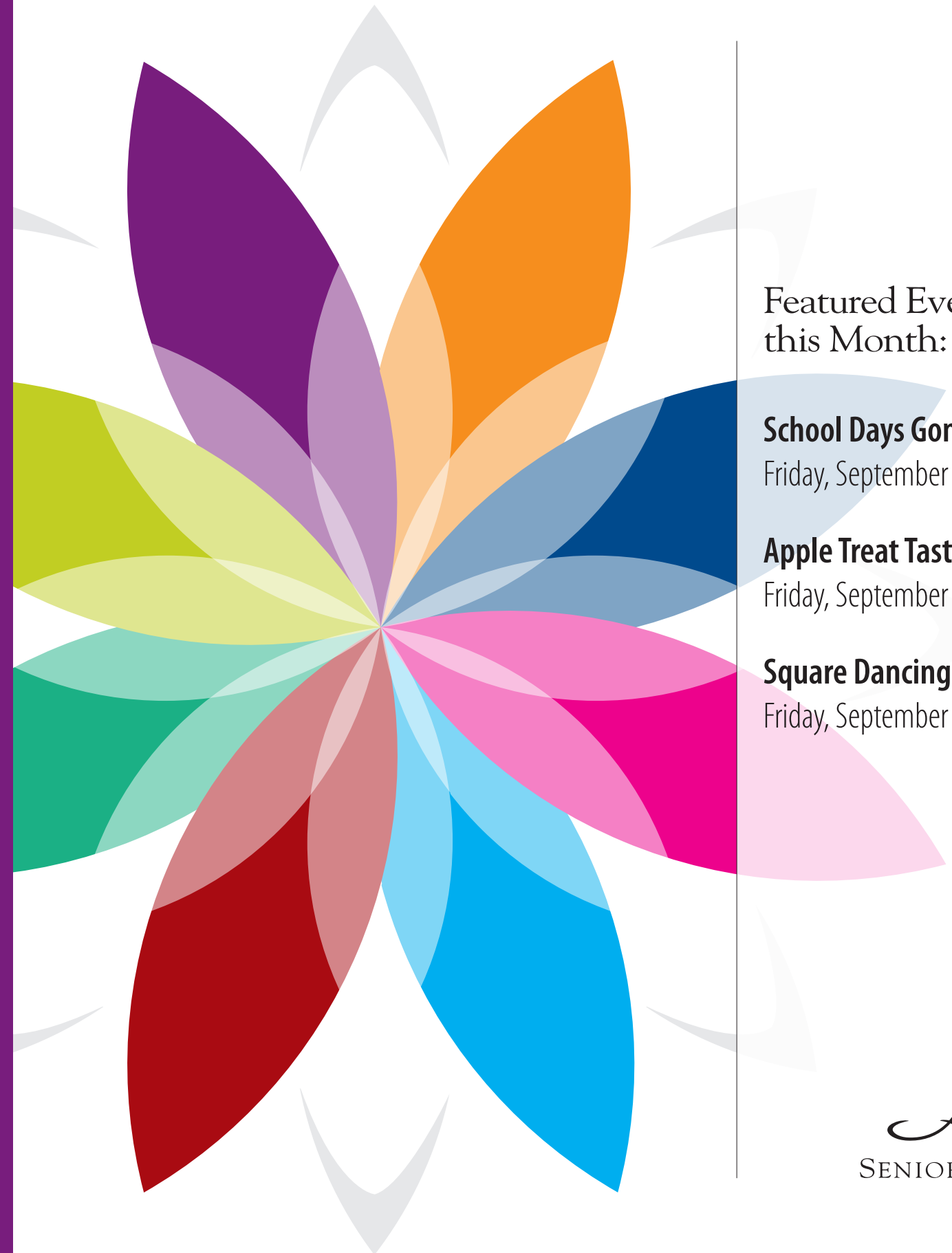


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

School Days Gone By Stories

Friday, September 11, 2:00 PM

Apple Treat Tasting

Friday, September 18, 2:00 PM

Square Dancing Demonstration

Friday, September 25, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SEPTEMBER 2020

