

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Labor Day BBQ**
Monday, September 4, 11:30 am
- World Gratitude Day**
Thursday, September 21, 10:30 am
- Historical Holbrooke Outing**
Monday, September 25, 10:30 am

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SEPTEMBER 2017

ATRIA GRASS VALLEY
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
- W** Wisdom of Curiosity
- L** Legato

ROOM LOCATION KEY:

Engage Life Center ELC
TV Room TVR
Lobby LR
Patio P
Bus B
Restaurant R
Cupcake Room CC
Library LIB

STAFF KEY:

Jeanette Williams JW
Allie Crook AC
Suzanne Molner SM
Alicia Rist AR
Lois Bevan LB

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<p>3</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength Training (ELC) [AC] 1:30 W Curiosity Outing (ELC) [SM] 2:00 HF Posture Yoga (ELC) [AC] 2:30 LL Tech Talk [AC] 6:00 IS Religious Study Group (ELC)</p>	<p>4</p> <p>10:00 HF Zumba® (ELC) 10:30 EF Labor Day Outing (B) [SM] 11:30 EF Labor Day BBQ (R) [AR] 2:00 HF Posture Yoga (ELC) [AC] 2:30 CE Art Class (ELC) [AR] 3:30 EF Ice Cream Social [AC] 6:00 IS Short Stories with Jeanette (LR) [JW]</p>	<p>5</p> <p>10:00 HF Tai Chi and Chai Tea (ELC) 11:00 CE Garden Club (P) [JW] 1:30 IS Bible Study (TVR) 2:00 HF Fitness 1-on-1 with Bobbie (ELC) [AR] 2:00 HF Posture Yoga (ELC) [AC] 3:00 C Newcomer's Social (ELC) [AC] 3:30 EF Health Tip Tuesday (LR) 6:00 LL Earth's Energy from Plants & Gems (LR) [AC]</p>	<p>6</p> <p>9:30 Shop the Brunswick Basin (B) [SM] 10:00 HF Low-Impact Aerobic (ELC) 11:00 CV Crafting for a Cause (LR) [AC] 1:30 Shop the McKnight Way (B) [SM] 2:00 HF Gentle Yoga (ELC) [JW] 3:00 PA Newcomers Social (ELC) [AC] 6:00 LL Baileys & Biographies (LR) [AC]</p>	<p>7</p> <p>10:00 HF Tai Chi (ELC) 10:30 IS Catholic Communion (TVR) 11:00 PA Special Celebrations with Duane (LR) [JW] 2:00 HF Fitness 1-on-1 with Bobbie (ELC) [AR] 2:00 HF Modern Yoga (ELC) [JW] 3:00 Bingo (ELC) [AC] 6:00 LL Haunted History (ELC) [AR]</p>	<p>8</p> <p>10:00 HF Matter of Balance Class (ELC) [JW] 10:30 CE Jewelry Making [JW] 1:30 HF Parkinson's Support Group (ELC) 2:00 HF Modern Yoga (TVR) [JW] 3:00 EF Collin Hobbs on Cornet (LR) [JW] 6:00 IS Nature Club (P) [JW]</p>	<p>9</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength & Balance Class (ELC) 10:30 IS Worship Service (TVR) 1:30 C Flick and a Float (TVR) [JW] 2:00 HF Modern Yoga [JW] 3:00 HF Brain Games (LR) [JW] 6:00 IS Quote of the Day (LR)</p>
