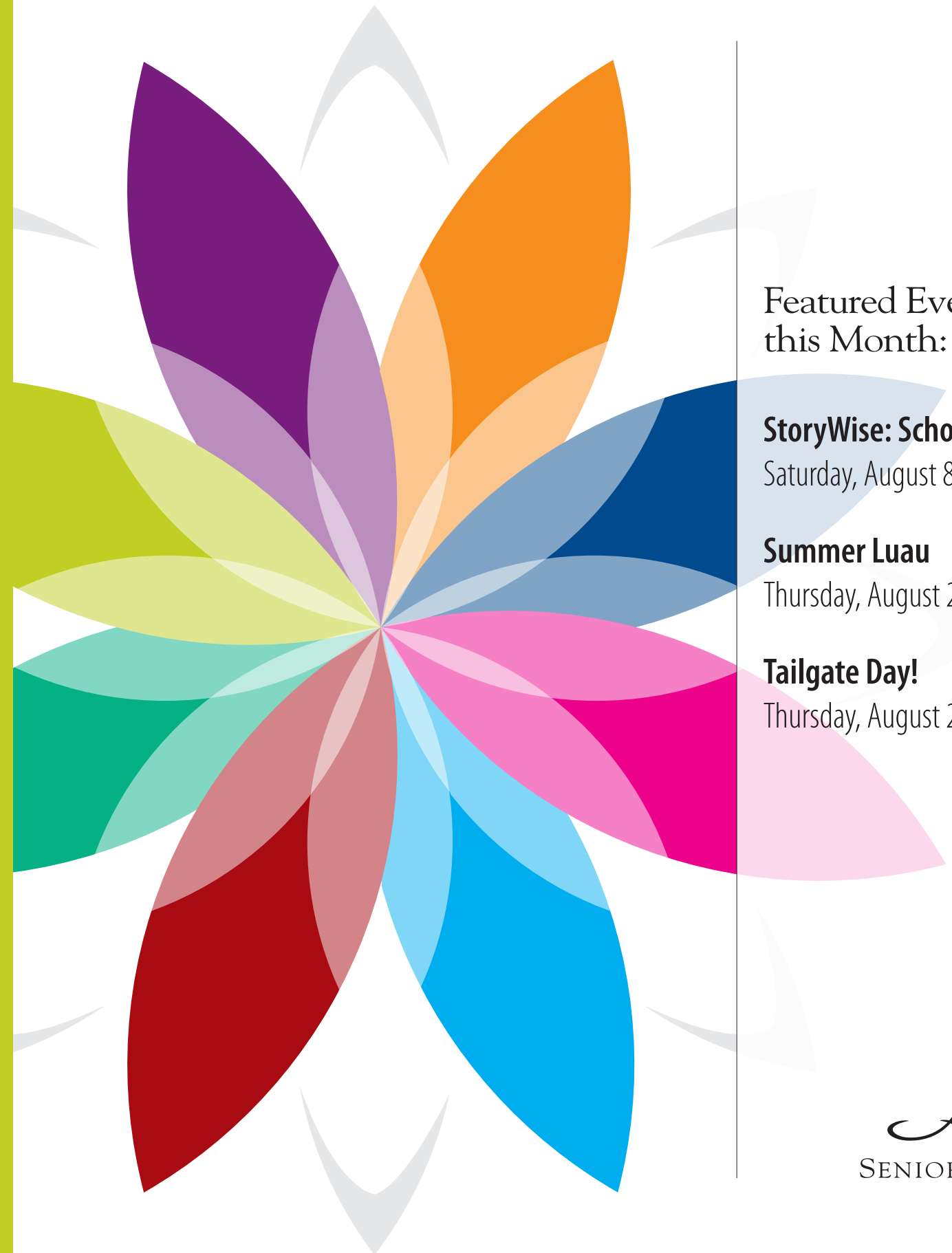


ASSISTED LIVING

Monthly Calendar of Events and Programming



Featured Events this Month:

StoryWise: School Spirit
Saturday, August 8, 4:00 PM

Summer Luau
Thursday, August 20, 3:00 PM

Tailgate Day!
Thursday, August 27, 3:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

AUGUST 2020

ATRIA PARK OF ANN ARBOR assisted living

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

10:30 **HF** Daily Dynamic Warm Up (EL) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (EL) (ELI)
 1:00 **IS** Manicure Appointments
 2:30 **CE** Summer Painting (ELI)
 4:00 **EF** Traveling Summer Refreshments (D/H) (ELI)
 6:00 **EF** Sunday Night Classic (LIV)