ATRIA GRASS VALLEY
engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

		<p>10:00 HF One-on-One Morning Walks 1:30 C Chair Zumba® Dancing 3:00 IS Pet Therapy (JW) 4:00 PA Hallway Sing-Alongs</p>	<p>2 10:00 HF One-on-One Morning Walks 2:00 CE Themed Culinary/ Activities Happy Hour (HF) 4:00 SW StoryWise™ Time (JW)</p>	<p>3 10:00 HF One-on-One Morning Walks 11:30 LL Word Power Challenge (JW) 1:30 CE Matter of Balance Class 3:00 PA Crafting Demonstrations 4:00 EF Bingo</p>	<p>4 10:00 HF One-on-One Morning Walks 11:30 PA Brain Games 2:00 Ice Cream Social 4:30 LL Geography and Nature Discussions</p>	<p>5 10:00 HF One-on-One Morning Walks 1:30 HF Stretch and Strengthen 3:00 LL Armchair Journey- Mt. Rainier (TVR) (JW) 4:00 EF Sing Along (LR) (JW)</p>
<p>6 10:00 HF One-on-One Morning Walks 1:30 CE Hallway Motion and Movement 3:30 IS Hallway Devotional Reading 4:30 LL Hallway Word Search</p>	<p>7 10:00 HF One-on-One Morning Walks 1:30 CE Chair Tai Chi 3:30 LL Monday's Healthy Tips 4:30 PA Hallway Bingo 5:30 C Current News</p>	<p>8 10:00 HF One-on-One Morning Walks 1:30 C Chair Zumba® Dancing 3:00 IS Pet Therapy (JW) 3:00 LL Chef's Chat 4:00 PA Hallway Sing-Alongs</p>	<p>9 10:00 HF One-on-One Morning Walks 2:00 CE Themed Culinary/ Activities Happy Hour (HF) 4:00 SW StoryWise™ Time (JW)</p>	<p>10 10:00 HF One-on-One Morning Walks 11:30 LL Word Power Challenge (JW) 1:30 CE Matter of Balance 3:00 PA Crafting Demonstration 4:00 EF Bingo</p>	<p>11 10:00 HF One-on-One Morning Walks 11:30 PA Brain Games 2:00 School Days Gone By Stories (HF) 4:30 LL Geography and Nature Discussions</p>	<p>12 10:00 HF One-on-One Morning Walks 11:00 LL Brain Games (LR) (JW) 1:30 HF Stretch and Strengthen (ELC) (JW) 3:00 LL Armchair Journey to Costa Rica (TVR) (JW) 4:00 EF Sing Along (LR) (JW)</p>
<p>13 10:00 HF One-on-One Morning Walks 1:30 CE Hallway Motion and Movement (ELC) 3:30 IS Hallway Devotional Reading 4:30 LL Hallway Word Search</p>	<p>14 10:00 HF One-on-One Morning Walks 1:30 CE Chair Tai Chi 3:30 LL Monday's Healthy Tips 4:30 PA Hallway Bingo 5:30 C Current News</p>	<p>15 10:00 HF One-on-One Morning Walks 1:30 C Chair Zumba® Dancing 3:00 IS Pet Therapy (JW) 4:00 PA Hallway Sing-Alongs</p>	<p>16 10:00 HF One-on-One Morning Walks 2:00 CE Themed Culinary/ Activities Happy Hour (HF) 4:00 SW StoryWise™ Time (JW)</p>	<p>17 10:00 HF One-on-One Morning Walks 11:30 LL Word Power Challenge (JW) 1:30 CE Matter of Balance 3:00 PA Crafting Demonstration 4:00 EF Bingo</p>	<p>18 10:00 HF One-on-One Morning Walks 11:30 PA Brain Games 2:00 Apple Treat Tasting (HF) 4:30 LL Geography and Nature Discussions</p>	<p>19 10:00 HF One-on-One Morning Walks 11:00 LL Brain Games (LR) (JW) 1:30 HF Stretch and Strengthen 3:00 LL Armchair Journey to the Mammoth Caves (TVR) (JW) 4:00 EF Sing Along (LR) (JW)</p>
<p>20 10:00 HF One-on-One Morning Walks 1:30 CE Movement and Meditation (ELC) (ST) 3:30 IS Hallway Devotional Reading 4:30 LL Hallway Word Search (TVR)</p>	<p>21 10:00 HF One-on-One Morning Walks 1:30 CE Chair Tai Chi 3:30 LL Monday's Healthy Tips 4:30 PA Hallway Bingo 5:30 C Current News</p>	<p>22 10:00 HF One-on-One Morning Walks 1:30 C Chair Zumba® Dancing 3:00 IS Pet Therapy (JW) 4:00 PA Hallway Sing-Alongs</p>	<p>23 10:00 HF One-on-One Morning Walks 2:00 CE Themed Culinary/ Activities Happy Hour (HF) 4:00 SW StoryWise™ Time (JW)</p>	<p>24 10:00 HF One-on-One Morning Walks 11:30 LL Word Power Challenge (JW) 1:30 CE Matter of Balance 3:00 PA Crafting Demonstrations 4:00 EF Bingo</p>	<p>25 10:00 HF One-on-One Morning Walks 11:30 PA Brain Games 2:00 Square Dancing Demonstration (HF) 4:30 LL Geography and Nature</p>	<p>26 10:00 HF One-on-One Morning Walks 11:00 LL Brain Games (LR) (JW) 1:30 HF Stretch and Strengthen 2:30 LL Armchair Journey to Hawaii (TVR) (JW) 4:00 EF Sing Along (LR) (JW)</p>
<p>27 10:00 HF One-on-One Morning Walks 1:30 CE Hallway Motion and Movement 3:30 IS Hallway Devotional Reading 4:30 LL Hallway Word Search (TVR)</p>	<p>28 10:00 HF One-on-One Morning Walks 1:30 CE Chair Tai Chi 3:30 LL Monday's Healthy Tips 4:30 PA Hallway Bingo 5:30 C Current News</p>	<p>29 10:00 HF One-on-One Morning Walks (JW) 1:30 C Chair Zumba® Dancing (HF) 3:00 IS Pet Therapy (JW) 4:00 PA Hallway Sing-Alongs</p>	<p>30 10:00 HF One-on-One Morning Walks (JW) 2:00 CE Themed Culinary/ Activities Happy Hour (HF) 4:00 SW StoryWise™ Time (JW)</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 SW Atria StoryWise</p>	<p>ROOM LOCATION KEY: TV Room TVR Engage Life Center ELC Lobby LR</p>	<p>STAFF KEY: Heide Fike HF Jeanette Williams JW Staci Tye ST</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