<p>10</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength Training (ELC) [AC] 11:00 C Men's Club (LR) 1:30 W Curiosity Outing (B) [SM] 2:00 HF Posture Yoga (ELC) [AC] 2:30 CE Crafting with Allie (ELC) [AC] 6:00 IS Religious Study Group (ELC)</p>	<p>11</p> <p>10:00 HF Zumba® (ELC) 10:30 EF Scenic Drive (B) [AC] 2:00 HF Posture Yoga (ELC) [AC] 2:30 CE Art Class (ELC) [AC] 3:30 LL Learning Genealogy (TVR) [AC] 6:00 IS Short Stories with Jeanette (LR)</p>	<p>12</p> <p>10:00 HF Tai Chi and Chai Tea (ELC) 11:00 CE Garden Club (P) [AC] 1:30 IS Bible Study (TVR) 1:30 CV Caregiver Support Group 2:00 HF Fitness 1-on-1 with Bobbie (ELC) [AR] 2:00 HF Posture Yoga (ELC) [AC] 3:30 EF Health Tip Tuesday (LR) 6:00 LL Earth's Energy from Plants & Gems (LR) [JW]</p>	<p>13</p> <p>9:30 Shop the Brunswick Basin (B) [SM] 10:00 HF Low-Impact Aerobic (ELC) 10:30 CV Crafting for a Cause (LR) [AC] 1:30 Shop the McKnight Way (B) 2:00 HF Gentle Yoga (ELC) [LB] 2:30 PA Knitting Club (CC) 3:00 HF Food for Thought (ELC) 6:00 LL Baileys & Biographies (LR) [AC]</p>	<p>14</p> <p>10:00 HF Tai Chi (ELC) 10:30 IS Catholic Communion (TVR) 11:00 PA Special Celebrations with Duane (LR) 2:00 HF Fitness 1-on-1 with Bobbie (ELC) [AR] 2:00 HF Modern Yoga (TVR) [JW] 3:00 Bingo (ELC) [JW] 6:00 LL Haunted History (LR) [JW]</p>	<p>15</p> <p>10:00 HF Matter of Balance Class (ELC) [JW] 10:30 CE Jewelry Making (ELC) [JW] 2:00 HF Modern Yoga (ELC) [JW] 2:00 Poker (TVR) 3:00 EF Jane Sinclair Trio (LR) [AC] 6:00 IS Nature Club (LR) [JW]</p>	<p>16</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength & Balance Class (ELC) 10:30 IS Worship Service (TVR) 11:00 HF Brain Game (LR) [JW] 2:00 HF Modern Yoga [JW] 3:00 C A Look at the Louvre (TVR) [JW] 6:30 IS Quote of the Day (LR)</p>
<p>17</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength Training (ELC) [AC] 1:30 W Curiosity Outing (B) [SM] 2:00 HF Posture Yoga (ELC) [AC] 2:30 LL Tech Talk (LR) [AC] 6:00 IS Religious Study Group (ELC)</p>	<p>18</p> <p>10:00 HF Zumba® (ELC) 10:30 EF Mystery Outing (B) [SM] 2:00 HF Posture Yoga (ELC) [AC] 2:30 CE Art Class (ELC) [LB] 3:30 LL Learning Genealogy (TVR) [AC] 6:00 IS Short Stories with Lois (LR) [JW]</p>	<p>19</p> <p>10:00 HF Tai Chi and Chai Tea (ELC) 11:00 CE Garden Club (P) [LB] 1:30 IS Bible Study (TVR) 2:00 HF Fitness 1-on-1 with Bobbie (ELC) 2:00 HF Posture Yoga (ELC) [JW] 3:00 CE Color Psychology (ELC) [JW] 3:30 EF Health Tip Tuesday (LR) 6:00 LL Earth's Energy from Plants & Gems (LR) [JW]</p>	<p>20</p> <p>9:30 Shop the Brunswick Basin (B) [SM] 10:00 HF Low-Impact Aerobic (ELC) 10:30 CV Crafting for a Cause (LR) [AC] 1:30 Shop the McKnight Way (B) [SM] 2:00 HF Gentle Yoga (ELC) [JW] 3:00 PA EL Programming Meeting (ELC) 6:00 LL Baileys & Biographies (LR)</p>	<p>21</p> <p>10:00 HF Tai Chi (ELC) 10:30 IS Catholic Communion (TVR) 10:30 CV World Gratitude Day 11:00 PA Special Celebrations with Duane (LR) 2:00 HF Fitness 1-on-1 with Bobbie (ELC) 2:00 HF Modern Yoga (ELC) [JW] 3:00 Bingo 6:00 LL Haunted History (LR)</p>	<p>22</p> <p>10:00 HF Matter of Balance Class (ELC) [JW] 10:30 CE Jewelry Making (ELC) [JW] 2:00 HF Modern Yoga (ELC) [JW] 2:00 Poker (TVR) 3:00 EF David Ayala on Guitar (ELC) [JW] 6:00 IS Nature Club (P) [JW]</p>	<p>23</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength & Balance Class (ELC) 10:30 IS Worship Service (TVR) 11:00 HF Brain Games (LR) 2:00 HF Modern Yoga (ELC) [JW] 3:00 C Morsels & A Movie (TVR) [JW] 6:00 IS Quote of the Day (LR) 6:00 PA Songs with Don, John, Kari & Friends</p>
<p>24</p> <p>9:00 PA Billiards (TVR) 10:00 HF Strength Training (ELC) [AC] 1:30 W Curiosity Outing (B) [SM] 2:00 HF Posture Yoga (ELC) [AC] 2:30 CE Crafting with Allie (ELC) [AC] 6:00 IS Religious Study Group (ELC)</p>	<p>25</p> <p>10:00 HF Zumba® (ELC) 10:30 EF Historical Holbrooke Outing (B) [SM] 2:00 HF Posture Yoga (ELC) [AC] 2:30 CE Art Class (ELC) [AC] 3:30 HF Health Seminar (TVR) [AC] 3:30 C Women's Club (LIB) [AC] 5:30 IS Adult Caregiver Support (LIB) 6:00 C Veterans Club (LR) [JW]</p>	<p>26</p> <p>10:00 HF Tai Chi and Chai Tea (ELC) 11:00 CE Garden Club (ELC) [JW] 1:30 IS Bible Study (TVR) 1:30 CV Caregiver Support Group 2:00 HF Fitness 1-on-1 with Bobbie (ELC) [AR] 2:00 HF Posture Yoga (ELC) [AC] 3:00 CV Ambassador Mixer (ELC) [JW] 3:30 EF Health Tip Tuesday (LR) 6:00 LL Earth's Energy from Plants & Gems (LR) [AR]</p>	<p>27</p> <p>9:30 Shop the Brunswick Basin (B) [SM] 10:00 HF Low-Impact Aerobic (ELC) 10:30 CV Crafting for a Cause (LR) 1:30 Shop the McKnight Way (B) [SM] 2:00 HF Gentle Yoga (ELC) [JW] 2:30 PA Knitting Club (CC) 3:00 PA PAINTING WITH A TWIST (ELC) [JW] 6:00 LL Baileys & Biographies (LR) [AC]</p>	<p>28</p> <p>10:00 HF Tai Chi (ELC) 10:30 IS Catholic Communion (TVR) 11:00 PA Special Celebrations with Duane (LR) 2:00 HF Fitness 1-on-1 with Bobbie (ELC) [AR] 2:00 HF Modern Yoga (ELC) [JW] 2:30 HF Chair Volleyball (P) [JW] 3:00 Bingo (ELC) [JW] 6:00 LL Haunted History (LR)</p>	<p>29</p> <p>10:00 HF Matter of Balance Class (MOB) (ELC) [JW] 10:30 CE Jewelry Making [JW] 2:00 HF Modern Yoga (ELC) [JW] 2:00 Poker 3:00 EF Stan Zabka on Piano (LR) [AC] 6:00 IS Nature Club (P) [JW]</p>	<p>30</p> <p>9:00 PA Billiards 10:00 HF Strength and Balance Class (ELC) [JW] 10:30 IS Worship Service (TVR) 11:00 HF Brain Games (LR) 2:00 HF Modern Yoga (ELC) [JW] 4:00 C Pizza and a Movie (TVR) [JW] 6:00 IS Positive Feeling (LR)</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Men's Club Outing

