

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Easter Sunday Bible Reading**

Sunday, April 4, 10:45 AM

**Cheers/Beers: Beer  
Tasting Exp. E. Wing**

Wednesday, April 7, 1:15 PM

**Earth Garden Party Social Cart**

Wednesday, April 21, 3:00 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY



*Atria* ENGAGE LIFE

- 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**

- ROOM LOCATION KEY:**
- EL Center
  - Back Porch
  - Library
  - Parlor
  - Outing
  - In-Room

- STAFF KEY:**
- Engage Life Director
  - Engage Life Program Instructor
  - Volunteer

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Scrabble® is a registered trademark of Hasbro, Inc.

**He has Risen--Happy Easter!** **4**

- 10:00 Easter Puzzles Galore! (ELC) (ELP)
- 10:15 HF Morning Glory Exercises E. Wing (IR) (ELP)
- 10:45 IS Easter Sunday Bible Reading (L) (ELP)
- 11:00 LL Easter Around The World (IR) (ELP)
- 11:15 IS Holy Communion Served (IR) (ELP)
- 12:45 C Virtual Family Visits (ELC) (ELD)
- 1:45 IS Easter Hymns (L) (ELP)
- 2:00 CE Jewelry Making: He Lives Bracelet (IR) (ELP)
- 3:00 EF Easter Bunny Hop Social Cart! (IR) (ELP)
- 4:00 CE Easter Coloring Page (ELP)
- 6:00 EF Classic Movie Night (IR) (ELP)

**Daily Chronicles/Event Schedule (L) (ELD)** **5**

- 9:15 IS Happiness is...? (IR) (ELP)
- 10:15 LL What is Dyngus Day Anyway? (IR) (ELP)
- 10:45 CE Color-rama: Dyngus Day Images (IR) (ELP)
- 11:30 CV Gold Star Spouses (IR) (ELP)
- 1:15 CE Seed Mosaic Art 1st. Floor (ELC) (ELP)
- 1:45 CE Seed Mosaic Art E. Wing (ELC) (ELP)
- 2:00 Basketball Puzzles (IR) (ELP)
- 2:15 CE Seed Mosaic Art W. Wing (ELC) (ELP)
- 3:00 FF Afternoon Delight Social Cart (L) (ELP)
- 4:00 HF Weekly Exercise Challenge (IR) (ELP)
- 6:00 LL Global Bk. Club: The Saddle-maker's Wife (ELC) (ELP)

**Peaceful Protest Day!** **6**

- 9:15 Daily Chronicles/Event Schedule (L) (ELD)
- 9:45 Morning Bingo Fun E. Wing (ELC) (ELP)
- 10:00 LL What is Tartan Day? (IR) (ELP)
- 10:30 Morning Bingo Fun W. Wing (ELC) (ELP)
- 11:00 LL Scottish Folktales & Legends (IR) (ELP)
- 11:15 Morning Bingo Fun 1st Floor (ELC) (ELP)
- 1:00 Double Meaning Words (IR) (ELP)
- 1:30 PA Word Picture & Sudoku Challenges (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)
- 4:00 LL Interesting Facts About Scotland (IR) (ELP)
- 6:00 IS Window Birdwatching (BP) (ELP)

**Let's Walk Part-1! (BP) (VLT)** **7**

- 9:45 HF Lt. Weightlifting 1st. Floor (IR) (ELD)
- 10:00 HF Lt. Weightlifting E. Wing (IR) (ELP)
- 11:15 HF Lt. Weightlifting W. Wing (IR) (ELP)
- 11:30 LL All About Cocktails Brain Challenge (IR) (ELP)
- 1:15 EF Cheers/Beers: Beer Tasting Exp. E. Wing (ELC) (ELP)
- 1:45 EF Cheers/Beers: Beer Tasting Exp. W. Wing (ELC) (ELP)
- 2:15 EF Cheers/Beers: Beer Tasting Exp. 1st Flr. (ELC) (ELP)
- 2:30 IS Laughter Therapy (IR) (ELP)
- 3:00 FF Bottles/Board Happy Hour Cart (IR) (ELD)
- 4:30 HF Moving For Memory Walking Challenge (BP) (ELP)
- 6:00 IS Mid-week Devotional Break (IR) (ELP)

**Master's Tournament Begins!** **8**

- 9:15 Daily Chronicles/Event Schedule (L) (ELD)
- 10:00 CE Name That Instrument E. Wing (IR) (ELP)
- 10:15 LL Baseball Records...Be Broken (IR) (ELP)
- 10:30 CE Name That Instrument W. Wing (L) (ELP)
- 10:45 LL Hank Aaron Brief (IR) (ELP)
- 11:15 CE Name That Instrument 1st Floor (L) (ELP)
- 1:15 HF Cupid Shuffle Exercise 1st Floor (BP) (ELP)
- 1:45 HF Cupid Shuffle Exercise E. Wing (BP) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)
- 4:00 LL History of yelling "Fore!" (IR) (ELP)
- 6:00 Golf & Baseball Puzzle Fun (IR) (ELP)

**Daily Chronicles/Event Schedule (IR) (ELD)** **9**

- 9:45 HF Lower Body Daily Exercise (IR) (ELD)
- 10:00 CE Kite Making & Decorating Fun! (ELC) (ELD)
- 10:15 Kite Puzzles Fun (IR) (ELD)
- 10:30 CE Kite Making & Decorating Fun! (ELC) (ELD)
- 10:45 HF Sudoku & Math Calculations Challenges (IR) (ELD)
- 11:00 CE Kite Making & Decorating Fun! (ELC) (ELD)
- 1:00 Antique Puzzles (IR) (ELD)
- 1:15 HF Toning and Lifting Exercise sheet (BP) (ELP)
- 1:45 HF Lt. Weight Lifting E. Wing (L) (ELD)
- 2:15 HF Lt. Weight Lifting (L) (ELD)
- 6:00 IS Bird Bath/Feeder Care (BP) (ELP)

