

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Honoring our Veterans  
Happy Hour**

Friday, November 9, 2:30 PM

**Baltimore Museum of  
Art and Gertudes**

Thursday, November 15, 11:30 AM

**Historic Annapolis  
Hammond Harwood House**

Monday, November 19, 6:00 PM

*Atria*  
SENIOR LIVING

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# NOVEMBER 2018

# ATRIA MANRESA 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

- ROOM LOCATION KEY:**
- Eagle's Nest EN
  - Activity Room AR
  - Parlor PAR
  - Outing OUT
  - Front Porch FP
  - Dining Room DR
  - Severn River Landing SRL

- STAFF KEY:**
- Julie JS
  - Jeanne Calderon JC
  - Layne LT
  - Resident Res
  - Amy Amy
  - Volunteer Vol
  - Tim Tim
  - John JHS
  - Larry Lar
  - Natalie Nucifora NN
  - Vendor Ven
  - Mary France MF

<p><b>4</b></p> <p>8:45 Church Transportation (OUT)</p> <p>9:30 <b>HF</b> Sunday Morning Stretch (AR)</p> <p>10:00 Nondenominational Church Service (AR) (Vol)</p> <p>10:00 <b>LL</b> Ted Talks Computer/Technology Lecture (AR) (JS)</p> <p>1:15 <b>C</b> Wii® Bowling challenge (AR) (LT)</p> <p>1:30 <b>PA</b> Hometown Journeys (OUT)</p> <p>2:30 <b>C</b> Singing to the Oldies (AR)</p> <p>3:30 <b>HF</b> Afternoon Exercise (AR) (LT)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Blurt Word Game (AR)</p> <p>6:00 Nickel Bingo (AR)</p>	<p><b>5</b></p> <p>9:30 <b>HF</b> Exercise w/ the YMCA (AR)</p> <p>10:30 <b>CE</b> Atria Ladies Hen Party (AR) (Amy)</p> <p>11:00 <b>IS</b> Meditation for Beginners w/ the iPad® (AR) (Amy)</p> <p>11:00 <b>HF</b> Steps to Good Health (AR)</p> <p>11:30 <b>LL</b> Baking Class w/ Natalie (AR) (LT)</p> <p>1:30 <b>EF</b> Bingo Monday (AR)</p> <p>2:30 <b>C</b> Afternoon Tea in England w/ Natalie (AR) (NN)</p> <p>3:30 <b>HF</b> Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Trivia Challenge (AR) (JS)</p> <p>6:00 <b>LL</b> Little Italy Club (AR) (NN)</p>	<p><b>6</b></p> <p>10:00 <b>HF</b> Gentle Yoga w/ Amy (AR)</p> <p>10:15 <b>C</b> Music Together w/ Tom (AR) (Amy)</p> <p>11:30 <b>LL</b> Ted Talks Science Class w/ the (AR) (Amy)</p> <p>1:30 Bingo Madness (AR)</p> <p>2:30 <b>HF</b> Matter of Balance Class (MOB) (AR)</p> <p>3:00 <b>CE</b> Larry's Country Sing Along (AR) (Lar)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) ChainThought (AR)</p> <p>6:15 <b>C</b> Poker Pals (EN) (LT)</p> <p>6:30 <b>C</b> Arundelair Chorus Practice (AR) (Vol)</p>	<p><b>7</b></p> <p>10:00 <b>HF</b> Pilates (AR) (Amy)</p> <p>10:30 <b>AW</b> StoryWise™ (PAR) (JS)</p> <p>11:00 <b>HF</b> Walking Club (AR)</p> <p>11:30 Errand Day "Wal-Mart"</p> <p>11:30 <b>LL</b> Great Courses History w/ the iPad® (AR) (JS)</p> <p>1:30 <b>EF</b> Atria Manresa Derby (AR) (Amy)</p> <p>2:30 <b>PA</b> Resident Council Meeting (AR) (Res)</p> <p>3:30 <b>HF</b> Afternoon Stretch at the Bar (AR) (Amy)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) History Trivia (AR)</p> <p>6:00 <b>LL</b> Appreciation of Music w/ Linda (PAR) (Amy)</p>	<p><b>8</b></p> <p>10:00 <b>HF</b> Low Impact Aerobics (AR)</p> <p>10:00 <b>IS</b> Rosary (EN) (Vol)</p> <p>10:30 <b>CE</b> Art Class (AR) (Amy)</p> <p>11:00 <b>EF</b> Veterans day Trip to Mission Grill (OUT) (JS)</p> <p>11:30 <b>LL</b> Art Appreciation w/ iPad® &amp; Great Courses (AR)</p> <p>1:30 Bingo Challenge (AR) (JS)</p> <p>2:00 <b>CV</b> Good Cheer Trip</p> <p>2:30 <b>C</b> Movie Lovers Matinee (AR) (JS)</p> <p>3:30 <b>HF</b> Move &amp; Groove (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Mental Floss (AR)</p> <p>6:00 <b>C</b> Men's Club Marvel Movie (AR)</p> <p>6:00 Hand and Foot w/ Julie (EN) (JS)</p>	<p><b>9</b></p> <p>10:00 <b>HF</b> Weights w/ Layne (AR)</p> <p>10:30 <b>CE</b> Drama Club (AR)</p> <p>11:30 <b>PA</b> Script Writers Club (AR)</p> <p>11:30 <b>EF</b> Trip to Graul's and Rite Aid (OUT)</p> <p>12:00 <b>HF</b> Nutrition Class (AR) (Amy)</p> <p>1:00 Unlucky 7's (AR) (LT)</p> <p>2:30 <b>EF</b> Honoring our Veterans Happy Hour (AR) (Amy)</p> <p>3:30 <b>HF</b> Friday Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Sudoku w/ iPad® (AR) (Amy)</p> <p>6:00 <b>LL</b> Chapter by Chapter w/ Natalie (FP) (Res)</p>	<p><b>10</b></p> <p>10:00 <b>HF</b> Low-Impact Aerobic (AR) (LT)</p> <p>10:30 Nail Glamour (AR)</p> <p>10:30 <b>CE</b> Hook Latch Rug (AR)</p> <p>11:00 <b>HF</b> Fit &amp; Healthy Walking Club (AR)</p> <p>11:30 <b>LL</b> Home Town Journeys w/ Google™ Earth (AR) (LT)</p> <p>1:30 Dollar Bingo (AR)</p> <p>2:45 Saturday Matinee (AR)</p> <p>3:00 <b>LL</b> Trip to the Library (OUT)</p> <p>3:45 <b>HF</b> Limber Up (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Crossword (AR)</p> <p>6:00 <b>CE</b> Quilting Class (AR)</p> <p>7:00 Movies about Mom Saturday Movie (AR)</p>
<p><b>11</b></p> <p>8:45 Church Transportation (OUT)</p> <p>9:30 <b>HF</b> Sunday Morning Stretch (AR)</p> <p>10:00 Nondenominational Church Service (AR) (Vol)</p> <p>10:00 <b>LL</b> Ted Talks Computer/Technology Lecture (AR)</p> <p>11:00 <b>C</b> Mothers Day Brunch (DR)</p> <p>1:15 <b>C</b> Atria Wii® Bowling League (AR)</p> <p>1:30 <b>PA</b> Hometown Journeys (OUT)</p> <p>2:30 <b>C</b> Singing to the Oldies (PAR) (LT)</p> <p>3:30 <b>HF</b> Afternoon Exercise (AR) (LT)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Blurt Word Game (AR)</p> <p>6:00 Nickel Bingo (AR)</p>	<p><b>12</b></p> <p>9:30 <b>HF</b> Exercise w/ the YMCA (AR)</p> <p>10:30 <b>CE</b> Atria Ladies Hen Party (AR) (Amy)</p> <p>11:00 <b>IS</b> Meditation for Beginners w/ the iPad® (EN) (LT)</p> <p>11:00 <b>HF</b> Steps to Good Health (AR)</p> <p>11:30 <b>LL</b> Music Appreciation w/ the iPad® (AR) (JC)</p> <p>1:30 <b>EF</b> Bingo Monday (AR) (JHS)</p> <p>2:30 <b>LL</b> Health Talk w/ Genius (AR) (Ven)</p> <p>3:30 <b>HF</b> Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Trivia Challenge (AR)</p> <p>6:00 Gerry on Guitar (PAR)</p>	<p><b>13</b></p> <p>10:00 <b>HF</b> Gentle Yoga w/ Amy (AR)</p> <p>10:30 <b>C</b> Music Together w/ Tom (AR) (Amy)</p> <p>11:30 <b>LL</b> Ted Talks Science Class w/ the (AR) (Amy)</p> <p>1:30 Bingo Madness (AR) (LT)</p> <p>2:30 <b>HF</b> Matter of Balance Class (MOB) (AR)</p> <p>3:00 <b>CE</b> Larry's Country Sing Along (PAR) (Lar)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) ChainThought (AR)</p> <p>6:15 <b>C</b> Poker Pals (EN) (LT)</p> <p>6:30 <b>C</b> Arundelair Chorus Practice (AR) (Vol)</p>	<p><b>14</b></p> <p>10:00 <b>HF</b> Pilates (AR)</p> <p>10:30 <b>AW</b> StoryWise™ (AR)</p> <p>11:30 Errand Day "Harbor Center" (OUT) (JS)</p> <p>11:30 <b>LL</b> Great Courses History w/ the iPad®</p> <p>1:30 <b>EF</b> Atria Manresa Derby (AR) (Amy)</p> <p>2:00 <b>PA</b> Ambassador's Club (EN)</p> <p>3:30 <b>HF</b> Afternoon Stretch at the Bar (AR) (Amy)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) History Trivia (AR)</p> <p>6:00 <b>EF</b> Hump day Bingo Challenge w/ Julie (AR) (JS)</p>	<p><b>15</b></p> <p>10:00 <b>HF</b> Low Impact Aerobics (AR)</p> <p>10:00 <b>IS</b> Rosary &amp; Catholic Mass (EN) (Vol)</p> <p>10:30 <b>CE</b> Art Therapy (AR) (Amy)</p> <p>11:30 <b>EF</b> Baltimore Museum of Art and Gertudes (OUT) (JS)</p> <p>11:30 <b>LL</b> Art Appreciation w/ iPad® &amp; Great Courses (AR)</p> <p>1:30 Bingo Challenge (AR) (JS)</p> <p>2:30 <b>C</b> Movie Lovers Matinee (AR) (JS)</p> <p>3:30 <b>HF</b> Move &amp; Groove (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Mental Floss (AR)</p> <p>6:00 <b>C</b> Men's Club Super Hero Movie (AR)</p> <p>6:00 Hand and Foot w/ Julie (EN) (Amy)</p>	<p><b>16</b></p> <p>10:00 <b>HF</b> Weights w/ Layne (AR)</p> <p>10:30 <b>CE</b> Drama Club (AR) (LT)</p> <p>11:30 <b>PA</b> Script Writers Club (AR)</p> <p>11:30 <b>EF</b> Trip to Graul's and Rite Aid (OUT)</p> <p>1:00 Unlucky 7's (AR) (LT)</p> <p>2:30 <b>C</b> Birthday Bash w/ Wilma and Sal (AR) (Amy)</p> <p>3:30 <b>HF</b> Friday Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Sudoku w/ iPad® (AR)</p> <p>5:30 Chapter by Chapter w/ Natalie (PAR) (Amy)</p>	<p><b>17</b></p> <p>10:00 <b>HF</b> Low-Impact Aerobic (AR) (LT)</p> <p>10:30 Nail Glamour (AR)</p> <p>10:30 <b>CE</b> Hook Latch Rug (AR) (LT)</p> <p>11:00 <b>HF</b> Fit &amp; Healthy Walking Club (AR)</p> <p>11:30 <b>LL</b> Home Town Journeys w/ Google™ Earth (AR) (LT)</p> <p>1:00 <b>EF</b> Trip to the Library (OUT) (JS)</p> <p>1:30 Dollar Bingo (AR)</p> <p>2:45 Saturday Afternoon Matinee (AR)</p> <p>3:45 <b>HF</b> Limber Up (AR) (LT)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Crossword (AR)</p> <p>6:00 <b>CE</b> Quilting Class (AR)</p> <p>7:00 Movies about Mom Saturday Movie (AR)</p>
<p><b>18</b></p> <p>8:45 Church Transportation (OUT)</p> <p>9:30 <b>HF</b> Sunday Morning Stretch (AR)</p> <p>10:00 Nondenominational Church Service (AR) (Vol)</p> <p>10:00 <b>LL</b> Ted Talks Computer/Technology Lecture (AR) (JS)</p> <p>1:15 <b>C</b> Atria Wii® Bowling League (AR)</p> <p>1:30 <b>PA</b> Hometown Journeys (OUT)</p> <p>2:30 <b>C</b> Singing to the Oldies (PAR) (LT)</p> <p>3:30 <b>HF</b> Afternoon Exercise (AR) (LT)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Blurt Word Game (AR)</p> <p>6:00 Nickel Bingo (AR)</p>	<p><b>19</b></p> <p>9:30 <b>HF</b> Exercise w/ the YMCA (AR)</p> <p>10:30 <b>CE</b> Atria Ladies Hen Party (AR) (Amy)</p> <p>11:00 <b>IS</b> Meditation for Beginners w/ the iPad® (EN) (LT)</p> <p>11:00 <b>HF</b> Steps to Good Health (PAR)</p> <p>11:30 <b>LL</b> Baking