b> Phoenix Book Club (EL)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Historical Person Spotlight (CC)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:30 Bingo (CC)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>2:30 <b>IS</b> Bible Study (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>EF</b> You Be the Judge (EL)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>3:00 Food for Thought (DR)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Classic Chair Fitness (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: On This Day (CC)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>1:30 <b>CE</b> The Writer's Group (EL)</p> <p>2:30 <b>C</b> Happy Hour (FF)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Chair Dance (ER)</p> <p>2:15 <b>HF</b> Young and Free (ER)</p> <p>3:00 <b>HF</b> Country Line Dancing (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>
<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Classic Chair Fitness (ER)</p> <p>2:15 <b>HF</b> Classic Chair Fitness (ER)</p> <p>3:00 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>8:00 <b>C</b> The Good Stuff Club (EL)</p> <p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Did You Know... (CC)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>1:30 <b>LL</b> One Day University (EL)</p> <p>2:45 <b>HF</b> Chi &amp; Meditation</p> <p>3:00 <b>HF</b> Engage Your Brain (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>10:00 <b>LL</b> iPad®, iPhone &amp; Kindle Class (EL)</p> <p>1:30 Bingo (EL)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>6:00 <b>CE</b> Sing-A-Long (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Historical Person Spotlight (CC)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:30 Bingo (CC)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>2:30 <b>IS</b> Bible Study (EL)</p> <p>2:45 Engage Life® Forum (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>10:15 Ambassador Meeting (EL)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>EF</b> You Be the Judge (EL)</p> <p>2:00 Ambassador Meeting (EL)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Classic Chair Fitness (ER)</p> <p>1:00 <b>CE</b> Broadway Club: Pippin (AB)</p> <p>1:30 <b>CE</b> Arbor Knit Wits (ER)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:30 <b>C</b> Happy Hour (FF)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Chair Dance (ER)</p> <p>2:15 <b>HF</b> Young and Free (ER)</p> <p>3:00 <b>HF</b> Country Line Dancing (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>
<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Classic Chair Fitness (ER)</p> <p>2:15 <b>HF</b> Classic Chair Fitness (ER)</p> <p>3:00 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>8:00 <b>C</b> The Good Stuff Club (EL)</p> <p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Did You Know... (CC)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>3:00 <b>HF</b> Engage Your Brain (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Classic Chair Fitness (ER)</p> <p>10:00 <b>LL</b> iPad®, iPhone &amp; Kindle Class (EL)</p> <p>1:30 Bingo (EL)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Historical Person Spotlight (CC)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:30 Bingo (CC)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>2:30 <b>IS</b> Bible Study (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>EF</b> You Be the Judge (EL)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Classic Chair Fitness (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: On This Day (CC)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:30 <b>C</b> Happy Hour (FF)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Chair Dance (ER)</p> <p>2:15 <b>HF</b> Young and Free (ER)</p> <p>3:00 <b>HF</b> Country Line Dancing (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>
<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Classic Chair Fitness (ER)</p> <p>2:15 <b>HF</b> Classic Chair Fitness (ER)</p> <p>3:00 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>8:00 <b>C</b> The Good Stuff Club (EL)</p> <p>10:00 <b>HF</b> Chair Tai Chi (ER)</p> <p>12:30 <b>LL</b> Lunch Bunch: Did You Know... (CC)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>1:30 <b>LL</b> One Day University (EL)</p> <p>2:45 <b>HF</b> Chi &amp; Meditation (ER)</p> <p>3:00 <b>HF</b> Engage Your Brain (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Classic Chair Fitness (ER)</p> <p>10:00 <b>LL</b> iPad®, iPhone &amp; Kindle Class (EL)</p> <p>1:30 Bingo (EL)</p> <p>1:30 <b>HF</b> Chair Yoga - Standing Strong (ER)</p> <p>2:45 <b>HF</b> Young and Free (ER)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p>10:00 <b>HF</b> Chair Chi (ER)</p> <p>1:00 <b>HF</b> Chair Chi (ER)</p> <p>1:30 Bingo (CC)</p> <p>2:00 <b>HF</b> Cardio Dance Party (ER)</p> <p>2:30 <b>IS</b> Bible Study (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>	<p><b>PA</b> Personal Achievement</p> <p><b>HF</b> Health &amp; Fitness</p> <p><b>EF</b> Entertainment &amp; Fun</p> <p><b>CV</b> Civic Engagement</p> <p><b>LL</b> Lifelong Learning</p> <p><b>CE</b> Creative Expression</p> <p><b>IS</b> Inspiration &amp; Spirituality</p> <p><b>C</b> Connection</p> <p><b>A</b> Atria StoryWise</p>	<p><b>ROOM LOCATION KEY:</b></p> <p>Engage Life Room EL</p> <p>Arboretum Ballroom AB</p> <p>Exercise Room ER</p> <p>Dining Room DR</p> <p>Conference Call CC</p> <p>In Apartment APT</p> <p>First Floor FF</p>	<p>10:00 <b>LL</b> Learn to Zoom (EL)</p> <p>10:45 <b>HF</b> Chair Dance (ER)</p> <p>2:15 <b>HF</b> Young and Free (ER)</p> <p>3:00 <b>HF</b> Country Line Dancing (EL)</p> <p>7:00 Movie Night on TCM (APT)</p>