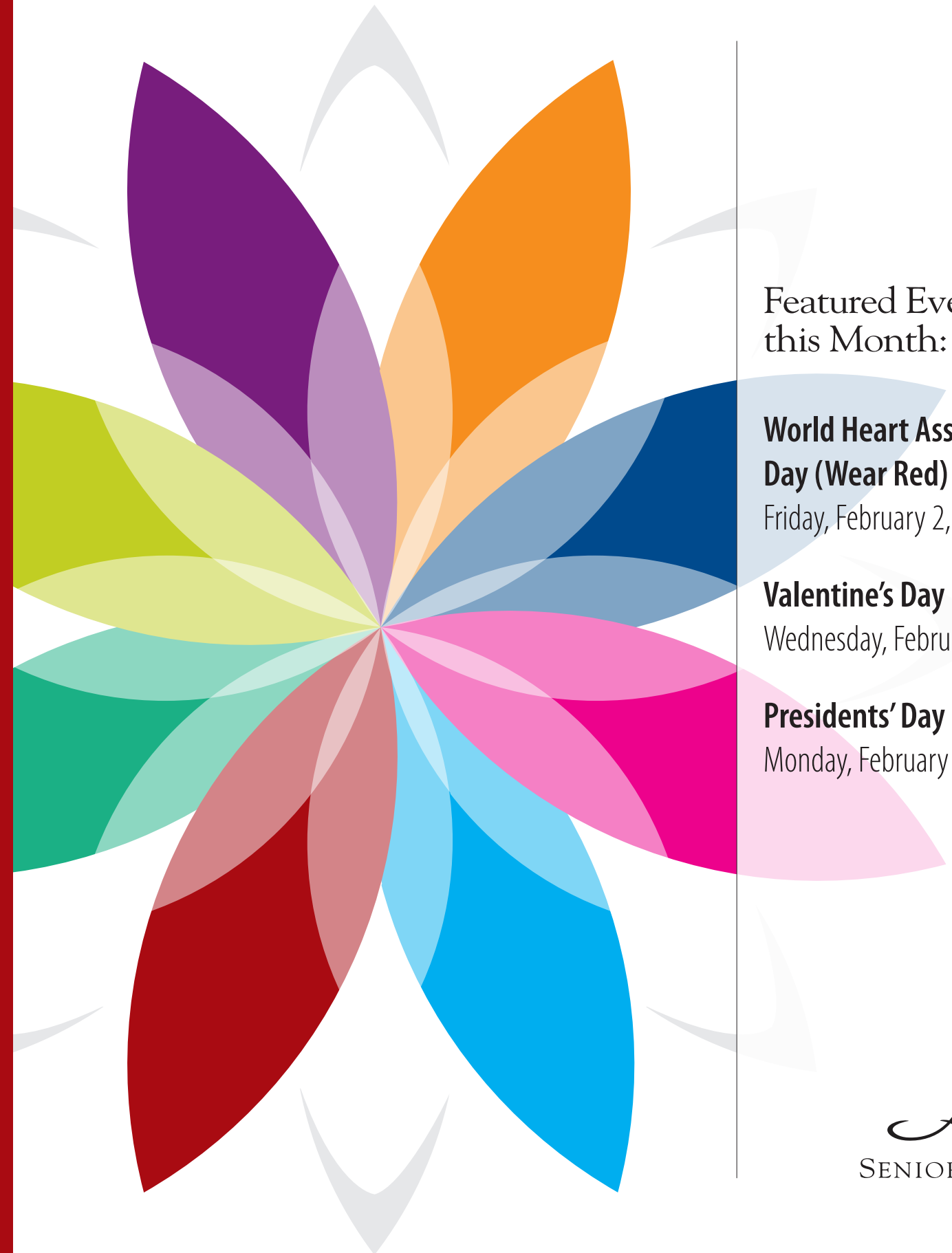


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**World Heart Association
Day (Wear Red)**