**It's National Siblings Day!** **10**

- 9:15 Daily Chronicles/Event Schedule (L) (ELD)
- 9:45 HF Moving For Memory Walking Challenge (BP) (ELP)
- 10:00 Morning Bingo Fun E. Wing (IR) (ELD)
- 10:15 LL History of Letter Writing (IR) (ELP)
- 10:30 PA Let's Walk Part-2! (IR) (ELP)
- 11:15 HF Brain Crunch: Math/Sudoku Challenge (ELP)
- 1:00 HF Chair Dancing Exercise 1st Floor (P) (ELD)
- 1:30 HF Chair Dancing Exercise 2nd Floor (L) (ELD)
- 2:30 IS A Little Bit of Laughter! (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)
- 4:15 CE Color-rama: Adult Coloring Page (IR) (ELD)

**Morning Glory Exercise W. Wing (IR) (ELP)** **11**

- 9:45 HF Morning Glory Exercise W. Wing (IR) (ELP)
- 10:15 PA Who was Ethel Kennedy? (IR) (ELP)
- 10:30 HF Morning Glory Exercise E. Wing (IR) (ELP)
- 10:45 IS Personal Devotion Time (IR) (ELP)
- 11:00 HF Bible Brain Challenges (IR) (ELP)
- 11:15 LL Civil Rights Anniversary Day & Puzzle (IR) (ELP)
- 12:45 C Virtual Visits w/ Family (IR) (ELP)
- 1:15 HF Afternoon Glory Exercise 1st Floor (IR) (ELP)
- 1:30 LL Singin' In the Rain (IR) (ELP)
- 2:00 LL What do you know about Tel Aviv? (IR) (ELP)
- 3:00 EF Ice Cream Sundae Social Cart (IR) (ELP)
- 6:00 EF Movie Night: "Selma" (IR) (ELP)

**Today's Affirmation & Meditation (IR) (ELP)** **12**

- 9:45 IS Today's Affirmation & Meditation (IR) (ELP)
- 10:00 HF Lt. Weightlifting E. Wing (L) (ELD)
- 10:15 IS Window Birdwatching (IR) (ELP)
- 10:30 HF Lt. Weight Lifting W. Wing (IR) (ELP)
- 11:15 HF Sudoku Puzzle Challenge (IR) (ELP)
- 1:00 HF Lt. Weight Lifting 1st Floor (IR) (ELP)
- 1:30 IS Let's Play--The Power of Play 1st Floor (P) (ELP)
- 2:00 IS Let's Play--The Power of Play E. Wing (L) (ELP)
- 2:15 Who was Yuri Gagarin? (IR) (ELP)
- 2:30 IS Let's Play--The Power of Play W. Wing (L) (ELP)
- 3:00 EF PositivTEA Social Cart (L) (ELP)
- 4:00 HF Weekly Exercise Challenge (IR) (ELP)

**Stretch & Flex Exercises (L) (ELP)** **13**

- 9:45 HF Stretch & Flex Exercises (L) (ELP)
- 10:00 IS It's Laughter We're After E. Wing (L) (ELP)
- 10:15 PA Garden Stroll w/ Neighbors (IR) (ELP)
- 10:30 IS It's Laughter We're After W. Wing (IR) (ELP)
- 11:00 IS It's Laughter We're After 1st Floor (L) (ELP)
- 11:15 CE Color-rama: Adult Coloring Page (IR) (ELP)
- 1:00 LL History of Scrabble® (IR) (ELP)
- 1:15 HF Cupid Shuffle 1st Floor (IR) (ELP)
- 1:45 HF Cupid Shuffle Exercise E. Wing (IR) (ELP)
- 2:15 HF Cupid Shuffle Exercise W. Wing (IR) (ELP)
- 4:00 LL Scrabble® Tiles Mining & Word Puzzle (IR) (ELP)
- 6:00 PA Jigsaw Puzzle Fun w/ Friends (IR) (ELP)

**Daily Chronicles/Event Schedule (L) (ELD)** **14**

- 9:15 Daily Chronicles/Event Schedule (L) (ELD)
- 10:00 C Getting to Know You...E. Wing (L) (ELP)
- 10:15 CE Cocktail Stories (IR) (ELP)
- 10:30 C Getting to Know You...W. Wing (L) (ELP)
- 10:45 LL Did You Know? (IR) (ELP)
- 11:00 C Getting to Know You...1st. Floor (L) (ELP)
- 1:15 HF Lt. Weightlifting 1st. Floor (P) (ELP)
- 1:45 HF Lt. Weight Lifting E. Wing (L) (ELP)
- 2:15 HF Strength and Balance Program (IR) (ELP)
- 3:00 EF Novel Cocktails Happy Hour Cart (IR) (ELD)
- 4:00 LL Cocktails Brain Challenges (IR) (ELP)
- 6:00 IS Visualization Exercise: Private Garden (IR) (ELP)

