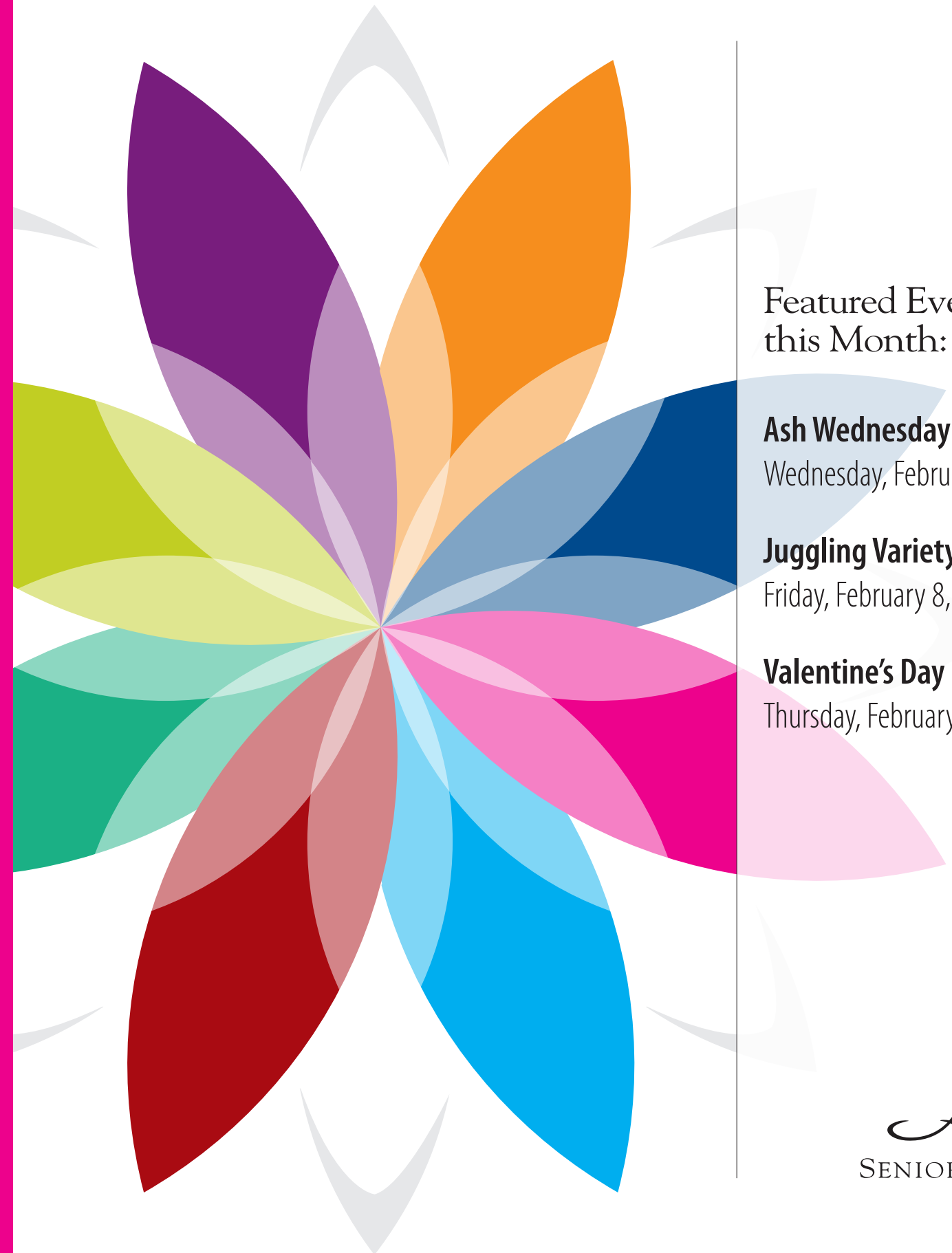


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- Ash Wednesday**  
Wednesday, February 6, 10:00 AM
- Juggling Variety Show**  
Friday, February 8, 2:00 PM
- Valentine's Day Party**  
Thursday, February 14, 2:00 PM

