

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Nutrition Lecture with Jaimie**

Thursday, October 3, 11:00 AM

**Curtain Call with Vinny**

Thursday, October 17, 1:30 PM

**Oktoberfest with Grigory!**

Thursday, October 24, 1:30 PM

*Atria*  
SENIOR LIVING

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# OCTOBER 2019

# ATRIA PARK OF GREAT NECK 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
- AW** Atria StoryWise

**1**

10:00 **HF** Silver Sneakers (MP) (PTS)  
10:30 **EF** Podcast of the Past: Lux Radio Theater (T)

11:15 **LL** Current Events (MP) (A)  
11:15 Pokeno® (L) (K)  
1:15 Shopping Trip (OS) (K)  
1:30 **C** September Birthday Party (MP) (A)  
2:30 Afternoon Matinee (T)  
2:30 **PA** Ambassador Welcome Visits! (CR) (A)  
3:00 Bingo! (MP) (Lo)  
4:15 **HF** Stretch to the Music (MP) (Lo)  
6:00 **IS** Positive Affirmations (P) (Lo)  
7:00 Evening Film (T)

**2**

10:00 **HF** Full Body Fitness (MP) (K)  
10:30 **EF** Trip to Queens Museum (OS) (K)  
11:15 Pokeno® (L) (K)  
11:15 **LL** World News Wednesday (MP) (A)  
1:30 Current Issues in the News with Rhoda (T) (OI)  
2:30 **PA** Canasta with Ellie (B) (RL)  
2:30 Afternoon Matinee (T)  
2:30 **CE** Artist Workshop: Acrylic Techniques (MP) (KL)  
3:45 Bingo! (MP) (A)  
4:15 **HF** Staying Fit (MP) (A)  
6:00 **LL** The Word Game (L) (A)  
7:00 Feature Film (T)

**3**

10:00 **HF** Dance Movement Therapy with Lisa (MP) (OI)  
11:00 **IS** Communion with St. Al's (T) (OI)  
11:00 **HF** Nutrition Lecture with Jaimie (MP) (OI)  
11:15 Pokeno® (L) (A)  
1:30 **CE** Food for Thought with Chef Jeff (MP) (J)  
2:30 Afternoon Matinee (T)  
2:30 **C** Bright Beginnings Happy Hour (MP) (A)  
2:30 **PA** Canasta with Ellie (B) (RL)  
3:30 Bingo (MP) (A)  
4:15 **HF** Gentle Stretch (MP) (A)  
6:00 **LL** Crossword Puzzle Challenge (MP) (A)  
7:00 Evening Feature Film (T)

**4**

9:30 Town Errands - Local Banks (OS) (K)  
10:00 **HF** Silver Sneakers (MP) (PTS)  
11:15 **LL** Hot Topics in the News (MP) (A)  
11:15 Pokeno® (L) (K)  
1:15 **CV** Writing To Our Troops (MP) (A)  
1:45 **IS** Shabbat with Rabbi Kravitsky (MP) (OI)  
2:30 Documentary Film (T)  
3:15 Bingo (MP) (A)  
4:00 **HF** Gentle Stretch (MP) (A)  
6:00 **LL** Urban Myth (MP) (A)  
7:00 Friday Flick (T)  
8:30 **PA** Cinematic Talkers (L) (RL)

**5**

11:00 **HF** Morning Movements (MP) (A)  
11:30 **LL** News Briefing (MP) (A)  
1:30 **EF** Live: The Nina Gordon Party! (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:45 **CE** Crafting Corner (MP) (A)  
3:30 Grand Pokeno® (MP) (Lo)  
4:15 **HF** Afternoon Stretch (MP) (A)  
6:00 **EF** Board Game Toss-Up (MP) (A)  
7:00 Evening Feature Film (T)

**6**

9:30 **IS** Church Services (OS) (K)  
10:00 **HF** Rise & Shine Stretch (MP) (KL)  
11:15 **LL** Horoscopes & Happenings (MP) (KL)  
1:30 **EF** Jewish New Year Jubilee (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:30 **EF** Sunday Sundaes (MP) (KL)  
3:15 Bingo (MP) (KL)  
4:15 **HF** Dancing in the Afternoon (MP) (KL)  
7:00 Evening Film (T)