**Tax Day!** **15**

- 9:15 Daily Chronicles/Event Schedule (IR) (ELP)
- 9:45 HF Weekly Exercise Challenge (IR) (ELP)
- 10:00 IS Celebrate being born in April E. Wing (IR) (ELP)
- 10:15 LL 12 Weirdest Tax Rules (IR) (ELP)
- 10:30 IS Celebrate being born in April W. Wing (IR) (ELP)
- 11:00 IS Celebrate being born in April 1st. Fl. (IR) (ELP)
- 11:15 IS Funny Tax Quotes & Jokes (IR) (ELP)
- 1:15 HF Tone It Up Thursday 1st. Floor (IR) (ELP)
- 3:00 PA Monthly Birthday Social Cart (IR) (ELP)
- 4:00 LL Leonardo da Vinci Word Puzzles (IR) (ELP)
- 6:00 C Evening Chat w/ Neighbors (6' apart) (IR) (ELD)

**Daily Chronicles/Event Schedule (IR) (ELD)** **16**

- 9:15 Daily Chronicles/Event Schedule (IR) (ELD)
- 10:00 EF Surprise! Morning Dance Movie (L) (ELD)
- 10:15 C Engage Life® Planning Meeting (ELC) (ELD)
- 10:45 PA Ambassador Meeting (ELC) (ELD)
- 11:15 LL First in Flight--Wright Brothers (IR) (ELP)
- 1:15 CE Chihuly Art-Repurposing Plastic 1st Flr. (ELC) (ELD)
- 1:45 CE Chihuly Art-Repurposing Plastic E. Wing (ELC) (ELP)
- 2:15 CE Chihuly Art-Repurposing Plastic W. Wing (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELD)
- 4:00 LL Sudoku & Math Works Challenges (IR) (ELP)
- 6:00 PA Senior Fit Walking Club (BP) (ELP)

**Nothing Like a Dame Day!** **17**

- 9:15 Daily Chronicles/Event Schedule (ELP)
- 10:00 Morning Bingo Fun E. Wing (ELC) (ELD)
- 10:15 CE Panoramic Portland Walking Tour (L) (ELD)
- 10:30 LL Ellis Island Facts (IR) (ELD)
- 10:45 LL Sudoku & Word Picture Puzzles (IR) (ELD)
- 11:00 Morning Bingo Fun W. Wing (IR) (ELD)
- 11:15 PA Interesting Bat Facts & Puzzle (IR) (ELD)
- 1:45 CE 10 Beautiful Haiku Poems (IR) (ELD)
- 2:00 EF Travelogue: Amboise, France (IR) (ELP)
- 2:15 Music, Music Puzzle (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)

**Natl. Volunteer Week Begins!** **18**

- 9:15 Daily Chronicles/Event Schedule
- 9:45 HF Morning Glory Exercise W. Wing (IR) (ELP)
- 10:15 LL Coin Riddles, Word Fit & Word Search (IR) (ELP)
- 10:30 HF Morning Glory Exercise E. Wing (IR) (ELP)
- 10:45 IS Senior Ministries Devotion (IR) (ELP)
- 1:00 HF Afternoon Glory Exercise 1st. Floor (IR) (ELP)
- 1:45 LL Bible Crossword Puzzle (IR) (ELP)
- 2:30 LL Let's learn about types of Clouds (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)
- 4:15 HF Senior Fit Walking w/ Friends (IR) (ELP)
- 6:00 IS Mindful Observation (IR) (ELP)

**Balance Exercise Sheet (IR) (ELP)** **19**

- 9:45 HF Balance Exercise Sheet (IR) (ELP)
- 10:00 CE Art from Scents We Smell E. Wing (IR) (ELP)
- 10:15 HF Mathematics Day Challenge (IR) (ELP)
- 10:30 CE Art from Scents We Smell W. Wing (IR) (ELP)
- 10:45 IS Random Acts of Kindness Week (IR) (ELP)
- 11:00 CE Art from Scents We Smell 1st Floor (IR) (ELP)
- 1:00 HF Lt. Weight Lifting 1st Floor (IR) (ELP)
- 1:45 HF Lt. Weight Lifting E. Wing (IR) (ELP)
- 2:15 HF Lt. Weight Lifting W. Wing (IR) (ELP)
- 3:00 Afternoon Delight Happy Hour (IR) (ELP)
- 4:00 HF Word Picture & Wacky Wordies Puzzles (IR) (ELP)
- 6:00 LL Global Bk Club: The Saddle-maker's Wife (ELC) (ELP)

**Taurus the Bull Day!** **20**

- 9:15 Daily Chronicles/Event Schedule (ELD)
- 10:00 CE Art from Scents We Smell E. Wing (IR) (ELP)
- 10:15 HF Health Benefits of Lima Beans (IR) (ELP)
- 10:30 CE Art from Scents We Smell W. Wing (IR) (ELP)
- 11:15 CE Art from Scents We Smell 1st Floor (IR) (ELP)
- 1:15 HF Eiffel Tower Walking Tour 1st. Floor (L) (ELP)
- 1:45 HF Eiffel Tower Walking Tour E. Wing (L) (ELP)
- 2:00 LL King of Latin Jazz Day (IR) (ELP)
- 2:15 HF Eiffel Tower Walking Tour W. Wing (L) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)
- 4:00 LL Difference Between Cantonese & Mandarin (IR) (ELD)

**Daily Chronicles/Event Schedule (IR) (ELD)** **21**

- 9:15 Daily Chronicles/Event Schedule (IR) (ELD)
- 9:45 HF Strength Training Bingo Exercises (IR) (ELP)
- 10:00 CE Pour Art: Canvas Repurposing 1st Floor (ELC) (ELP)
- 10:15 LL Happy Birthday Queen Elizabeth (ELP)
- 10:30 LL Which Queen Am I? (IR) (ELP)
- 10:45 HF Brain Challenges: Earth Day (IR) (ELP)
- 11:00 CE Pour Art: Canvas Repurposing 1st Floor (ELC) (ELP)
- 11:30 Money Matters Puzzle (IR) (ELP)
- 1:00 HF Lt. Weightlifting 1st Floor (IR) (ELP)
- 1:45 HF Lt. Weightlifting E. Wing (IR) (ELP)
- 2:15 HF Lt. Weightlifting W. Wing (BP) (ELP)
- 3:00 EF Earth Garden Party Social Cart (IR) (ELD)

