

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Easter Brunch
Sunday, April 1, 11:30 AM

Ananda Tulip Festival Trip
Wednesday, April 18, 1:00 PM

Celebrating Earth Day
Monday, April 23, 1:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9:00 **PA** Billiards (TVR)
10:00 **HF** Strength and Balance (ELC)
11:30 **C** Easter Brunch (DR) (AR)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
2:30 **LL** Tech Talk (TVR) (HF)
3:30 **C** Woman's Club (LIB)
6:00 **EF** Evening Board Games (TVR)

2
9:30 **EF** Shop the Brunswick Basin (B) (SM)
10:00 **HF** Zumba® (ELC)
1:30 Shop the McKnight Way (B) (SM)
2:00 **HF** Gentle Muscle Strengthening (ELC)
2:30 **CE** Art Class (ELC)
6:00 **C** Monday Night Cinemas (TVR)

3
10:00 **HF** Qigong (ELC)
11:00 **CE** Garden Expression (P) (JW)
2:00 **HF** Balancing Class (ELC) (HF)
3:00 **C** Newcomer's Social (TVR) (HF)
3:30 **IS** Health Tip Tuesday (LR) (HF)
6:00 **LL** Art History w/ Jeanette (LR) (JW)

4
10:00 **HF** Low-Impact Aerobic (ELC)
10:00 **IS** Donut Shop Trip (B) (SM)
10:30 **CV** Group Crafting (LR) (HF)
2:00 **HF** Gentle Positional Exercise (ELC) (JW)
3:00 **CE** Simple Cooking Class (ELC) (JW)
6:00 **LL** Baileys & Biographies (LR) (JW)

5
10:00 **HF** Tai Chi and Chai Tea (ELC)
10:30 **IS** Catholic Communion (TVR)
11:00 **PA** Special Celebrations with Duane (LR)
2:00 **HF** Group Walks (ELC) (HF)
3:00 **EF** Bingo (ELC) (HF)
6:00 **CE** StoryWise™ Time (LR) (JW)

6
10:00 **HF** Matter of Balance Class (ELC) (HF)
10:45 **CE** Jewelry Making (ELC) (HF)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
2:30 **HF** Poker (TVR) (HF)
3:00 **EF** American Jazz Music (guitar) (LR) (HF)
6:00 **LL** Nature/Geography (TVR) (JW)

7
9:00 **PA** Billiards (TVR)
10:00 **HF** Meditative Exercise (ELC) (JW)
10:30 **IS** Worship Service (TVR)
11:00 **LL** Brain Games (LR) (JW)
2:00 **HF** Body-Bending Practice Exercise (ELC) (JW)
3:00 **LL** Armchair Journey to the Heart of France (TVR) (JW)
6:00 **CE** Book Club (TVR) (JW)

8
9:00 **PA** Billiards (TVR)
10:00 **HF** Stretch and Balance (ELC)
1:30 **IS** Curiosity Outing (B) (SM)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
3:00 **C** Ice Cream Social (LR) (JW)
6:00 **EF** Evening Board Games (TVR) (JW)

9
9:30 **EF** Shop the Brunswick Basin (B) (SM)
10:00 **HF** Zumba® (ELC)
1:30 Shop the McKnight Way (B) (SM)
2:00 **HF** Gentle Muscle Strengthening (ELC)
2:30 **CE** Art Class (ELC)
6:00 **C** Monday Night Cinemas (TVR)

10
10:00 **HF** Qigong (ELC)
11:00 **CE** Garden Expression (P) (HF)
1:30 **LL** Chef's Chat w/ Bill (ELC)
1:30 **IS** Caregiver Support Group
2:00 **HF** Balancing Class (ELC) (HF)
3:30 **IS** Healthy Tip Tuesday (LR) (HF)
6:00 **LL** Art History w/ Jeanette (LR) (JW)

11
10:00 Summer Thyme's (B) (SM)
10:00 **HF** Low-Impact Aerobic (ELC)
10:30 **CV** Group Crafting (LR) (HF)
2:00 **HF** Gentle Positional Exercise (ELC) (JW)
2:30 **HF** Chair Volleyball (ELC) (JW)
2:30 **PA** Knitting Club (LIB)

12
10:00 **HF** Tai Chi and Chai Tea (ELC)
10:30 **IS** Catholic Communion (TVR)
11:00 **PA** Special Celebrations w/ Duane (LR)
2:00 **HF** Group Walks (ELC) (HF)
3:00 **EF** Bingo (ELC) (HF)
6:00 **CE** StoryWise™ Time (LR) (JW)

