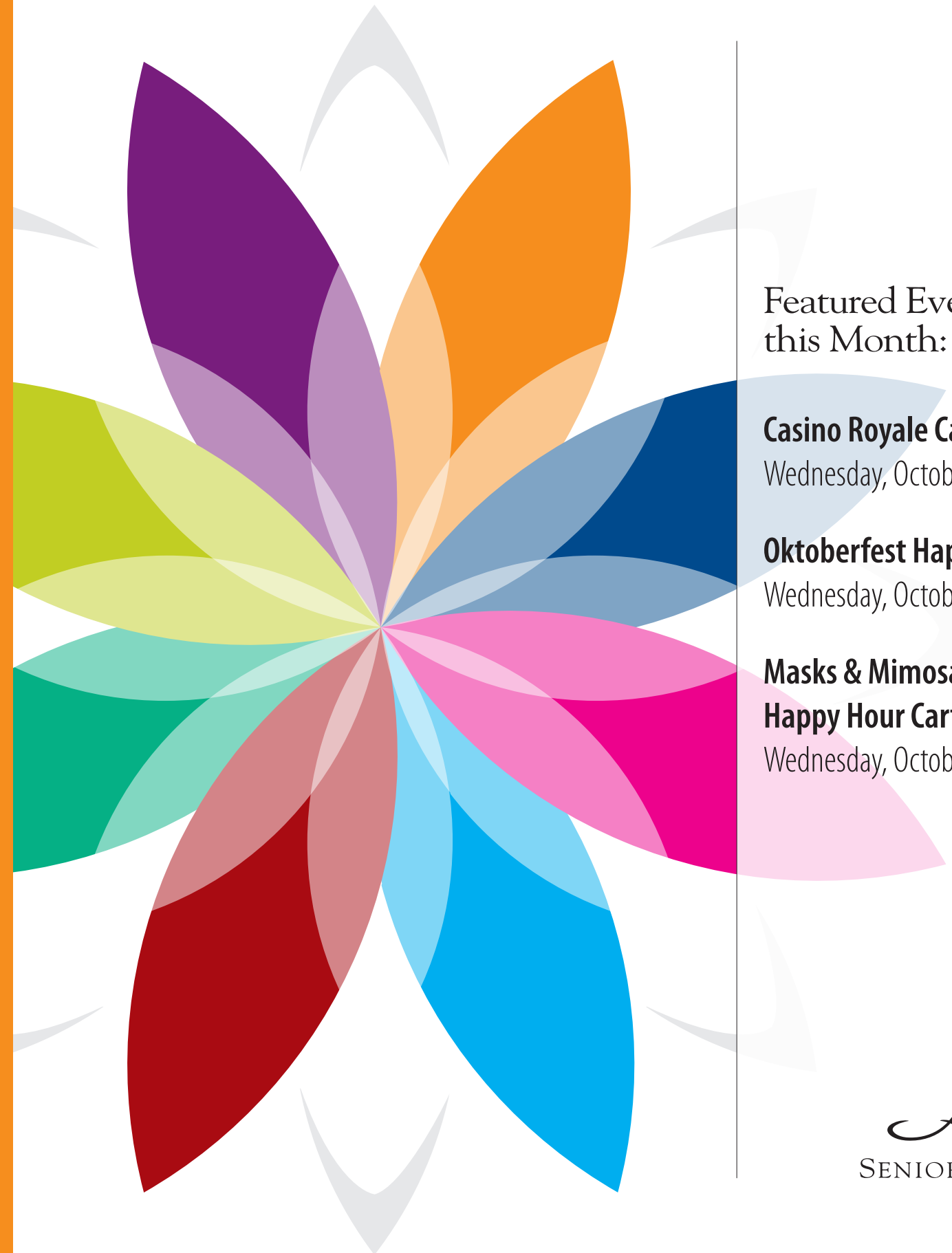


INDEPENDENT LIVING

Monthly Calendar of Events and Programming



Featured Events
this Month:

- Casino Royale Cart**
Wednesday, October 7, 3:00 PM
- Oktoberfest Happy Hour Cart**
Wednesday, October 14, 3:00 PM
- Masks & Mimosas
Happy Hour Cart**
Wednesday, October 21, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