31

10:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 1:00 **IS** Massage & Relax Appointments
 2:00 **C** Terrace Visit Appointments (ELD)
 3:30 **HF** Afternoon Exercise 3rd, 2nd & 1st floor
 4:30 **CE** Tending Garden (PAT) (ELD)
 6:00 **EF** Movie Night In



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 Room EL
 Living Room LIV
 Patio PAT
 Doorway/ Hallway D/H
 In-Room IR

STAFF KEY:
 Stacey Garcia ELD
 Samm Grubb ELI

1

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 1:00 **CE** Snow Cone Saturday Delivery! (D/H) (ELD)
 2:00 **C** Family Video Chat Appointments (IR) (ELI)
 3:30 **CV** Hugs For Soldiers (D/H) (ELI)
 5:30 **EF** Movie Night In

2

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 1:00 **IS** Manicure Appointments
 2:30 **LL** Traveling Book Club Cart (D/H) (ELI)
 3:30 **EF** Traveling Summer Refreshments (D/H) (ELI)
 7:00 **EF** In Room Theater

3

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 1:00 **CE** Accidental Artist - Bird Houses (D/H)
 2:00 **C** Terrace Visit Appointments (PAT) (ELD)
 4:00 **IS** Massage & Relax Appointments
 6:00 **EF** Movie Night In

4

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 1:00 **IS** Manicure Appointments (EL) (ELI)
 1:00 **PA** Ambassador Program Meeting (D/H) (ELD)
 2:30 **LL** You Be the Judge (D/H) (ELI)
 5:30 **EF** Traveling Ice Cream Cart (D/H)
 6:00 **EF** Movie Night In

5

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 1:00 **LL** The Language of Flowers: Roses (D/H) (ELI)
 1:00 **C** Drive Up Visiting Program (ELD)
 3:00 **EF** Prohibition Speakeasy
 6:30 **EF** Popcorn & A Classic

6

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 11:00 **PA** Engage Life® Programming Meeting (D/H) (ELD)
 1:00 **CE** Musical Journaling Club
 1:00 **C** Drive Up Visiting Program (ELD)
 2:00 **HF** Goal Setting Walking Club (ELI)
 3:00 **CE** "Mocktail" Hour (D/H) (ELI)
 7:30 **EF** Movie Night In (IR)

7

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 1:00 **PA** Town Hall Meeting (D/H) (ELD)
 2:30 **C** Family Video Chatting (IR) (ELD)
 3:30 **HF** Afternoon Exercise 3rd, 2nd & 1st Floor
 4:00 **IS** Mindful Meditation (D/H) (ELD)
 7:00 **EF** Movie Night In

8

10:30 **HF** Small Group Exercise (EL) (ELI)
 11:15 **HF** Small Group Exercise (EL) (ELI)
 1:00 **IS** Gardening Club (PAT) (ELI)
 2:00 **C** Family Video Chatting (EL) (ELI)
 4:00 **AW** StoryWise™: School Spirit (ELI)
 5:45 **EF** Evening Movie (LIV) (ELI)

9

10:30 **HF** Daily Dynamic Warm Up (EL) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (EL) (ELI)
 1:00 **IS** Manicure Appointments
 2:30 **CE** Summer Painting (ELI)
 4:00 **EF** Traveling Summer Refreshments (D/H) (ELI)
 6:00 **EF** Sunday Night Classic (LIV)

10

10:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 1:00 **IS** Massage & Relax Appointments
 2:00 **C** Terrace Visit Appointments (ELD)
 3:30 **HF** Afternoon Exercise 3rd, 2nd & 1st floor
 4:30 **CE** Tending Garden (PAT) (ELD)
 6:00 **EF** Movie Night In

11

10:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 1:00 **IS** Manicure Appointments (EL)
 3:30 **PA** Hole in ONE! (D/H) (ELI)
 5:30 **EF** Movie Night In

12

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 1:00 **C** Drive Up Visiting Appointments (ELD)
 1:30 **CE** Country Decor Class (D/H)
 3:00 **EF** The Wild Wild West! (D/H) (ELI)
 6:30 **EF** Popcorn & A Classic

13

10:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 10:30 **HF** Walking Appointments
 1:00 **CE** Musical Journaling Club
 1:00 **C** Drive Up Visiting Appointments (ELD)
 3:30 **HF** Afternoon Exercise 3rd, 2nd & 1st Floor
 4:30 **EF** Camping Bingo

