

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- Museum of Art**  
Sunday, January 2, 10:30 AM
- World Culture!**  
Sunday, January 9, 3:30 PM
- Zumba<sup>®</sup>**  
Wednesday, January 19, 1:30 PM



# JANUARY 2022

# ATRIA BELL COURT GARDENS

engage life®

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

30

- 9:30 **HPF** Walking Club (3FL)
- 10:30 **CEA** Sculpting with Clay (MR)
- 10:30 **SCE** DeGrazia Gallery in the Sun (OUT)
- 2:00 **Rummikub**®! (GR)
- 2:30 **HPF** Lower Body Conditioning (FC)
- 3:30 **SCE** Trivia (GR)
- 4:00 10 Pennies (AH)

2

- 9:30 **HPF** Walking Club (3FL)
- 10:30 **CEA** Sculpting with Clay (MR)
- 10:30 **SCE** Museum of Art (OUT)
- 2:00 **Rummikub**®! (GR)
- 2:30 **HPF** Weight Training Advance (FC)
- 3:30 **SCE** Trivia (GR)
- 4:00 10 Pennies (AH)

9

- 9:30 **HPF** Walking Club (3FL)
- 10:30 **CEA** Sculpting with Clay (MR)
- 10:30 **SCE** Arizona-Sonora Desert Museum (OUT)
- 2:00 **Rummikub**®! (GR)
- 2:30 **HPF** Weight Training Advance (FC)
- 3:30 **LIS** World Culture! (MR)
- 4:00 10 Pennies (AH)

16

- 9:30 **HPF** Walking Club (3FL)
- 10:30 **SCE** Pima Air & Space Museum
- 10:30 **CEA** Sculpting with Clay (MR)
- 2:00 **Rummikub**®! (GR)
- 2:30 **HPF** Weight Training Advance (FC)
- 3:30 **SCE** Trivia (GR)
- 4:00 10 Pennies (AH)

23

- 9:30 **HPF** Walking Club (3FL)
- 10:30 **CEA** Sculpting with Clay (MR)
- 10:30 **SCE** The Mini Time Machine Museum (OUT)
- 2:00 **Rummikub**®! (GR)
- 2:30 **HPF** Weight Training Advance (FC)
- 3:30 **LIS** World Culture! (MR)
- 4:00 10 Pennies (AH)

31

- 9:00 Mary's Magic Needle
- 10:00 **HPF** Strength and Core (FC)
- 1:30 Indoor Volleyball (AH)
- 2:00 **CPI** Engage Life® Forum (AH)
- 3:30 **HPF** Afternoon Stretches (FC)
- 4:00 **LIS** Language Class (AH)

3

- 9:00 Mary's Magic Needle
- 10:00 **HPF** Upper Body Conditioning (FC)
- 1:30 Indoor Volleyball (AH)
- 2:30 **CPI** Knitting & Crocheting (SR)
- 2:30 **LIS** Technology Class Android (MR)
- 3:30 **HPF** Afternoon Stretches (FC)
- 7:00 Sing Along (LR)

10

- 9:00 Mary's Magic Needle
- 10:00 **HPF** Strength and Core (FC)
- 1:30 Indoor Volleyball (AH)
- 2:30 **LIS** Technology Class iPhone (MR)
- 3:30 **CPI** Resident Council Meeting (MR)
- 3:30 **HPF** Afternoon Stretches (FC)
- 4:00 **LIS** Spanish (AH)

17

- 9:00 Mary's Magic Needle
- 10:00 **HPF** Lower Body Conditioning (FC)
- 1:30 Indoor Volleyball (AH)
- 2:30 **CPI** Knitting & Crocheting (SR)
- 3:30 **HPF** Afternoon Stretches (FC)
- 4:00 **LIS** Spanish (AH)

24

- 9:00 Mary's Magic Needle
- 10:00 **HPF** Upper Body Conditioning (FC)
- 1:30 Indoor Volleyball (AH)
- 2:30 **CPI** Knitting & Crocheting (SR)
- 2:30 **LIS** Technology Class PC (MR)
- 3:30 **HPF** Afternoon Stretches (FC)
- 4:00 **LIS** Spanish (AH)



Atria ENGAGE LIFE

- HEALTH AND PHYSICAL FITNESS**
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION**
- CREATIVE EXPRESSION AND THE ARTS**
- SOCIAL CONNECTION AND ENTERTAINMENT**
- CIVIC AND PROFESSIONAL INVOLVEMENT**
- RELIGIOUS AND SPIRITUAL FELLOWSHIP**

4

- 10:00 **HPF** Strength and Balance (FC)
- 11:00 **Rummikub**® (GR)
- 12:00 **CEA** Gardening (AH)
- 1:30 "Oh Heck" (MR)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 3:30 **CEA** Story Starters (GR)
- 6:30 Bingo (AH)

11

- 10:00 **HPF** Strength and Balance (FC)
- 11:00 **Rummikub**® (GR)
- 12:00 **CEA** Gardening (AH)
- 1:30 "Oh Heck" (MR)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 3:30 **LIS** Ladies Discussions (SR)
- 6:30 Bingo (AH)

18

- 10:00 **HPF** Strength and Balance (FC)
- 11:00 **Rummikub**® (GR)
- 12:00 **CEA** Gardening (MR)
- 1:30 "Oh Heck" (MR)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 3:30 **CEA** Story Starters
- 6:30 Bingo (AH)