**It's Earth Day!** **22**

- 9:15 Daily Chronicles/Event Schedule (L) (ELP)
- 9:45 HF Weekly Exercise Challenge (IR) (ELP)
- 10:00 CE Earth Day Tree Planting 2nd Floor (BP) (ELP)
- 10:15 CE Recycle, Reuse and Reduce Puzzle Fun (IR) (ELP)
- 11:00 CE Earth Day Tree Planting 1st. Floor (BP) (ELP)
- 11:15 Searching for Jelly Beans/ A-mazing Beans (IR) (ELP)
- 11:30 CE UV Sun Art Project (IR) (ELP)
- 1:15 HF Tone it Up Thursday 1st. Floor (IR) (ELP)
- 1:45 HF Tone it Up Thursday E. Wing (IR) (ELP)
- 3:00 EF Jelly Belly Social Cart (IR) (ELD)
- 4:00 LL UV Sun Art Project Part-2 (IR) (ELP)

**Upper Body Daily Exercise (IR) (ELD)** **23**

- 9:45 HF Upper Body Daily Exercise (IR) (ELD)
- 10:00 LL About St. George (IR) (ELP)
- 10:15 IS Save the Rainforest (IR) (ELD)
- 10:30 Rain Forest Mining & Word search (IR) (ELD)
- 10:45 LL Spanish Flags & Phrases (IR) (ELD)
- 11:00 LL What is the Gathering of Nations? (IR) (ELD)
- 12:30 LL American Tribes/Languages (IR) (ELP)
- 1:15 HF Cupid Shuffle Exercise 1st. Floor (P) (ELD)
- 1:45 HF Cupid Shuffle Exercise E. Wing (L) (ELP)
- 2:15 HF Cupid Shuffle Exercise W. Wing (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)
- 6:00 IS 5 Senses Grounding Technique (IR) (ELP)

**Sense of Smell Day!** **24**

- 10:00 Morning Bingo Fun E. Wing (ELC) (ELP)
- 10:15 Shirley McCain Puzzle (ELC) (ELD)
- 10:30 HF Sun Brain Challenges (IR) (ELD)
- 10:30 LL Facts About the SUN! (IR) (ELD)
- 11:00 Morning Bingo Fun W. Wing (ELC) (ELD)
- 11:15 LL History of the Library of Congress (IR) (ELP)
- 1:00 HF Saturday Stretch 1st. Floor (P) (ELD)
- 1:30 CE Suncatcher Art (IR) (ELD)
- 2:00 Afternoon Bingo Fun 1st Floor Residents (ELC) (ELP)
- 2:30 CE Color-rama: Sun-Themed (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)

**It's Oscar Red Carpet Sunday!** **25**

- 9:15 Daily Chronicles/Event Schedule (L) (ELP)
- 9:45 HF Morning Glory Exercises E. Wing (L) (ELP)
- 10:00 LL About the Penguins-World (IR) (ELP)
- 10:15 Red Carpet Academy Award Puzzles (IR) (ELP)
- 10:30 HF Morning Glory Exercise W. Wing (L) (ELP)
- 10:45 IS Senior Living Ministries Devotion (IR) (ELP)
- 12:45 C Virtual Visits w/ Family (IR) (ELP)
- 2:15 LL What is the Red Hat Society®? (IR) (ELP)
- 3:00 EF Red Hat Society® Social Cart (IR) (ELP)
- 4:15 HF Senior Fit Walking w/ Friends (IR) (ELP)
- 6:00 IS Window Bird Watching Fun! (IR) (ELP)

**Happy Birthday Helen Starr Smith!** **26**

**It's Pink Moon Day!**

- 9:15 Daily Chronicles/Event Schedule (L) (ELP)
- 9:45 LL About the Pink Moon (IR) (ELP)
- 10:00 HF Lt. Weight Lifting E. Wing (L) (ELD)
- 10:15 LL The History of Muffins (IR) (ELP)
- 10:30 HF Lt. Weight Lifting W. Wing (IR) (ELP)
- 11:00 LL Audubon Day History & Bird Puzzle (IR) (ELP)
- 1:00 CE Rock Penguin Craft 1st Floor (ELC) (ELP)
- 1:30 CE Rock Penguin Craft W. Wing (ELC) (ELP)
- 2:00 CE Rock Penguin Craft E. Wing (ELC) (ELP)
- 2:30 IS For The Birds (IR) (ELP)

**Progressive Muscle Relaxation (IR) (ELP)** **27**

- 9:45 HF Progressive Muscle Relaxation (IR) (ELP)
- 10:00 LL Baseball Trivia & Discussion E. Wing (L) (ELP)
- 10:15 LL Interesting Facts about Babe Ruth (IR) (ELP)
- 10:30 LL Baseball Trivia & Discussion W. Wing (L) (ELP)
- 11:15 LL Baseball Trivia & Discussion 1st. Floor (P) (ELP)
- 1:15 HF Armchair Workout 1st Floor (IR) (ELP)
- 1:45 HF Armchair Workout E. Wing (IR) (ELP)
- 2:00 LL Morse Code Chart/Puzzle Brain Challenge (IR) (ELP)
- 2:15 HF Armchair Workout W. Wing (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELD)
- 4:00 LL Prime Rib Fun Facts (IR) (ELP)
- 6:00 IS How to do Laughter Yoga (Part-2) (IR) (ELP)