14

10:30 **HF** Small Group Exercise (EL) (ELI)
 11:15 **HF** Small Group Exercise (EL) (ELI)
 1:00 **CE** Atria Sings! (D/H) (ELD)
 1:30 **EF** Jimmy Johnson Window Performance (IR) (ELD)
 2:30 **C** Family Video Chatting Appointments (IR) (ELI)
 7:00 **EF** Movie Night In

15

10:30 **HF** Doorway Dynamic Morning Exercise (IR) (ELI)
 11:30 **HF** Doorway Dynamic Morning Exercise (PAT) (ELD)
 1:00 **CE** Tending Garden (ELI)
 2:00 **C** Family Video Chatting Appointments (IR) (ELI)
 3:30 **IS** Nature Walks (ELI)
 5:15 **EF** In Room Movie Night (IR)

16

10:30 **HF** Dynamic Doorway Exercise (IR) (ELI)
 11:00 **HF** Doorway Dynamic Exercise (IR) (ELI)
 1:00 **IS** Manicure Appointments (EL) (ELI)
 2:30 **CE** Gardening (PAT) (ELI)
 4:00 **CV** Hugs for Heroes! (D/H) (ELI)
 7:45 **EF** In Room Movie (IR) (ELI)

17

10:30 **HF** Small Group Exercise (EL) (ELD)
 11:15 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 1:00 **CE** Crafting Class (ELD)
 2:00 **C** Terrace Visit Appointments (ELD)
 4:30 **IS** Nature walks
 5:30 **EF** Movie Night with Friends (LIV)

18

10:30 **HF** Small Group Exercise (EL) (ELI)
 11:00 **HF** Morning Cycling class (D/H) (ELI)
 1:00 **IS** Manicure Appointments (EL) (ELD)
 2:30 **PA** Sewing with Plastic Canvas (D/H)
 6:00 **EF** Movie Night In (PAT) (ELD)

19

10:30 **HF** Small Group Exercise (EL) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELD)
 1:00 **EF** Your One in a Melon! (D/H) (ELI)
 1:00 **C** Drive Up Visit Appointments (ELD)
 3:00 **EF** Melon Games! (D/H)
 6:00 **EF** Popcorn & A Classic (EL) (ELI)

20

10:30 **HF** Doorway Dynamic Morning Exercise (ELI)
 11:00 **HF** Doorway Dynamic Morning Exercise (IR) (ELD)
 1:00 **C** Drive Up Visit Appointments (ELD)
 3:00 **EF** Summer Luau
 6:00 **EF** Hawaii Bingo (ELI)

21

10:30 **HF** Doorway Dynamic Morning Exercise (IR) (ELD)
 11:00 **HF** Doorway Dynamic Morning Exercise (IR) (ELD)
 1:00 **CV** Knitting/Sewing for a Cause (IR)
 1:00 **EF** Name that Tune: Classical Edition (IR) (ELD)
 2:30 **C** Family Video Chatting (IR)
 8:00 **EF** Movie Night In (IR)

22

10:30 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 11:00 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 1:30 **CE** Snow Cone Saturday Delivery! (IR) (ELI)
 2:00 **C** Video Chatting Appointments (ELI)
 4:00 **IS** Mindful Meditation
 5:30 **EF** Movie Night In

23

9:30 **LL** The Daily: Current Events
 10:00 **IS** Manicure Appointments
 10:00 **HF** Daily Dynamic Warm Up (D/H) (ELI)
 12:30 **HF** Walking Appointments
 2:30 **C** Family Video Chat Appointments
 3:30 **EF** Doorway Dancercise

24

10:30 **HF** Dynamic Doorway Exercise (IR) (ELI)
 11:00 **HF** Dynamic Doorway Exercise (IR) (ELI)
 1:00 **IS** Massage & Relax Appointments (EL) (ELD)
 2:00 **C** Terrace Visit Appointments (ELD)
 2:30 **CE** Stained Glass Painting (IR) (ELD)
 5:30 **EF** Movie Night In (IR)

25

10:30 **HF** Dynamic Doorway Exercise (IR) (ELI)
 11:00 **HF** Dynamic Doorway Exercise (IR) (ELI)
 1:00 **IS** Manicure Appointments (EL) (ELI)
 2:00 **PA** Soap Making Experience (ELD)
 5:30 **CV** Knitting for a cause
 6:00 **EF** Movie Night In (IR)

