

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Oktoberfest Happy Hour**  
Wednesday, September 15, 2:00 PM

**Special Salute to  
Piano Playing Betty**  
Tuesday, September 21, 2:30 PM

**Ice Cream "Bar" Happy Hour**  
Wednesday, September 29, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

<p>10:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session II (L) (ELI)</p> <p>12:00 <span style="color: orange;">SCE</span> Labor Day Brain Challenge Handout (IR) (ELI)</p> <p>1:30 <span style="color: red;">RSF</span> Traditions of Rosh Hashanah: Honey (AR) (ELI)</p> <p>2:00 Sunday Movie "The DaVinci Code" (LR) (ELI)</p> <p>2:00 <span style="color: blue;">CPI</span> Work Wisdom Part III (B) (ELI)</p> <p>2:30 <span style="color: orange;">SCE</span> Sunday Movie (LR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (L) (ELI)</p> <p style="text-align: right;"><b>5</b></p>	<p><b>LABOR DAY</b></p> <p><b>ROSH HASHANAH</b></p> <p>10:15 <span style="color: purple;">HPF</span> Lower Body Conditioning (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain games (LR) (ELI)</p> <p>1:00 <span style="color: orange;">SCE</span> Reminiscing: A Day at Work (AR) (ELI)</p> <p>1:30 <span style="color: red;">RSF</span> History &amp; Celebration of Rosh Hashanah (AR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Walking Challenge Launch (WP) (ELI)</p> <p>6:30 Sentimental Journey (ELD)</p> <p style="text-align: right;"><b>6</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Flow Yoga (L) (ELI)</p> <p>11:00 <span style="color: blue;">CPI</span> Ambassador Club Meeting (AR) (ELD)</p> <p>1:30 Bingo (LR) (ELI)</p> <p>2:30 <span style="color: blue;">CPI</span> First Responder Project (AR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cowboy Charleston (LR) (ELI)</p> <p>5:30 Left Right Center (AR) (ELD)</p> <p style="text-align: right;"><b>7</b></p>	<p><b>INTERNATIONAL LITERACY DAY</b></p> <p>10:15 <span style="color: purple;">HPF</span> Upper Body Conditioning (L) (ELD)</p> <p>11:00 <span style="color: green;">LIS</span> Brain games (LR) (ELI)</p> <p>1:30 <span style="color: green;">LIS</span> Book Club Launch (L) (ELD)</p> <p>2:00 <span style="color: orange;">SCE</span> Sips and Dips Happy Hour (AR) (ELD)</p> <p>3:30 <span style="color: green;">LIS</span> ODU: Reinventing English (LR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (L) (ELD)</p> <p>6:30 Carol Burnett the Lost episodes (LR) (ELD)</p> <p style="text-align: right;"><b>8</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (L) (ELI)</p> <p>1:30 Bingo (LR) (ELI)</p> <p>2:30 <span style="color: red;">CEA</span> Music History: Country (GR) (ELD)</p> <p>3:00 <span style="color: green;">LIS</span> ODU "Why Fashion Matters" (OS) (ELD)</p> <p>3:00 <span style="color: purple;">HPF</span> Working on Well-being (AR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cupid Shuffle (LR) (ELD)</p> <p>5:30 Open Cards and games (AR) (SL)</p> <p style="text-align: right;"><b>9</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Total Body Conditioning - Advanced (L) (ELI)</p> <p>10:45 <span style="color: green;">LIS</span> Brain Games (LR) (ELD)</p> <p>1:30 <span style="color: red;">RSF</span> Bible Study Series: Part II (L) (ELD)</p> <p>2:00 <span style="color: blue;">CPI</span> Honoring First Responders (AR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving For Memory (L) (ELI)</p> <p>6:30 <span style="color: orange;">SCE</span> Movie "Brian's Song" (LR) (ELD)</p> <p style="text-align: right;"><b>10</b></p>	<p><b>PATRIOT DAY</b></p> <p>10:30 <span style="color: purple;">HPF</span> Posture and Stretch Fitness Class (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Challenge (LR) (ELI)</p> <p>1:30 <span style="color: red;">CEA</span> Craft group "Acorn Sachets" (AR) (ELI)</p> <p>2:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session III (L) (ELI)</p> <p>3:30 <span style="color: green;">LIS</span> Honoring Patriot Day (LR) (ELI)</p> <p style="text-align: right;"><b>11</b></p>																												