Friday, February 2, 1:00 pm

Valentine's Day Dinner Party

Wednesday, February 14, 5:00 pm

Presidents' Day Bar-B-Q

Monday, February 19, 12:00 pm

Atria
SENIOR LIVING

Atria
SENIOR LIVING

FEBRUARY 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



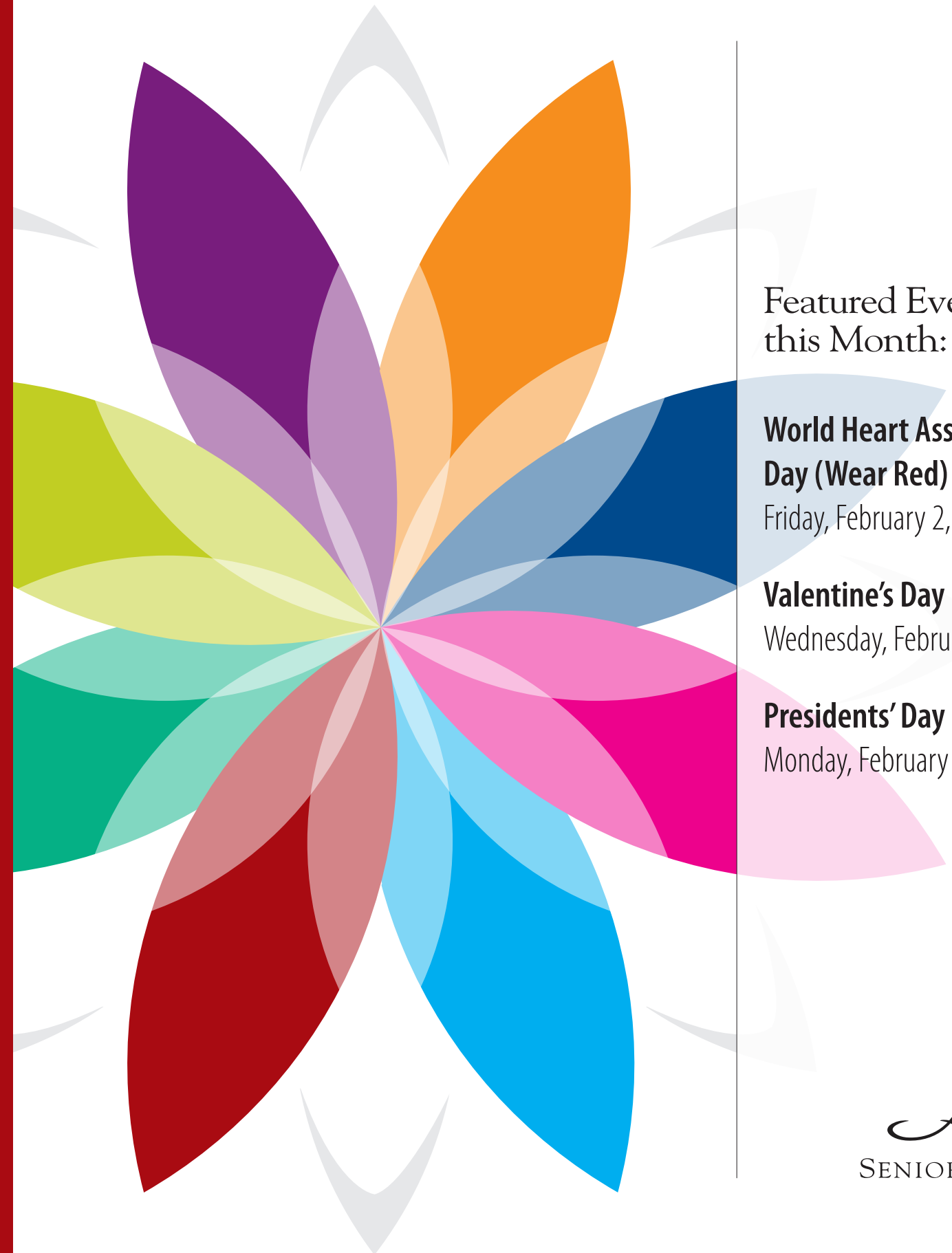
Atria ENGAGE LIFE®

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

<p>4</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength and Balance (ELC) 1:30 AW Curiosity Outing (ELC) [SM] 2:00 HF Body and Mind Gentle Exercise (ELC) [JW] 2:30 LL Tech Talk (TVR) [HF] 6:00 EF Evening Board Games (TVR)</p>	<p>5</p> <p>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 Balancing Class (ELC) [HF] 2:30 CE Art Class (ELC) 6:00 C Monday Night Cinemas (TVR)</p>	<p>6</p> <p>10:00 HF Qigong (ELC) 11:00 CE Garden Expression (P) [JW] 1:30 IS Bible Study (TVR) 2:00 HF Gentle Muscle Strengthening (ELC) [JW] 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]</p>	<p>7</p> <p>10:00 Donut Shop Trip (B) [SM] 10:00 HF Low-Impact Aerobic (ELC) 10:30 CV Crafting for a Cause (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]</p>	<p>8</p> <p>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 AW StoryWise Time (LR) [JW]</p>	<p>9</p> <p>10:00 HF Matter of Balance Class (ELC) [HF] 10:45 CE Jewelry Making (ELC) [HF] 1:30 CV Parkinson Support Group (CC) [AR] 2:00 HF Body and Mind Gentle Exercise (ELC) [JW] 3:00 EF Jazz Guitarist (LR) [HF] 6:00 LL Nature/Geography (TVR) [JW]</p>	<p>10</p> <p>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 Lewis and Clark Expedition. (TVR) [JW] 6:00 CE Book Club (TVR) [JW]</p>																							
<p>11</p> <p>9:00 PA Billiards (TVR) 10:00 HF Stretch and Balance (ELC) 1:30 AW Curiosity Outing (B) [SM] 2:00 HF Body and Mind Gentle Exercise (ELC) [JW] 3:30 C Men's Club (CC) [SM] 6:00 EF Evening Board Games (TVR) [JW]</p>	<p>12</p> <p>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 Balancing Class (ELC) [HF] 2:30 CE Art Class (ELC) 6:00 C Monday Night Cinemas (TVR)</p>	<p>13</p> <p>10:00 HF Qigong (ELC) 11:00 CE Garden