26

10:30 **HF** Dynamic Doorway Exercise (IR)
 11:00 **HF** Dynamic Doorway Exercise (IR) (ELI)
 1:00 **C** Drive Up Visit Appointments (ELD)
 2:00 **EF** Dog Days of Summer: Yappy Hour
 5:30 **EF** Popcorn & A Classic (IR) (ELI)

27

10:30 **HF** Dynamic Doorway Exercise (IR) (ELI)
 11:00 **HF** Dynamic Doorway Exercise (IR) (ELD)
 1:00 **IS** PositivITEA Cart (IR) (ELD)
 1:00 **C** Drive Up Visit Appointments (ELD)
 3:30 **EF** Tailgate Day! (IR) (ELI)
 6:00 **EF** Tailgate Bingo! (IR) (ELI)

28

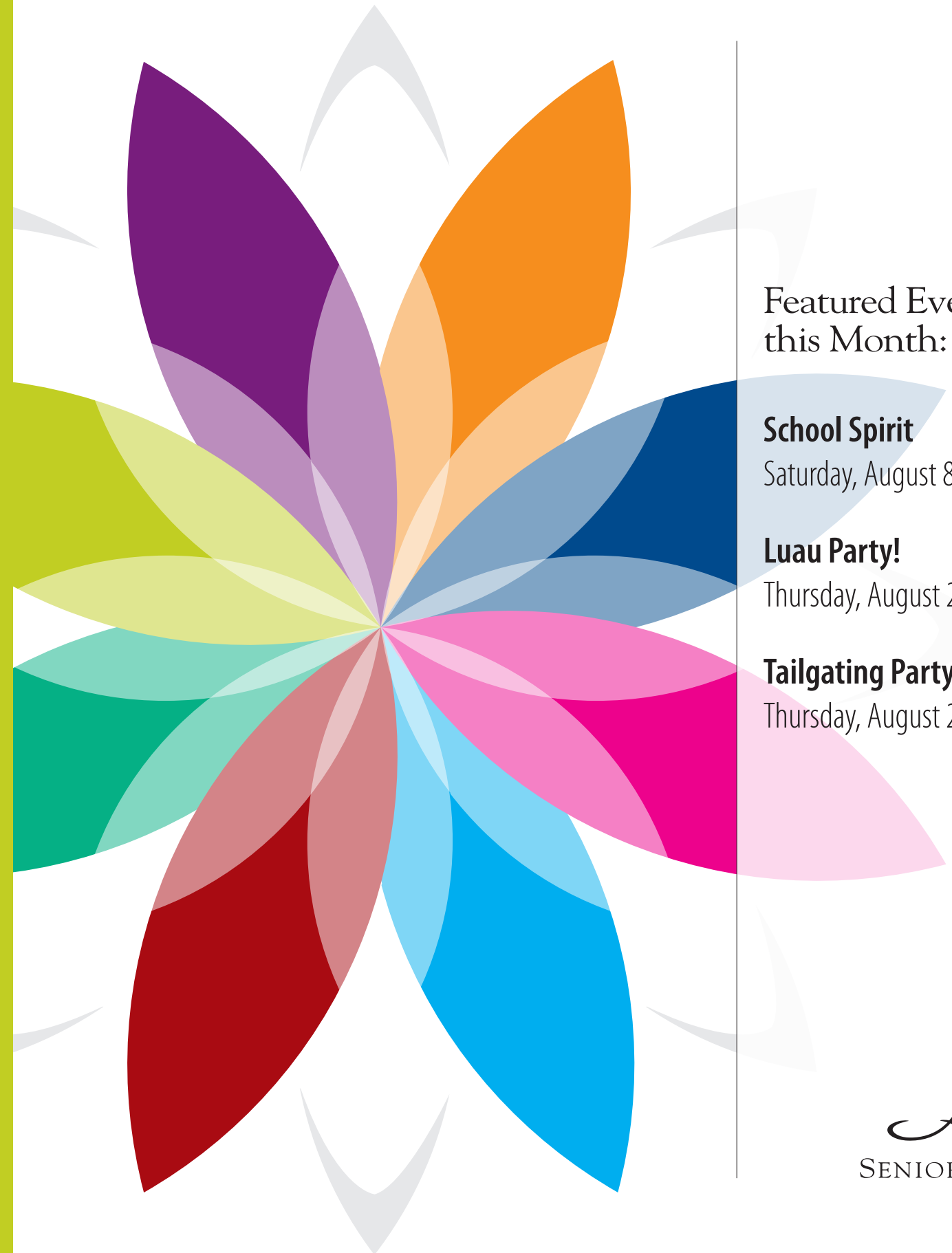
10:30 **HF** Dynamic Doorway Exercise (IR) (ELD)
 11:00 **HF** Dynamic Doorway Exercise (IR) (ELD)
 1:00 **CE** Gardening (PAT) (ELD)
 2:30 **C** Family Video Chatting (ELD)
 3:30 **HF** Goal Setting Walking
 5:00 **PA** Letters of Positivity (IR) (ELD)