13
10:00 **HF** Matter of Balance Class (ELC) (HF)
10:45 **CE** Jewelry Making (ELC) (HF)
1:30 **CV** Parkinson's Support Group (CC) (AR)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
3:00 **EF** Romantic Sing Along (LR) (HF)
6:00 **LL** Nature/Geography (TVR) (JW)

14
9:00 **PA** Billiards (TVR)
10:00 **HF** Meditative Exercise (ELC) (JW)
10:30 **IS** Worship Service (TVR)
11:00 **LL** Brain Games (LR) (JW)
2:00 **HF** Body-Bending Practice Exercise (ELC) (JW)
3:00 **LL** Armchair Journey to Old Wild West (TVR) (JW)
6:00 **CE** Book Club (TVR) (JW)

15
9:00 **PA** Billiards (TVR)
10:00 **HF** Stretch and Balance (ELC)
1:30 **IS** Devotional Reading (TVR)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
2:30 **LL** Tech Talk (TVR) (HF)
3:30 **C** Men's Club (TVR) (JW)
6:00 **EF** Evening Board Games (TVR) (JW)

16
9:30 **EF** Shop the Brunswick Basin (B) (SM)
10:00 **HF** Zumba® (ELC)
1:30 Shop the McKnight Way (B) (SM)
2:00 **HF** Gentle Muscle Strengthening (ELC)
2:30 **CE** Art Class (ELC)
6:00 **C** Monday Night Cinemas (TVR)

17
10:00 **HF** Qigong (ELC)
11:00 **CE** Garden Expression (P) (JW)
2:00 **HF** Balancing Class (ELC) (HF)
3:00 **CV** Ambassador Mixer (TVR) (HF)
3:30 **IS** Healthy Tip Tuesday (LR) (HF)
6:00 **LL** Art History w/ Jeanette (TVR) (JW)

18
10:00 Trip to Caroline's Coffee Shop (B) (SM)
10:00 **HF** Low-Impact Aerobic (ELC)
10:30 **CV** Crafting for A Cause (LR)
1:00 Ananda Tulip Festival Trip (B) (SM)
2:00 **HF** Gentle Positional Exercise (ELC) (JW)
3:00 **PA** EL Programming Meeting (TVR)
6:00 **LL** Baileys & Biographies (LR)

19
10:00 **HF** Tai Chi and Chai Tea (ELC)
10:30 **IS** Catholic Communion (TVR)
2:00 **HF** Group Walks (ELC) (HF)
2:30 **PA** Birthday Celebration! (LR) (HF)
4:00 **EF** Scrabble® (TVR) (HF)
6:00 **CE** StoryWise™ Time (LR) (JW)

20
10:00 **HF** Matter of Balance Class (ELC) (HF)
10:45 **CE** Jewelry Making (ELC) (HF)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
2:30 **HF** Poker (TVR)
3:00 **EF** American Folk Music (LR) (HF)
6:00 **LL** Nature/Geography (TVR) (JW)

21
9:00 **PA** Billiards (TVR)
10:00 **HF** Meditative Exercise (ELC) (JW)
10:30 **IS** Worship Service (TVR)
11:00 **LL** Brain Games (LR) (JW)
2:00 **HF** Body-Bending Practice Exercise (ELC) (JW)
3:00 **LL** Armchair Journey to Denali Ntl. Park (TVR) (JW)
6:00 **CE** Book Club (TVR) (JW)

22
9:00 **PA** Billiards (TVR)
10:00 **HF** Stretch and Balance (ELC)
1:30 **IS** Devotional Reading (ELC)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
5:00 Basketball Pizza Party (TVR)
6:00 **EF** Evening Board Games (TVR) (JW)

23
9:30 **EF** Shop the Brunswick Basin (B) (SM)
10:00 **HF** Zumba® (ELC)
1:30 **CV** Celebrating Earth Day (P) (HF)
1:30 Shop the McKnight Way (B) (SM)
2:00 **HF** Gentle Muscle Strengthening (ELC)
2:30 **CE** Art Class (ELC)
6:00 **C** Monday Night Cinemas (TVR) (HF)

24
10:00 **HF** Qigong (ELC)
11:00 **CE** Garden Expression (P) (JW)
1:30 **IS** Caregiver Support Group (CC)
2:00 **HF** Balancing Class (ELC) (HF)
3:00 **CV** Resident Council Meeting (TVR) (HF)
3:30 **IS** Health Tip Tuesday (LR) (HF)
6:00 **LL** Art History w/ Jeanette (LR) (JW)

