

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Country Music Day
Festival at Crossgate**

Tuesday, September 17, 2:15 PM

100 Days of Gratitude Begins!

Saturday, September 21, 3:00 PM

**Lac du Saint Sacrament
Boat Cruise**

Thursday, September 26, 10:00 AM

Atria
SENIOR LIVING

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SEPTEMBER 2019

ATRIA DELMAR PLACE engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>9:45 HF Strength and Balance Program (ODT) (ELD)</p> <p>10:45 IS Holy Communion with St. Thomas (ODT) (V)</p> <p>2:00 HF Stretchology (ODT) (ELD)</p> <p>2:45 LL The Great Debate (LR) (ELD)</p> <p>3:30 BINGO (ODT) (R)</p> <p>7:00 Sunday Movie (ODT) (IND)</p>	<p>1 Labor Day</p> <p>10:00 HF Charity Miles: Choose A Charity & Walk (L) (ELD)</p> <p>10:30 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:00 C Do You Know Your Neighbor? (ODT) (ELD)</p> <p>2:00 HF Relax & Release Tension Exercise (ODT) (ELD)</p> <p>2:30 HF You Be The Judge (4C) (ELI)</p> <p>3:00 LL Music History Series (ODT) (ELD)</p> <p>6:00 Twilight Bingo (ODT) (ELI)</p> <p>7:00 Monday Movie (ODT) (IND)</p>	<p>9:45 HF Walk and Stretch (L) (ELI)</p> <p>10:00 IS Rosary & Communion with St. Thomas (ODT) (OA)</p> <p>2:00 HF Stretch and Strength Workout (ODT) (ELI)</p> <p>3:30 BINGO (ODT) (R)</p> <p>6:00 EF Night Cap Party (ODT) (ELD)</p> <p>6:30 EF Pool Shark Challenge (GR) (ELI)</p> <p>7:00 Tuesday Movie (ODT) (IND)</p>	<p>9:45 HF Strength and Balance Program (ODT) (ELI)</p> <p>10:30 IS Bible Study with Mark (ODT) (V)</p> <p>10:30 Old Delmar Country Store open (FD) (ELD)</p> <p>11:00 EF Jeopardy!® Trivia (4C) (ELI)</p> <p>2:00 HF Total Body Workout (ODT) (ELI)</p> <p>7:00 Wednesday Movie (ODT) (IND)</p>	<p>10:30 Shopping at Michaels Crafts (O) (ELD)</p> <p>10:30 HF Wake up and Zumba® (ODT) (ELI)</p> <p>11:00 What's in a Word? (LR) (ELI)</p> <p>2:00 HF Walking Club (ODT) (ELI)</p> <p>2:30 LL World Wildlife: Endangered Species (ODT) (ELD)</p> <p>3:30 Bingo (ODT) (R)</p> <p>7:00 Thursday Movie (ODT) (IND)</p>	<p>10:00 HF Walking for Heart Health (4C) (ELI)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:00 C Men's Group Coffee Chat (4C) (ELI)</p> <p>1:30 CV Knitting & Crocheting Club (ODT) (ELD)</p> <p>2:00 HF Relax and Release Tension (ODT) (ELI)</p> <p>2:30 CE Express Yourself Through Song (ODT) (ELI)</p> <p>3:30 Happy Hour (ODT) (ELI)</p> <p>7:00 Friday Movie (ODT) (IND)</p>	<p>10:15 HF Total Body Workout (ODT) (ELI)</p> <p>11:00 Coffee & Current Events (4C) (ELI)</p> <p>2:00 HF Stretching for your Health (ODT) (ELI)</p> <p>2:45 LL The History and Life of Grandma Moses (LR) (ELD)</p> <p>3:30 PA BINGO (ODT) (R)</p> <p>7:00 Saturday Movie (ODT) (IND)</p>