**7**

10:00 **HF** Morning Movements (MP) (KL)  
11:15 **LL** Morning News Highlights (MP) (KL)  
11:15 Pokeno® (L) (K)  
1:30 **LL** Short Stories Club (T) (KL) (MP) (OI)  
2:30 **PA** Canasta with Ellie (B) (RL)  
2:30 Afternoon Matinee (T)  
2:45 **HF** Walking for Charity (LR) (A)  
3:15 B-I-N-G-O! (MP) (A)  
4:15 **LL** TED Talks: Why We Laugh (MP) (A)  
7:00 Evening Flick (T)

**8**

**Yom Kippur begins at Sundown**

10:00 **HF** Silver Sneakers (MP) (PTS)  
10:30 **LL** Podcast Presentation: Maritime History (T)  
11:15 **LL** Current Events (MP) (A)  
1:15 Shopping Trip (OS) (K)  
1:30 **PA** Engage Life® Programming Meeting (MP) (KL)  
2:30 **PA** Ambassador Welcome Visits! (CR) (RL)  
3:30 B-I-N-G-O! (MP) (Lo)  
4:15 **HF** Dancing in the Afternoon (MP) (Lo)  
6:00 **LL** You Be the Judge (MP) (Lo)  
7:00 Evening Feature Film (T)

**9**

10:00 **HF** Weights Workout (MP) (K)  
11:15 Pokeno® (L) (K)  
11:15 **LL** World News Wednesday (MP) (A)  
1:30 **CE** Artist Workshop: Watercolor 101 (MP) (KL)  
1:30 **EF** Trip: Jericho Library (OS) (K)  
2:30 Afternoon Matinee (T)  
2:30 **PA** Canasta with Ellie (B) (RL)  
3:45 Bingo (MP) (A)  
4:15 **HF** Rejuvenating Yoga (MP) (A)  
6:00 **LL** The Word Game (L) (A)  
7:00 Feature Film (T)

**10**

10:00 **HF** Balance & Agility with Tony (MP) (OI)  
11:00 **IS** Communion with St. Al's (T) (OI)  
11:15 **LL** Health & Science News (MP) (A)  
11:15 Pokeno® (L) (K)  
1:30 **LL** Arts By the People (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:30 **C** Signature Cocktail Happy Hour (MP) (A)  
2:30 **PA** Canasta with Ellie (B) (RL)  
3:30 Bingo (MP) (A)  
4:15 **HF** Stretching to Music (MP) (A)  
6:00 **LL** Crossword Puzzle Challenge (MP) (A)  
7:00 Evening Film (T)

**11**

9:30 Town Errands - RiteAid (OS) (K)  
10:00 **HF** Silver Sneakers (MP) (PTS)  
11:15 Pokeno® (L) (K)  
11:15 **LL** This Week in History (MP) (A)  
1:45 **IS** Shabbat with Rabbi Kravitsky (OI)  
2:00 **C** Vet's Club at GN Senior Center (OS) (K)  
2:30 Afternoon Film (T)  
3:15 Bingo (MP) (A)  
4:15 **HF** Afternoon Stretch (MP) (A)  
6:00 **EF** Karaoke Fun! (MP) (A)  
7:00 Friday Flick (T)  
8:30 **PA** Cinematic Talkers (L) (RL)

**12**

11:00 **HF** Fitness Fun (MP) (A)  
11:30 **LL** Trending News Stories (MP) (A)  
1:30 **EF** Naomi Entertains! (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:45 **CE** Crafting Corner (MP) (A)  
3:30 Bingo! (MP) (A)  
4:15 **HF** Music in Motion (MP) (A)  
6:00 **EF** Twenty Questions (MP) (A)  
7:00 Saturday Evening Movie (T)