Expression (P) [HF] 1:30 IS Caregiver Support Group 1:30 LL Chef's Chat w/ Bill (ELC) 2:00 HF Gentle Muscle Strengthening (ELC) [JW] 3:30 IS Healthy Tip Tuesday (LR) [HF] 6:00 LL Art History w/ Jeanette (LR) [JW]</p>	<p>14</p> <p>10:00 HF Low-Impact Aerobic (ELC) 10:00 Trip to Julie's Muffin Shop (B) [SM] 10:30 CV Crafting for a Cause (LR) 2:00 HF Gentle Positional Exercise (ELC) [JW] 2:30 PA Knitting Club (LIB) 5:00 Valentine's Day Dinner Party (LR) [HF]</p>	<p>15</p> <p>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 AW StoryWise Time (LR) [JW]</p>	<p>16</p> <p>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 Poker (TVR) 3:00 EF Blue Grass/Country Music (LR) [HF] 6:00 LL Nature/Geography (TVR) [JW]</p>	<p>17</p> <p>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 New Zealand (TVR) [JW] 6:00 CE Book Club (TVR) [JW]</p>																							
<p>18</p> <p>9:00 PA Billiards (TVR) 10:00 HF Stretch and Balance (ELC) 1:30 AW Curiosity Outing (B) [SM] 2:00 HF Body and Mind Gentle Exercise (ELC) [JW] 2:30 LL Tech Talk (TVR) [HF] 3:00 C Ice Cream Social (ELC) [JW] 6:00 EF Evening Board Games (TVR) [JW]</p>	<p>19</p> <p>9:30 EF Shop the Brunswick Basin (B) [SM] 10:00 HF Zumba® (ELC) 12:00 CV Presidents Day Bar-B-Q (DR) [HF] 1:30 Shop the McKnight Way (B) [SM] 2:00 HF Balancing Class (ELC) [HF] 2:30 CE Art Class (ELC) 6:00 C Monday Night Cinemas (TVR)</p>	<p>20</p> <p>10:00 HF Qigong (ELC) 11:00 CE Garden Expression (P) [JW] 1:30 IS Bible Study (TVR) 2:00 HF Gentle Muscle Strengthening (ELC) [JW] 3:00 CV Ambassador Mixer (TVR) [HF] 3:30 IS Healthy Tip Tuesday (LR) [HF] 6:00 LL Art History w/ Jeanette (TVR) [JW]</p>	<p>21</p> <p>10:00 HF Low-Impact Aerobic (ELC) 10:00 Trip to Caroline's Coffee Shop (B) [SM] 10:30 CV Crafting for A Cause (LR) 2:00 HF Gentle Positional Exercise (ELC) [JW] 3:00 PA EL Programming Meeting (TVR) 6:00 LL Baileys & Biographies (LR)</p>	<p>22</p> <p>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] 2:30 HF Chair Volleyball (ELC) [JW] 3:00 EF Bingo (ELC) [JW] 6:00 AW StoryWise Time (LR) [JW]</p>	<p>23</p> <p>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 Poker (TVR) 3:00 EF Romantic Melody Music (LR) [HF] 6:00 LL Nature/Geography (TVR) [JW]</p>	<p>24</p> <p>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 to the Grand Teton Nat. (TVR) [JW] 6:00 CE Book Club (LR) [JW]</p>																							