**Daily Chronicles/Event Schedule (L) (ELD)** **28**

**Humanitarian Day!**

- 9:15 Daily Chronicles/Event Schedule (L) (ELD)
- 10:00 EF Happy Hump Day Open Mic. E. Wing (IR) (ELP)
- 10:15 LL Camel Fun Facts Trivia (IR) (ELP)
- 10:30 EF Happy Hump Day Open Mic. W. Wing (IR) (ELP)
- 10:45 Tickle Your Funny Bone (IR) (ELP)
- 11:15 EF Happy Hump Day Open Mic. 1st Floor (L) (ELP)
- 1:15 HF Lt. Weightlifting 1st Floor (IR) (ELP)
- 2:00 LL Who was Oskar Schindler? (IR) (ELP)
- 3:00 EF Sky vs Spy Happy Hour Cart (IR) (ELP)
- 4:00 HF Sky vs Spy Brain Challenges (IR) (ELP)
- 6:00 IS Mid-week Devotional (B) (ELP)

**Daily Chronicles/Event Schedule (L) (ELP)** **29**

**Intl. Dance Day!**

- 9:15 Daily Chronicles/Event Schedule (L) (ELP)
- 10:00 EF Dance Crazy through the Decade E. Wing (L) (ELP)
- 10:15 LL Make A Wish Day (IR) (ELP)
- 10:30 EF Dance Crazy through the Decades W. Wing (IR) (ELP)
- 10:45 LL About Willie Nelson (IR) (ELP)
- 11:00 EF Dance Crazy thru the Decade 1st. Floor (P) (ELP)
- 1:15 HF Tone Up Across the Globe 1st. Floor (IR) (ELP)
- 2:15 HF Tone Up Across the Globe E. Wing (IR) (ELP)
- 3:00 EF Dancing in the Movies' Social Cart (IR) (ELD)
- 4:00 CE Color-rama: Dance Themed (IR) (ELD)
- 6:00 EF Dance Themed Movie Night (L) (ELD)

**Upper Body Daily Exercise (IR) (VLT)** **30**

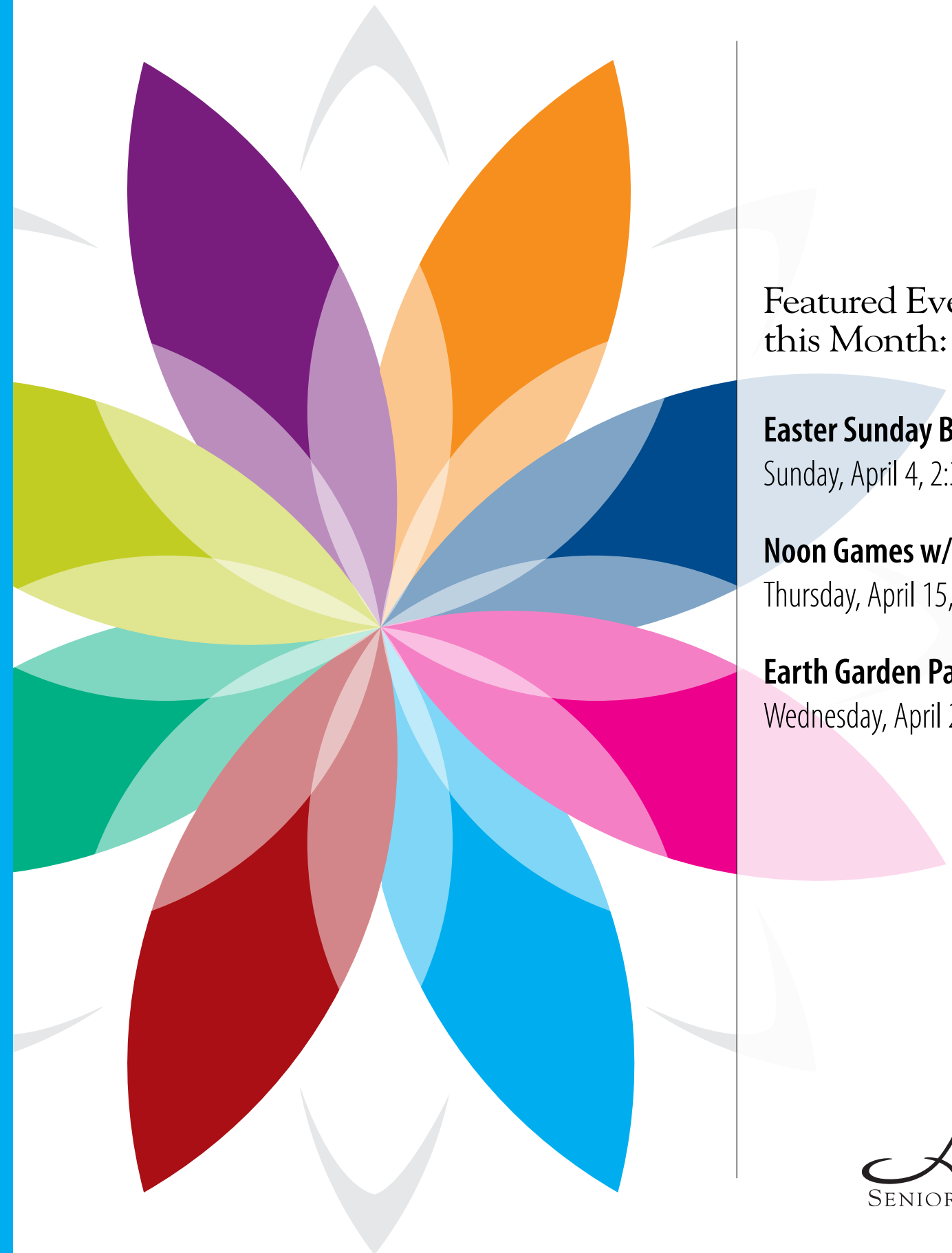
- 9:45 HF Upper Body Daily Exercise (IR) (VLT)
- 10:00 IS Meet Your Local Trees E. Wing (L) (ELD)
- 10:15 LL History of Arbor Day (IR) (ELP)
- 10:30 IS Meet Your Local Trees W. Wing (IR) (ELD)
- 10:45 Arbor Day Puzzles (IR) (ELD)
- 11:15 IS Meet Your Local Trees 1st Floor (IR) (ELP)
- 11:30 LL What Tree Am I? (IR) (ELP)
- 1:00 CE High-Five Collage Fun (IR) (ELP)
- 1:30 HF Armchair Exercise 1st. Flr. (IR) (ELD)
- 3:00 EF Intl. Jazz Day Social Cart (IR) (ELP)
- 4:00 IS Forest Funnies & More Arbor Day Puzzles (IR) (ELP)
- 6:00 CE Tree-mendous Quotes & Poems (IR) (ELP)

