

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Don't Worry Be
Frappé Coffee "Bar"**
Wednesday, October 7, 1:30 PM

**Masks and Mimosas
Happy Hour Cart**
Wednesday, October 21, 1:30 PM

Halloween Happy Hour Cart
Wednesday, October 28, 1:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2020

ATRIA CARMICHAEL OAKS engage life®

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:
Veterans Hall VH
North Activity Room NAR
In-Room IR

STAFF KEY:
Engage Life Team ELT
Resident Led R

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Jeopardy™ is a registered trademark of JeopardyProductions, Inc. All rights reserved.
Wheel of Fortune® is a registered trademark of Calton Productions, Inc. All Rights Reserved.

<p>4</p> <p>10:00 HF Strength and Balance Program (VH) (ELT) 10:30 EF Xbox: Bowling! (VH) (ELT) 1:00 Pretty Nails (VH) (ELT) 2:00 Pretty Nails (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 CE Origami (IR) (R)</p>	<p>5</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 What's in a Word? (VH) (ELT) 1:00 Hallway Bingo (IR) (ELT) 3:15 HF Stretching & Flexibility Program (VH) (ELT)</p>	<p>6</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 1:00 Hallway Bingo (IR) (ELT) 1:00 LL iPad®: The Great Courses (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT)</p>	<p>7</p> <p>9:00 HF Fun with Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 1:30 EF Don't Worry Be Frappe' Coffee "Bar" (IR) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 LL Coffee Brain Challenge Packet (VH) (ELT)</p>	<p>8</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 What's in a Word? (VH) (ELT) 1:00 EF Xbox: Jeopardy!® (VH) (ELT) 3:00 HF Stretching & Flexibility Program (VH) (ELT) 6:00 CE Creative Writing: Photo Caption (IR) (R)</p>	<p>9</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 IS Name That Tune (VH) (ELT) 1:30 CE Jewelry Making (VH) (ELT) 3:30 HF Strength and Balance Program (VH) (ELT) 6:00 CE Getting Acquainted w/ Famous Poetry (IR)</p>	<p>10</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 EF Word Challenge (VH) (ELT) 1:30 CE Jewelry Making (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 Classic Comics (IR) (R)</p>
<p>11</p> <p>10:00 HF Stretching and Flexibility Program (VH) (ELT) 10:30 EF Xbox: Bowling! (VH) (ELT) 1:00 Pretty Nails (VH) (ELT) 2:00 Pretty Nails (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 CE Origami (VH) (R)</p>	<p>12</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 What's in a Word? (VH) (ELT) 1:00 IS Hymn Sing w/ Tony (VH) (ELT) 3:00 HF Stretching & Flexibility Program (VH) (ELT)</p>	<p>13</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 What's in a Word? (ELT) 1:00 IS Hymn Sing w/ Tony (VH) (ELT) 3:00 HF Strength and Balance Program (VH)</p>	<p>14</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 What's in a Word? (ELT) 1:30 EF Harvest Happy Hour Cart (IR) (ELT)</p>	<p>15</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Stretching & Flexibility Program (VH) (ELT) 10:30 LL iPad®: Great Courses (VH) (ELT) 1:00 EF Xbox: Boxing! (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 CE Creative Writing (IR) (R)</p>	<p>16</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 IS Name That Tune (VH) (ELT) 1:30 CE Canvas Painting Class (VH) (ELT) 3:30 HF Strength and Balance Program (VH) (ELT) 6:00 CE Getting Acquainted w/ Famous Poetry</p>	<p>17</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 EF Word Challenge (VH) (ELT) 1:30 CE Canvas Painting Class (VH) (ELT) 3:00 HF Stretching & Flexibility Program (VH) (ELT) 6:00 LL Bookish Mad Libs (IR) (R)</p>