Class w/ Natalie w/ the iPad® (AR) (JC)</p> <p>1:30 <b>EF</b> Bingo Monday (AR)</p> <p>2:30 <b>C</b> Highlands Afternoon Tea w/ Natalie (AR) (NN)</p> <p>3:30 <b>HF</b> Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Trivia Challenge (AR) (JS)</p> <p>6:00 <b>LL</b> Historic Annapolis Hammond Harwood House (PAR) (Vol)</p>	<p><b>20</b></p> <p>10:00 <b>HF</b> Gentle Yoga w/ Amy (AR)</p> <p>10:30 <b>C</b> Music Together w/ Tom (AR) (Vol)</p> <p>11:30 <b>LL</b> Ted Talks Science Class w/ the (AR) (Amy)</p> <p>1:30 Bingo Madness (AR)</p> <p>2:30 <b>HF</b> Matter of Balance Class (MOB) (AR)</p> <p>3:00 <b>CE</b> Larry's Country Sing Along (AR) (Lar)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) ChainThought (AR)</p> <p>6:00 <b>C</b> Poker Pals (AR) (LT)</p> <p>6:30 <b>C</b> Arundelair Chorus Practice (AR) (Vol)</p>	<p><b>21</b></p> <p>10:00 <b>HF</b> Tai Chi (AR)</p> <p>10:30 <b>AW</b> StoryWise™ (AR) (JS)</p> <p>11:00 <b>HF</b> Walking Club (AR)</p> <p>11:30 Errand Day "Target"</p> <p>11:30 <b>LL</b> Great Courses History w/ the iPad® (AR)</p> <p>1:30 <b>EF</b> Atria Manresa Derby (AR) (Amy)</p> <p>2:30 <b>PA</b> Town Hall Meeting (AR)</p> <p>3:30 <b>HF</b> Afternoon Stretch at the Bar (AR) (Amy)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) History Trivia (AR)</p> <p>6:00 <b>EF</b> Hump day Bingo Challenge w/ Julie (AR) (JS)</p>	<p><b>22</b></p> <p>10:00 <b>HF</b> Low Impact Aerobics (AR)</p> <p>10:00 <b>IS</b> Rosary (EN) (Tim)</p> <p>10:30 <b>CE</b> Arts &amp; Crafts Club (AR) (Amy)</p> <p>11:30 <b>LL</b> Art Appreciation w/ iPad® &amp; Great Courses (AR)</p> <p>12:30 <b>EF</b> Shopping trip to Nordstrom's (OUT) (JS)</p> <p>1:30 Bingo Challenge (AR) (JS)</p> <p>3:30 <b>HF</b> Move &amp; Groove (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Mental Floss (AR)</p> <p>6:00 <b>C</b> Men's Club War Movie (AR)</p> <p>6:00 Hand and Foot w/ Julie (EN) (JS)</p>	<p><b>23</b></p> <p>10:00 <b>HF</b> Weights w/ Layne (AR)</p> <p>11:00 <b>HF</b> Nutrition Class (AR) (Amy)</p> <p>11:30 <b>PA</b> Script Writers Club (AR)</p> <p>11:30 Graul's and Rite Aid (OUT) (JS)</p> <p>1:00 Unlucky 7's (AR) (LT)</p> <p>1:30 <b>CE</b> Drama Club Performance (AR)</p> <p>2:30 <b>EF</b> Fall in in to fun Happy Hour (AR) (Amy)</p> <p>3:30 <b>HF</b> Friday Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Sudoku w/ iPad® (AR)</p> <p>6:00 <b>LL</b> Chapter by Chapter w/ Natalie (PAR) (Vol)</p>	<p><b>24</b></p> <p>10:00 <b>HF</b> Low-Impact Aerobic (AR) (LT)</p> <p>10:30 Nail Glamour (AR)</p> <p>10:30 <b>CE</b> Hook Latch Rug (AR)</p> <p>11:00 <b>HF</b> Fit &amp; Healthy Walking Club (AR)</p> <p>11:30 <b>LL</b> Home Town Journeys w/ Google™ Earth (AR) (LT)</p> <p>1:00 <b>EF</b> Library Trip</p> <p>1:30 Dollar Bingo (AR)</p> <p>2:45 Saturday Afternoon Matinee (AR)</p> <p>3:45 <b>HF</b> Limber Up (AR) (LT)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Crossword (AR)</p> <p>6:00 <b>CE</b> Quilting Class (AR)</p> <p>7:00 Movies about Mom Saturday Movie (AR)</p>
