

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Walking Trip Hammond-
Harwood House**
Thursday, August 9, 11:30 AM

Chesapeake Bay Boat Trip
Thursday, August 16, 10:30 AM

**Get Crabby Atria
Manresa Crab Feast**
Friday, August 24, 2:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

AUGUST 2018

ATRIA MANRESA engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:

Eagle's Nest EN
Activity Room AR
Parlor PAR
Outing OUT
Front Porch FP

STAFF KEY:

Julie JS
Jeanne Calderon JC
Layne LT
Resident Res
Amy Amy
Volunteer Vol
Tim Tim
John JHS
Cyndy Cyn
Larry Lar

Natalie Nucifora NN
Vendor Ven
Mary France MF

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Wii® is a trademark of Nintendo of America, Inc.
Zumba® is a registered trademark of Zumba Fitness, LLC

<p>8:45 Church Transportation (OUT) 9:30 HF Sunday Morning Stretch (AR) 10:00 LL Ted Talks Computer/Technology Lecture (AR) (JS) 10:00 Nondenominational Church Service (AR) (Vol) 1:00 PA Meg's Scenic Destination (OUT) 1:15 C Wii® Bowling challenge (AR) (LT) 2:30 C Singing to the Oldies (AR) 3:30 HF Afternoon Exercise (AR) (LT) 4:30 HF Engage Your Brain (EYB) Blurt Word Game (AR) 6:00 Nickel Bingo (AR)</p> <p style="text-align: right;">5</p>	<p>9:30 HF Exercise w/ the YMCA (AR) 10:30 CE Yousician Ukulele Class (AR) 11:00 HF Steps to Good Health (AR) 11:00 IS Meditation for Beginners w/ the iPad® (AR) (Amy) 11:30 LL Baking Class w/ Natalie (AR) (LT) 1:30 EF Bingo Monday (AR) 2:30 C Afternoon Tea in England w/ Natalie (AR) (NN) 3:30 HF Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Trivia Challenge (AR) (JS) 6:00 LL Little Italy Club (AR) (NN)</p> <p style="text-align: right;">6</p>	<p>10:00 HF Gentle Yoga W/ Amy (AR) 10:15 C Music Together W/ Tom (AR) (Amy) 11:30 LL Ted Talks Science Class w/ the (AR) (Amy) 1:00 CV Knitting for a Cause Linus project (EN) (MF) 1:30 Bingo Madness (AR) 2:30 HF Matter of Balance Class (MOB) (AR) 3:00 CE Larry's Country Sing Along (AR) (Lar) 4:30 HF Engage Your Brain (EYB) ChainThought (AR) 6:15 C Poker Pals (EN) (LT) 6:30 C Arundelair Chorus Practice (AR) (Vol)</p> <p style="text-align: right;">7</p>	<p>10:00 HF Pilates (AR) 10:30 CE StoryWise™ (AR) 11:30 LL Great Courses History w/the iPad® 11:30 Errand Day "Harbor Center" (OUT) (JS) 1:30 EF Hump Day Bingo (AR) (Amy) 2:00 PA Ambassador's Club (EN) 3:30 HF Belly Dance Class (AR) (Amy) 4:30 HF Engage Your Brain (EYB) History Trivia (AR) 6:00 EF Backgammon Challenge w/ Julie (AR) (JS)</p> <p style="text-align: right;">8</p>	<p>10:00 HF Low Impact Aerobics (AR) 10:00 IS Rosary (EN) (Vol) 10:30 CE Art Class (AR) (Amy) 11:30 EF Walking Trip Hammond-Harwood House (OUT) (JS) 11:30 LL Art Appreciation w/ iPad® & Great Courses (AR) 1:30 Bingo Challenge (AR) (JS) 2:00 CV Good Cheer Trip 2:30 C Movie Lovers Matinee (AR) (JS) 3:30 HF Move & Groove (AR) 4:30 HF Engage Your Brain (EYB) Mental Floss (AR) 6:00 C City Doc Concert Series w/ Julie (EN) (JS) 6:00 C Men's Club w/ John (AR)</p> <p style="text-align: right;">9</p>	<p>10:00 HF Weights w/ Layne (AR) 10:30 CE Drama Club (AR) 11:30 PA Script Writers Club (AR) 11:30 EF Trip to Graul's and Rite Aid (OUT) 12:00 HF Nutrition Class (AR) (Amy) 1:00 Unlucky 7's (AR) (LT) 2:30 EF Blue Hawaii