<p>18</p> <p>10:00 HF Stretching and Toning (VH) (ELT) 10:30 EF Xbox: Bowling! (VH) (ELT) 1:00 Pretty Nails (VH) (ELT) 2:00 Pretty Nails (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 CE Origami: Snake (IR) (R)</p>	<p>19</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 What's in a Word? (VH) (ELT) 1:00 Hallway Bingo (IR) (ELT) 3:15 HF Stretching & Flexibility Program (VH) (ELT) 6:00 CE Creative Writing (IR) (R)</p>	<p>20</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 What's in a Word? (VH) (ELT) 1:00 Hallway Bingo (IR) (ELT) 3:15 HF Strength and Balance Program (VH) (ELT) 6:00 CE Adult Coloring (IR) (R)</p>	<p>21</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 EF Xbox: Bowling! (VH) (ELT) 1:30 EF Masks and Mimosas Happy Hour Cart (IR) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 LL Brain Challenge Packet (IR) (R)</p>	<p>22</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 LL iPad®: Great Courses (VH) (ELT) 1:00 EF Xbox: Wheel of Fortune® (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 CE Creative Writing (IR) (R)</p>	<p>23</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 IS Name That Tune (VH) (ELT) 1:30 CE Arts & Crafts (VH) (ELT) 3:30 HF Strength and Balance Program (VH) (ELT)</p>	<p>24</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 EF Word Challenge (VH) (ELT) 1:30 LL Snacks From Around the World (VH) (ELT) 2:30 LL Snacks From Around the World (VH) (ELT) 3:30 HF Stretching & Flexibility Program (VH) (ELT) 6:00 Classic Comics (IR) (R)</p>
<p>25</p> <p>10:00 HF Strength and Balance Program (VH) (ELT) 10:30 EF Word Challenge (VH) (ELT) 1:00 Pretty Nails (VH) (ELT) 2:00 Pretty Nails (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT) 6:00 CE Origami (IR) (R)</p>	<p>26</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 What's in a Word? (VH) (ELT) 1:00 IS Hymn Sing w/ Tony (IR) (ELT) 3:15 HF Stretching & Flexibility Program (VH) (ELT) 6:00 CE Creative Writing (IR) (R)</p>	<p>27</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 EF Xbox: Jeopardy!® (VH) (ELT) 1:00 IS Hymn Sing w/ Tony (IR) (ELT) 3:15 HF Strength and Balance Program (VH) (ELT) 6:00 CE Poetry (IR) (R)</p>	<p>28</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Stretching and Toning (VH) (ELT) 10:30 EF Xbox: Bowling! (VH) (ELT) 1:30 EF Halloween Happy Hour Cart (IR) (ELT) 6:00 LL Brain Challenge Packet (IR) (R)</p>	<p>29</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 10:30 EF Xbox: Jeopardy!® (VH) (ELT) 1:30 EF Xbox: Wheel of Fortune® (VH) (ELT) 3:00 HF Strength and Balance Program (VH) (R)</p>	<p>30</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) (ELT) 1:00 EF Xbox: Bowling! (VH) (ELT) 1:45 EF Xbox: Bowling! (IR) (ELT) 3:00 HF Strength and Balance Program (VH) (ELT)</p>	<p>31</p> <p>9:00 HF Fun & Fitness (NAR) (R) 10:00 HF Strength and Balance Program (VH) 10:30 EF Word Challenge (VH) (ELT) 3:30 HF Strength and Balance Program (VH) 6:00 LL Halloween Brain Challenge Packet (IR) (ELT)</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Don't Worry Be
Frappé Coffee "Bar"**
Wednesday, October 7, 1:30 PM