*Atria*  
SENIOR LIVING

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# FEBRUARY 2019

# ATRIA SOUTH HILLS 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:**

- Media Room M
- First Floor FF
- Dining Room D
- Living Room L
- Library LIB
- Lobby LOB
- Private Dining Room PDR

**STAFF KEY:**

- Fran Campas Certified Fitness Instructor FC
- Nina Cindrich NC
- Resident Led RL
- Linda Frost, Yoga Instructor LF
- Jude Bordeaux JB
- Mary Moran MM

<p>9:15 <b>IS</b> Distribution of Holy Communion (M)</p> <p>11:00 <b>IS</b> Church Service w/ Gary All Faiths Welcome (M)</p> <p>2:00 <b>EF</b> Pokeno® (FF)</p> <p>3:30 <b>HF</b> Atria South Hills Fitness Group (FF)</p> <p>4:00 <b>LL</b> iPad® Games and More! (M)</p> <p>6:00 <b>HF</b> Weekend Workout with Weights (FF) (MM)</p> <p>6:30 <b>EF</b> Super Bowl® LIII</p> <p>7:00 11 Round Bingo! (D)</p>	<p>9:00 <b>HF</b> Power Up Fitness! (FF)</p> <p>10:00 <b>C</b> Catch Up with the Weekend News (M)</p> <p>11:00 Walk to CVS (LOB)</p> <p>2:00 <b>CE</b> Fine Art Miracles (FF)</p> <p>3:00 <b>HF</b> Seniorcise (FF)</p> <p>3:30 <b>EF</b> Engage Your Brain: Word Game Madness (FF)</p> <p>5:30 <b>PA</b> Learn to Play Pool with AI (LIB)</p> <p>6:30 <b>PA</b> Penny Poker Time! (D)</p>	<p>9:00 <b>HF</b> Fitness Workshop (FF) (FC)</p> <p>10:00 <b>C</b> Nothing But Feel Good News (M)</p> <p>11:00 <b>PA</b> Mexican Train Dominos (FF)</p> <p>1:30 <b>HF</b> Stretching for Flexibility (FF)</p> <p>2:00 Bingo for Ca\$h (D)</p> <p>3:30 Happy Hour with Appetizers (L)</p> <p>6:30 <b>PA</b> Resident Led 500 Club (D)</p> <p>6:30 <b>CV</b> Therapy Dog Snapdragon Visits</p>	<p>9:00 <b>HF</b> Deep Breathing &amp; Balance Exercise (FF)</p> <p>10:00 <b>IS</b> Ash Wednesday (M) (JB)</p> <p>10:00 <b>C</b> EXTRA EXTRA Read All About It News Group (M)</p> <p>10:30 <b>LL</b> Spell-a-Thon (M)</p> <p>1:30 <b>HF</b> Wednesday Weight Workout (FF)</p> <p>2:00 <b>CE</b> Sing Along (FF)</p> <p>3:00 <b>LL</b> PBS Program: Bob Ross the Artist (M)</p> <p>3:30 <b>PA</b> Wacky Wordies (M)</p> <p>6:30 <b>PA</b> Penny Poker for Guys &amp; Girls (D)</p>	<p>9:00 <b>HF</b> Resistance Bands and Weight Workout (FF)</p> <p>10:00 <b>C</b> The Pittsburgh Post-Gazette (M)</p> <p>11:00 <b>EF</b> Left Right Center Game (FF)</p> <p>2:00 Bingo Craze! (D)</p> <p>3:15 <b>C</b> Life Happens with Michelle (FF)</p> <p>3:30 Cocktail Hour (L)</p> <p>4:30 <b>HF</b> Fitness Workshop (FF)</p> <p>6:30 Let's Go To The Movies (M)</p> <p>7:00 <b>EF</b> Mexican Train Dominoes (FF)</p>	<p>9:00 <b>HF</b> Friday Fitness Workout (FF)</p> <p>10:30 <b>IS</b> The Holy Rosary with Ladies of Charity (M)</p> <p>1:30 <b>IS</b> Bible Study with Gary (M)</p> <p>2:00 <b>EF</b> Juggling Variety Show</p> <p>3:30 