<p>8 Grandparents Day</p> <p>9:45 HF Strength and Balance Program (ODT) (ELD)</p> <p>10:45 IS Holy Communion with St. Thomas (ODT) (V)</p> <p>1:30 HF Stretchology (ODT) (ELD)</p> <p>2:45 C Grandparents Day Social! (LR) (ELD)</p> <p>3:30 BINGO (ODT) (R)</p> <p>7:00 Sunday Movie (ODT) (IND)</p>	<p>9</p> <p>10:00 HF Charity Miles: Choose A Charity & Walk (L) (ELD)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:00 CE Craft Class (ODT) (ELD)</p> <p>2:00 HF Relax & Release Tension Exercise (ODT) (ELD)</p> <p>2:30 PA Engage Life® Planning Meeting (ODT) (ELD)</p> <p>3:15 LL Teddy Bear Day Discussion and Sharing (ODT) (ELI)</p> <p>6:00 Twilight Bingo (ODT) (ELI)</p> <p>7:00 Monday Movie (ODT) (IND)</p>	<p>10</p> <p>9:45 HF Walk and Stretch (L) (ELI)</p> <p>10:00 IS Rosary & Communion with St. Thomas (ODT) (OA)</p> <p>2:00 HF Strength and Balance Program (ODT) (ELI)</p> <p>3:30 Bingo (ODT) (R)</p> <p>6:00 EF Night Cap Party (DR) (ELD)</p> <p>6:30 EF Pool Shark Challenge (GR) (ELI)</p> <p>7:00 Tuesday Movie (ODT) (IND)</p>	<p>11 National Day of Service and Remembrance</p> <p>9:45 HF Strength and Balance Program (ODT) (ELI)</p> <p>10:30 IS Bible Study with Mark (ODT) (V)</p> <p>10:30 OD Country Store (4C) (ELD)</p> <p>11:00 Music Themed Trivia! (ODT) (ELD)</p> <p>1:30 HF Stretecholgy (ODT) (ELI)</p> <p>5:45 OD Country Store (4C) (ELD)</p> <p>7:00 Wednesday Movie (ODT) (IND)</p>	<p>12</p> <p>10:00 Delmar Errand Run (O) (ELI)</p> <p>10:30 HF Wake up and Zumba® (ODT) (ELI)</p> <p>11:15 What's in a Word? (4C) (ELI)</p> <p>2:00 HF Walking Club (ODT) (ELI)</p> <p>2:30 LL World Wildlife: Endangered Species (ODT) (ELI)</p> <p>3:30 Bingo (ODT) (R)</p> <p>7:00 Thursday Movie (ODT) (IND)</p>	<p>13</p> <p>10:00 HF Walking for Heart Health (4C) (ELI)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:00 What's in a Word? (4C) (ELI)</p> <p>1:30 CV Knitting & Crocheting Club (ODT) (ELD)</p> <p>2:00 HF Total Body Workout (ODT) (ELI)</p> <p>2:30 CE Express Yourself Through Song (ODT) (V)</p> <p>3:30 Happy Hour (ODT) (ELI)</p> <p>7:00 Friday Movie (ODT) (IND)</p>	<p>14</p> <p>10:15 HF Stretching for your Health (ODT) (ELI)</p> <p>11:00 CE Cookbook Creation Project-Sharing (ODT) (ELI)</p> <p>2:00 HF Walking Club (4C) (ELI)</p> <p>2:30 CE Old Time Radio Show! (ODT) (ELI)</p> <p>3:30 PA BINGO (ODT) (R)</p> <p>7:00 Saturday Movie (ODT) (IND)</p>