<p>25</p> <p>9:00 PA Billiards (TVR) 10:00 HF Stretch and Balance (ELC) 1:30 AW Curiosity Outing (B) [SM] 2:00 HF Body and Mind Gentle Exercise (ELC) [JW] 3:00 CE Creative Crafting (ELC) [JW] 5:00 C Football Pizza Party (TVR) [JW] 6:00 EF Evening Board Games (TVR) [JW]</p>	<p>26</p> <p>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 Balancing Class (ELC) [HF] 2:30 CE Art Class (ELC) 6:00 C Monday Night Cinemas (TVR)</p>	<p>27</p> <p>10:00 HF Qigong (ELC) 11:00 CE Garden Expression (P) [JW] 1:30 IS Bible Study (TVR) 1:30 IS Caregiver Support Group 2:00 HF Gentle Muscle Strengthening (ELC) [JW] 3:30 IS Health Tip Tuesday (LR) [HF] 6:00 LL Art History w/ Jeanette (LR) [JW]</p>	<p>28</p> <p>10:00 HF Low-Impact Aerobic (ELC) 10:00 Trip to Valentina's Bistro (B) [SM] 10:30 CV Crafting for A Cause (LR) 2:00 HF Gentle Positional Exercise (ELC) [JW] 3:00 PA Creative Collaging (ELC) [JW] 6:00 LL Baileys & Biographies (LR)</p>	<p>ROOM LOCATION KEY:</p> <table border="0"> <tr><td>Engage Life Center</td><td>ELC</td></tr> <tr><td>TV Room</td><td>TVR</td></tr> <tr><td>Lobby</td><td>LR</td></tr> <tr><td>Bus</td><td>B</td></tr> <tr><td>Patio</td><td>P</td></tr> <tr><td>Cupcake Room</td><td>CC</td></tr> <tr><td>Library</td><td>LIB</td></tr> <tr><td>Dining Room</td><td>DR</td></tr> </table> <p>STAFF KEY:</p> <table border="0"> <tr><td>Heide Fike</td><td>HF</td></tr> <tr><td>Jeanette Williams</td><td>JW</td></tr> <tr><td>Suzanne Molner</td><td>SM</td></tr> <tr><td>Alicia Rist</td><td>AR</td></tr> </table>		Engage Life Center	ELC	TV Room	TVR	Lobby	LR	Bus	B	Patio	P	Cupcake Room	CC	Library	LIB	Dining Room	DR	Heide Fike	HF	Jeanette Williams	JW	Suzanne Molner	SM	Alicia Rist	AR
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Wednesday, February 14, 5:00 pm