School Days Gone By- StoryWise

Friday, September 11, 2:00 PM

Square Dance Event

Friday, September 18, 2:00 PM

Apple Milkshake Afternoon

Friday, September 25, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SEPTEMBER 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p>9:30 HF Conductorcise® (CR)</p> <p>10:00 LL The Sunday News (CR)</p> <p>10:30 C Good Morning Greeting (CR) (ST)</p> <p>1:00 HF Sunday Stroll (ST)</p> <p>4:00 CE Atria StoryWise™ Circle (CR)</p> <p>6:00 LL Brain Games (CR)</p>	<p>9:30 HF Strength and Balance Program (CR)</p> <p>10:30 C Good Morning Greeting (CR)</p> <p>11:00 HF Morning Walk (CR)</p> <p>1:00 Balance and Ball Toss (CR) (ST)</p> <p>2:30 CE Creative Art Class (ELC) (ST)</p> <p>6:00 LL Front Porch Travels (CR)</p>	<p>9:30 C Good Morning Greeting (CR) (ST)</p> <p>10:00 HF Qigong (ELC) (ST)</p> <p>1:00 IS Bible Study (TVR)</p> <p>2:30 HF Strength and Balance Program (CR) (ST)</p> <p>6:00 C Hand Massage (CR) (ST)</p>	<p>9:30 HF Gentle Movement and Meditation (CR) (ST)</p> <p>10:30 EF Song and Poetry Friends (CR) (ST)</p> <p>10:30 C Beauty Shop</p> <p>1:00 HF Music and Exercise (CR)</p> <p>3:00 LL Stories with Cindy (CR)</p> <p>4:00 LL Word Power Challenge (TVR) (JW)</p> <p>6:00 IS Meditation (B)</p>	<p>9:30 C Good Morning Greeting (CR) (ST)</p> <p>10:00 HF Tai Chi (ELC) (ST)</p> <p>2:00 HF Strength and Balance Program (CR)</p> <p>4:00 LL Nature Study-iPad® (CR)</p> <p>6:00 CE Short Stories (CR)</p>	<p>9:30 HF Stretch & Flex (CR)</p> <p>10:30 J Creative Music Program (CR)</p> <p>1:30 HF Gentle Muscle Training (CR)</p> <p>2:00 LL Trivia Challenge (CR)</p> <p>3:00 EF Happy Hour and Music (LR) (HF)</p> <p>6:00 C Popcorn Party (CR)</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:00 J Music & Exercise (CR)</p> <p>1:30 HF Stretch & Flex (CR) (JW)</p> <p>3:00 LL Story Time (CR) (CG)</p> <p>4:00 CE Sing Along (LR) (JW)</p> <p>6:00 EF Saturday Night at the Movies (CR)</p>
<p>9:30 HF Conductorcise® (CR)</p> <p>10:00 LL The Sunday News (CR)</p> <p>10:30 C Good Morning Greeting (CR) (ST)</p> <p>1:00 HF Sunday Stroll (ST)</p> <p>4:00 CE Atria StoryWise™ Circle (CR)</p> <p>6:00 LL Brain Games (CR)</p>	<p>9:30 HF Strength and Balance Program (CR)</p> <p>10:30 C Good Morning Greeting (CR) (ST)</p> <p>11:00 HF Morning Walk (LR) (ST)</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:30 CE Creative Art Class (CR) (ST)</p> <p>6:00 LL Front Porch Travels (CR)</p>	<p>9:30 C Good Morning Greeting (CR) (ST)</p> <p>10:00 HF Qigong (ELC)</p> <p>1:00 IS Bible Study (TVR)</p> <p>2:30 HF Strength and Balance Program (CR) (ST)</p> <p>6:00 C Hand Massage (CR)</p>	<p>9:30 HF Stretch and Flex (CR)</p> <p>10:30 EF Song and Poetry Friends (CR) (ST)</p> <p>10:30 C Beauty Shop</p> <p>1:00 HF Music & Exercise (CR)</p> <p>4:00 LL Word Power Challenge (TVR) (JW)</p> <p>6:00 IS Meditation (CR) (ST)</p>	<p>9:30 C Good Morning Greeting (CR)</p> <p>10:00 HF Tai Chi (ELC) (ST)</p> <p>1:30 C Afternoon Tea Party (CC) (ST)</p> <p>2:00 HF Strength and Balance Program (CR)</p> <p>4:00 LL Nature Study-iPad® (CR)</p> <p>6:00 CE Short Stories (CR)</p>	<p>9:30 HF Stretch & Flex (CR)</p> <p>10:30 J Creative Music Program (CR)</p> <p>1:30 HF Gentle Body and Mind Exercise (CR)</p> <p>2:00 EF School Days Gone By- StoryWise™</p> <p>6:00 C Popcorn Party (CR)</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:00 J Music & Exercise (CR)</p> <p>1:30 HF Stretch & Flex (JW)</p> <p>3:00 LL Story Time (CR) (CG)</p> <p>4:00 CE Sing Along (LR) (JW)</p> <p>6:00 EF Saturday Night at the Movies (CR)</p>
<p>9:30 HF Conductorcise® (CR)</p> <p>10:00 LL The Sunday News (CR)</p> <p>10:30 C Good Morning Greeting (CR) (ST)</p> <p>1:00 HF Sunday Stroll</p> <p>2:30 CE Poetry Reading (CG)</p> <p>4:00 CE Atria StoryWise™ Circle (CR)</p> <p>6:00 LL Brain Games (CR)</p>	<p>9:30 HF Strength and Balance Program (CR)</p> <p>10:30 C Good Morning Greeting (CR) (ST)</p> <p>11:00 HF Morning Walk (LR) (ST)</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:30 CE Creative Art Class (CR) (ST)</p> <p>6:00 LL Front Porch Travels (CR)</p>	<p>9:30 C Good Morning Greeting (CR) (ST)</p> <p>10:00 HF Qigong (ELC)</p> <p>1:00 IS Bible Study (TVR)</p> <p>2:30 HF Strength and Balance Program (B) (ST)</p> <p>6:00 C Hand Massage (CR)</p>	<p>9:30 HF Movement and Meditation (CR)</p> <p>10:30 EF Song and Poetry Friends</p> <p>10:30 C Beauty Shop</p> <p>1:00 HF Music & Exercise (CR) (CG)</p> <p>3:00 LL Stories with Cindy</p> <p>4:00 LL Word Power Challenge (TVR) (JW)</p> <p>6:00 IS Meditation (CR)</p>	<p>9:30 C Good Morning Greeting (CR) (ST)</p> <p>10:00 HF Tai Chi (ELC) (ST)</p> <p>1:30 C Afternoon Tea Party (CC)</p> <p>2:00 HF Strength and Balance Program (CC) (ST)</p> <p>4:00 LL Nature Study-iPad® (CR) (ST)</p> <p>6:00 CE Short Stories (CR) (CG)</p>	<p>9:30 HF Stretch & Flex (CR)</p> <p>10:30 J Creative Music Program (CR)</p> <p>1:30 HF Gentle Body and Mind Exercise (CR)</p> <p>2:00 EF Square Dance Event (CR)</p> <p>3:00 EF Happy Hour Music (LR) (HF)</p> <p>6:00 C Popcorn Party (CR)</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:00 J Music & Exercise (CR)</p> <p>1:30 HF Stretch & Flex (CR) (JW)</p> <p>3:00 LL Story Time (CR) (CG)</p> <p>4:00 CE Sing Along (LR) (JW)</p> <p>6:00 EF Saturday Night at the Movies (CR)</p>