<p>15</p> <p>9:45 HF Strength and Balance Program (ODT) (ELD)</p> <p>10:45 IS Holy Communion with St. Thomas (ODT) (V)</p> <p>2:00 HF Stretchology (ODT) (ELD)</p> <p>2:45 LL The Great Debate (LR) (ELD)</p> <p>3:30 BINGO (ODT) (R)</p> <p>7:00 Sunday Movie (ODT) (IND)</p>	<p>16</p> <p>10:00 HF Charity Miles: Choose A Charity & Walk (L) (ELD)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:00 50's and 60's Trivia! (ODT) (ELD)</p> <p>2:00 HF Relax & Release Tension Exercise (ODT) (ELD)</p> <p>3:00 LL Music History Series (ODT) (ELD)</p> <p>6:00 Twilight Bingo</p> <p>7:00 Monday Movie (ODT) (IND)</p>	<p>17</p> <p>9:45 HF Walk and Stretch (L) (ELI)</p> <p>10:00 IS Rosary & Communion with St. Thomas (ODT) (OA)</p> <p>11:00 PA Ambassador Club Meeting (LR) (ELI)</p> <p>2:00 Blood Pressure Clinic (LR) (V)</p> <p>2:15 EF Country Music Day Festival at Crossgate (O) (ELD)</p> <p>2:30 HF Stretch and Strength Workout (ODT) (ELI)</p> <p>3:30 BINGO (ODT) (ELI)</p> <p>5:45 EF Night Cap Party (ODT) (ELD)</p> <p>6:30 EF Pool Shark Challenge (GR) (ELI)</p> <p>7:00 Tuesday Movie (ODT) (IND)</p>	<p>18</p> <p>9:45 HF Strength and Balance Program (ODT) (ELI)</p> <p>10:30 IS Bible Study with Mark (ODT) (V)</p> <p>10:30 ODT Country Store (4C) (ELD)</p> <p>2:00 HF Total Body Workout (ODT) (ELI)</p> <p>3:00 PA Food For Thought Meeting (ODT) (KDS)</p> <p>5:00 C New Resident Welcome Dinner (DR) (ELD)</p> <p>5:45 ODT Country Store (4C) (ELD)</p> <p>7:00 Wednesday Movie (ODT) (IND)</p>	<p>19</p> <p>10:30 HF Wake up and Zumba® (ODT) (ELI)</p> <p>11:15 What's in a Word? (4C) (ELD)</p> <p>2:00 HF Walking Club (4C) (ELI)</p> <p>2:30 LL World Wildlife: Endangered Species (ODT) (ELI)</p> <p>3:30 Bingo (ODT)</p> <p>7:00 Thursday Movie (ODT) (IND)</p>	<p>20</p> <p>10:00 HF Walking for Heart Health (ODT) (ELI)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:15 What's in a Word? (4C) (ELI)</p> <p>1:30 CV Knitting & Crocheting Club (ODT) (ELD)</p> <p>2:00 HF Total Body Workout (ODT) (ELI)</p> <p>2:30 CE Express Yourself Through Song (ODT) (V)</p> <p>3:30 Happy Hour (ODT) (ELI)</p> <p>7:00 Friday Movie (ODT) (IND)</p>	<p>21 World Gratitude Day</p> <p>10:15 HF Stretching for your Health (ODT) (ELI)</p> <p>11:00 Group Crossword</p> <p>1:30 HF Walking Club (4C) (ELI)</p> <p>2:00 Bill and Dog Kitty Visit (ODT) (V)</p> <p>3:00 100 Days of Gratitude Begins! (4C) (ELD)</p> <p>3:30 PA BINGO (ODT) (R)</p> <p>7:00 Saturday Movie (ODT) (IND)</p>
<p>22</p> <p>9:45 HF Strength and Balance Program (ODT) (ELD)</p> <p>10:45 IS Holy Communion with St. Thomas (ODT) (V)</p> <p>1:30 HF Stretchology (ODT) (ELD)</p> <p>2:45 LL The Great Debate (LR) (ELD)</p> <p>3:30 BINGO (ODT) (R)</p> <p>7:00 Sunday Movie (ODT) (IND)</p>	<p>23 First Day of Autumn</p> <p>10:00 HF Charity Miles: Choose A Charity & Walk (L) (ELD)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:15 Fun Facts and Trivia about Fall (4C) (ELD)</p> <p>2:00 HF Relax & Release Tension Exercise (ODT) (ELD)</p> <p>3:00 LL Music History Series (ODT) (ELD)</p> <p>6:00 Twilight Bingo (ODT) (ELI)</p> <p>7:00 Monday Movie (ODT) (IND)</p>	<p>24</p> <p>9:45 HF Walk and Stretch (L) (ELI)</p> <p>10:00 IS Rosary & Communion with St. Thomas (ODT) (V)</p> <p>11:00 Coffee & Current Events (4C) (ELI)</p> <p>2:45 HF Stretch and Strength Workout (ODT) (ELI)</p> <p>3:30 BINGO (ODT) (ELI)</p> <p>5:45 EF Night Cap Party (ODT) (ELD)</p> <p>6:30 EF Pool Shark Challenge (GR) (ELI)</p> <p>7:00 Tuesday Movie (ODT) (IND)</p>	<p>25</p> <p>9:45 HF Strength and Balance Program (ODT) (ELI)</p> <p>10:30 IS Bible Study with Mark (ODT) (V)</p> <p>1:30 HF Walking for Heart Health (ODT) (ELI)</p> <p>2:00 PA Resident Council (ODT) (R)</p> <p>4:00 C Community Social with Chantelle (ODT) (ELD)</p> <p>7:00 Wednesday Movie (ODT) (IND)</p>	<p>26</p> <p>9:30 Shopping Trip to Walmart (O) (ELI)</p> <p>10:00 EF Lac du Saint Sacrament Boat Cruise (O) (ELD)</p> <p>10:30 HF Wake up and Zumba®! (ODT) (ELI)</p> <p>1:30 HF Walking Club (4C) (ELI)</p> <p>2:30 Movie Matinee and Popcorn! (ODT) (ELI)</p> <p>3:30 Bingo (ODT) (R)</p> <p>7:00 Thursday Movie (ODT) (IND)</p>	<p>27</p> <p>10:00 HF Walking for Heart Health (ODT) (ELI)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:00 Jeopardy!® Style Trivia (4C) (ELI)</p> <p>1:30 CV Knitting & Crocheting Club (ODT) (ELD)</p> <p>2:00 HF Total Body Workout (ODT) (ELI)</p> <p>2:30 CE Express Yourself Through Song (ODT) (V)</p> <p>3:30 Happy Hour (ODT) (ELI)</p> <p>6:30 Friday Movie (ODT) (IND)</p>	<p>28</p> <p>10:15 HF Stretching for your Health (ODT) (ELI)</p> <p>11:00 CE Cookbook Creation Project (ODT) (ELI)</p> <p>2:00 HF Walking Club (4C) (ELI)</p> <p>2:30 PA BINGO (ODT) (R)</p> <p>4:00 Birthday Bash with Wally (DR) (OA)</p> <p>7:00 Saturday Movie (ODT) (IND)</p>
<p>29</p> <p>9:45 HF Strength and Balance Program (ODT) (ELD)</p> <p>10:45 IS Holy Communion with St. Thomas (ODT) (V)</p> <p>1:30 HF Stretchology (ODT) (ELD)</p> <p>2:45 LL The Great Debate (LR) (ELD)</p> <p>7:00 Sunday Movie (ODT) (IND)</p>	<p>30</p> <p>10:00 HF Charity Miles: Choose A Charity & Walk (L) (ELD)</p> <p>10:15 HF Building Muscle and Strength (ODT) (ELD)</p> <p>11:15 Fun Trivia</p> <p>2:00 HF Relax & Release Tension Exercise (ODT) (ELD)</p> <p>3:00 LL Music History Series (ODT) (ELD)</p> <p>7:00 Monday Movie (ODT) (IND)</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 Atria StoryWise</p>		<p>ROOM LOCATION KEY:</p> <p>Lobby L Old Delmar Theatre ODT Four Corners 4C Living Room LR Game Room GR Dining Room DR Front Desk FD Outing O</p>	<p>STAFF KEY:</p> <p>Outside Agency OA Volunteer V Engage Life Program Instructor ELI Kitchen/Dining Staff KDS Engage Life Director ELD Resident led R Independent IND</p>	