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Atria
SENIOR LIVING

Atria
SENIOR LIVING

FEBRUARY 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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- HF** Health & Fitness
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- Atria StoryWise**

<p>9:30 HF Conductorcise® with Lawrence Welk (CR)</p> <p>10:30 LL The Sunday News (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>2:30 CV Greeting Cards for the Community (CC)</p> <p>4:00 CE StoryWise Circle (CR)</p> <p>6:00 EF Brain Games (CR)</p> <p style="text-align: right;">4</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:30 J Legato Music</p> <p>11:00 CE Art Expression (CR)</p> <p>2:30 EF Storytelling (CR) [JW]</p> <p>4:00 HF Balancing Moves (CR)</p> <p>6:00 LL Front Porch Travels</p> <p style="text-align: right;">5</p>	<p>9:30 HF Yoga (CR)</p> <p>10:00 CE Legato Talent Show (CR)</p> <p>11:00 IS Folk Sing Along (CR) [JW]</p> <p>1:30 HF Strength and Balance Program (CR) [JW]</p> <p>2:30 IS Inspirational Short Stories (CR)</p> <p>6:00 HF Hand Massage (CR) [JW]</p> <p style="text-align: right;">6</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 CE Celebrating Music of Tom Jones (CC) [JW]</p> <p>1:30 HF Legato Music and Exercise (CR)</p> <p>2:30 C Scenic Drive to Bridgeport (B) [JW]</p> <p>3:00 EF Games (CR)</p> <p>6:00 IS Meditation</p> <p style="text-align: right;">7</p>	<p>9:30 HF Yoga (CR)</p> <p>10:00 LL Legato Music Appreciation (CR)</p> <p>11:00 PA Celebrate with Duane (LR)</p> <p>1:30 HF Low-Impact Aerobic (CR)</p> <p>2:30 C Afternoon Tea Party (CC) [JW]</p> <p>4:00 IS Nature Study (CR)</p> <p>6:00 LL Short Stories (CR)</p> <p style="text-align: right;">8</p>	<p>9:30 HF Stretch & Flex (CR)</p> <p>10:30 IS Legato Music Program (CR)</p> <p>1:30 HF Yoga (CR)</p> <p>2:00 LL Trivia Challenge (CR)</p> <p>2:30 CV World Heart Association Day (Wear Red) (CR) [JW]</p> <p>3:00 EF Light Rock Instrumental Music (LR) [JW]</p> <p>6:00 C Popcorn Party (CR)</p> <p style="text-align: right;">9</p>	<p>10:00 J Legato Music & Exercise (CR)</p> <p>10:30 IS Worship Service</p> <p>1:30 HF Stretch & Flex (CR) [JW]</p> <p>2:30 IS Remembrance Sing Along (CR) [JW]</p> <p>4:00 CE Story Time</p> <p>6:00 EF Saturday Night at the Movies</p> <p style="text-align: right;">3</p>
<p>9:30 HF Conductorcise® (CR)</p> <p>10:30 LL The Sunday News (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>2:30 CV Greeting Cards for the Community (CR)</p> <p>4:00 CE StoryWise Circle (CR)</p> <p>6:00 EF Brain Games (CR)</p> <p style="text-align: right;">11</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:30 PA Legato Music, Great American w/ Caroll (CR) [JW]</p> <p>11:00 CE Art Expression (CR)</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:00 CE Simple Baking (DR) [JW]</p> <p>4:00 HF Balancing Moves</p> <p>6:00 LL Front Porch Travels (CR)</p> <p style="text-align: right;">12</p>	<p>9:30 HF Yoga (CR)</p> <p>10:00 CE Legato Talent Show (CR)</p> <p>11:00 IS Threshold Choir [JW]</p> <p>1:30 HF Strength and Balance Program (CR) [JW]</p> <p>2:30 IS Inspirational Short Stories (CR)</p> <p>6:00 HF Hand Massage (CR)</p> <p style="text-align: right;">13</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 CE Celebrating the music of Bing Crosby (CR)</p> <p>1:30 HF Legato Music & Exercise (CR)</p> <p>2:30 C Outing to Lake Wildwood (CR) [JW]</p> <p>5:00 CV Valentine's Day Dinner Party (CR) [JW]</p> <p>6:00 IS Meditation (CR) [JW]</p> <p style="text-align: right;">14</p>	<p>9:30 HF Yoga (CR)</p> <p>10:00 LL Legato Music Appreciation (CR)</p> <p>11:00 PA Celebrate with Duane (LR)</p> <p>1:30 HF Low-Impact Aerobic (CR)</p> <p>2:30 C Monthly Birthday Celebration (LR) [JW]</p> <p>6:00 J Celebration of Bing Crosby Music (CR)</p> <p style="text-align: right;">15</p>	<p>9:30 HF Stretch & Flex (CR)</p> <p>10:30 IS Legato Music Irish Tunes (CR)</p> <p>1:30 HF Yoga (CR)</p> <p>2:00 LL Trivia Challenge (CR)</p> <p>3:00 EF Blue Grass Country Music (CR) [HF]</p> <p>6:00 C Popcorn Party (CR)</p> <p style="text-align: right;">16</p>	<p>10:00 J Legato Music & Exercise (CR)</p> <p>10:30 IS Worship Service (ELC)</p> <p>1:30 HF Stretch & Flex (CR) [JW]</p> <p>2:30 IS Remembrance Sing Along (CR) [JW]</p> <p>4:00 CE Story Time (CR)</p> <p>6:00 EF Saturday Night at the Movies (CR)</p> <p style="text-align: right;">17</p>
