

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

January Birthday Celebration

Thursday, January 14, 2:00 PM

Engage Life Meeting

Tuesday, January 19, 1:00 PM

One Day University Lecture

Thursday, January 28, 1:45 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

JANUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
9:00 **C** 11am Drive Up Visits w/ Family
9:00 **HF** Brain Games (GR)
10:00 **HF** 20 Min Exercise w/ Gale (GR)
10:30 **HF** 20 Min Exercise w/ Gale (GR)
1:00 **EF** Snack Delivery (IR)
2:15 Bingo (GR)
6:00 **EF** Movie Suggestion (IR)



- 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**

ROOM LOCATION KEY:
Great Room/2nd floor GR
Lower Level/1st floor LL
In-Room IR

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1
New Year's Day!
9:30 **HF** Exercise w/ Weights (GR)
10:30 Bingo (LL)
1:00 **C** New Year's Day Chat around the Fire
2:00 **C** 4:30 Drive Up Visits w/ Family
6:00 **EF** Movie Suggestion (IR)

2
8:45 **HF** Trivia around the Fire (GR)
9:30 **C** 11:00am Drive Up Visits w/ Family
1:30 **HF** Exercise with Weights (GR)
2:15 Bingo (LL)

3
9:00 **HF** Brain Games (GR)
9:00 **C** 11am Drive Up Visits w/ Family
10:00 **HF** 20 Min Exercise w/ Gale (GR)
10:30 **HF** 20 Min Exercise w/ Gale (GR)
1:00 **EF** Snack Delivery (IR)
2:00 Bingo (GR)
6:00 **EF** Movie Suggestion (IR)

4
10:00 **HF** Exercise w/ Gale (GR)
10:30 **HF** Exercise w/ Gale (GR)
1:00 Wii® Bowling (LL)
2:00 Balloon Volleyball (GR)
2:45 **C** FaceTime Connection w/ Families (IR)
3:15 Bingo (LL)
5:00 **EF** In Room Movie Suggestion (IR)

5
9:45 **C** Current Events w/ Irma (GR)
10:30 **HF** Exercise w/ Gale (GR)
11:00 **HF** Stretch w/ Irma (GR)
1:30 Balloon Volleyball w/ Irma (GR)
2:00 Bingo w/ Gale (LL)
3:15 Bingo w/ Irma (LL)
5:00 **EF** Movie Suggestion (IR)

6
9:30 **C** 11:00 Patio Visits w/ Family
9:45 **HF** Brain Games w/ Irma (GR)
1:00 Bingo w/ Irma (LL)
1:30 **HF** Exercise w/ Gale (GR)
2:00 **EF** Happy Hour (IR)
5:00 **EF** Movie Suggestion (IR)

7
9:45 **HF** Brain Game w/ Irma (GR)
10:45 **HF** 20 Min Exercise w/ Irma (GR)
11:15 **HF** 20 Min Exercise w/ Irma (GR)
1:45 **LL** One Day University Lecture (LL)
2:00 **EF** Snack Delivery (IR)
2:15 Bingo (LL)
3:15 Bingo (LL)

8
9:30 **HF** Exercise w/ Weights (GR)
10:15 Bingo (LL)
1:00 **C** 4:30 Drive Up Visits w/ Family
6:00 **EF** Movie Suggestion (IR)

9
8:45 **HF** Trivia around the Fire (GR)
9:30 **C** 11:00am Drive Up Visits w/ Family
1:30 **HF** Exercise with Weights (GR)
2:15 Bingo (LL)

10
9:00 **C** 11am Drive Up Visits w/ Family
9:00 **HF** Brain Games (GR)
10:00 **HF** 20 Min Exercise w/ Gale (GR)
10:30 **HF** 20 Min Exercise w/ Gale (GR)
1:00 **EF** Snack Delivery (IR)
2:00 Bingo (GR)
6:00 **EF** Movie Suggestion (IR)