Social (AR) (Amy) 3:30 HF Friday Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Sudoku w/ iPad® (AR) (Amy) 6:00 C Summer Fun Hygge Club (FP) (Res) 6:00 EF Sounds on the Severn</p> <p style="text-align: right;">10</p>	<p>10:00 HF Low-Impact Aerobic (AR) (LT) 10:30 CE Latch Hook Rugs (AR) 10:30 Nail Glamour (AR) 11:00 HF Fit & Healthy Walking Club (AR) 11:30 LL YouTube® Travelogue: Tuscany (AR) (LT) 1:30 Dollar Bingo (AR) 2:45 Saturday Matinee (AR) 3:00 LL Trip to the Library (OUT) 3:45 HF Limber Up (AR) 4:30 HF Engage Your Brain (EYB) Mahjong w/ iPad® (AR) 6:00 CE Quilting Class (AR) 7:00 Movies about Mom Saturday Movie (AR)</p> <p style="text-align: right;">11</p>
<p>8:45 Church Transportation (OUT) 9:30 HF Sunday Morning Stretch (AR) 10:00 LL Ted Talks Computer/Technology Lecture (AR) 10:00 Nondenominational Church Service (AR) (Vol) 1:00 PA Meg's Scenic Destination (OUT) 1:15 C Atria Wii® Bowling League (AR) 2:30 C Singing to the Oldies (PAR) (LT) 3:30 HF Afternoon Exercise (AR) (LT) 4:30 HF Engage Your Brain (EYB) Blurt Word Game (AR) 6:00 Nickel Bingo (AR)</p> <p style="text-align: right;">12</p>	<p>9:30 HF Exercise w/ the YMCA (AR) 10:30 CE Yousician Ukulele Class (AR) (Amy) 11:00 HF Steps to Good Health (AR) 11:00 IS Meditation for Beginners w/ the iPad® (EN) (LT) 11:30 LL Music Appreciation w/the iPad® (AR) (JC) 1:30 EF Bingo Monday (AR) (JHS) 2:30 LL Health Talk w/ Cyndy: (AR) (Cyn) 3:30 HF Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Trivia Challenge (AR) 6:00 Gerry on Guitar (PAR)</p> <p style="text-align: right;">13</p>	<p>10:00 HF Gentle Yoga W/ Amy (AR) 10:30 C Music Together W/ Tom (AR) (Amy) 11:30 LL Ted Talks Science Class w/ the (AR) (Amy) 1:00 CV Knitting for a Cause Linus project (EN) (MF) 1:30 Bingo Madness (AR) (LT) 2:30 HF Matter of Balance Class (MOB) (AR) 3:00 CE Larry's Country Sing Along (PAR) (Lar) 4:30 HF Engage Your Brain (EYB) ChainThought (AR) 6:15 C Poker Pals (EN) (LT) 6:30 C Arundelair Chorus Practice (AR) (Vol)</p> <p style="text-align: right;">14</p>	<p>10:00 HF Tai Chi (AR) 10:30 CE StoryWise™ (AR) (JS) 11:00 HF Walking Club (AR) 11:30 Errand Day "Target" 11:30 LL Great Courses History w/the iPad® (AR) 1:30 EF Hump Day Bingo (AR) (Amy) 2:30 PA Town Hall Meeting (AR) 3:30 HF Dance Class (AR) (Amy) 4:30 HF Engage Your Brain (EYB) History Trivia (AR) 6:00 EF Backgammon Challenge w/ Julie (AR) (JS)</p> <p style="text-align: right;">15</p>	<p>10:00 IS Rosary & Catholic Mass (EN) (Vol) 10:00 HF Low Impact Aerobics (AR) 10:30 EF Chesapeake Bay Boat Trip (OUT) (JS) 10:30 CE Arts & Crafts Club (AR) (Amy) 11:30 LL Art Appreciation w/ iPad® & Great Courses (AR) 1:30 Bingo Challenge (AR) (JS) 2:30 C Movie Lovers Matinee (AR) (JS) 3:30 HF Move & Groove (AR) 4:30 HF Engage Your Brain (EYB) Mental Floss (AR) 6:00 C City Doc Concert Series w/ Julie (AR) 6:00 C Men's Club w/ John (AR)</p> <p style="text-align: right;">16</p>	<p>10:00 HF Weights w/ Layne (AR) 10:30 CE Drama Club (AR) (LT) 11:30 PA Script Writers Club (AR) 11:30 EF Trip to Graul's and Rite Aid (OUT) 1:00 Unlucky 7's (AR) (LT) 2:30 C Birthday Bash w/ Wilma and Sal (AR) (Amy) 3:30 HF Friday Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Sudoku w/ iPad® (AR) 5:30 Jeannie on