<p>9:30 HF Conductorcise® (CR)</p> <p>10:00 LL The Sunday News (CR)</p> <p>10:30 C Good Morning Greeting (CR)</p> <p>1:00 HF Sunday Stroll (ST)</p> <p>2:30 CE Poetry Reading (CC) (CG)</p> <p>4:00 CE Atria StoryWise™ Social (CR)</p> <p>6:00 LL Brain Games (CR)</p>	<p>9:30 HF Strength and Balance Program (CR) (JW)</p> <p>10:30 C Good Morning Greeting (CR) (ST)</p> <p>11:00 HF Morning Walk (CR) (ST)</p> <p>1:00 Balance and Ball Toss (CR)</p> <p>2:30 CE Creative Art Class (CR) (ST)</p> <p>6:00 LL Front Porch Travels (CR)</p>	<p>9:30 C Good Morning Greeting (CR)</p> <p>10:00 HF Qigong (ELC)</p> <p>1:00 IS Bible Study (TVR)</p> <p>2:30 HF Strength and Balance Program (CR) (ST)</p> <p>6:00 C Hand Massage (CR)</p>	<p>9:30 HF Strength and Balance Program</p> <p>10:30 EF Song and Poetry Friends (CR)</p> <p>10:30 C Beauty Shop</p> <p>1:00 HF Music & Exercise (CR)</p> <p>3:00 LL Stories with Cindy (TVR) (JW)</p> <p>4:00 LL Word Power Challenge (TVR) (JW)</p> <p>6:00 IS Meditation (CR)</p>	<p>9:30 C Good Morning Greeting (CR) (ST)</p> <p>10:00 HF Tai Chi (ELC) (ST)</p> <p>1:30 C Afternoon Tea Party (CC) (ST)</p> <p>2:00 HF Strength and Balance Program (CR) (ST)</p> <p>4:00 LL Nature Study-iPad® (CR)</p> <p>6:00 CE Short Stories (CR) (ST)</p>	<p>9:30 HF Stretch & Flex (CR)</p> <p>10:30 J Creative Music Program (CR)</p> <p>1:30 HF Gentle Muscle Strengthening (CR) (ST)</p> <p>2:00 EF Apple Milkshake Afternoon (CR)</p> <p>3:00 EF Happy Hour Music (LR) (HF)</p> <p>6:00 C Popcorn Party (CR)</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:00 J Music & Exercise (CR) (CG)</p> <p>1:30 HF Stretch & Flex (CR) (JW)</p> <p>3:00 LL Story Time (CR) (CG)</p> <p>4:00 CE Sing Along (LR) (JW)</p> <p>6:00 EF Residents Choice Movie Night (CR) (JW)</p>
<p>9:30 HF Conductorcise® (CR)</p> <p>10:00 LL The Sunday News (CR)</p> <p>10:45 C Sunday Inspirational Reading (CR) (ST)</p> <p>1:00 HF Sunday Stroll (ST)</p> <p>2:30 CE Poetry Reading (CG)</p> <p>4:00 CE Atria StoryWise™ Circle (CR)</p> <p>6:00 LL Brain Games (CR)</p>	<p>9:30 HF Strength and Balance Program (CR)</p> <p>10:30 C Good Morning Greeting (CR) (CG)</p> <p>11:00 HF Morning Walk (CR)</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:30 CE Creative Art Class (CR) (ST)</p> <p>6:00 LL Front Porch Travels (CR)</p>	<p>9:30 C Good Morning Greeting (CG)</p> <p>10:00 HF Qigong (ELC)</p> <p>1:00 IS Bible Study</p> <p>2:30 HF Strength and Balance Program (CR)</p> <p>6:00 C Hand Massage (CG)</p>	<p>9:30 HF Strength and Balance Program (CR)</p> <p>10:30 EF Song and Poetry Friends (CR)</p> <p>10:30 C Beauty Shop (CG)</p> <p>1:00 HF Music & Exercise (CR)</p> <p>3:00 LL Stories with Cindy</p> <p>3:00 LL Word Power Challenge (JW)</p> <p>6:00 IS Meditation (CG)</p>	<p>PA Personal Achievement</p> <p>HF Health & Fitness</p> <p>EF Entertainment & Fun</p> <p>CV Civic Engagement</p> <p>LL Lifelong Learning</p> <p>CE Creative Expression</p> <p>IS Inspiration & Spirituality</p> <p>C Connection</p> <p>AS Atria StoryWise</p> <p>J Music</p>	<p>ROOM LOCATION KEY:</p> <p>Engage Life Center ELC</p> <p>Lobby LR</p> <p>Community Room CR</p> <p>Bus B</p> <p>Cupcake Room CC</p> <p>TV Room TVR</p>	<p>STAFF KEY:</p> <p>Heide Fike HF</p> <p>Jeanette Williams JW</p> <p>Caregiver CG</p> <p>Staci Tye ST</p>