Monday, September 11, 2:30 pm

Family Dinner

Wednesday, September 13, 5:00 pm

World Gratitude Day

Thursday, September 21, 10:30 am

Atria
SENIOR LIVING

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SEPTEMBER 2017

SUNDAY

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FRIDAY

SATURDAY



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- PA** Personal Achievement
- HF** Health & Fitness
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- CV** Civic Engagement
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- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- W** Wisdom of Curiosity
- J** Legato

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

- STAFF KEY:**
- Jeanette Williams JW
 - Allie Crook AC
 - Suzanne Molner SM
 - Lois Bevan LB

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<p>9:30 HF Conductorise® with Lawrence Welk (CR) [AC]</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 W Wisdom of the Week (CR)</p> <p>6:00 EF Games (CR)</p> <p style="text-align: right;">3</p>	<p>9:30 HF Low-Impact Aerobic (CR) [AC]</p> <p>10:30 J Legato Music, Old Fiddlers!</p> <p>11:00 CE Art Expression (CR)</p> <p>2:30 EF Scenic Ride (B) [SM]</p> <p>4:00 HF Balancing Moves (CR)</p> <p>6:00 LL Front Porch Travels</p> <p style="text-align: right;">4</p>	<p>9:30 HF Yoga (CR) [AC]</p> <p>10:00 CE Legato Talent Show (CR)</p> <p>11:00 IS Reading Aloud (CR) [JW]</p> <p>1:30 HF Strength and Balance Program (CR) [JW]</p> <p>2:30 IS Inspirational Quotes (CR)</p> <p>6:00 EF Sports Update</p> <p style="text-align: right;">5</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 CE Celebrating Aretha Franklin (CC)</p> <p>1:30 HF Legato Music and Exercise (CR)</p> <p>2:30 CE Storytelling (CR)</p> <p>3:00 EF Games (CR)</p> <p>6:00 IS Meditation</p> <p style="text-align: right;">6</p>	<p>9:30 HF Yoga (CR) [AC]</p> <p>10:00 J Tony Bennett's Birthday (CR)</p> <p>11:00 PA Celebrate with Duane (LR)</p> <p>1:30 HF Low-Impact Aerobic (CR)</p> <p>2:30 C Neighborhood Party (CC) [AC]</p> <p>4:00 IS Nature Study (CR)</p> <p>6:00 LL News You Can Use (CR)</p> <p style="text-align: right;">7</p>	<p>9:30 HF Stretch & Flex (CR)</p> <p>10:30 IS Legato Music Program (CR)</p> <p>1:30 HF Yoga (CR) [AC]</p> <p>2:00 LL Trivia Challenge: Cole Porter (CR)</p> <p>3:00 EF Collin Hobbs on Cornet (LR) [LB]</p> <p>6:00 C Popcorn Party (CR)</p> <p style="text-align: right;">8</p>	<p>10:00 J Legato Music & Exercise (CR)</p> <p>10:30 IS Worship Service (ELC)</p> <p>1:30 HF Toe Tapping Exercise</p> <p>2:30 IS Drum Circle (G)</p> <p>4:00 CE Story Time (CR)</p> <p>6:00 EF Frank Sinatra Concert (CR)</p> <p style="text-align: right;">9</p>
<p>9:30 HF Conductorise® (CR) [AC]</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 W Wisdom of the Week (CR)</p> <p>6:00 EF Games (CR)</p> <p style="text-align: right;">10</p>	<p>9:30 HF Low-Impact Aerobic (CR) [AC]</p> <p>10:30 PA Legato Music, My Favorite (CR)</p> <p>11:00 CE Art Expression (CR)</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:30 EF Men's Club Outing (B)</p> <p>4:00 HF Balancing Moves</p> <p>6:00 LL Front Porch Travels (CR)</p> <p style="text-align: right;">11</p>	<p>9:30 HF Yoga (CR) [AC]</p> <p>10:00 CE Legato Talent Show (CR)</p> <p>11:00 IS Reading Aloud (CR) [JW]</p> <p>1:30 HF Strength and Balance Program (CR) [JW]</p> <p>2:30 IS Inspirational Quotes (CR)</p> <p>6:00 EF Sports Update (CR)</p> <p style="text-align: right;">12</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 CE Celebrating the Chubby Checker (CR)</p> <p>1:30 HF Legato Music & Exercise (CR)</p> <p>2:30 CE Storytelling (CR)</p> <p>3:30 EF Adventurous Eaters (LR)</p> <p>5:00 C Family Dinner</p> <p style="text-align: right;">13</p>	<p>9:30 HF Yoga (CR) [AC]</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 Neighborhood Party (CC) [AC]</p> <p>4:00 IS Nature Study (CR)</p> <p>6:00 LL News You Can Use (CR)</p> <p style="text-align: right;">14</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 Jane Sinclair Trio (LR) [LB]</p> <p>6:00 C Popcorn Party (CR)</p> <p style="text-align: right;">15</p>	<p>10:00 J Legato Music & Exercise (CR)</p> <p>10:30 IS Worship Service (ELC)</p> <p>1:30 HF Toe Tapping Exercise</p> <p>2:30 IS Drum Circle (G)</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;">16</p>