25
10:00 Trip to Flour Garden (B) (SM)
10:00 **HF** Low-Impact Aerobic (ELC)
10:30 **CV** Group Crafting (LR) (HF)
2:00 **HF** Gentle Positional Exercise (ELC) (JW)
3:00 **PA** Creative Crafting (ELC) (JW)
6:00 **LL** Baileys & Biographies (LR)

26
10:00 **HF** Tai Chi and Chai Tea (ELC)
10:30 **IS** Catholic Communion (TVR)
11:00 **PA** Special Celebrations with Duane (LR)
2:00 **HF** Group Walks (ELC) (HF)
3:00 **EF** Bingo (ELC) (JW)
6:00 **CE** StoryWise™ Time (LR) (JW)

27
10:00 **HF** Matter of Balance Class (ELC) (HF)
10:45 **CE** Jewelry Making (ELC) (HF)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (JW)
2:30 **HF** Poker (TVR)
3:00 **EF** Oldies but Goodies Music (LR) (HF)
6:00 **LL** Nature/Geography (TVR) (JW)

28
9:00 **PA** Billiards (TVR)
10:00 **HF** Meditative Exercise (ELC) (JW)
10:30 **IS** Worship Service (TVR)
2:00 **HF** Body-Bending Practice Exercise (ELC) (JW)
3:00 **LL** Armchair Journey- Nevada County-Railroad (TVR) (JW)
6:00 **CE** Book Club (LR) (JW)

29
9:00 **PA** Billiards (TVR) (SM)
10:00 **HF** Strength and Balance Program (ELC) (HF)
1:30 **IS** Devotionals Reading (TVR) (SM)
2:00 **HF** Body and Mind Gentle Exercise (ELC) (SM)
2:30 **LL** Tech Talk (TVR) (SM)
6:00 **EF** Board Games (TVR) (SM)

30
9:30 **EF** Shop the Brunswick Basin (B) (SM)
10:00 **HF** Zumba® (ELC) (HF)
1:30 Shop the McKnight Way (B) (SM)
2:00 **HF** Gentle Muscle Strengthening (ELC) (HF)
2:30 **CE** Art Classes (ELC) (HF)
6:00 **C** Monday Night Cinema (TVR) (HF)



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

ROOM LOCATION KEY:

Cupcake Room CC
TV Room TVR
Library LIB
Patio P

STAFF KEY:

Alicia Rist AR
Suzanne Molner SM

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Easter Brunch**
Sunday, April 1, 11:30 AM
- Outing to Ice Cream Shop**
Wednesday, April 4, 2:30 PM
- Celebrating Earth Day**
Monday, April 23, 1:30 PM

Atria
SENIOR LIVING

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9:30 **HF** Conductorcise® with Lawrence Welk (CR)
10:30 **LL** The Sunday News (CR)
11:30 **EF** Easter Brunch (DR) (AR)
1:30 **HF** Legato Music & Exercise
2:30 **CV** Greeting Cards for the Community (CC)
4:00 **AW** Atria StoryWise™ Circle (CR)
6:00 **EF** Brain Games (CR)

2
9:30 **HF** Low-Impact Aerobics (CR)
10:30 **J** Legato Music
11:00 **CE** Art Expression (CR)
2:30 **EF** Storytelling (CR) (JW)
4:00 **HF** Balancing Moves (CR)
6:00 **LL** Front Porch Travels

3
9:30 **HF** Gentle Positional Exercise (CR)
10:00 **CE** Legato Talent Show (CR)
11:00 **IS** Threshold Choir (CR) (JW)
1:30 **HF** Strength and Balance Program (CR) (JW)
2:30 **IS** Inspirational Short Stories (CR)
6:00 **HF** Hand Massage (CR) (JW)

4
9:30 **HF** Matter of Balance (CR)
10:30 **C** Beauty Shop
11:00 **CE** Celebrating Music of Nat King Cole (CC) (JW)
1:30 **HF** Legato Music and Exercise (CR)
2:30 **Outing** to Ice Cream Shop (B) (JW)
3:00 **EF** Games (CR)
6:00 **IS** Meditation

5
9:30 **HF** Gentle Positioning Exercise (CR)
10:00 **J** Celebrating Beethoven's Music (CR)
11:00 **PA** Celebrate with Duane (LR)
1:30 **HF** Low-Impact Aerobics (CR)
2:30 **C** Afternoon Tea Party (CC) (JW)
4:00 **LL** Nature Study (CR)
6:00 **LL** Short Stories (CR)