11
10:00 **HF** Exercise w/ Gale (GR)
10:30 **HF** Exercise w/ Gale (GR)
1:00 Wii® Bowling (LL)
2:00 Balloon Volleyball (GR)
2:45 **C** FaceTime Connection w/ Families (IR)
3:15 Bingo (LL)
5:00 **EF** In Room Movie Suggestion (IR)

12
9:45 **C** Current Events w/ Irma (GR)
10:30 **HF** Exercise w/ Gale (GR)
11:00 **HF** Stretch w/ Irma (GR)
1:30 Balloon Volleyball w/ Irma (GR)
2:00 Bingo w/ Gale (LL)
3:15 Bingo w/ Irma (LL)
5:00 **EF** Movie Suggestion (IR)

13
9:30 **C** 11:00 Patio Visits w/ Family
9:45 **HF** Brain Games w/ Irma (GR)
1:00 Bingo w/ Irma (LL)
1:30 **HF** Exercise w/ Gale (GR)
2:00 **EF** Happy Hour (IR)
5:00 **EF** Movie Suggestion (IR)

14
9:45 **HF** Brain Game w/ Irma (GR)
10:45 **HF** 20 Min Exercise w/ Irma (GR)
11:15 **HF** 20 Min Exercise w/ Irma (GR)
1:45 **LL** One Day University Lecture (LL)
2:00 **EF** January Birthday Celebration (IR)
2:15 Bingo (LL)
3:15 Bingo (LL)

15
9:30 **HF** Exercise w/ Weights (GR)
10:15 Bingo (LL)
1:00 **C** 4:30 Drive Up Visits w/ Family
6:00 **EF** Movie Suggestion (IR)

16
8:45 **HF** Trivia around the Fire (GR)
9:30 **C** 11:00am Drive Up Visits w/ Family
1:30 **HF** Exercise with Weights (GR)
2:15 Bingo (LL)

17
9:00 **C** 11am Drive Up Visits w/ Family
9:00 **HF** Brain Games (GR)
10:00 **HF** 20 Min Exercise w/ Gale (GR)
10:30 **HF** 20 Min Exercise w/ Gale (GR)
1:00 **EF** Snack Delivery (IR)
2:15 Bingo (GR)
6:00 **EF** Movie Suggestion (IR)

18
10:00 **HF** Exercise w/ Gale (GR)
10:30 **HF** Exercise w/ Gale (GR)
1:00 Wii® Bowling (LL)
2:00 Balloon Volleyball (GR)
2:45 **C** FaceTime Connection w/ Families (IR)
3:15 Bingo (LL)
5:00 **EF** In Room Movie Suggestion (IR)

19
9:45 **C** Current Events w/ Irma (GR)
10:30 **HF** Exercise w/ Gale (GR)
11:00 **HF** Stretch w/ Irma (GR)
1:00 **C** Engage Life® Meeting (GR)
2:00 Bingo w/ Gale (LL)
3:15 Bingo w/ Irma (LL)
5:00 **EF** Movie Suggestion (IR)

20
9:30 **C** 11:00 Patio Visits w/ Family
9:45 **HF** Brain Games w/ Irma (GR)
1:00 Bingo w/ Irma (LL)
1:30 **HF** Exercise w/ Gale (GR)
2:00 **EF** Happy Hour (IR)
5:00 **EF** Movie Suggestion (IR)

21
9:45 **HF** Brain Game w/ Irma (GR)
10:45 **HF** 20 Min Exercise w/ Irma (GR)
11:15 **HF** 20 Min Exercise w/ Irma (GR)
1:45 **LL** One Day University Lecture (LL)
2:00 **EF** Snack Delivery (IR)
2:15 Bingo (LL)
3:15 Bingo (LL)

22
9:30 **HF** Exercise w/ Weights (GR)
10:15 Bingo (LL)
1:00 **C** 4:30 Drive Up Visits w/ Family
6:00 **EF** Movie Suggestion (IR)

23
8:45 **HF** Trivia around the Fire (GR)
9:30 **C** 11:00am Drive Up Visits w/ Family
1:30 **HF** Exercise with Weights (GR)
2:15 Bingo (LL)