<p>9:30 HF Conductorise® (CR) [AC]</p> <p>10:30 LL The Sunday News (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>4:00 W Wisdom of the Week (CR)</p> <p>6:00 EF Games (CR)</p> <p style="text-align: right;">17</p>	<p>9:30 HF Yoga (CR) [JW]</p> <p>10:30 J Legato Music, Elvis Week! (CR)</p> <p>11:00 CE Art Expression (CR)</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:30 EF Scenic Ride (B)</p> <p>4:00 HF Balancing Moves</p> <p>6:00 LL Front Porch Travels (CR)</p> <p style="text-align: right;">18</p>	<p>9:30 HF Low-Impact Aerobic (CR) [JW]</p> <p>11:00 IS Reading Aloud (CR) [JW]</p> <p>1:30 HF Strength and Balance Program [JW]</p> <p>2:30 IS Chef's Table (CR)</p> <p>6:00 EF Sports Update (CR)</p> <p style="text-align: right;">19</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 J Celebrating the Macarena (CR)</p> <p>1:30 HF Legato Music & Exercise [LB]</p> <p>2:30 CE Storytelling (CR)</p> <p>3:00 EF Games (CR)</p> <p>6:00 IS Meditation</p> <p style="text-align: right;">20</p>	<p>9:30 HF Yoga (CR) [AC]</p> <p>10:00 LL Legato Music Appreciation (CR)</p> <p>10:30 CV World Gratitude Day</p> <p>11:00 PA Celebrate with Duane (LR)</p> <p>1:30 HF Low-Impact Aerobic (CR)</p> <p>2:30 C Neighborhood Party (DR) [AC]</p> <p>6:00 J JUDY GARLAND IN CONCERT (CR)</p> <p style="text-align: right;">21</p>	<p>9:30 HF Stretch & Flex</p> <p>10:30 IS Legato Music Program (CR)</p> <p>1:30 HF Yoga [AC]</p> <p>2:00 LL Trivia Challenge (CR)</p> <p>3:00 EF David Ayala (LR) [LB]</p> <p>6:00 C Popcorn Party (CR)</p> <p style="text-align: right;">22</p>	<p>10:00 J Legato Music & Exercise</p> <p>10:30 IS Worship Service (ELC)</p> <p>1:30 HF Toe Tapping Exercise</p> <p>2:30 IS Drum Circle</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;">23</p>
<p>9:30 HF Conductorise® (CR) [AC]</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 W Wisdom of the Week (CR)</p> <p>6:00 EF Games (CR)</p> <p style="text-align: right;">24</p>	<p>9:30 HF Low-Impact Aerobic (CR)</p> <p>10:30 J Legato Music, Mary Poppins! (CR)</p> <p>11:00 CE Art Expression (CR)</p> <p>1:00 EF Get to Know Your Neighbor (CR)</p> <p>2:30 EF Women's Club Outing (B)</p> <p>4:00 HF Balancing Moves</p> <p>6:00 LL Front Porch Travels (CR)</p> <p style="text-align: right;">25</p>	<p>9:30 HF Yoga (CR) [AC]</p> <p>10:00 CE Legato Talent Show (CR)</p> <p>11:00 IS Reading Aloud [JW]</p> <p>1:30 HF Strength and Balance Program (CR) [JW]</p> <p>2:30 IS Inspirational Quotes (CR)</p> <p>6:00 EF Sports Update (CR)</p> <p style="text-align: right;">26</p>	<p>9:30 HF Matter of Balance (CR)</p> <p>10:30 C Beauty Shop</p> <p>11:00 CE Celebrating Tina Turner (CR)</p> <p>1:30 HF Legato Music & Exercise</p> <p>2:30 CE Storytelling (CR)</p> <p>6:00 IS Meditation</p> <p style="text-align: right;">27</p>	<p>9:30 HF Yoga (CR) [AC]</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 Neighborhood Party (CR) [AC]</p> <p>4:00 IS Nature Study (CR)</p> <p>6:00 LL News You Can Use (CR)</p> <p style="text-align: right;">28</p>	<p>9:30 HF Stretch and Flex</p> <p>10:30 IS Legato Music Program</p> <p>1:30 HF Yoga</p> <p>2:00 LL Trivia Challenge</p> <p>3:00 EF Stan Zabka on Piano (LR)</p> <p>6:00 C Popcorn Party</p> <p style="text-align: right;">29</p>	<p>10:00 J Legato Music & Exercise</p> <p>10:30 IS Worship Service</p> <p>1:30 HF Toe Tapping Exercise</p> <p>2:30 IS Drum Circle</p> <p>4:00 CE Story-time</p> <p>6:00 EF Saturday Night at the Movies</p> <p style="text-align: right;">30</p>