Happy Hour with Friends (L)</p> <p>6:00 <b>HF</b> Strength and Balance Program (FF)</p> <p>6:30 <b>PA</b> Penny Poker For Guys &amp; Gals (D)</p> <p>7:00 Bingo Cash Mania! (D)</p>	<p>10:00 <b>LL</b> Netflix® Original Series: The Crown (M)</p> <p>11:00 <b>HF</b> Certified Fitness with Linda Frost (FF)</p> <p>1:30 <b>CV</b> Clipping For a Cause (FF)</p> <p>2:00 <b>EF</b> Wii® Bowling (M)</p> <p>3:00 <b>C</b> Local &amp; National News Headlines (M)</p> <p>4:00 <b>HF</b> Weight Workout (M)</p> <p>6:30 <b>PA</b> Pool in the Billiards Room (LIB)</p> <p>6:30 Let's Go to the Movies: Romance Night (M)</p>
<p>9:15 <b>IS</b> Distribution of Holy Communion (M)</p> <p>11:00 <b>IS</b> Scrabble® for Fun with Friends (FF)</p> <p>2:00 <b>AW</b> StoryWise™: Favorite Holiday Traditions (L)</p> <p>3:30 <b>HF</b> Weekend with Weights (FF)</p> <p>4:00 <b>LL</b> Famous Faces in History (FF)</p> <p>6:00 <b>HF</b> Walking for Fitness (LOB)</p> <p>7:00 Sunday Bingo Craze! (D)</p>	<p>9:00 <b>HF</b> Dance Fitness (FF)</p> <p>10:00 <b>C</b> Extra! Extra! Read All About It News! (M)</p> <p>11:00 Shopping at CVS (LOB)</p> <p>3:00 <b>C</b> New Resident Meet and Greet (FF)</p> <p>4:00 <b>HF</b> Strength and Balance Program (FF)</p> <p>5:30 <b>PA</b> Pool Game with AI (LIB)</p> <p>6:30 <b>PA</b> Penny Poker For Guys and Gals (D)</p>	<p>9:00 <b>HF</b> Certified Fitness Program (FF) (FC)</p> <p>10:00 <b>PA</b> Mexican Train Dominoes with Hillcrest (FF)</p> <p>11:00 <b>AW</b> StoryWise™: Mastering the Love Languages (L)</p> <p>1:30 <b>HF</b> Yoga Stretch and Meditation (FF)</p> <p>2:00 Bingo Extravaganza! (D)</p> <p>3:30 Cocktail Hour (L)</p> <p>6:00 Blackjack</p> <p>6:30 <b>PA</b> Resident Instructed Bids and Tricks (D)</p>	<p>9:00 <b>HF</b> Improve Your Balance &amp; Breathing (FF)</p> <p>10:00 <b>C</b> The Pittsburgh Post-Gazette (M)</p> <p>10:30 <b>CE</b> Finish the Phrase (M)</p> <p>11:30 <b>PA</b> Ambassador Luncheon (PDR)</p> <p>1:30 <b>CE</b> Cookie Baking &amp; Decorating (FF)</p> <p>3:00 <b>LL</b> Travel Experience - England (M)</p> <p>6:00 <b>HF</b> Resistance Bands &amp; Weight Training (FF) (NC)</p> <p>6:30 <b>PA</b> Penny Poker For Guys and Gals (D)</p>	<p>9:00 <b>HF</b> Hand Weights and Resistance Band Workout (FF) (FC)</p> <p>11:00 <b>EF</b> Left Right Center (FF)</p> <p>1:30 <b>HF</b> Bend, Stretch, Flex and Balance (FF)</p> <p>2:00 <b>EF</b> Valentine's Day Party</p> <p>3:00 <b>PA</b> Play Kings In A Corner (FF)</p> <p>3:00 <b>CV</b> Therapy Dog Jack Visits (L)</p> <p>3:30 Happy Hour (L)</p> <p>7:00 <b>LL</b> Wednesday Night at the Movies</p>	<p>9:00 <b>HF</b> Fitness Friday (FF)</p> <p>10:30 <b>IS</b> The Holy Rosary (M)</p> <p>11:00 <b>IS</b> Communion Service with Jude (M)</p> <p>1:30 <b>IS</b> Bible Study (M)</p> <p>2:00 <b>HF</b> Dance Fitness with Mary Ann (FF)</p> <p>2:30 <b>EF</b> Mexican Train Dominoes with Friends (FF)</p> <p>3:30 It's 5 O'Clock Somewhere Happy Hour (L)</p> <p>6:30 <b>PA</b> Penny Poker For Guys and Gals (D)</p>	<p>10:00 <b>LL</b> Netflix® Original Series: The Crown (M)</p> <p>11:00 <b>HF</b> Fitness for Flexibility (FF)</p> <p>1:30 <b>CV</b> Clipping For a Cause</p> <p>2:00 <b>EF</b> Wii® Bowling (M)</p> <p>3:00 <b>PA</b> Just for Fun Pool Game (LIB)</p> <p>6:00 <b>HF</b> Music and Movement (FF) (NC)</p> <p>6:30 <b>C</b> National &amp; Local News Discussion (M)</p> <p>7:00 Saturday Night Bingo (D)</p>
<p>9:15 <b>IS</b> Distribution of Holy Communion (M)</p> <p>11:00 Sunday Scrabble® Game (FF)</p> <p>1:30 Movie Matinee (M)</p> <p>2:00 <b>CV</b> Brown Bag for Hungry w/ Youth Outreach (FF)</p> <p>3:30 <b>HF</b> Weight Workout (FF)</p> <p>6:00 <b>HF</b> Walking for Your Health (LOB) (MM)</p> <p>7:00 Sunday Night Bingo (D)</p>	<p>9:00 <b>HF</b> Fitness Workout (FF)</p> <p>10:00 <b>C</b> The Pittsburgh Post-Gazette (M)</p> <p>11:00 Neighborhood Shop - CVS (LOB)</p> <p>1:30 <b>HF</b> Music &amp; Movement (FF)</p> <p>2:00 <b>LL</b> Fox Rehab Seminar Series with Ron Fleck (M)</p> <p>3:30 <b>EF</b> Never 2 Old 4 Games: Word Games (FF)</p> <p>5:30 <b>PA</b> Shooting Pool for Fun with AI (LIB)</p> <p>6:30 <b>PA</b> Penny Poker For Guys and Gals (D)</p>	<p>9:00 <b>HF</b> Fitness Workshop (FF) (FC)</p> <p>10:00 <b>C</b> National and Local News Discussion</p> <p>11:00 <b>PA</b> Mexican Train Dominoes (FF)</p> <p>11:30 <b>CE</b> Calming Coloring Class (M)</p> <p>1:30 <b>HF</b> Yoga Meditation (FF)</p> <p>2:00 Come One Come All - Bingo! (D)</p> <p>3:30 <b>EF</b> Happy Hour (L)</p> <p>6:30 <b>PA</b> Resident Instructed Texas Hold 'Em (D)</p> <p>7:00 Let's Go to the Movies! (M)</p>	<p>9:00 <b>HF</b> Balance Tune Up &amp; Deep Breathing (FF)</p> <p>9:30 <b>LL</b> Senior Bookmobile</p> <p>10:30 <b>C</b> The Pittsburgh Post Today (M)</p> <p>11:00 <b>C</b> Resident Birthday Bash (PDR)</p> <p>1:30 <b>HF</b> Stability Improvement Workout (FF)</p> <p>3:00 <b>PA</b> Engage Life® Program Meeting (M)</p> <p>6:00 <b>LL</b> AirPano: World Travel (M)</p> <p>6:30 <b>PA</b> Penny Poker For Guys and Gals (D)</p>	<p>9:00 <b>HF</b> Resistance Bands and Dumbbell Workout (FF)</p> <p>10:00 <b>C</b> Round Table: Hot Topics in the News (M)</p> <p>11:00 <b>EF</b> Game Time: Left, Right, Center (FF)</p> <p>1:30 <b>HF</b> Stress Relief Meditation and Stretch (FF)</p> <p>2:00 <b>EF</b> A Music Performance with Rick Purcell (D)</p> <p>3:00 <b>CV</b> Therapy Dog Jack Visits (L)</p> <p>3:30 Cocktails and Mocktails Happy Hour (L)</p> <p>7:00 