29

10:30 **HF** Small Group Exercise (EL) (ELI)
 11:15 **HF** Small Group Exercise (EL) (ELI)
 1:00 **IS** Gardening Club (PAT) (ELI)
 2:00 **C** Family Video Chatting (EL) (ELI)
 4:00 **CE** Jewelry Making (EL) (ELI)
 5:45 **EF** Evening Movie (LIV) (ELI)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

School Spirit
Saturday, August 8, 1:30 PM

Luau Party!
Thursday, August 20, 1:30 PM

Tailgating Party!
Thursday, August 27, 1:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

AUGUST 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30
10:15 **LL** Daily Chronicle & Snack (LGS)
10:45 **HF** Daily Dynamic Warm Up (LGS)
2:30 **EF** UNO® (LGT) (LGS)
3:00 **HF** Word Games (LGR)
3:30 **HF** Kickboxing (LGS)
4:00 **Bingo** (LGT) (LGS)
4:30 **PA** Monthly Video Creations Showcase

31
10:15 **LL** Daily Chronicle & Snack (LGS)
10:45 **HF** Daily Dynamic Warm Up (LGS)
1:00 **Afternoon Matinee**
1:00 **C** Family Window Visits
3:00 **Manicures** (LGT)
3:30 **HF** Stretching & Relaxation
4:00 **CV** Knitting to Warm Hearts (LGT)



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

ROOM LOCATION KEY:
Life Guidance Activity Table
Life Guidance LivingRoom

LGT
LGR

STAFF KEY:
Missy Shear
LGS

1
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
11:30 **IS** Mindful Meditation
1:30 **C** Clowning Around Day!
3:45 **HF** Do the "Twist!"
5:30 **EF** Movie Night In

2
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **IS** Manicure Appointments
1:30 **HF** Shoot Some Hoops! (LGS)
2:30 **C** Friendship Bracelet Making
3:30 **EF** Doorway Dancercise
4:00 **PA** Creating a Video

3
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:00 **CE** Crafting Class
1:00 **C** Family Window Visits
2:00 **C** Are You Psychic?
3:30 **HF** Hallway Ball Toss
4:30 **IS** Massage & Relax Appointments
6:00 **EF** Movie Night In

4
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **C** Family Window Visits
2:00 **CV** Making Biscuits for the Animal Shelters
3:30 **HF** Line Dancing Class
4:00 **LL** History of the Chocolate Chip Cookie
6:00 **IS** Family Photo Reminiscing

5
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:45 **LL** Exploring the World: Japan
2:00 **C** Family Video Chat & Snack
3:00 **EF** Name That Tune
3:30 **HF** Cardio Drumming
4:00 **PA** Room Walking Marathon
6:30 **EF** Popcorn & A Classic

6
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **CE** Musical Journaling Club
1:30 **CV** Thanking the Farmers
2:00 **C** Family Video Chat & Snack
3:30 **HF** Hallway Ball Toss
4:30 **EF** Bingo!

7
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
2:00 **C** Lemonade on the Porch
3:30 **HF** Kickboxing
7:00 **EF** Movie Night In

8
10:15 **LL** Daily Chronicles & Snack
10:45 **HF** Daily Dynamic Warm Up
1:30 **CE** School Spirit
2:30 **EF** Photo Craze
4:00 **HF** Dance and Sing!
5:30 **EF** Movie Night In

9
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **IS** Hand Massages
2:00 **HF** Walking Appointments
3:30 **EF** Doorway Dancercise
4:00 **PA** Creating a Video

10
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:00 **C** Family Window Visits
1:00 **CE** Floral Crafting
2:00 **C** Let's Talk About Pets, Baby
3:30 **HF** Hallway Ball Toss
4:30 **IS** Massage & Relax Appointments
6:00 **EF** Movie Night In

