

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Oktoberfest Celebration**

Wednesday, October 2, 5:00 PM

**Atria Health Fair**

Wednesday, October 23, 9:00 AM

**Halloween Celebration**

Thursday, October 31, 2:00 PM

*Atria*  
SENIOR LIVING

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# OCTOBER 2019

# ATRIA BELL COURT GARDENS 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
- A** Atria StoryWise

<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>7:30 Church Transportation</p> <p>10:30 <b>HF</b> Strength and Flexibility (FC)</p> <p>12:30 <b>EF</b> AZ Repertory Theater (OUT)</p> <p>12:30 <b>EF</b> Tucson Symphony (OUT)</p> <p>1:00 <b>EF</b> Old Fashion Game Day (GR)</p> <p>2:15 Sunday Afternoon Movie (GR)</p> <p>2:30 <b>EF</b> Play Left, Center, Right (TH)</p> <p>2:30 Texas Hold'Em with Megan (MR) (MW)</p> <p>5:00 Club Belin Social (AH) (AP)</p> <p>6:30 Sunday Night Movie (GR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>9:30 <b>HF</b> Strength, Toning and Balance Class (FC)</p> <p>10:00 Mary's Magic Needle Alterations</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:30 <b>A</b> Ladies Social, StoryWise™, Share a Story (SR)</p> <p>1:00 <b>CV</b> Knitting with Janice (AH)</p> <p>1:00 Bridge with Beverly (BL)</p> <p>3:00 <b>EF</b> Indoor Volleyball Team Challenge (AH) (MW)</p> <p>4:30 <b>LL</b> Technology Class (GR)</p> <p>6:00 <b>EF</b> Blackjack/21</p> <p>6:30 Ten Pennies Group (BL)</p> <p>7:00 <b>CE</b> Sing Along (LR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Creative Arts &amp; Crafts with Liz (MR) (LB)</p> <p>10:00 <b>LL</b> Spanish Class (GR)</p> <p>11:15 <b>HF</b> Chair Yoga (FC)</p> <p>1:00 <b>HF</b> Atria on the Go (LR) (MW)</p> <p>1:30 <b>HF</b> Pound Aerobics (FC)</p> <p>2:00 <b>LL</b> Book Club &amp; Discussion (GR)</p> <p>3:00 <b>LL</b> What's Happening Around the World (GR)</p> <p>6:30 Family &amp; Friends Bingo (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>8:00 Pancake Breakfast (DR)</p> <p>9:30 Shopping @ Fry's @ Safeway</p> <p>9:30 <b>HF</b> Strength Toning and Balance Class (FC)</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:30 <b>HF</b> Learn to use the Exercise Equipment (FC) (LB)</p> <p>10:30 <b>IS</b> Catholic Rosary Service (MR)</p> <p>11:00 <b>IS</b> Catholic Communion Service (MR)</p> <p>1:30 Essential Shop Meeting (ES) (MW)</p> <p>3:30 <b>IS</b> Christian Services (MR)</p> <p>5:00 <b>EF</b> Oktoberfest Celebration (PL) (LB)</p> <p>6:30 Trivia &amp; Pokeno® (AH) (LB)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Creative Arts &amp; Crafts (MR) (LB)</p> <p>10:00 <b>C</b> Veteran's Social Group (AH)</p> <p>10:30 <b>IS</b> Bible Study with Randy Wells (GR)</p> <p>11:00 <b>HF</b> Chair Zumba® Gold (FC) (LB)</p> <p>1:00 <b>LL</b> Learn to Play Bridge With Fletcher (GR)</p> <p>1:00 <b>CE</b> Writers Workshop (MR)</p> <p>1:00 <b>HF</b> Atria on the Go (LR) (MW)</p> <p>2:00 <b>C</b> Engage Life® Forum (MR)</p> <p>5:15 <b>EF</b> Hand &amp; Foot Kathy's Style Session I (AH)</p> <p>6:00 <b>EF</b> Hand &amp; Foot Kathy's Style Session II (AH)</p> <p>7:00 Thursday Movie Classics (GR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Jewelry Design with Liz (MR) (LB)</p> <p>10:00 <b>HF</b> Ballroom Dance Class with Myron (AH)</p> <p>11:30 <b>HF</b> Strength &amp; Flexibility with Arlene (FC)</p> <p>1:30 <b>HF</b> Line Dancing (AH)</p> <p>3:00 <b>EF</b> Indoor Volleyball</p> <p>6:00 After Dinner Drinks with Alysa (LR)</p> <p>7:00 Entertainment by David Prouty (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>8:00 Waffle Breakfast (DR)</p> <p>9:30 <b>HF</b> Aqua Fitness (PL) (LB)</p> <p>10:00 SATURDAY BINGO! (AH)</p> <p>10:00 <b>EF</b> Casino Del Soo (OUT)</p> <p>1:30 Word-a-thon Challenge (GR)</p> <p>2:30 <b>CE</b> Watercolors Class (MR)</p> <p>2:45 Saturday Movie Matinee (GR)</p> <p>6:30 <b>EF</b> Play Left, Center, Right with Sandy R. (MR)</p>																																																
<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>7:30 Church Transportation</p> <p>10:30 <b>HF</b> Strength and Flexibility (FC)</p> <p>12:30 <b>EF</b> Tucson Symphony (OUT)</p> <p>1:00 <b>EF</b> Old Fashion Game Day (GR)</p> <p>2:15 Sunday Afternoon Movie (GR)</p> <p>2:30 <b>EF</b> Play Left, Center, Right (TH)</p> <p>2:30 Texas Hold'Em with Megan (MR) (MW)</p> <p>5:00 Club Belin Social (AH) (AP)</p> <p>6:30 Sunday Night Movie (GR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>9:30 <b>HF</b> Strength, Toning and Balance Class (FC)</p> <p>10:00 Mary's Magic Needle Alterations</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:30 <b>A</b> Ladies Social, StoryWise™, Share a Story (SR)</p> <p>1:00 <b>CV</b> Knitting with Janice (AH)</p> <p>1:00 Bridge with Beverly (BL)</p> <p>3:00 <b>EF</b> Indoor Volleyball Team Challenge (AH) (MW)</p> <p>4:30 <b>LL</b> Technology Class (GR)</p> <p>6:00 <b>EF</b> Blackjack/21</p> <p>6:30 Ten Pennies Group (BL)</p> <p>7:00 <b>CE</b> Sing Along (LR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Creative Arts &amp; Crafts with Liz (MR) (LB)</p> <p>10:00 <b>LL</b> Spanish Class (GR)</p> <p>11:15 <b>HF</b> Chair Yoga (FC)</p> <p>1:00 <b>HF</b> Atria on the Go (LR) (MW)</p> <p>1:30 <b>HF</b> Pound Aerobics (FC)</p> <p>2:00 <b>LL</b> Book Club &amp; Discussion (GR)</p> <p>3:00 <b>LL</b> What's Happening Around the World (GR)</p> <p>6:30 Family &amp; Friends Bingo (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>8:00 Pancake Breakfast (DR)</p> <p>9:30 Shopping @ Fry's &amp; Safeway</p> <p>9:30 <b>HF</b> Strength, Toning &amp; Exercise Balls (FC)</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:00 <b>IS</b> Catholic Rosary with Pat B. (MR)</p> <p>10:30 <b>C</b> Town Hall Monthly Meeting (AH)</p> <p>1:00 <b>EF</b> Mahjong (GR)</p> <p>1:30 <b>LL</b> Non-Fiction Book Club with Sandy R. (GR)</p> <p>3:00 <b>EF</b> Indoor Volleyball Team Challenge (AH)</p> <p>3:30 <b>IS</b> Christian Services (MR)</p> <p>6:30 Trivia &amp; Pokeno® (AH) (LB)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 Wheelchair/Walker/ Scooter Cleaning (GR)</p> <p>10:30 <b>IS</b> Bible Study with Randy Wells (GR)</p> <p>11:00 <b>HF</b> Chair Zumba® Gold (FC) (LB)</p> <p>1:00 <b>LL</b> Learn to Play Bridge with Fletcher (GR)</p> <p>1:00 <b>HF</b> Atria on the Go (LR) (MW)</p> <p>1:00 <b>CE</b> Writer's Workshop Presentation (MR)</p> <p>5:15 <b>EF</b> Hand and Foot Kathy's Style: Session I (AH)</p> <p>6:00 <b>EF</b> Hand &amp; Foot Kathy's Style: Session II</p> <p>7:00 Thursday Movie Classics (GR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>HF</b> Ballroom Dance Class with Myron (AH)</p> <p>10:30 <b>EF</b> Travels in Tucson with Liz (OUT) (LB)</p> <p>11:30 <b>HF</b> Strength &amp; Flexibility with Arlene (FC)</p> <p>1:30 <b>HF</b> Line Dancing (AH)</p> <p>3:00 <b>EF</b> Indoor Volleyball Team Challenge (AH)</p> <p>6:00 After Dinner Drinks with Alysa (LR)</p> <p>7:00 Friday Night Entertainment (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>9:30 <b>EF</b> Simulcast Opera at Park Mall (OUT)</p> <p>10:00 SATURDAY BINGO! (AH)</p> <p>10:00 <b>HF</b> Strength and Balance Program (LB)</p> <p>1:00 <b>HF</b> Aqua Fitness (PL) (LB)</p> <p>1:30 Word-a-thon Challenge (GR)</p> <p>2:30 <b>CE</b> Art Class with Derys (MR)</p> <p>2:45 Saturday Movie Matinee (GR)</p> <p>6:00 <b>EF</b> Play Left, Center, Right with Sandy R. (MR)</p> <p>7:00 Saturday Night at the Movies (GR)</p>																																																
<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>7:30 Church Transportation</p> <p>10:30 <b>HF</b> Tone and Flexibility (FC)</p> <p>1:00 <b>EF</b> Old Fashion Games Day (GR)</p> <p>1:00 <b>EF</b> TSO Theater (OUT)</p> <p>2:15 Sunday Afternoon Movie (GR)</p> <p>2:30 <b>EF</b> Play Left, Center, Right (TH)</p> <p>2:30 Texas Hold'Em with Megan (MR) (MW)</p> <p>3:00 <b>HF</b> Tek Audiology/Free Hearing Test (MR)</p> <p>5:00 Club Belin Social (AH) (AP)</p> <p>6:30 Sunday Night Movie (GR)</p>	<p>9:00 <b>CV</b> Breast Cancer Fundraiser</p> <p>9:30 Shopping @ Albertson &amp; Trader Joes</p> <p>9:30 <b>HF</b> Strength, Toning and Balance Class (FC)</p> <p>10:00 Mary's Magic Needle Alterations</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:30 <b>A</b> Ladies Social, StoryWise™, Share a Story (SR)</p> <p>1:00 <b>CV</b> Knitting with Janice</p> <p>2:00 Trivia Challenge (MR) (MW)</p> <p>4:30 <b>LL</b> Technology Class (GR)</p> <p>6:00 <b>EF</b> Blackjack/21</p> <p>6:30 Ten Pennies Group (BL)</p> <p>6:30 <b>C</b> Toast Masters Meeting (MR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Creative Arts &amp; Crafts Class (MR) (LB)</p> <p>10:00 <b>LL</b> Spanish Class (GR)</p> <p>11:15 <b>HF</b> Chair Yoga (FC)</p> <p>1:00 <b>HF</b> Pound Aerobics (FC)</p> <p>1:00 <b>HF</b> Atria on the Go (LR) (MW)</p> <p>2:30 <b>C</b> Chef's Chat (AH)</p> <p>3:00 <b>LL</b> What's Happening Around the World (GR)</p> <p>6:30 Family &amp; Friends Bingo (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Class (3FL)</p> <p>9:30 Repair Clinic for Walkers &amp; More (MR)</p> <p>9:30 Shopping @ Fry's &amp; Safeway</p> <p>9:30 <b>HF</b> Strength, Toning, and Balance Class (FC)</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:30 <b>IS</b> Catholic Rosary Service (MR)</p> <p>11:00 <b>IS</b> Communion Services (MR)</p> <p>12:00 <b>C</b> Men's Social Luncheon with Guest Speaker (AH)</p> <p>3:30 <b>IS</b> Christian Services (MR)</p> <p>6:30 Trivia &amp; Pokeno® (AH) (LB)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Creative Arts &amp; Crafts (MR)</p> <p>10:30 <b>IS</b> Bible Study with Randy Wells (GR)</p> <p>11:00 <b>HF</b> Chair Zumba® Gold (FC) (LB)</p> <p>1:00 <b>HF</b> Atria on the Go (LR) (MW)</p> <p>1:00 <b>CE</b> Writers Workshop (MR)</p> <p>1:00 <b>LL</b> Learn to Play Bridge with Fletcher (GR)</p> <p>2:00 Chef Showdown 2019 (AH) (LB)</p> <p>5:15 <b>EF</b> Hand &amp; Foot Kathy's Style: Session I (AH)</p> <p>6:00 <b>EF</b> Hand and Foot Kathy's Style: Session II (AH)</p> <p>7:00 Thursday Night Movie</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Jewelry Design with Liz (MR)</p> <p>10:00 <b>HF</b> Ballroom Dance Class with Myron (AH)</p> <p>11:30 <b>HF</b> Strength &amp; Flexibility with Arlene (FC)</p> <p>1:30 <b>HF</b> Line Dancing (AH)</p> <p>3:00 <b>EF</b> Indoor Volleyball Team Challenge (AH)</p> <p>6:00 After Dinner Drinks with Alysa (LR)</p> <p>7:00 Entertainment by Edna &amp; Ely (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>8:00 Waffle Breakfast (DR)</p> <p>10:00 <b>HF</b> Strength and Balance Program (LB)</p> <p>12:00 <b>C</b> 100 Days of Gratitude event (DR) (LB)</p> <p>1:00 <b>HF</b> Aqua Fitness (PL) (LB)</p> <p>1:30 Word-a-thon Challenge (GR)</p> <p>2:30 <b>CE</b> Watercolors with Derys (MR)</p> <p>2:45 Saturday Movie Matinee (GR)</p> <p>6:00 <b>EF</b> Play Left, Center, Right with Sandy R. (MR)</p> <p>7:00 Saturday Night at the Movies (GR)</p>																																																
<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>7:30 Church Transportation</p> <p>10:30 <b>HF</b> Strength and Flexibility (FC)</p> <p>10:30 <b>EF</b> Tubac Center of the Arts (OUT)</p> <p>1:00 <b>EF</b> Old Fashion Games Day (GR)</p> <p>2:15 Sunday Afternoon Movie (GR)</p> <p>2:30 <b>EF</b> Play Left, Center, Right (TH)</p> <p>2:30 Texas Hold'Em with Megan (MR) (MW)</p> <p>5:00 Entertainment by Wild Bill (AH) (AP)</p> <p>5:00 Club Belin Social Hour</p> <p>6:30 Sunday Night Movie (GR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>9:30 Shopping @ Albertson &amp; Trader Joes</p> <p>9:30 <b>HF</b> Strength, Toning, and Balance Class (FC)</p> <p>10:00 Mary's Magic Needle Alterations</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:30 <b>A</b> Ladies Social, StoryWise™, Share a Story (SR)</p> <p>1:00 <b>CV</b> Knitting with Janice</p> <p>1:00 Bridge (GR)</p> <p>3:00 <b>EF</b> Volleyball Team Challenge (AH) (MW)</p> <p>4:30 <b>LL</b> Technology Class (GR)</p> <p>6:00 <b>EF</b> Blackjack/21</p> <p>6:30 Ten Pennies Group (BL)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Creative Arts &amp; Crafts (MR)</p> <p>10:00 <b>LL</b> Spanish Class (GR)</p> <p>11:15 <b>HF</b> Chair Yoga (FC)</p> <p>1:00 <b>HF</b> Pound Aerobics (FC)</p> <p>1:00 <b>HF</b> Atria on the Go (LR) (MW)</p> <p>3:00 <b>LL</b> What's Happening Around the World (GR)</p> <p>6:30 Family &amp; Friends Bingo (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>8:00 Pancake Breakfast (DR)</p> <p>9:00 Atria Health Fair</p> <p>9:30 Shopping @ Fry's &amp; Safeway</p> <p>9:30 <b>HF</b> Strength, Toning &amp; Fun w/ Exercise Balls (FC) (LB)</p> <p>10:00 SunLife Blood Pressure Clinic (GR)</p> <p>10:00 <b>IS</b> Catholic Rosary Services with Pat B.</p> <p>1:00 <b>EF</b> Mahjong (GR)</p> <p>3:00 <b>EF</b> Indoor Volleyball Team Challenge (AH)</p> <p>3:30 <b>IS</b> Christian Services (MR)</p> <p>6:30 Trivia &amp; Pokeno® (AH) (LB)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>10:00 <b>CE</b> Creative Arts and Crafts (MR) (LB)</p> <p>10:30 <b>IS</b> Bible Study with Randy Wells (GR)</p> <p>11:00 <b>HF</b> Chair Zumba® Gold (FC) (LB)</p> <p>1:00 <b>LL</b> Learn to Play Bridge with Fletcher (GR)</p> <p>1:00 <b>HF</b> Atria On The Go! (3FL) (MW)</p> <p>1:00 <b>CE</b> Writers Workshop (MR)</p> <p>1:30 <b>PA</b> Ambassador Monthly Meeting (LIB) (LB)</p> <p>2:00 <b>C</b> Wow! New Resident Welcome Social (LR) (LB)</p> <p>5:15 <b>EF</b> Hand and Foot Kathy's Style: Session I (AH)</p> <p>6:00 <b>EF</b> Hand &amp; Foot Kathy's Style: Session II (AH)</p> <p>7:00 Thursday Night Movie (GR)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>9:30 <b>HF</b> Strength &amp; Flexibility (FC)</p> <p>10:00 <b>HF</b> Ballroom Dance Class with Myron (AH)</p> <p>10:30 <b>EF</b> Travels in Tucson with Liz (MR) (LB)</p> <p>1:30 <b>HF</b> Line Dancing with Katheryn (AH)</p> <p>3:00 <b>EF</b> Indoor Volleyball Team Challenge w/ Liz (AH)</p> <p>6:00 After Dinner Drinks with Alysa (LR)</p> <p>7:00 Friday Night Entertainment (AH)</p>	<p>7:00 <b>HF</b> Challenge Walking Club (3FL)</p> <p>8:00 Waffle Breakfast (DR)</p> <p>9:30 <b>EF</b> Simulcast Opera at Park Mall (OUT)</p> <p>10:00 SATURDAY BINGO! (AH)</p> <p>10:00 <b>HF</b> Strength and Balance Program (LB)</p> <p>1:00 <b>HF</b> Aqua Fitness (PL) (LB)</p> <p>1:00 <b>EF</b> Broadway Presents (OUT)</p> <p>1:30 Word-a-thon Challenge (GR)</p> <p>2:30 <b>CE</b> Drawing Class (MR)</p> <p>2:45 Saturday Movie Matinee (GR)</p> <p>6:00 <b>EF</b> Play Left, Center, Right with Sandy R. (MR)</p> <p>7:00 Saturday Night at the Movies (GR)</p>																																																
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Subject to Change. See Daily Schedule for up-to-date itinerary.