**Masks and Mimosas
Happy Hour Cart**
Wednesday, October 21, 1:30 PM

Halloween Happy Hour Cart
Wednesday, October 28, 1:30 PM

Atria
SENIOR LIVING

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SENIOR LIVING

OCTOBER 2020

ATRIA CARMICHAEL OAKS Life Guidance®

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
- A** Atria StoryWise
- M** Music

ROOM LOCATION KEY:

- Life Guidance LG
- Bistro B
- Veterans Hall VH
- Koi Pond KP
- Life Guidance Living Room LLR
- Life Guidance Patio LGP
- In-Room IR

STAFF KEY:

- Resident Led R
- Director D
- Engage Life Team ELT
- Professional Facilitator PF
- Care Staff CS
- Life Guidance Program Specialist LGS

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<p>4</p> <p>10:00 HF Nature Walk (KP) (D)</p> <p>10:45 IS Studying the Word (LGP) (D)</p> <p>1:30 HF Stretching & Flexibility w/ Cindy (LGP) (ELT)</p> <p>2:00 A StoryWise™ - Let's Get To Know Each Other (LLR) (CS)</p> <p>6:30 CE Arts & Crafts w/ Trinitie (LLR) (CS)</p>	<p>5</p> <p>10:00 HF Tom's Strength Training Class (VH) (PF)</p> <p>10:45 IS Music - Drum Rhythm (LLR) (LGS)</p> <p>1:00 LL Current Events Catch Up (LGP) (CS)</p> <p>2:15 EF Jeopardy!® (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Huck the Frenchie (LG) (D)</p>	<p>6</p> <p>10:00 HF Rise and Shine: Energize Your Morning (LLR) (LGS)</p> <p>11:00 Daily Music Theme - Walk of Fame (LLR) (LGS)</p> <p>1:00 LL The Daily Chronicle (LLR) (LGS)</p> <p>1:30 HF Nature Walk (LLR) (LGS)</p> <p>3:00 CE Color My World (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Doc the Frenchie (LG) (D)</p>	<p>7</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Music- Fred Astaire Day (LLR) (LGS)</p> <p>1:00 LL What's on The Bee? (LGP) (LGS)</p> <p>1:30 EF Don't Worry Be Frappe' Coffee "Bar" (IR) (ELT)</p> <p>1:30 HF Foam Noodle Workout (LGP) (LGS)</p> <p>3:30 IS Therapy Dog Visit w/ Finn the Frenchie (LG) (D)</p>	<p>8</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Music from Around The World (LLR) (LGS)</p> <p>1:00 LL History Here (LGP) (LGS)</p> <p>1:30 HF Stretching & Flexibility (LGP) (LGS)</p> <p>2:00 IS Laugh Out Loud w/ Jokelopedia (CS)</p> <p>3:15 LL Samoan Hsitory w/ Nez (LLR) (CS)</p>	<p>9</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Music - Hop On Board the Soul Train (LLR) (LGS)</p> <p>1:00 LL Let's Listen to the Latest (LGP) (LGS)</p> <p>1:30 HF Movin' and Groovin' (LGP) (LGS)</p> <p>2:00 Clean Your Room Day! (LG) (CS)</p> <p>3:00 CE Color My World (LLR) (CS)</p>	<p>10</p> <p>9:00 Spa Day! (LLR) (CS)</p> <p>11:00 M Daily Music Theme - Broadway Musicals (LLR) (LGS)</p> <p>1:00 HF Nature Walk (KP) (LGS)</p> <p>2:00 HF Breathe, Stretch, Shake and Let It Go (LGP) (LGS)</p>
<p>11</p> <p>10:00 HF Nature Walk (KP) (D)</p> <p>10:45 IS Studying the Word (LGP) (D)</p> <p>1:30 HF Stretching & Flexibility w/ Cindy (LGP) (D)</p> <p>2:00 A StoryWise™ - Let's Get To Know Each Other (LLR) (CS)</p> <p>3:00 M Music- Mid-Afternoon with Miles Davis (LLR) (CS)</p>	<p>12</p> <p>10:00 HF Tom's Strength Training Class (VH) (PF)</p> <p>10:45 M Music - Ballroom Dancing (LLR) (CS)</p> <p>1:00 LL Current Events Catch Up (LGP) (CS)</p> <p>2:15 EF Heads Up! (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Huck the Frenchie (LG) (D)</p>	<p>13</p> <p>10:00 HF Rise and Shine: Energize Your Morning (KP) (LGS)</p> <p>11:00 Daily Music Theme - U.S. Navy Birthday (LLR) (LGS)</p> <p>1:00 LL The Daily Chronicle (LGP) (LGS)</p> <p>1:30 HF Nature Walk (LLR) (CS)</p> <p>3:00 CE Color My World (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Doc the Frenchie (LG) (D)</p>	<p>14</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>1:00 LL What's on The Bee? (LGP) (LGS)</p> <p>1:30 HF Foam Noodle Workout (LGP) (LGS)</p> <p>3:30 IS Therapy Dog Visit with Finn the Frenchie (LG) (D)</p>	<p>15</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Daily Music Theme - Your First Love (LLR) (LGS)</p> <p>1:00 LL History Here (LGP) (LGS)</p> <p>2:30 LL Language Class w/ Marin (LLR) (CS)</p> <p>3:15 LL Puzzled by Puzzles (LLR) (CS)</p>	<p>16</p> <p>10:00 HF Nature Walk (KP) (D)</p> <p>11:00 M Music - ElderSongs (LLR) (LGS)</p> <p>1:00 LL Let's Listen to the Latest (LGP) (LGS)</p> <p>1:30 HF Movin' and Groovin' (LGP) (LGS)</p> <p>2:00 A Berry Nice Day! (LGP) (CS)</p> <p>3:00 CE Color My World (LLR) (CS)</p>	<p>17</p> <p>9:00 Spa Day! (LLR) (CS)</p> <p>11:00 M Music - Ragtime (LLR) (LGS)</p> <p>1:00 HF Nature Walk (KP) (LGS)</p> <p>2:00 HF Breathe, Stretch, Shake and Let It Go (LGP) (LGS)</p> <p>3:00 Bingo Bonanza (LLR) (CS)</p>