<p><b>GRANDPARENT'S DAY</b></p> <p>10:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session IV (L) (ELI)</p> <p>11:00 <span style="color: orange;">SCE</span> Why I love being a grandparent FB posts (WP) (ELI)</p> <p>1:30 <span style="color: orange;">SCE</span> Why I love being a Grandparent FB posts (WP) (ELI)</p> <p>2:30 <span style="color: red;">CEA</span> Crafting Group (AR) (ELI)</p> <p>2:30 Sunday Movie "The Tomorrow Man" (LR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (L) (ELI)</p> <p>5:30 <span style="color: green;">LIS</span> ODU: The Universe &amp; You</p> <p style="text-align: right;"><b>12</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Lower Body Conditioning (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Challenges (LR) (ELD)</p> <p>1:30 S'more Making (OS) (ELI)</p> <p>1:30 <span style="color: green;">LIS</span> Zodiac &amp; Horoscope of September (LR) (ELI)</p> <p>2:30 <span style="color: green;">LIS</span> DVD The History of Milton Hershey (LR) (AS)</p> <p>3:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving For Memory (WP) (ELI)</p> <p>6:30 Sentimental Journey (LR) (ELD)</p> <p style="text-align: right;"><b>13</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Flow Yoga (L) (ELI)</p> <p>11:00 <span style="color: blue;">CPI</span> Engage Life® Planning Meeting (AR) (ELD)</p> <p>1:30 Bingo (LR) (ELD)</p> <p>2:30 <span style="color: red;">CEA</span> Creating Water Globes (AR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cupid Shuffle (LR) (ELI)</p> <p>5:30 Rummi Cube (AR) (ELD)</p> <p style="text-align: right;"><b>14</b></p>	<p><b>YOM KIPPUR</b></p> <p>10:15 <span style="color: purple;">HPF</span> Upper Body Conditioning (L) (ELD)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Games (LR) (ELD)</p> <p>1:00 <span style="color: red;">RSF</span> Observing Yom Kippur (AR) (ELD)</p> <p>2:00 <span style="color: orange;">SCE</span> Oktoberfest Happy Hour (AR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (L) (ELD)</p> <p>6:30 Carol Burnett the Lost episodes (LR) (ELD)</p> <p style="text-align: right;"><b>15</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Games (LR) (ELD)</p> <p>1:30 Bingo (LR) (ELI)</p> <p>2:30 <span style="color: blue;">CPI</span> Food For Thought - Culinary Led (LR) (AS)</p> <p>3:00 <span style="color: purple;">HPF</span> Working on Well-being (AR) (ELI)</p> <p>4:00 <span style="color: purple;">HPF</span> Dance &amp; Movement: Papa Loves Mambo (LR) (ELI)</p> <p>5:30 Open Cards and Games (AR) (SL)</p> <p style="text-align: right;"><b>16</b></p>	<p><b>CONSTITUTION DAY</b></p> <p>10:15 <span style="color: purple;">HPF</span> Total Body Conditioning - Advanced (L) (ELI)</p> <p>10:45 <span style="color: green;">LIS</span> Brain Games (LR) (ELD)</p> <p>1:30 <span style="color: red;">RSF</span> Bible Study Series: Part III (L) (ELD)</p> <p>2:30 <span style="color: red;">CEA</span> Crafting Group (AR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory (WP) (ELI)</p> <p>6:30 <span style="color: orange;">SCE</span> Movie (LR) (ELD)</p> <p style="text-align: right;"><b>17</b></p>	<p><b>Octoberfest Begins in Germany</b></p> <p>10:30 <span style="color: purple;">HPF</span> Posture and Stretch Fitness Class (L) (ELI)</p> <p>11:15 <span style="color: green;">LIS</span> History &amp; Origins of Oktoberfest (LR) (ELI)</p> <p>1:30 <span style="color: green;">LIS</span> Bottle vs. Tap can you really tell? (AR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session V (L) (ELI)</p> <p style="text-align: right;"><b>18</b></p>																												