11
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **C** Family Window Visits
1:00 **IS** Manicure Appointments
2:00 **CV** Sending Letters to Our Neighbors
3:30 **HF** Volleyball
4:00 **HF** American Trivia
6:00 **LL** Evening Read

12
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:00 **IS** Daily Devotional
2:00 **C** Family Video Chat & Snack
3:00 **EF** Name That Tune: Doorway Edition
3:30 **HF** Jazz Hands Exercising
4:00 **PA** Room Walking Marathon
6:30 **EF** Popcorn & A Classic

13
Happy Birthday, Carolyn!
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **CE** Musical Journaling Club
2:00 **C** Family Video Chat & Snack
3:30 **HF** Hallway Hockey
4:30 **EF** Bingo!

14
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
3:30 **HF** Biking Frenzy
4:00 **CE** Coffee & Crafting
7:00 **IS** Family Photo Reminiscing

15
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:30 **C** Kool-Aid and Chat
2:30 **HF** By The Window Exercise
4:00 **IS** Mindful Meditation
5:30 **EF** Movie Night In

16
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **IS** Manicure Appointments
2:00 **HF** Walking Appointments
3:30 **EF** Doorway Dancercise
4:00 **PA** Creating a Video

17
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:00 **CE** Crafting Class
1:00 **C** Family Window Visits
2:00 **LL** The History of Thrift Shops
3:30 **HF** Weights & Strength Training
4:30 **IS** Massage & Relax Appointments

18
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **IS** Manicure Appointments
1:00 **C** Family Window Visits
2:00 **CV** Writing Letters to the Troops
3:30 **HF** Shoot Some Hoops!
6:00 **EF** Movie Night In

19
10:15 **LL** The Daily: Current Events
10:30 **IS** Daily Devotional
10:45 **HF** Daily Dynamic Warm Up
2:00 **C** Family Video Chat & Snack
3:00 **EF** Name That Tune: Doorway Edition
3:30 **HF** Hallway Hockey
4:00 **PA** Room Walking Marathon
6:30 **LL** Evening Read

20
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **CE** Green Thumb Talks on the Porch
1:30 **C** Luau Party!
2:00 **C** Family Video Chat & Snack
3:00 **M** Old-Time Sing-A-Longs
3:30 **HF** Hallway kick ball
4:30 **EF** Bingo!

21
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:00 **C** Tea Time on the Porch
2:00 **CE** Musical Journaling Club
3:30 **HF** Cardio Drumming
5:15 **EF** Movie Night

22
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:30 **CE** Smoothie Saturday Delivery!
2:30 **HF** Hallway Kickball
3:00 **IS** Mindful Meditation
5:30 **EF** Movie Night In

23
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **IS** Hand Massages
1:30 **HF** Hallway Hockey
2:15 **CE** Paint and Pour
3:30 **EF** Doorway Dancercise
4:00 **PA** Creating a Video

24
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:00 **C** Family Window Visits
1:00 **CE** Summer Crafting
3:30 **HF** Hallway Ball Toss
4:30 **IS** Massage & Relax Appointments
6:00 **EF** Movie Night In

25
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **C** Family Window Visits
2:00 **IS** Manicure Appointments
3:30 **HF** Bowling
4:15 **C** Smoothie Hour
6:00 **LL** Evening Read

26
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
2:00 **C** Family Video Chat & Snack
3:00 **EF** Name That Tune: Doorway Edition
3:30 **HF** Soccer
4:00 **PA** Room Walking Marathon
6:30 **EF** Popcorn & A Classic

27
10:15 **LL** Daily Chronicle & Snack
10:45 **HF** Daily Dynamic Warm Up
1:00 **EF** Tailgating Party!
2:00 **C** Family Video Chat & Snack
2:45 **IS** Daily Devotion
3:30 **HF** Biking Frenzy
4:30 **EF** Bingo!

28
10:15 **LL** The Daily: Current Events
10:45 **HF** Daily Dynamic Warm Up
1:00 **Board Games with Friends**
3:30 **HF** Volleyball
4:30 **CE** Coffee & Crafting
6:00 **IS** Family Photo Reminiscing

29
10:45 **LL** Daily Chronicle & Snack (LGS)
10:45 **HF** Flex and Stretch
1:30 **C** Men's Club
2:30 **HF** Afternoon Stroll (LGS)
3:30 **EF** Guess Who (LGR) (LGS)
6:00 **Movie Night** (LGR)

UNO® is a registered trademark of Mattel, Inc.