the Flute (PAR) (Amy) 6:00 EF Sounds on the Severn</p> <p style="text-align: right;">17</p>	<p>10:00 HF Low-Impact Aerobic (AR) (LT) 10:30 CE Hook Latch Rug (AR) (LT) 10:30 Nail Glamour (AR) 11:00 HF Fit & Healthy Walking Club (AR) 11:30 LL YouTube® Travelogue: Florence (AR) (LT) 1:00 EF Trip to the Library (OUT) (JS) 1:30 Dollar Bingo (AR) 2:45 Saturday Afternoon Matinee (AR) 3:45 HF Limber Up (AR) (LT) 4:30 HF Engage Your Brain (EYB) Mahjong w/ iPad® (AR) 6:00 CE Quilting Class (AR) 7:00 Movies about Mom Saturday Movie (AR)</p> <p style="text-align: right;">18</p>
<p>8:45 Church Transportation (OUT) 9:30 HF Sunday Morning Stretch (AR) 10:00 LL Ted Talks Computer/Technology Lecture (AR) (JS) 10:00 Nondenominational Church Service (AR) (Vol) 1:00 PA Meg's Scenic Destination (OUT) 1:15 C Atria Wii® Bowling League (AR) 2:30 C Singing to the Oldies (PAR) (LT) 3:30 HF Afternoon Exercise (AR) (LT) 4:30 HF Engage Your Brain (EYB) Blurt Word Game (AR) 6:00 Nickel Bingo (AR)</p> <p style="text-align: right;">19</p>	<p>9:30 HF Exercise w/ the YMCA (AR) 10:30 CE Yousician Ukulele Class (AR) (Amy) 11:00 HF Steps to Good Health (PAR) 11:00 IS Meditation for Beginners w/ the iPad® (EN) (LT) 11:30 LL Baking Class w/ Natalie w/ the iPad® (AR) (JC) 1:30 EF Bingo Monday (AR) 2:30 C Highlands Afternoon Tea w/ Natalie (AR) (NN) 3:30 HF Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Trivia Challenge (AR) (JS) 6:00 LL Reminiscing sing along w/ Natalie (AR) (NN)</p> <p style="text-align: right;">20</p>	<p>10:00 HF Gentle Yoga W/ Amy (AR) 10:30 C Music Together W/ Tom (AR) (Vol) 11:30 LL Ted Talks Science Class w/ the (AR) (Amy) 1:00 CV Knitting for a Cause Linus project (EN) (MF) 1:30 Bingo Madness (AR) 2:30 HF Matter of Balance Class (MOB) (AR) 3:00 CE Larry's Country Sing Along (AR) (Lar) 4:30 HF Engage Your Brain (EYB) ChainThought (AR) 6:00 C Poker Pals (AR) (LT) 6:30 C Arundelair Chorus Practice (AR) (Vol)</p> <p style="text-align: right;">21</p>	<p>10:00 HF Pilates (AR) 10:15 HF Walking Club (AR) 10:30 CE StoryWise™ (AR) 11:30 LL Great Courses History w/the iPad® (AR) 1:30 EF Hump Day Bingo (AR) (Amy) 3:30 HF Belly Dance Class (EN) (Amy) 4:30 HF Engage Your Brain (EYB) History Trivia (AR) 6:00 EF Backgammon Challenge w/ Julie (AR) (JS)</p> <p style="text-align: right;">22</p>	<p>10:00 HF Low Impact Aerobics (AR) 10:00 IS Rosary (EN) (Tim) 10:30 CE Arts & Crafts Club (AR) (Amy) 11:30 LL Art Appreciation w/ iPad® & Great Courses (AR) 11:30 EF Lunch Brunch Trip to The Point in Arnold (OUT) (JS) 1:30 Bingo Challenge (AR) (JS) 3:30 HF Move & Groove (AR) 4:30 HF Engage Your Brain (EYB) Mental Floss (AR) 6:00 C City Doc Concert Series w/ Julie (AR) 6:00 C Men's Club w/ John (AR)</p> <p style="text-align: right;">23</p>	<p>10:00 HF Weights w/ Layne (AR) 11:00 HF Nutrition Class (AR) (Amy) 11:30 PA Script Writers Club (AR) 11:30 Graul's and Rite Aid (OUT) (JS) 1:00 Unlucky 7's (AR) (LT) 1:30 CE Drama Club Performance (AR) 2:30 EF Get Crabby Atria Manresa Crab Feast (FP) (LT) 3:30 HF Friday Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Sudoku w/ iPad® (AR) 6:00 EF Sounds on the Severn 6:00 LL Lucia's Book Club (PAR) (Vol)</p> <p style="text-align: right;">24</p>	<p>10:00 HF Low-Impact Aerobic (AR) (LT) 10:30 CE Latch Hook Rug (AR) 10:30 Nail Glamour (AR) 11:00 HF Fit & Healthy Walking Club (AR) 11:30 LL YouTube® History of Italy (AR) (LT) 1:00 EF Library Trip 1:30 Dollar Bingo (AR) 2:45 Saturday Afternoon Matinee (AR) 3:45 HF Limber Up (AR) (LT) 4:30 HF Engage Your Brain (EYB) Mahjong w/ iPad® (AR) 6:00 CE Quilting Class (AR) 7:00 Movies about Mom Saturday Movie (AR)</p> <p style="text-align: right;">25</p>