<p>18</p> <p>10:00 HF Nature Walk (KP) (D)</p> <p>10:45 IS Studying the Word (LGP) (D)</p> <p>1:30 HF Stretching & Flexibility w/ Cindy (LGP) (D)</p> <p>2:00 A StoryWise™ - Let's Get To Know Each Other (LLR) (CS)</p> <p>6:30 CE Arts & Crafts w/ Trinitie (LLR) (CS)</p>	<p>19</p> <p>10:00 HF Tom's Strength Training Class</p> <p>10:45 IS Music - Drum Rhythm (LLR) (CS)</p> <p>1:00 LL Current Events Catch Up (LLR) (CS)</p> <p>2:15 EF Jeopardy!® (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Huck the Frenchie (LLR) (D)</p>	<p>20</p> <p>10:00 HF Rise and Shine: Energize Your Morning (LG) (LGS)</p> <p>11:00 Daily Music Theme - Peter, Paul & Mary (LLR) (LGS)</p> <p>1:00 LL The Daily Chronicle (LGP) (LGS)</p> <p>1:30 HF Nature Walk (LLR) (CS)</p> <p>3:00 CE Color My World (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Doc the Frenchie (LG) (D)</p>	<p>21</p> <p>11:00 M Music - Old Western & Cowboy! (LLR) (LGS)</p> <p>1:00 LL What's on The Bee? (LGP) (LGS)</p> <p>1:30 EF Masks and Mimosas Happy Hour Cart (IR) (ELT)</p> <p>1:30 HF Foam Noodle Workout (LLR) (LGS)</p> <p>3:30 IS Therapy Dog Visit with Finn the Frenchie (LG) (D)</p>	<p>22</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Music - Conduct w/ Beethoven (LLR) (LGS)</p> <p>1:00 LL History Here (LGP) (LGS)</p> <p>1:30 HF Stretching & Flexibility (LGP) (LGS)</p> <p>2:00 IS Laugh Out Loud w/ Jokelopedia (LLR) (CS)</p> <p>3:15 LL Samoan History w/ Nez (LLR) (CS)</p>	<p>23</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Music - Conduct w/ Mozart (LLR) (LGS)</p> <p>1:00 LL Let's Listen to the Latest (LGP) (LGS)</p> <p>1:30 HF Movin' and Groovin' (LGP) (LGS)</p> <p>2:00 SnackChat (LLR) (CS)</p>	<p>24</p> <p>9:00 Spa Day! (LLR) (CS)</p> <p>11:00 M Daily Music Theme - Paul McCartney (LLR) (LGS)</p> <p>1:00 HF Nature Walk (KP) (LGS)</p> <p>2:00 HF Breathe, Stretch, Shake and Let It Go (LGP) (LGS)</p> <p>3:00 Bingo Bonanza (LLR) (CS)</p>
<p>25</p> <p>10:00 HF Nature Walk (LGP) (D)</p> <p>10:45 IS Studying the Word (LGP) (D)</p> <p>1:30 HF Stretching & Flexibility w/ Cindy (LGP) (D)</p> <p>2:00 A StoryWise™ - Let's Get To Know Each Other (LLR) (CS)</p>	<p>26</p> <p>10:00 HF Tom's Strength Training Class</p> <p>10:45 M Music - Ballroom Dancing (LLR) (CS)</p> <p>1:00 LL Current Events Catch Up (LGP) (CS)</p> <p>2:15 EF Heads Up! (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Huck the Frenchie (LG) (D)</p>	<p>27</p> <p>10:00 HF Rise and Shine: Energize Your Morning (LG) (LGS)</p> <p>1:00 LL The Daily Chronicle (LGP) (LGS)</p> <p>1:30 HF Nature Walk (LLR) (CS)</p> <p>2:00 C Pop in for Popcorn (B) (ELT)</p> <p>3:00 CE Color My World (LLR) (CS)</p> <p>3:30 IS Therapy Dog Visit with Doc the Frenchie (LG) (D)</p>	<p>28</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Music - Get Loose w/ The BLues (LLR) (LGS)</p> <p>1:00 LL What's on The Bee? (LLR) (LGS)</p> <p>1:30 HF Foam Noodle Workout (LGP) (LGS)</p> <p>1:30 EF Halloween Happy Hour Cart (IR) (ELT)</p> <p>3:30 IS Therapy Dog Visit with Finn the Frenchie (LG) (D)</p>	<p>29</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Daily Music Theme - Tina Turner (LLR) (LGS)</p> <p>1:00 LL History Here (LGP) (LGS)</p> <p>1:30 HF Stretching & Flexibility (LLR) (LGS)</p> <p>2:00 IS Laugh Out Loud w/ Jokelopedia (LLR) (R)</p> <p>2:30 LL Language Class w/ Marin (LLR) (CS)</p> <p>3:15 LL Puzzled by Puzzles (LLR) (CS)</p>	<p>30</p> <p>10:00 HF Nature Walk (KP) (LGS)</p> <p>11:00 M Music - Fiesta (LLR) (LGS)</p> <p>1:00 LL Let's Listen to the Latest (LGP) (LGS)</p> <p>1:30 HF Movin' and Groovin' (LGP) (LGS)</p> <p>2:00 Root Beer Floats (LGP) (CS)</p>	<p>31</p> <p>9:00 Spa Day! (LLR) (CS)</p> <p>11:00 M Daily Music Theme - Halloween! (B) (LGS)</p> <p>1:00 HF Breathe, Stretch, Shake and Let It Go (LGP) (LGS)</p> <p>3:00 Bingo Bonanza (LLR) (CS)</p>