6
9:30 **HF** Stretch & Flex (CR)
10:30 **IS** Legato Music Program (CR)
1:30 **HF** Gentle Muscle Training (CR)
2:00 **LL** Trivia Challenge (CR)
3:00 **EF** All American Jazz Music (LR) (JW)
6:00 **C** Popcorn Party (CR)

7
10:00 **J** Legato Music & Exercise (CR)
10:30 **IS** Worship Service
1:30 **HF** Stretch & Flex (CR) (JW)
2:30 **IS** Remembrance Sing-Along (CR) (JW)
4:00 **CE** Story Time
6:00 **EF** Saturday Night at the Movies

8
9:30 **HF** Conductorcise® (CR)
10:30 **LL** The Sunday News (CR)
1:30 **HF** Legato Music & Exercise
2:30 **CV** Greeting Cards for the Community (CR)
4:00 **AW** Atria StoryWise™ Circle (CR)
6:00 **EF** Brain Games (CR)

9
9:30 **HF** Low-Impact Aerobics (CR)
10:30 **PA** Legato Music, Great American w/ Caroll (CR) (JW)
11:00 **CE** Art Expression (CR)
1:00 **EF** Get to Know Your Neighbor (CR)
2:00 **CE** Simple Baking (DR) (JW)
4:00 **HF** Balancing Moves
6:00 **LL** Front Porch Travels (CR)

10
9:30 **HF** Gentle Muscle Strengthening (CR)
10:00 **CE** Legato Talent Show (CR)
11:00 **IS** Folk Sing-Along (JW)
1:30 **HF** Strength and Balance Program (CR) (JW)
2:30 **IS** Inspirational Short Stories (CR)
6:00 **HF** Hand Massage (CR)

11
9:30 **HF** Matter of Balance (CR)
10:30 **C** Beauty Shop
11:00 **CE** Celebrating the music of Julie London (CR)
1:30 **HF** Legato Music & Exercise (CR)
2:30 **Outing** to Empire Mine Park (CR) (JW)
6:00 **IS** Meditation (CR) (JW)

12
9:30 **HF** Gentle Positioning Exercise (CR)
10:00 **LL** Legato Music Appreciation (CR)
11:00 **PA** Celebrate with Duane (LR)
1:30 **HF** Low-Impact Aerobics (CR)
2:30 **C** Afternoon Tea Party (CC) (JW)
4:00 **LL** Nature Study (CR)
6:00 **LL** Short Stories (CR)

13
9:30 **HF** Stretch & Flex (CR)
10:30 **IS** Legato Music Program (CR)
1:30 **HF** Gentle Body and Mind Exercise (CR)
3:00 **EF** Romantic Sing-Along (LR) (JW)
6:00 **C** Popcorn Party (CR)

14
10:00 **J** Legato Music & Exercise (CR)
10:30 **IS** Worship Service (ELC)
1:30 **HF** Stretch & Flex (JW)
2:30 **IS** Remembrance Sing-Along (CR) (JW)
4:00 **CE** Story Time (CR)
6:00 **EF** Saturday Night at the Movies (CR)

15
9:30 **HF** Conductorcise® (CR)
10:30 **LL** The Sunday News (CR)
1:30 **HF** Legato Music & Exercise
4:00 **AW** Atria StoryWise™ Circle (CR)
6:00 **EF** Brain Games (CR)

16
9:30 **HF** Gentle Yoga (CR) (JW)
10:30 **J** Legato Music Appreciation (CR) (JW)
11:00 **CE** Art Expression (CR)
1:00 **EF** Get to Know Your Neighbor (CR)
2:00 **CE** Simple Baking (DR)
4:00 **HF** Balancing Moves
6:00 **LL** Front Porch Travels (CR)

17
9:30 **HF** Low-Impact Aerobics (CR) (JW)
11:00 **IS** Threshold Choir (CR) (JW)
1:30 **HF** Strength and Balance Program (JW)
2:30 **IS** Inspirational Short Stories (CR) (JW)
6:00 **HF** Hand Massage (CR)

18
9:30 **HF** Matter of Balance (CR)
10:30 **C** Beauty Shop
11:00 **J** Celebrating Music from "Grease" (CR)
1:30 **HF** Legato Music & Exercise
2:30 **Outing** to Pioneer Park (B) (JW)
3:00 **EF** Games (CR)
6:00 **IS** Meditation