**Sukkot begins at Sundown**

**13**

9:30 **IS** Church Services (OS) (K)  
10:00 **HF** Stretching for Your Health (MP) (KL)  
11:15 **LL** Horoscopes & Happenings (MP) (KL)  
1:30 **EF** Sunday Scrabble® Fun (MP) (KL)  
2:30 Afternoon Matinee (T)  
2:30 **EF** Sunday Sundaes (MP)  
3:15 Bingo (MP)  
4:15 **HF** Music in Motion (MP) (KL)  
7:00 Evening Movie (T)

**Columbus Day**

**14**

10:00 **HF** Full Body Fitness (MP) (KL)  
11:15 **LL** Morning News Highlights (MP) (KL)  
11:15 Pokeno® (L) (K)  
1:30 **LL** Short Stories Club (T) (KL)  
2:30 Afternoon Matinee (T)  
2:30 **HF** Walking for Charity (LR)  
2:30 **PA** Canasta with Ellie (B) (RL)  
3:00 Bingo (MP)  
4:15 **LL** TED Talk: Sharing Absurdity (MP) (KL)  
7:00 Evening Movie (T)

**15**

10:00 **HF** Silver Sneakers (MP) (PTS)  
10:30 **LL** Podcast Presentation: History Mysteries (T)  
10:30 **LL** Prine Health Lecture (MP) (OI)  
11:15 Pokeno® (L) (A)  
1:15 Shopping Trip (OS) (K)  
1:30 **PA** Resident Council Meeting (MP) (RL)  
2:30 Afternoon Matinee (T)  
2:30 **PA** Ambassador Welcome Visits! (CR) (RL)  
3:00 Bingo (MP) (Lo)  
4:15 **HF** Stretch to the Music (MP) (Lo)  
6:00 **IS** Comedy Hour: Learning & Laughs (MP) (Lo)  
7:00 Evening Movie (T)

**16**

9:45 **HF** Weights Workout (MP) (K)  
10:30 **LL** From Day to Day: A Holocaust Memorial (MP) (OI)  
11:15 Pokeno® (L) (A)  
11:30 **EF** Outside Lunch Trip (OS) (K)  
1:30 **EF** Senior Theater Action Repertoire (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:30 **CE** Artist Workshop: Art of your Choice (MP) (KL)  
2:30 **PA** Canasta with Ellie (B) (RL)  
3:30 Bingo! (MP) (A)  
4:15 **HF** Music and Movement (MP) (A)  
6:00 **LL** The Word Game (MP) (A)  
7:00 Evening Feature Film (MP)

**17**

10:00 **HF** Full Body Fitness (MP) (Lo)  
11:00 **IS** Communion and Mass with St. Al's (T) (OI)  
11:15 **LL** Health & Science News (MP) (A)  
11:15 Pokeno® (L) (K)  
1:30 **EF** Curtain Call with Vinny (MP) (OI)  
2:30 **C** Signature Cocktail Happy Hour (MP) (A)  
2:30 **AW** StoryWise™: Laughter Therapy (MP) (A)  
2:30 Afternoon Matinee (T)  
3:30 Bingo! (MP) (A)  
4:15 **HF** Yoga in the Afternoon (MP) (A)  
6:00 **LL** Crossword Puzzle Challenge (MP) (A)  
7:00 Feature Film (T)

**18**

9:30 Town Errands - Post Office and More (OS) (K)  
10:00 **HF** Silver Sneakers (MP) (PTS)  
11:15 **LL** News Highlights (MP) (A)  
11:15 Pokeno® (L) (K)  
1:15 **CV** Beads for a Cause (MP) (A)  
1:45 **IS** Shabbat Services (MP) (OI)  
2:30 Afternoon Matinee (T)  
3:30 **LL** History Lesson with Ralph (MP) (OI)  
4:15 **HF** Music in Motion (MP) (A)  
6:00 **CV** Bingo for a Cause (MP) (A)  
7:00 Friday Flick (T)  
8:30 **PA** Cinematic Talkers (L) (RL)