Bingomania! (D)</p>	<p>9:30 <b>HF</b> Sit and Be Fit Exercise (FF)</p> <p>10:30 <b>IS</b> The Holy Rosary With Ladies of Charity (M)</p> <p>11:00 Holy Mass (M)</p> <p>1:30 <b>IS</b> Bible Study with Gary (M)</p> <p>2:30 <b>EF</b> Mexican Train Dominoes (FF)</p> <p>3:30 Happy Hour (L)</p> <p>6:00 <b>HF</b> Weights and Bands (FF)</p> <p>6:30 <b>PA</b> Penny Poker For Guys and Gals (D)</p> <p>7:00 Bingo Lovers Only! (D)</p>	<p>10:00 <b>C</b> Headline News Weekend Edition (M)</p> <p>11:00 <b>HF</b> Yoga with Linda Frost (FF)</p> <p>1:30 <b>CV</b> Clipping for a Cause (FF)</p> <p>2:00 <b>CV</b> Sewing for a Cause: Camper Bears (FF)</p> <p>2:00 <b>LL</b> Netflix® Original Series: The Crown (M)</p> <p>4:00 <b>HF</b> Stress Relief Meditation and Stretch (FF)</p> <p>6:30 <b>PA</b> Billiards! (LIB)</p> <p>6:30 Now Showing: Comedy Night (M)</p>
<p>9:15 <b>IS</b> Distribution of Holy Communion (M)</p> <p>11:00 Game Time: Scrabble® (FF)</p> <p>2:30 <b>EF</b> Pokeno® (FF)</p> <p>3:30 <b>HF</b> Bands and Weights Workout (FF)</p> <p>4:00 <b>LL</b> Trivia Challenge (L)</p> <p>6:00 <b>HF</b> Walking Club with Mary (LOB)</p> <p>7:00 10 Cent Bingo w/ Family &amp; Friends (D)</p>	<p>9:00 <b>HF</b> Dance Fitness (FF)</p> <p>10:00 <b>C</b> National and Local News Discussion (M)</p> <p>11:00 Stroll To CVS</p> <p>1:30 <b>HF</b> Upper Body Resistance Band Training (FF)</p> <p>2:00 <b>EF</b> Words in a Word Puzzle (FF)</p> <p>5:30 <b>PA</b> Learn to Play Pool (LOB)</p> <p>6:30 <b>PA</b> Penny Poker For Guys And Gals (D)</p>	<p>9:00 <b>HF</b> Fitness Workshop (FF)</p> <p>10:00 <b>C</b> Headline News (M)</p> <p>11:00 <b>PA</b> Mexican Train Dominoes (FF) (RL)</p> <p>1:30 <b>HF</b> Stretching for Flexibility Program (L)</p> <p>2:00 Bingo (D)</p> <p>3:30 <b>EF</b> Cocktails and Mocktails (L)</p> <p>6:30 <b>PA</b> Bids and Tricks Card Game (D)</p>	<p>10:00 <b>C</b> National and Local News Discussion (M)</p> <p>10:30 <b>HF</b> Just Breathe &amp; Balance Exercises (FF)</p> <p>1:30 <b>HF</b> Weights &amp; Resistance Band Training (FF)</p> <p>2:00 Po-Keno (FF)</p> <p>3:00 <b>CE</b> Curtain Calls (FF)</p> <p>6:00 <b>LL</b> iPad® Program: 4 Pics 1 Word Challenge (M)</p> <p>6:30 <b>PA</b> Penny Poker For Guys and Gals (D)</p>	<p>9:00 <b>HF</b> Fitness Workshop (FF)</p> <p>10:00 <b>C</b> National News and Local News Discussion (M)</p> <p>11:00 <b>EF</b> Left, Center, Right Game (FF)</p> <p>1:30 <b>HF</b> Mindful Meditation and Stretch (FF)</p> <p>2:00 <b>AW</b> StoryWise™ Resident Toast Event (D)</p> <p>3:00 <b>CV</b> Food for Thought &amp; Resident Council (M)</p> <p>3:30 Cocktail Hour (L)</p> <p>7:00 <b>EF</b> Let's Travel to the Grand Canyon (M)</p>		

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