19
9:30 **HF** Gentle Muscle Strengthening (CR)
10:00 **LL** Legato Music Appreciation (CR)
11:00 **PA** Celebrate with Duane (LR)
1:30 **HF** Low-Impact Aerobics (CR)
2:30 **C** Monthly Birthday Celebration (LR) (JW)
6:00 **J** Celebration of Bing Crosby Music (CR)

20
9:30 **HF** Stretch & Flex (CR)
10:30 **IS** Legato Music Irish Tunes (CR)
1:30 **HF** Gentle Body and Mind Exercise (CR)
2:00 **LL** Trivia Challenge (CR)
3:00 **EF** American Folk Music (CR) (HF)
6:00 **C** Popcorn Party (CR)

21
10:00 **J** Legato Music & Exercise (CR)
10:30 **IS** Worship Service (ELC)
1:30 **HF** Stretch & Flex (CR) (JW)
2:30 **IS** Remembrance Sing-Along (CR) (JW)
4:00 **CE** Story Time (CR)
6:00 **EF** Saturday Night at the Movies (CR)

22
9:30 **HF** Conductorcise® (CR)
10:30 **LL** The Sunday News (CR)
1:30 **HF** Legato Music & Exercise
2:30 **CV** Greeting Cards for the Community (CR)
4:00 **AW** Atria StoryWise™ Circle (CR)
6:00 **EF** Brain Games (CR)

23
9:30 **HF** Low-Impact Aerobics (CR)
10:30 **J** Legato Talent Show (CR)
11:00 **CE** Art Expression (CR)
1:00 **EF** Get to know your neighbor (CR)
1:30 **C** Celebrating Earth Day (G) (JW)
2:00 **CE** Simple Baking (DR) (JW)
4:00 **HF** Balancing Moves
6:00 **LL** Front Porch Travels (CR)

24
9:30 **HF** Gentle Body and Mind Exercise (CR)
10:00 **CE** Legato Talent Show (CR)
11:00 **IS** Folk Sing-Along (JW)
1:30 **HF** Strength and Balance Program (CR) (JW)
2:30 **IS** Inspirational Short Stories (CR)
6:00 **HF** Hand Massage (CR)

25
9:30 **HF** Matter of Balance (CR)
10:30 **C** Beauty Shop
11:00 **CE** Celebrating Music of the Bellamy Bros. (CR)
1:30 **HF** Legato Music & Exercise
2:30 **Outing** to Biblical Gardens (B) (JW)
6:00 **IS** Meditation

26
9:30 **HF** Gentle Positional Exercise (CR)
10:00 **LL** Legato Music Appreciation (CR)
11:00 **PA** Celebrate with Duane (CR)
1:30 **HF** Low-Impact Aerobics (CR)
2:30 **C** Afternoon Tea Party (CR) (JW)
4:00 **LL** Nature Study (CR)
6:00 **LL** Short Stories (CR) (JW)

27
9:30 **HF** Stretch & Flex
10:30 **IS** Legato Music Program (CR)
1:30 **HF** Gentle Muscle Strengthening (JW)
2:00 **LL** Trivia Challenge (CR)
3:00 **EF** Oldies but Goodies Music Music (LR) (JW)
6:00 **C** Popcorn Party (CR)

28
10:00 **J** Legato Music & Exercise
10:30 **IS** Worship Service (ELC)
1:30 **HF** Stretch & Flex (JW)
2:30 **IS** Remembrance Sing-Along (CR) (JW)
4:00 **CE** Story-time (CR) (JW)
6:00 **EF** Residents Choice Movie Night (CR) (JW)

29
9:30 **HF** Conductorcise® (CR) (JW)
10:30 **LL** The Sunday News (CR) (JW)
1:30 **HF** Low-Impact Aerobics (CR) (JW)
2:30 **CV** Greeting Cards for the Community (CC) (JW)
4:00 **AW** Atria StoryWise™
6:00 **EF** Brain Games (CR) (JW)

30
9:30 **HF** Low-Impact Aerobics (JW)
10:00 **J** Legato Talent Show (CR) (JW)
11:00 **CE** Art Expression (CC) (JW)
1:00 **EF** Get to Know Your Neighbor (CR) (JW)
2:00 **CE** Simple Baking (DR) (JW)
6:00 **LL** Front Porch Travels (CR) (JW)



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
AW Atria StoryWise

ROOM LOCATION KEY:
Engage Life Center ELC
Lobby LR
Community Room CR
Bus B
Dining Room DR
Gazebo G

STAFF KEY:
Heide Fike HF
Jeanette Williams JW