**Daily Chronicles/Event Schedule (L) (ELD)** **30**

- 9:15 Daily Chronicles/Event Schedule (L) (ELD)
- 9:45 HF Lower Body Conditioning (IR) (ELD)
- 10:15 LL Sudoku & Monkey Idioms (IR) (ELD)
- 10:30 CE Palm Crosses (L) (ELD)
- 10:45 CV Baby Vet--Calvin Graham & Puzzle (IR) (ELD)
- 11:15 LL A Bit About Queen Elizabeth (IR) (ELD)
- 1:15 HF Cupid Shuffle Exercise 1st. Floor (P) (ELD)
- 1:45 HF Game of Two Halves Crossword Puzzles (L) (ELD)
- 2:00 Afternoon Bingo Fun 1st. Floor (IR) (ELP)
- 3:00 Afternoon Delight Social Cart (IR) (ELP)
- 6:00 C Jigsaw Puzzle Fun w/ Friends (P) (VLT)

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Easter Sunday Bible Reading**

Sunday, April 4, 2:30 PM

**Noon Games w/ Prizes**

Thursday, April 15, 3:00 PM

**Earth Garden Party Social**

Wednesday, April 21, 3:00 PM



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- PA Personal Achievement
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- CE Creative Expression
- IS Inspiration & Spirituality
- C Connection
- A Atria StoryWise
- M Music