<p>10:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session VI (L) (ELI)</p> <p>1:30 <span style="color: orange;">SCE</span> Oktoberfest Traditions Around the Globe (AR) (ELI)</p> <p>2:30 <span style="color: red;">CEA</span> Clothespin planters (AR) (ELI)</p> <p>2:30 Movie "Mama Mia Here We Go Again" (LR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (L) (ELI)</p> <p style="text-align: right;"><b>19</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Lower Body Conditioning (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Games (LR) (ELI)</p> <p>1:30 <span style="color: red;">CEA</span> Harvest moon moon pies (AR) (E)</p> <p>1:30 <span style="color: green;">LIS</span> ODU: The Musical Genius of Mozart (LR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving For Memory (WP) (ELI)</p> <p>6:30 Sentimental Journey (LR) (ELD)</p> <p style="text-align: right;"><b>20</b></p>	<p><b>WORLD GRATITUDE DAY</b></p> <p>10:15 <span style="color: purple;">HPF</span> Flow Yoga (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Challenge your Brain (LR) (ELD)</p> <p>1:30 Bingo (LR) (ELI)</p> <p>1:30 <span style="color: orange;">SCE</span> Positivitea: Gratitude (AR) (ELI)</p> <p>2:30 <span style="color: red;">CEA</span> Special Salute to Piano Playing Betty (LR) (ELD)</p> <p>3:00 <span style="color: purple;">HPF</span> Dance &amp; Movement: Papa Loves Mambo</p> <p>5:30 Chicken Foot or Train Dominoes (AR) (ELD)</p> <p style="text-align: right;"><b>21</b></p>	<p><b>AUTUMN EQUINOX (FALL BEGINS)</b></p> <p>10:15 <span style="color: purple;">HPF</span> Upper Body Conditioning (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Challenge (LR) (ELD)</p> <p>2:00 <span style="color: orange;">SCE</span> Positivitea: Happy Hour (AR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (L) (ELI)</p> <p>6:30 Carol Burnett The Lost Episodes (LR) (ELD)</p> <p style="text-align: right;"><b>22</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (L) (ELD)</p> <p>11:00 <span style="color: green;">LIS</span> Challenge your brain (LR) (ELD)</p> <p>1:00 <span style="color: blue;">CPI</span> Refinishing Furniture (AR) (ELD)</p> <p>1:30 Bingo (LR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Working on Well-being (AR) (AS)</p> <p>4:00 <span style="color: purple;">HPF</span> Dance &amp; Movement: The Git Up Line Dance</p> <p>5:30 Open Card Games (AR) (SL)</p> <p style="text-align: right;"><b>23</b></p>	<p>10:00 <span style="color: purple;">HPF</span> Walking Challenge: Moving for Memory</p> <p>11:00 <span style="color: green;">LIS</span> Challenge your brain (LR) (ELD)</p> <p>1:30 <span style="color: red;">RSF</span> Bible Study Series: Part IV (L) (ELD)</p> <p>2:30 <span style="color: red;">CEA</span> Autumn Themed door decorations (AR) (ELD)</p> <p>4:00 <span style="color: purple;">HPF</span> Total Body Conditioning - Advanced</p> <p>6:30 <span style="color: orange;">SCE</span> Movie night (LR) (ELD)</p> <p style="text-align: right;"><b>24</b></p>	<p>10:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session VII (L) (ELI)</p> <p>1:30 <span style="color: red;">CEA</span> Creating Art from the Scents We Smell (AR) (ELI)</p> <p>2:30 Shannon's Choice (AR) (ELI)</p> <p>4:00 <span style="color: purple;">HPF</span> Posture and Stretch Fitness Class (L) (ELI)</p> <p style="text-align: right;"><b>25</b></p>																												