24
9:00 **C** 11am Drive Up Visits w/ Family
9:00 **HF** Brain Games (GR)
10:00 **HF** 20 Min Exercise w/ Gale (GR)
10:30 **HF** 20 Min Exercise w/ Gale (GR)
1:00 **EF** Snack Delivery (IR)
2:00 Bingo (GR)
6:00 **EF** Movie Suggestion (IR)

25
10:00 **HF** Exercise w/ Gale (GR)
10:30 **HF** Exercise w/ Gale (GR)
1:00 Wii® Bowling (LL)
2:00 Balloon Volleyball (GR)
2:45 **C** FaceTime Connection w/ Families (IR)
3:15 Bingo (LL)
5:00 **EF** In Room Movie Suggestion (IR)

26
9:45 **C** Current Events w/ Irma (GR)
10:30 **HF** Exercise w/ Gale (GR)
11:00 **HF** Stretch w/ Irma (GR)
1:30 Balloon Volleyball w/ Irma (GR)
2:00 Bingo w/ Gale (LL)
3:15 Bingo w/ Irma (LL)
5:00 **EF** Movie Suggestion (IR)

27
9:30 **C** 11:00 Patio Visits w/ Family
9:45 **HF** Brain Games w/ Irma (GR)
1:00 Bingo w/ Irma (LL)
1:30 **HF** Exercise w/ Gale (GR)
2:00 **EF** Happy Hour (IR)
5:00 **EF** Movie Suggestion (IR)

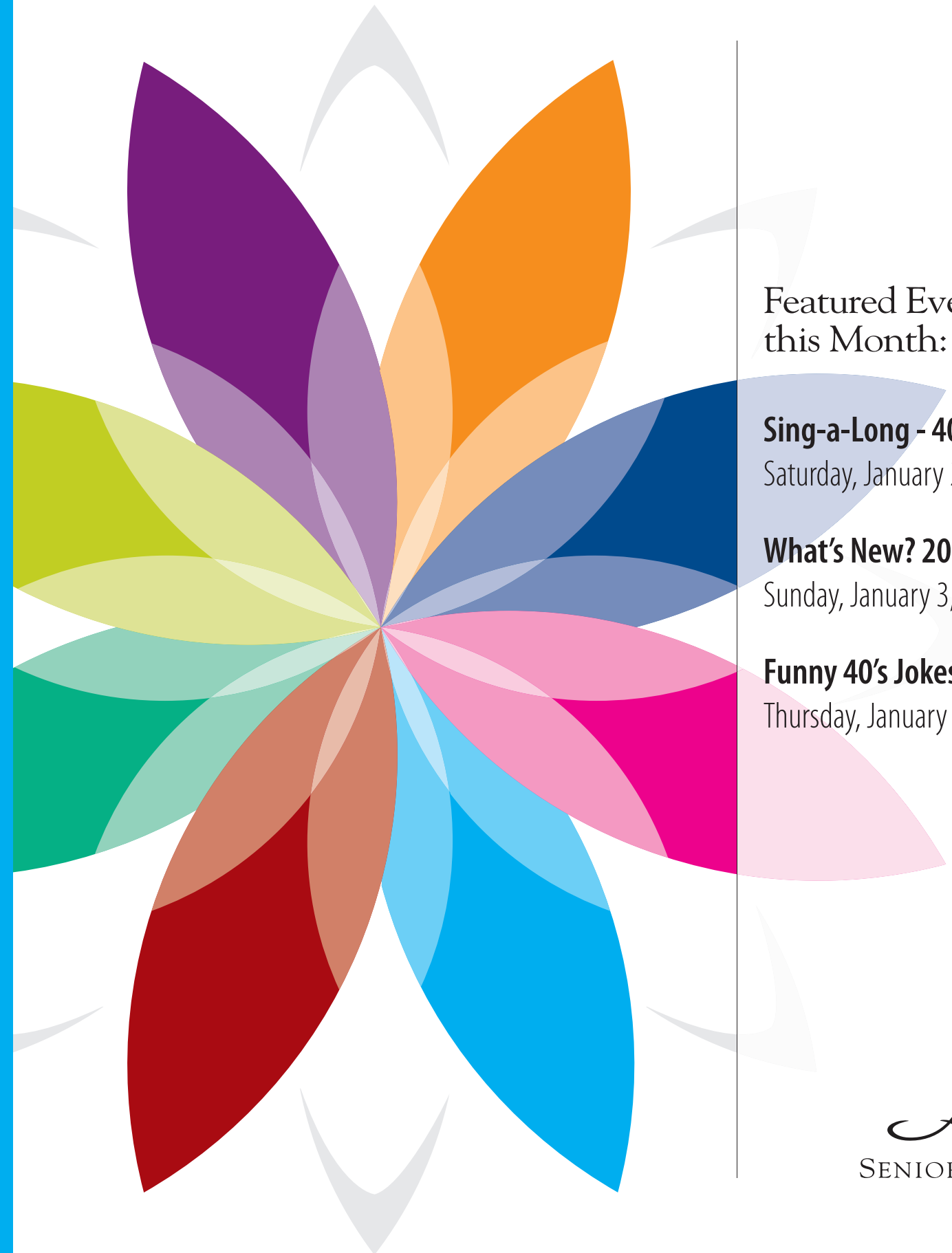
28
9:45 **HF** Brain Game w/ Irma (GR)
10:45 **HF** 20 Min Exercise w/ Irma (GR)
11:15 **HF** 20 Min Exercise w/ Irma (GR)
1:45 **LL** One Day University Lecture (LL)
2:00 **EF** Snack Delivery (IR)
2:15 Bingo (LL)
3:15 Bingo (LL)