**ROOM LOCATION KEY:**  
LG Common Area    LGC

**STAFF KEY:**  
Engage Life Director    ELD  
Engage Life Program Instructor    ELP  
Volunteer    VLT

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<p><b>EASTER SUNDAY</b> <span style="float: right;"><b>4</b></span></p> <p>10:00 <span style="color: purple;">HF</span> Chair Yoga 11:00 <span style="color: orange;">LL</span> World Culture Art Fair 1:30 <span style="color: green;">EF</span> Bingo 2:30 <span style="color: blue;">IS</span> Easter Sunday Bible Reading 3:00 <span style="color: green;">EF</span> Coffee Bar Happy Hour 4:00 <span style="color: green;">EF</span> Puzzles and Games 6:00 <span style="color: purple;">HF</span> Range of Motion</p>	<p><b>5</b></p> <p>10:00 <span style="color: purple;">HF</span> Parachute and Beanbags 10:30 <span style="color: blue;">CE</span> Morning Craft 2:15 <span style="color: yellow;">C</span> FaceTime Hour (LGC) (ELP) 3:00 <span style="color: purple;">HF</span> Meditation and Centering w/ Ticia 6:00 <span style="color: blue;">IS</span> Mindful Coloring</p>	<p><b>6</b></p> <p>10:00 <span style="color: purple;">HF</span> Parachute 10:30 <span style="color: red;">PA</span> Piano with Ms.Clutteur 1:30 <span style="color: blue;">CE</span> Sing-A-Long 2:00 <span style="color: blue;">CE</span> Sip and Edible Paint 3:00 <span style="color: purple;">HF</span> Arm Chair Travels 4:00 <span style="color: green;">EF</span> Bingo 6:00 <span style="color: yellow;">C</span> Popcorn and Movie Night</p>	<p><b>7</b></p> <p>10:00 <span style="color: purple;">HF</span> Engage Your Brain (EYB) (LGC) (ELD) 10:30 <span style="color: red;">PA</span> What I did in the Past 10:30 <span style="color: blue;">IS</span> Drummers 12:30 <span style="color: purple;">HF</span> Stretch and Fit 1:00 Balloon Toss 6:00 <span style="color: purple;">M</span> Music and Coloring Wrap up</p>	<p><b>8</b></p> <p>10:00 <span style="color: purple;">HF</span> Chair Yoga 11:00 <span style="color: green;">EF</span> Movie 1:00 <span style="color: blue;">IS</span> Laughter Yoga 3:00 <span style="color: purple;">HF</span> Baking Cookies 4:00 Soccer 5:45 <span style="color: blue;">IS</span> Pet Therapy w/ Happy Tails (LGC) (VLT) 6:00 <span style="color: yellow;">C</span> Game Evening</p>	<p><b>9</b></p> <p>10:00 <span style="color: purple;">HF</span> Don't Step on the Bee and Move Your Feet 11:00 <span style="color: green;">EF</span> Expression and Meditation 1:00 <span style="color: purple;">HF</span> Aerobics 2:30 <span style="color: orange;">LL</span> Read A Loud 4:00 <span style="color: blue;">CE</span> Art Class 4:00 <span style="color: blue;">CE</span> Making Animals 6:00 <span style="color: purple;">HF</span> Tossing Game</p>	<p><b>10</b></p> <p>10:00 <span style="color: purple;">HF</span> Baseball Day 10:30 <span style="color: red;">CV</span> Read-A-Loud 11:30 Bring your Pet to Work 2:00 <span style="color: green;">A</span> StoryWise™ 4:00 <span style="color: purple;">HF</span> Range of Motion 5:00 <span style="color: blue;">CE</span> Mindful Expression through Art 6:00 Winding Down Hour</p>
<p><b>11</b></p> <p>10:00 <span style="color: purple;">HF</span> Stretch and Yoga 11:00 <span style="color: blue;">CE</span> Art Classes with Bright Colors 1:00 <span style="color: yellow;">C</span> Ladies Pampering Day 2:00 <span style="color: orange;">LL</span> Learning a New Skill 3:00 <span style="color: yellow;">C</span> Apple Cider and Cookies Social 4:00 Social Bingo 6:00 <span style="color: yellow;">C</span> Rest and Relaxation</p>	<p><b>12</b></p> <p><b>Happy Birthday Doris</b> 10:00 <span style="color: blue;">IS</span> Social Drumming 10:00 <span style="color: purple;">HF</span> Chair Soccer 1:00 <span style="color: yellow;">C</span> Happy Hearts Visit from AL (LGC) (ELP) 3:00 <span style="color: purple;">HF</span> Range of Motion 3:30 <span style="color: green;">EF</span> Intl. Women's Day Social 4:00 <span style="color: orange;">LL</span> World Religions 6:00 <span style="color: purple;">M</span> Music and Relax</p>	<p><b>13</b></p> <p>10:00 <span style="color: purple;">HF</span> Arm Chair Travels France 10:30 <span style="color: orange;">LL</span> French- Bastille Day 1:00 <span style="color: blue;">CE</span> Fun with Flags 2:00 <span style="color: purple;">HF</span> Chair Soccer 3:00 Under and Over Exercise 6:00 Toss Across the Table</p>	<p><b>14</b></p> <p>10:00 <span style="color: purple;">HF</span> Conductorise® Class (LGC) (ELD) 10:30 <span style="color: orange;">LL</span> Learning about India 12:00 <span style="color: purple;">HF</span> Bollywood Exercise 1:00 <span style="color: blue;">IS</span> Mindful Meditation 3:00 <span style="color: green;">EF</span> Sweets Happy Hour 4:00 <span style="color: green;">EF</span> Corn Hole 6:00 Call it a Day</p>	<p><b>15</b></p> <p>10:00 <span style="color: purple;">HF</span> Chair Soccer 11:00 <span style="color: orange;">LL</span> Science Experiment 1:00 <span style="color: blue;">CE</span> Yogurt Painting 2:00 <span style="color: blue;">CE</span> Lemonade Day 3:00 Pretty Nails and Coco 3:00 <span style="color: green;">EF</span> Noon Games w/ Prizes 4:00 <span style="color: purple;">HF</span> Balloon Toss Across 6:00 Puzzle Me This</p>	<p><b>16</b></p> <p>10:00 <span style="color: purple;">HF</span> Sit and Move Your Feet 10:30 <span style="color: blue;">CE</span> Natural Soap Bombs (PG) 11:00 <span style="color: orange;">LL</span> American Crossword Puzzle Championship 1:30 <span style="color: green;">EF</span> Sports and Sporting Events 3:00 <span style="color: orange;">LL</span> Travel to Hawaii 4:00 <span style="color: red;">PA</span> Active Aging Champions 6:00 <span style="color: purple;">HF</span> Low-Impact Aerobic</p>	<p><b>17</b></p> <p>10:00 <span style="color: purple;">HF</span> Arm Chair Travels- Great Britain 12:30 <span style="color: red;">CV</span> Community Quilt 1:00 <span style="color: yellow;">C</span> Pampering Event 2:00 <span style="color: purple;">HF</span> Parachute and Bean Bags 4:00 <span style="color: green;">EF</span> Arts and Crafts 6:00 Ball Toss</p>