<p>9:30 HF Conductorcise® (CR)</p> <p>10:30 LL The Sunday News (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>4:00 CE StoryWise Circle (CR)</p> <p>6:00 EF Brain Games (CR)</p> <p style="text-align: right;">18</p>	<p>9:30 HF Gentle Yoga (CR) [JW]</p> <p>10:30 J Legato Music Appreciation (CR) [JW]</p> <p>11:00 CE Art Expression (CR)</p> <p>12:00 CV Presidents Day BBQ (DR) [JW]</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:00 CE Simple Baking (DR)</p> <p>4:00 HF Balancing Moves</p> <p>6:00 LL Front Porch Travels (CR)</p> <p style="text-align: right;">19</p>	<p>9:30 HF Low-Impact Aerobic (CR) [JW]</p> <p>11:00 IS Folk Sing Along (CR) [JW]</p> <p>1:30 HF Strength and Balance Program [JW]</p> <p>2:30 IS Inspirational Short Stories (CR) [JW]</p> <p>6:00 HF Hand Massage (CR)</p> <p style="text-align: right;">20</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 J Celebrating Music from "Oklahoma" (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>2:30 C Trip to Pioneer Park (B) [JW]</p> <p>3:00 EF Games (CR)</p> <p>6:00 IS Meditation</p> <p style="text-align: right;">21</p>	<p>9:30 HF Yoga (CR)</p> <p>10:00 LL Legato Music Appreciation (CR)</p> <p>11:00 PA Celebrate with Duane (CR)</p> <p>1:30 HF Low-Impact Aerobic (CR)</p> <p>2:30 C Afternoon Tea Party (CR) [JW]</p> <p>4:00 IS Nature Study (CR)</p> <p>6:00 LL Short Stories (CR) [JW]</p> <p style="text-align: right;">22</p>	<p>9:30 HF Stretch & Flex</p> <p>10:30 IS Legato Music Program (CR)</p> <p>1:30 HF Yoga [JW]</p> <p>2:00 LL Trivia Challenge (CR)</p> <p>3:00 EF Romantic Melody Music (LR) [JW]</p> <p>6:00 C Popcorn Party (CR)</p> <p style="text-align: right;">23</p>	<p>10:00 J Legato Music & Exercise</p> <p>10:30 IS Worship Service (ELC)</p> <p>1:30 HF Stretch & Flex [JW]</p> <p>2:30 IS Remembrance Sing Along (CR) [JW]</p> <p>4:00 CE Story-time (CR)</p> <p>6:00 EF Residents Choice Movie Night (CR) [JW]</p> <p style="text-align: right;">24</p>
<p>9:30 HF Conductorcise® (CR)</p> <p>10:30 LL The Sunday News (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>2:30 CV Greeting Cards for the Community (CR)</p> <p>4:00 CE StoryWise Circle (CR)</p> <p>6:00 EF Brain Games (CR)</p> <p style="text-align: right;">25</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:30 J Legato Talent Show (CR)</p> <p>11:00 CE Art Expression (CR)</p> <p>1:00 EF Get to know your neighbor (CR)</p> <p>2:00 CE Simple Baking (DR) [JW]</p> <p>2:30 EF Storytelling (CR) [JW]</p> <p>4:00 HF Balancing Moves</p> <p>6:00 LL Front Porch Travels (CR)</p> <p style="text-align: right;">26</p>	<p>9:30 HF Yoga (CR)</p> <p>10:00 CE Legato Talent Show (CR)</p> <p>11:00 IS Threshold Choir [JW]</p> <p>1:30 HF Strength and Balance Program (CR) [JW]</p> <p>2:30 IS Inspirational Short Stories (CR)</p> <p>6:00 HF Hand Massage (CR)</p> <p style="text-align: right;">27</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 CE Celebrating Music of Fats Domino (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>2:30 C Outing to Ice Cream Parlor (B) [JW]</p> <p>6:00 IS Meditation</p> <p style="text-align: right;">28</p>	<p>ROOM LOCATION KEY:</p> <ul style="list-style-type: none"> Community Room CR Lobby LR Cupcake Room CC Bus B Engage Life Center ELC Dining Room DR <p>STAFF KEY:</p> <ul style="list-style-type: none"> Jeanette Williams JW Heide Fike HF 		