29
9:30 **HF** Exercise w/ Weights (GR)
10:15 Bingo (LL)
1:00 **C** 4:30 Drive Up Visits w/ Family
6:00 **EF** Movie Suggestion (IR)

30
8:45 **HF** Trivia around the Fire (GR)
9:30 **C** 11:00am Drive Up Visits w/ Family
1:30 **HF** Exercise with Weights (GR)
2:15 Bingo (LL)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Sing-a-Long - 40's Hits
Saturday, January 2, 1:30 PM

What's New? 2020 Predictions
Sunday, January 3, 1:30 PM

Funny 40's Jokes
Thursday, January 14, 12:30 PM

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JANUARY 2021

SUNDAY

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THURSDAY

FRIDAY

SATURDAY

9:30 **C** Daily Chronicle **31**
 10:30 **IS** Catholic Communion -LG
 1:30 Jeopardy!® Card Game
 2:30 **IS** Patio Chat Time



- 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
- M** Music

9:30 **HF** Morning Stretches & Gratitude **1**
 1:00 **C** Patio Visits with Family

9:30 **C** Family Patio Visits **2**
 1:30 **CE** Sing-a-Long - 40's Hits
 2:30 Room Visits with Joey
 3:30 **LL** New Year's Trivia

9:30 **C** Daily Chronicle **3**
 10:30 **IS** Catholic Communion -LG
 12:30 **HF** Dancing to the Classics
 1:30 **C** What's New? 2020 Predictions
 2:30 **IS** Patio Chat Time

9:30 **C** Daily Chronicle **4**
 12:30 **C** New Year's Resolutions Chat
 1:30 Word Games
 2:30 **CE** Adult Coloring
 3:30 **HF** Balloon Volleyball

9:30 **C** Daily Chronicle **5**
 10:30 **HF** Stretch & Exercise
 12:30 **EF** Jeopardy!®
 1:30 **LL** What's In a Word?
 2:30 **CE** Painting

9:30 **C** Patio Visits with Family **6**
 1:00 **EF** Random Trivia
 2:00 Happy Hour Snack Delivery
 3:00 **HF** Balloon Volleyball

9:30 **C** Daily Chronicle **7**
 10:30 **C** Patio Time Chat
 12:30 **LL** Whiteboard Brain Games
 1:30 Pretty Nails
 2:00 January Birthday Celebrations