<p><b>18</b></p> <p>9:00 <span style="color: purple;">HF</span> National Ice Cream Day 10:00 <span style="color: purple;">HF</span> Stomp Your Feet 11:00 <span style="color: orange;">LL</span> Animal Cracker Day 1:00 <span style="color: purple;">HF</span> Exercise to Your Ability 2:00 <span style="color: orange;">LL</span> Shirley Temple Animal Crackers 3:00 <span style="color: green;">EF</span> Klondike day 6:00 <span style="color: yellow;">C</span> Rest and Relaxation</p>	<p><b>19</b></p> <p>10:00 <span style="color: purple;">HF</span> Morning Stretches 11:00 <span style="color: green;">A</span> Our Future Is Wise 1:00 <span style="color: yellow;">C</span> Happy Hearts Visit from AL (LGC) (ELP) 1:30 <span style="color: green;">EF</span> Games and Chat 2:00 <span style="color: blue;">IS</span> Mindful Meditation 4:00 <span style="color: orange;">LL</span> Baking with Ticia 6:00 <span style="color: purple;">HF</span> Range of Motion</p>	<p><b>20</b></p> <p><b>Happy Birthday Carolyn</b> <b>Happy Birthday Roy</b> 10:00 <span style="color: purple;">HF</span> Trash Ball Game 10:30 <span style="color: yellow;">C</span> News and Views 1:00 <span style="color: blue;">CE</span> Indoor Garden Craft 1:30 <span style="color: purple;">HF</span> Stretch and Grow Like a Flower 2:30 April Birthday Celebration 3:00 <span style="color: green;">EF</span> Flower Happy Hour 4:00 <span style="color: yellow;">C</span> Read-a-Loud 6:00 Twist &amp; Stretch</p>	<p><b>21</b></p> <p>10:00 <span style="color: purple;">HF</span> Band &amp; Ball Exercise Class (LGC) (ELD) 11:00 <span style="color: yellow;">C</span> Today in History 11:30 <span style="color: blue;">CE</span> Yogurt Paint and Sip 12:30 Board Games 1:00 <span style="color: blue;">CE</span> Games &amp; Puzzles 3:00 <span style="color: green;">EF</span> Earth Garden party Social 3:30 <span style="color: green;">EF</span> Painting Social 4:00 <span style="color: green;">EF</span> Movie Day 6:00 <span style="color: blue;">IS</span> Relaxation and Rest</p>	<p><b>22</b></p> <p>10:00 <span style="color: purple;">HF</span> Beethoven Music and Stretch 11:00 <span style="color: blue;">CE</span> Express Yourself Arts and Craft 12:30 <span style="color: orange;">LL</span> Learning about British Royalty 1:00 <span style="color: purple;">HF</span> Making Cupcakes 2:00 <span style="color: purple;">M</span> Making Music or Making Noise 4:00 <span style="color: blue;">IS</span> Laughter Yoga 6:00 <span style="color: purple;">HF</span> Chair Aerobic</p>	<p><b>23</b></p> <p>10:00 <span style="color: purple;">HF</span> Happy Feet Soccer 10:30 <span style="color: orange;">LL</span> News of the Day 12:00 <span style="color: green;">EF</span> Baking Cookies in Motown 1:00 <span style="color: blue;">IS</span> Drumming and Rhythm 3:00 <span style="color: purple;">HF</span> Beanbag Toss Tournament 4:30 <span style="color: red;">PA</span> Q and A's from Your Past 6:00 Wrap it up</p>	<p><b>24</b></p> <p>10:00 <span style="color: purple;">HF</span> Light Weight and Stretches 10:30 <span style="color: orange;">LL</span> Learning about World Cultures 11:00 <span style="color: blue;">CE</span> Cooking/Baking 3:30 <span style="color: yellow;">C</span> Tea Party 4:00 <span style="color: purple;">HF</span> Range of Motion 6:00 <span style="color: blue;">CE</span> Arts and Crafts</p>
<p><b>25</b></p> <p>10:00 <span style="color: purple;">HF</span> Dancing to the Oldies 11:00 <span style="color: orange;">LL</span> News and Views 12:30 <span style="color: purple;">M</span> Music 1:00 <span style="color: purple;">HF</span> Happy Feet 2:00 <span style="color: blue;">CE</span> Art Classes w/ Ticia 3:00 <span style="color: blue;">IS</span> Relax and Meditate 5:30 <span style="color: green;">EF</span> Games and Puzzles</p>	<p><b>26</b></p> <p><b>Happy Birthday Sally</b> 10:00 <span style="color: purple;">HF</span> Morning Stretches 11:00 <span style="color: green;">EF</span> Old Fashioned Films 1:00 <span style="color: yellow;">C</span> Happy Hearts Visit from AL (LGC) (ELP) 1:30 <span style="color: purple;">HF</span> Engage Your Brain w/ Ticia 2:00 <span style="color: yellow;">C</span> Movie 3:00 <span style="color: orange;">LL</span> What films did we watch? 4:00 Movie Reel Craft 6:00 <span style="color: purple;">HF</span> Chair Yoga</p>	<p><b>27</b></p> <p>10:00 <span style="color: purple;">HF</span> Chair Volley Ball 11:00 <span style="color: purple;">M</span> Dance Movement 2:00 <span style="color: purple;">HF</span> Ice Cream in a Bag 3:30 Craft Celebration 5:00 <span style="color: yellow;">C</span> Read-a-Loud 6:00 <span style="color: blue;">IS</span> Meditation and Relaxation</p>	<p><b>28</b></p> <p>10:00 <span style="color: purple;">HF</span> Chair Dancing Class (LGC) (ELD) 11:00 <span style="color: orange;">LL</span> Reading Hour 12:30 <span style="color: purple;">M</span> Music and Relaxation 1:00 <span style="color: purple;">HF</span> Dog Day 2:00 Bingo 3:00 <span style="color: green;">EF</span> Taco 'Bout a Guac Party 3:30 <span style="color: green;">EF</span> Game Show Happy Hour 4:00 <span style="color: blue;">CE</span> Jewelry Making 6:00 <span style="color: green;">A</span> StoryWise™</p>	<p><b>29</b></p> <p>10:00 <span style="color: purple;">HF</span> Engage Your Brain 11:00 <span style="color: blue;">IS</span> Drumming 1:00 <span style="color: blue;">CE</span> Art Classes 2:15 <span style="color: red;">CV</span> Baking Puppy Treats 3:00 <span style="color: orange;">LL</span> Book Club 4:00 <span style="color: green;">EF</span> Culinary Enhancement Programs 6:00 Bingo</p>	<p><b>30</b></p> <p>10:00 <span style="color: purple;">HF</span> Low-Impact Aerobic 11:00 <span style="color: blue;">CE</span> Jewelry Making 1:00 <span style="color: yellow;">C</span> Hobby Workshop 2:15 <span style="color: blue;">IS</span> Positive Feeling with Art 3:00 <span style="color: yellow;">C</span> Social Club with Fresh Fruit 4:00 <span style="color: red;">PA</span> Fostering a Dream Experience 6:00 <span style="color: purple;">HF</span> Walking Club</p>	