**19**

11:00 **HF** Rise & Shine Stretch (MP) (A)  
11:30 **LL** News Briefing (MP) (A)  
1:30 **EF** Piano Concert with Charles (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:45 **CE** Crafting Corner (MP) (A)  
3:30 Bingo (MP) (A)  
4:15 **HF** Gentle Stretch (MP) (A)  
6:00 **EF** What's Trending! (MP) (A)  
7:00 Feature Film (T)

**20**

9:30 **IS** Church Services (OS) (K)  
10:00 **HF** Rise & Shine Stretch (MP) (KL)  
11:15 **LL** Horoscopes & Happenings (MP) (KL)  
1:30 **EF** Live Performance: TLC Combo (MP) (OI)  
2:15 Afternoon Matinee (T)  
2:30 **EF** Sunday Sundaes (MP) (KL)  
3:15 Bingo (MP) (KL)  
4:15 **HF** Dancing in the Afternoon (MP) (KL)  
7:00 Sunday Evening Movie (T)

**21**

10:00 **HF** Staying Fit (MP) (K)  
11:15 **LL** Morning News Highlights (MP) (KL)  
11:15 Pokeno® (MP) (K)  
1:30 **LL** Short Stories Club (T) (KL)  
2:30 **PA** Canasta with Ellie (B) (RL)  
2:30 Afternoon Matinee (T)  
2:30 **HF** Walking for Charity (LR) (A)  
3:15 B-I-N-G-O! (MP) (A)  
4:15 **LL** TED Talks: Robots with 'Soul' (MP) (KL)  
7:00 Evening Movie (T)

**22**

10:00 **HF** Silver Sneakers (MP) (PTS)  
10:30 **EF** Podcast of the Past: Lux Radio Theater (T)  
11:15 **LL** Current Events (MP) (A)  
11:15 Pokeno® (L) (K)  
1:15 Shopping Trip (OS) (K)  
1:30 **PA** Resident Ambassador Meeting (T) (A)  
2:30 Afternoon Matinee (T)  
2:30 **PA** Ambassador Welcome Visits! (CR) (RL)  
3:00 Bingo (MP) (Lo)  
4:15 **HF** Strength & Stretch (MP) (Lo)  
6:00 **AW** Sharing Stories with StoryWise™ (P) (Lo)  
7:00 Evening Film (T)

**23**

10:00 **HF** Staying Fit (MP) (K)  
10:30 **EF** Trip to Vanderbilt Museum (OS) (K)  
11:15 Pokeno® (L) (A)  
11:15 **LL** World News Wednesday (MP) (A)  
1:30 **CE** Artist Workshop - Mixed Media Art (MP) (KL)  
2:30 Afternoon Matinee (T)  
2:30 **PA** Canasta with Ellie (B) (RL)  
3:15 **LL** Opera Talks! with Tanisha (MP) (OI)  
3:45 Bingo (MP) (A)  
4:15 **HF** Gentle Stretch (MP) (A)  
6:00 **LL** The Word Game (MP) (A)  
7:00 Feature Film (T)

**24**

10:00 **HF** Balance & Agility with Tony (MP) (OI)  
11:00 **IS** Communion with St. Al's (T) (OI)  
11:15 **LL** Health & Science News (MP) (A)  
11:15 Pokeno® (L) (A)  
1:30 **EF** Oktoberfest with Grigory! (MP) (OI)  
2:30 **PA** Canasta with Ellie (B) (RL)  
2:30 **C** Signature Cocktail Happy Hour (MP) (A)  
2:30 Afternoon Matinee (T)  
3:30 Bingo! (MP) (A)  
4:15 **HF** Strength & Stretch (MP) (A)  
6:00 **LL** Crossword Puzzle Challenge (MP) (A)  
7:00 Evening Film (T)

**25**

9:30 Town Errands - Local Banks (OS) (K)  
10:00 **HF** Silver Sneakers (MP) (PTS)  
11:15 Pokeno® (L) (K)  
11:15 **LL** This Week in History (MP) (A)  
1:45 **IS** Shabbat Services (MP) (OI)  
2:30 Afternoon Film (T)  
3:15 Bingo (MP) (A)  
4:00 **HF** Music in Motion (MP) (A)  
6:00 **EF** Family Trivia Night! (MP) (A)  
7:00 Friday Flick (T)  
8:30 **PA** Cinematic Talkers (L) (RL)