<p>8:45 Church Transportation (OUT) 9:30 HF Sunday Morning Stretch (AR) 10:00 LL Ted Talks Computer/Technology Lecture (AR) (Res) 10:00 Nondenominational Church Service (AR) (Vol) 1:00 PA Meg's Scenic Destination (OUT) 1:15 EF Wii® Bowling League (AR) 2:30 C Singing to the Oldies (PAR) (LT) 2:45 HF Afternoon Exercise (AR) (Amy) 4:30 HF Engage Your Brain (EYB) Blurt Word Game (AR) 6:00 Nickel Bingo (AR)</p> <p style="text-align: right;">26</p>	<p>10:00 HF Zumba® Gold (AR) 10:30 CE Yousician Ukulele Class (AR) (Amy) 11:00 HF Steps to Good Health (AR) 11:00 C Memorial Day Brunch (EN) (LT) 1:30 EF Bingo Monday (AR) 2:30 Afternoon American Tea Party w/ Natalie (AR) (NN) 3:30 HF Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Trivia Challenge (AR) 6:00 LL Reminiscing sing along w/ Natalie (AR) (NN)</p> <p style="text-align: right;">27</p>	<p>10:00 HF Gentle Yoga W/ Amy (AR) (Ven) 10:30 C Veterans Association Club (EN) (Vol) 11:30 LL Ted Talks Science Class w/ the (AR) (Amy) 1:00 CV Knitting for a Cause Linus project (EN) (MF) 1:30 Bingo Madness (AR) 2:30 HF Matter of Balance Class (MOB) (AR) 3:00 CE Larry's Country Sing Along (AR) (Lar) 4:30 HF Engage Your Brain (EYB) ChainThought (AR) 6:00 C Poker Pals (EN) (LT) 6:30 C Arundelair Chorus Practice (AR) (Vol)</p> <p style="text-align: right;">28</p>	<p>10:00 HF Yoga (AR) 10:30 CE StoryWise™ (AR) 11:00 HF Walking Club (AR) 11:30 Errand Day "Harbor Center" (OUT) (JS) 11:30 LL Great Courses History w/the iPad® 1:00 EF Price is Right (AR) 2:30 PA Engaged Life Planning Meeting (AR) (Amy) 3:30 HF Belly Dance Class (AR) (Amy) 4:30 HF Engage Your Brain (EYB) History Trivia (AR) 6:00 EF Backgammon Challenge w/ Julie (AR) (JS)</p> <p style="text-align: right;">29</p>	<p>10:00 HF Low Impact Aerobics (AR) 10:00 IS Rosary (EN) (Tim) 10:30 CE Art Class (AR) (Amy) 11:30 LL Art Appreciation w/ iPad® & Great Courses (PAR) 12:00 HF Mall Walk Challenge (OUT) 1:30 Bingo Challenge (AR) (JS) 2:30 C Movie Lovers Matinee (AR) (JS) 3:30 HF Move & Groove (AR) 4:30 HF Engage Your Brain (EYB) Mental Floss (AR) 6:00 C City Doc Concert Series w/ Julie (AR) 6:00 C Men's Club w/ John (AR)</p> <p style="text-align: right;">30</p>	<p>10:00 HF Weights w/ Layne (AR) 10:30 CE Drama Club (AR) (LT) 11:30 PA Script Writers Club (AR) 11:30 EF Trip to Graul's and Rite Aid (OUT) 1:00 Unlucky 7's (AR) (LT) 2:30 C Thank God it's Friday Social (AR) (Amy) 3:30 HF Friday Afternoon Stretch (AR) 4:30 HF Engage Your Brain (EYB) Sudoku w/ iPad® (AR) 6:00 C Summer Fun Hygge Club (FP) (Amy) 6:00 EF Sounds on the Severn</p> <p style="text-align: right;">31</p>	<p>PA Personal Achievement HF Health & Fitness EF Entertainment & Fun CV Civic Engagement LL Lifelong Learning CE Creative Expression IS Inspiration & Spirituality C Connection CE Atria StoryWise</p>