<p>10:30 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture (L) (ELI)</p> <p>1:30 <span style="color: red;">CEA</span> UV-Sun Paper Project (AR) (ELI)</p> <p>2:30 Sunday Movie "Shakespeare in Love" (LR) (ELI)</p> <p>2:30 <span style="color: green;">LIS</span> Round Table discussion (AR) (ELI)</p> <p>3:30 <span style="color: purple;">HPF</span> Strength Training Bingo: Session VIII (L) (ELI)</p> <p style="text-align: right;"><b>26</b></p>	<p>10:30 <span style="color: purple;">HPF</span> Lower Body Conditioning (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Challenge (LR) (ELD)</p> <p>1:30 <span style="color: orange;">SCE</span> Coming Together Project Presentation (AR) (ELI)</p> <p>2:30 <span style="color: green;">LIS</span> Armchair Travels (LR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Walking Challenge: Moving For Memory</p> <p>6:30 Sentimental Journey (LR) (ELD)</p> <p style="text-align: right;"><b>27</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Flow Yoga (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Challenges (LR) (ELI)</p> <p>1:30 Bingo (LR) (ELI)</p> <p>2:30 <span style="color: blue;">CPI</span> Resident Council Meeting (LR) (ELD)</p> <p>3:30 <span style="color: purple;">HPF</span> Dance &amp; Movement: The Git Up Line Dance (LR) (ELI)</p> <p>5:30 Group choice for game (AR) (ELD)</p> <p style="text-align: right;"><b>28</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Upper Body Conditioning (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Challenge (LR) (ELD)</p> <p>1:30 <span style="color: green;">LIS</span> ODU: The Delicious History of Ice Cream (LR) (ELD)</p> <p>2:00 <span style="color: orange;">SCE</span> Ice Cream "Bar" Happy Hour (LR) (ELD)</p> <p>4:00 <span style="color: purple;">HPF</span> Tai Chi: Balance &amp; Posture</p> <p>6:30 Carol Burnett the Lost Episodes (LR) (ELD)</p> <p style="text-align: right;"><b>29</b></p>	<p>10:15 <span style="color: purple;">HPF</span> Total Body Conditioning - Beginner (L) (ELI)</p> <p>11:00 <span style="color: green;">LIS</span> Brain Challenge (LR) (ELD)</p> <p>1:30 Bingo (LR) (ELI)</p> <p>3:00 <span style="color: purple;">HPF</span> Working on Well-being (AR) (ELI)</p> <p>4:00 <span style="color: purple;">HPF</span> Dance &amp; Movement: Cowboy Charleston (LR) (ELI)</p> <p style="text-align: right;"><b>30</b></p>	<p><b>ROOM LOCATION KEY:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Living Room</td><td>LR</td></tr> <tr><td>Outside/Gazebo</td><td>OS</td></tr> <tr><td>Bistro</td><td>B</td></tr> <tr><td>Activity Room</td><td>AR</td></tr> <tr><td>Game Room</td><td>GR</td></tr> <tr><td>Hallways or Outside</td><td>WP</td></tr> <tr><td>In-Room</td><td>IR</td></tr> <tr><td>Hallway by Activities</td><td>HA</td></tr> <tr><td>Library</td><td>L</td></tr> </table> <p><b>STAFF KEY:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Entertainer</td><td>E</td></tr> <tr><td>Atria Staff</td><td>AS</td></tr> <tr><td>Mary McDowell ELD</td><td>ELD</td></tr> <tr><td>ELPI</td><td>ELI</td></tr> <tr><td>Self Led</td><td>SL</td></tr> </table>		Living Room	LR	Outside/Gazebo	OS	Bistro	B	Activity Room	AR	Game Room	GR	Hallways or Outside	WP	In-Room	IR	Hallway by Activities	HA	Library	L	Entertainer	E	Atria Staff	AS	Mary McDowell ELD	ELD	ELPI	ELI	Self Led	SL
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