**26**

11:00 **HF** Morning Movements (MP) (A)  
11:30 **LL** Trending News Stories (MP) (A)  
1:30 **EF** Music of the Ages with Marcia! (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:45 **CE** Crafting Corner (MP) (A)  
3:30 Bingo (MP) (A)  
4:15 **HF** Afternoon Stretch (MP) (A)  
6:00 **LL** You Be the Judge (MP) (A)  
7:00 Evening Movie (T)

**27**

9:30 **IS** Church Services (OS) (K)  
10:00 **HF** Fitness Fun (MP) (KL)  
11:15 **LL** Horoscopes & Happenings (MP) (KL)  
1:30 **EF** Sunday Serenade with David (MP) (OI)  
2:30 **EF** Sunday Sundaes (MP) (KL)  
2:30 Afternoon Matinee (T)  
3:15 Bingo (MP) (KL)  
4:15 **HF** Strength & Stretch (MP) (KL)  
7:00 Evening Movie (T)

**28**

10:00 **HF** Dance for Parkinsons (MP) (PTS)  
11:15 **LL** Morning News Highlights (MP) (KL)  
11:15 Pokeno® (L) (K)  
1:30 **LL** Short Stories Club (T) (KL)  
2:30 Afternoon Matinee (T)  
2:30 **HF** Walking for Charity (LR)  
3:00 Bingo (MP)  
4:15 **LL** TED Talks: Benefits of Exercise (MP) (KL)  
7:00 Evening Film (T)

**29**

10:00 **HF** Silver Sneakers (MP) (PTS)  
10:30 **EF** Podcast of the Past: Lux Radio Theater (T)  
11:15 Pokeno® (L) (A)  
11:15 **LL** 50 Years of Internet (T) (KL)  
1:15 Shopping Trip (OS) (K)  
1:30 **PA** Vote! with the Board of Elections (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:30 **PA** Ambassador Welcome Visits! (CR) (Lo)  
3:00 Bingo! (MP) (Lo)  
4:15 **HF** Stretch to the Music (MP) (Lo)  
6:00 **IS** Positive Affirmations (P) (Lo)  
7:00 Evening Film (T)

**30**

10:00 **HF** Full Body Fitness (MP) (K)  
10:30 **EF** Trip to Queens Museum (OS) (K)  
11:15 Pokeno® (L) (A)  
11:15 **LL** World News Wednesday (MP) (A)  
1:30 **LL** Professional Lecture with Marilyn (T) (OI)  
2:30 **PA** Canasta with Ellie (B) (RL)  
2:30 Afternoon Matinee (T)  
2:30 **CE** Artist Workshop: Acrylic Techniques (MP) (KL)  
3:45 Bingo! (MP) (A)  
4:15 **HF** Staying Fit (MP) (A)  
6:00 **LL** The Word Game (L) (A)  
7:00 Feature Film (T)

**Halloween**

**31**

10:00 **HF** Silver Sneakers (MP) (PTS)  
11:15 Pokeno® (L) (A)  
11:15 **LL** World News Wednesday (MP) (A)  
1:30 **EF** Halloween Bash with Steven! (MP) (OI)  
2:30 Afternoon Matinee (T)  
2:30 **C** Bright Beginnings Happy Hour (MP) (A)  
2:30 **PA** Canasta with Ellie (B) (RL)  
3:30 Bingo (MP) (A)  
4:15 **HF** Gentle Stretch (MP) (A)  
6:00 **LL** Crossword Puzzle Challenge (MP) (A)  
7:00 Evening Feature Film (T)

**ROOM LOCATION KEY:**

Off-Site	OS
Theater	T
Library	L
Bistro	B
Patio	P
LG Craft Room	CR
Living Room	LR
Multipurpose Room	MP