<p><b>25</b></p> <p>8:45 Church Transportation (OUT)</p> <p>9:30 <b>HF</b> Sunday Morning Stretch (AR)</p> <p>10:00 Nondenominational Church Service (AR) (Vol)</p> <p>10:00 <b>LL</b> Ted Talks Computer/Technology Lecture (AR) (Res)</p> <p>1:15 <b>EF</b> Wii® Bowling League (AR)</p> <p>1:30 <b>PA</b> Hometown Journeys (OUT)</p> <p>2:30 <b>C</b> Singing to the Oldies (PAR) (LT)</p> <p>2:45 <b>HF</b> Afternoon Exercise (AR) (Amy)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Blurt Word Game (AR)</p> <p>6:00 Nickel Bingo (AR)</p>	<p><b>26</b></p> <p>10:00 <b>HF</b> Zumba® Gold (AR)</p> <p>10:30 <b>CE</b> Atria Ladies Hen Party (AR) (Amy)</p> <p>11:00 <b>C</b> Memorial Day Brunch (EN) (LT)</p> <p>11:00 <b>HF</b> Steps to Good Health (AR)</p> <p>1:30 <b>EF</b> Bingo Monday (AR)</p> <p>2:30 Afternoon American Tea Party w/ Natalie (AR) (NN)</p> <p>3:30 <b>HF</b> Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Trivia Challenge (AR)</p> <p>6:00 <b>LL</b> Reminiscing Sing Along w/ Natalie (AR) (NN)</p>	<p><b>27</b></p> <p>10:00 <b>HF</b> Gentle Yoga w/ Amy (AR) (Ven)</p> <p>10:30 <b>C</b> Veterans Association Club (EN) (Vol)</p> <p>11:30 <b>LL</b> Ted Talks Science Class (AR) (Amy)</p> <p>1:30 Bingo Madness (AR)</p> <p>2:30 <b>HF</b> Matter of Balance Class (MOB) (AR)</p> <p>3:00 <b>CE</b> Larry's Country Sing Along (AR) (Lar)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) ChainThought (AR)</p> <p>6:00 <b>C</b> Poker Pals (EN) (LT)</p> <p>6:00 Food for Thought (AR)</p> <p>6:30 <b>C</b> Arundelair Chorus Practice (AR) (Vol)</p>	<p><b>28</b></p> <p>10:00 <b>HF</b> Pilates (AR)</p> <p>10:15 <b>HF</b> Walking Club (AR)</p> <p>10:30 <b>AW</b> StoryWise™ (AR)</p> <p>11:30 <b>LL</b> Great Courses History w/ the iPad® (AR)</p> <p>1:30 <b>EF</b> Atria Manresa Derby (AR) (Amy)</p> <p>2:30 <b>PA</b> Engage Life® Planning Meeting (AR) (Amy)</p> <p>3:30 <b>HF</b> Afternoon Stretch at the Bar (EN) (Amy)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) History Trivia (AR)</p> <p>6:00 <b>EF</b> Hump day Bingo Challenge w/ Julie (AR) (JS)</p>	<p><b>29</b></p> <p>10:00 <b>HF</b> Low Impact Aerobics (AR)</p> <p>10:00 <b>IS</b> Rosary (EN) (Tim)</p> <p>10:30 <b>CE</b> Art Class (AR) (Amy)</p> <p>11:30 <b>LL</b> Art Appreciation w/ iPad® &amp; Great Courses (PAR)</p> <p>12:00 <b>HF</b> Mail Walk Challenge (OUT)</p> <p>1:00 <b>EF</b> Movie Lovers Matinee at Harbor Center (SRL) (JS)</p> <p>1:30 Bingo Challenge (AR) (JS)</p> <p>3:30 <b>HF</b> Move &amp; Groove (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Mental Floss (AR)</p> <p>6:00 <b>C</b> Men's Club Western Movie (AR)</p> <p>6:00 Hand and Foot w/ Julie (EN) (JS)</p>	<p><b>30</b></p> <p>10:00 <b>HF</b> Weights w/ Layne (AR)</p> <p>10:30 <b>CE</b> Drama Club (AR) (LT)</p> <p>11:30 <b>PA</b> Script Writers Club (AR)</p> <p>11:30 <b>EF</b> Trip to Graul's and Rite Aid (OUT)</p> <p>1:00 Unlucky 7's (AR) (LT)</p> <p>2:30 <b>C</b> Thank God it Friday Social (AR) (Amy)</p> <p>3:30 <b>HF</b> Friday Afternoon Stretch (AR)</p> <p>4:30 <b>HF</b> Engage Your Brain (EYB) Sudoku w/ iPad® (AR)</p> <p>6:00 <b>LL</b> Chapter by Chapter w/ Natalie (FP) (Amy)</p>	

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