9:30 **HF** Exercise with Weights **8**
 1:00 **C** Patio Visits with Family

9:30 **C** Family Patio Visits **9**
 12:30 **C** Daily Chronicle
 1:30 **CE** Sing-a-longs
 2:30 Room Visits with Joey
 3:30 **LL** Random Trivia

9:30 **C** Daily Chronicle **10**
 10:30 **IS** Catholic Communion - LG
 12:30 **CE** Water Color
 2:30 **IS** Patio Chat Time

9:30 **C** Daily Chronicle **11**
 12:30 **CE** 50's Music Reminisce
 1:30 Discuss: Fads & Fashions of the 1940's
 2:30 **CE** Adult Coloring
 3:30 **HF** Balloon Volleyball

9:30 **C** Daily Chronicle **12**
 10:30 **HF** Stretch & Exercise
 12:30 **LL** Fun with Instruments
 1:30 **LL** Category Trivia
 2:30 **CE** Painting

9:30 **C** Patio Visits with Family **13**
 1:00 **EF** Simon Says
 2:00 Happy Hour Snack Delivery
 3:00 **HF** Balloon Volleyball

9:30 **C** Daily Chronicle **14**
 10:30 **C** Patio Time Chat
 12:30 **EF** Funny 40's Jokes
 2:00 Arts & Crafts
 3:30 **HF** Stretch to Music

9:30 **IS** Morning Meditation **15**
 1:00 **C** Patio Visits with Family

9:30 **C** Family Patio Visits **16**
 12:30 **C** Daily Chronicle
 1:30 **CE** Sing-a-longs
 2:30 Room Visits with Joey
 3:30 **LL** Jeopardy!® Trivia

9:30 **C** Daily Chronicle **17**
 10:30 **IS** Catholic Communion -LG
 12:30 **HF** Balloon Volleyball
 1:30 What's in a Word?
 2:30 **IS** Patio Chat Time

9:30 **C** Daily Chronicle **18**
 12:30 **EF** A-Z Word Game
 2:30 **CE** Adult Coloring
 3:30 **HF** Throwback Dancing

9:30 **C** Daily Chronicle **19**
 10:30 **HF** Stretch & Exercise
 12:30 **EF** Whiteboard Word Games
 1:30 **EF** Would You Rather?
 2:30 **CE** Painting

9:30 **C** Patio Visits with Family **20**
 1:00 **EF** Family Feud™
 2:00 Happy Hour Snack Delivery
 3:00 **HF** Balloon Volleyball

9:30 **C** Daily Chronicle **21**
 10:30 **C** Patio Time Chat
 12:30 **LL** Brain Games
 1:30 **C** Writing Letters to Family
 3:30 **HF** Stretch to Music

9:30 **IS** Patio Mindfulness Exercise **22**
 1:00 **C** Patio Visits with Family

9:30 **C** Family Patio Visits **23**
 1:30 **CE** Sing-a-longs
 2:30 Room Visits with Joey
 3:30 **LL** Family Feud™

9:30 **C** Daily Chronicle **24**
 10:30 **IS** Catholic Communion - LG
 1:30 **CE** Painting with Water
 2:30 **IS** Patio Chat Time

9:30 **C** Daily Chronicle **25**
 1:30 Word Games
 2:30 **CE** Adult Coloring
 3:30 **HF** Balloon Volleyball

9:30 **C** Daily Chronicle **26**
 10:30 **HF** Stretch & Exercise
 12:30 **C** Sharing Stories
 1:30 **LL** Trivia
 2:30 **CE** Painting

9:30 **C** Patio Visits with Family **27**
 1:00 **IS** Gratefulness Exercise
 2:00 Happy Hour Snack Delivery
 3:00 **HF** Balloon Volleyball

9:30 **C** Daily Chronicle **28**
 10:30 **C** Patio Time Chat
 1:30 Pretty Nails
 2:00 Arts and Crafts
 3:30 **HF** Stretch to Music

9:30 **IS** Patio Mindfulness Exercise **29**
 1:00 **C** Patio Visits with Family

9:30 **C** Family Patio Visits **30**
 1:30 **CE** Sing-a-longs
 2:30 Room Visits with Joey
 3:30 **LL** Family Feud™

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