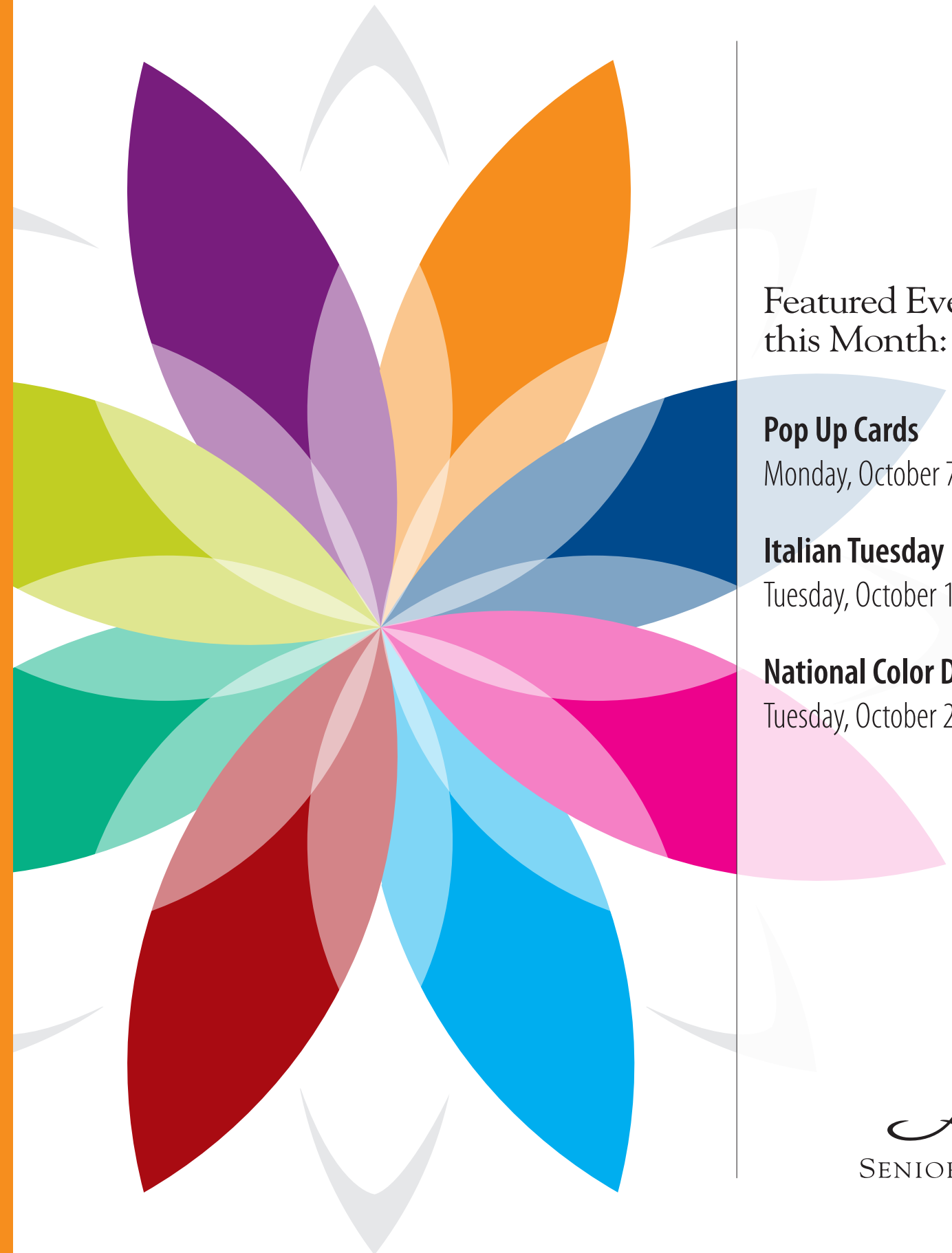
**STAFF KEY:**

Outside Instructor	OI
Katie	KL
Karlene	K
Lorraine	Lo
Resident Lead	RL
Physical Therapy Staff	PTS
Jeff	J
Ashley	A

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# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- Pop Up Cards**  
Monday, October 7, 3:00 PM
- Italian Tuesday**  
Tuesday, October 15, 2:15 PM
- National Color Day**  
Tuesday, October 22, 2:00 PM

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