25

- 10:00 **HPF** Strength and Balance (FC)
- 11:00 **Rummikub**® (GR)
- 12:00 **CEA** Gardening (AH)
- 1:30 "Oh Heck!" (MR)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 3:30 **LIS** Lecture and Discussion (SR)
- 6:30 Bingo (AH)

5

- 10:00 **HPF** Pilates (FC)
- 10:30 **RSF** Rosary Prayer Circle (MR)
- 11:00 **CPI** Ambassador Meeting (MR)
- 1:00 **LIS** Book Club (LR)
- 1:30 **HPF** Zumba® (FC)
- 2:00 Poker (GR)
- 3:00 **SCE** Happy Hour! (AH)

12

- 10:00 **HPF** Pilates (FC)
- 10:30 **RSF** Rosary Prayer Circle (MR)
- 11:00 **CPI** Town Hall (AH) (ELD)
- 1:00 **LIS** Book Club (LR)
- 1:30 **HPF** Zumba® (FC)
- 1:30 **RSF** Communion Service (MR)
- 2:00 Poker (GR)
- 3:00 **SCE** Happy Hour! (AH)

19

- 10:00 **HPF** Pilates (FC)
- 10:30 **RSF** Rosary Prayer Circle (MR)
- 1:00 **LIS** Book Club (LR)
- 1:30 **HPF** Zumba® (FC)
- 2:00 Poker (GR)
- 3:00 **SCE** Happy Hour! (AH)

26

- 10:00 **HPF** Pilates (FC)
- 10:30 **RSF** Rosary Prayer Circle (MR)
- 1:00 **LIS** Book Club (LR)
- 1:30 **HPF** Zumba® (FC)
- 2:00 Poker (GR)
- 3:00 **SCE** Happy Hour! (AH)

- ROOM LOCATION KEY:**
- Living Room LR
  - Academy Hall AH
  - Fitness Center FC
  - Game Room GR
  - Outing OUT
  - Mosaic Room MR
  - 3rd Floor 3FL
  - Sun Room SR

- STAFF KEY:**
- Engage Life® Director ELD
  - Ezra Milla ELD

Pokeno® is a registered trademark of US Playing Card Company.  
Rummikub® is a registered trademark of Rummikub.  
Zumba® is a registered trademark of Zumba Fitness, LLC.

6

- 10:00 **HPF** Weight Training Beginners (FC)
- 10:15 **CEA** Ballroom Dancing (AH)
- 1:00 Indoor Volleyball (AH)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 2:30 **CEA** Jewelry Making with Cinthia (MR)
- 3:00 Bridge (GR)
- 7:00 Movie Night "Fathers & Daughters" (GR)

13

- 10:00 **HPF** Weight Training Beginners (FC)
- 10:15 **CEA** Ballroom Dancing (AH)
- 1:00 Indoor Volleyball (AH)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 2:30 **CEA** Crafts (MR)
- 3:00 Bridge (GR)
- 7:00 Movie "Yesterday, Today and Tomorrow" (GR)

20

- 10:00 **HPF** Weight Training Beginners (FC)
- 10:15 **CEA** Ballroom Dancing (AH)
- 1:00 Indoor Volleyball (AH)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 2:30 **CEA** Jewelry Making with Cinthia (MR)
- 3:00 Bridge (GR)
- 7:00 Movie Night "The Yearling" (GR)

27

- 10:00 **HPF** Weight Training Beginners (FC)
- 10:15 **CEA** Ballroom Dancing (AH)
- 1:00 Indoor Volleyball (AH)
- 2:00 **HPF** Yoga Exercise with Miranda (FC)
- 2:00 **CEA** Crafts (MR)
- 3:00 Bridge (GR)
- 7:00 Movie Night "Wuthering Heights" (GR)

1

- 10:00 **HPF** Morning Stretches (FC)
- 10:15 **SCE** Met Opera Cinderella (OUT)
- 1:00 Indoor Volleyball (AH)
- 2:00 **LIS** Word-a-Thon (GR)
- 3:30 **HPF** Low-Impact Aerobics (FC)
- 6:00 Pokeno® (AH)
- 7:00 Movie Night "You Can't Take It With You" (GR)

8

- 10:00 **HPF** Morning Stretches (FC)
- 10:00 Scenic Drive (OUT)
- 1:00 Indoor Volleyball (AH)
- 2:00 **LIS** Word-a-Thon (GR)
- 3:30 **HPF** Low-Impact Aerobic (FC)
- 6:00 Pokeno® (AH)
- 7:00 Movie Night "The Dig" (GR)

15

- 10:00 **HPF** Morning Stretches (FC)
- 10:00 Scenic Drive (OUT)
- 1:00 Indoor Volleyball (AH)
- 2:00 **LIS** Word-a-Thon (GR)
- 3:30 **HPF** Low-Impact Aerobic (FC)
- 6:00 Po-Ke-No (MR)
- 7:00 Movie Night "Pollock" (GR)

22

- 10:00 **HPF** Morning Stretches (FC)
- 10:00 Scenic Drive (OUT)
- 2:00 **LIS** Word-a-Thon (GR)
- 3:00 Indoor Volleyball (AH)
- 3:30 **HPF** Low-Impact Aerobic (FC)
- 7:00 Movie Night "U-571" (GR)

29

- 10:00 **HPF** Morning Stretches (FC)
- 10:00 Scenic Drive (OUT)
- 2:00 **LIS** Word-a-Thon (GR)
- 3:00 Indoor Volleyball (AH)
- 3:30 **HPF** Low-Impact Aerobic (FC)
- 7:00 Movie Night "Wonder Boys" (GR)