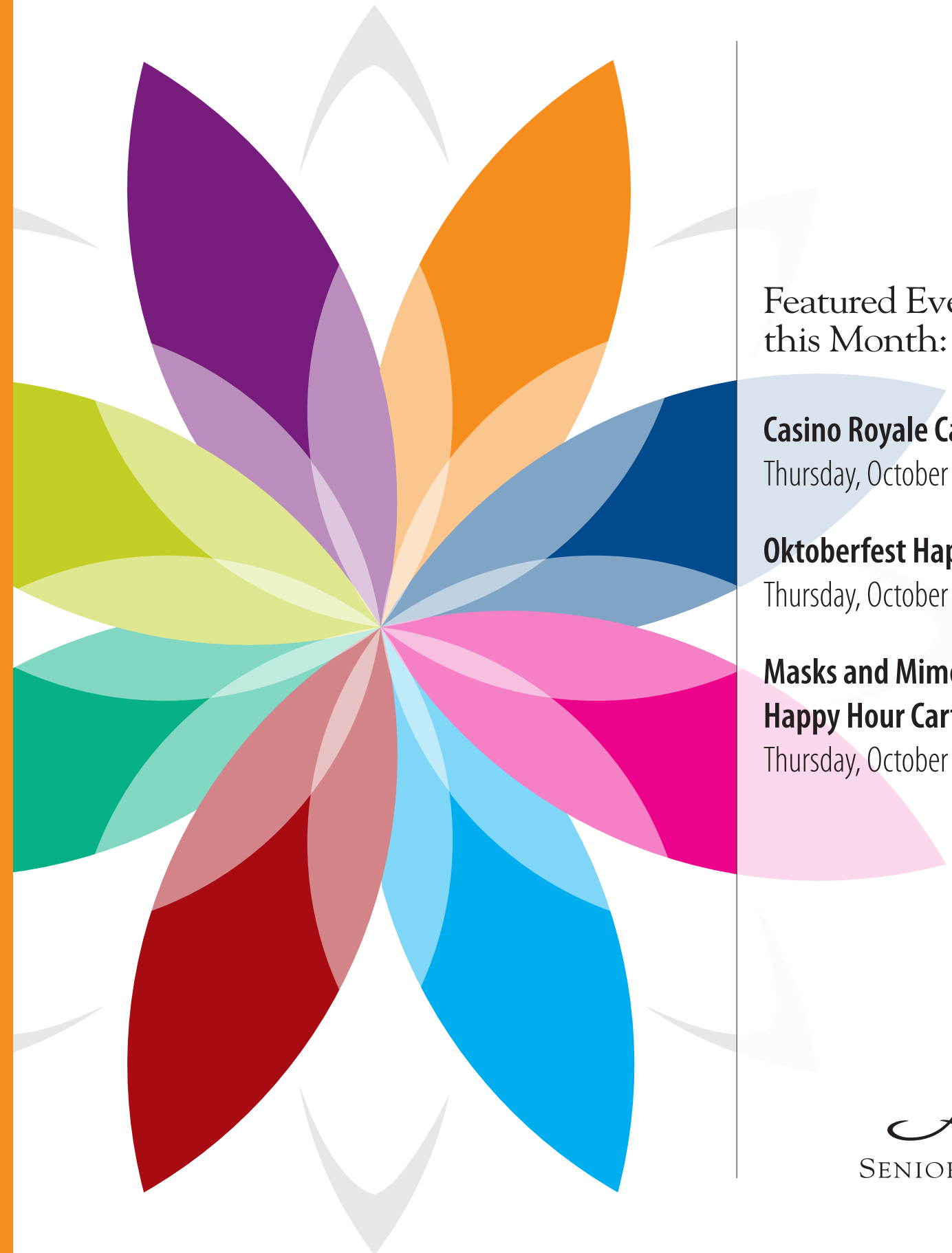
- PA **Personal Achievement**
- HF **Health & Fitness**
- EF **Entertainment & Fun**
- CV **Civic Engagement**
- LL **Lifelong Learning**
- CE **Creative Expression**
- IS **Inspiration & Spirituality**
- C **Connection**
- A **Atria StoryWise**

- ROOM LOCATION KEY:**
- Art Studio AS
 - KT Club KTC
 - Lobby L
 - Sienna Theater ST
 - Cart Service CRT
 - Conference Call CON
 - In Your Room IYR
 - Online Activity ONL
 - Appointment Only HUB
 - Outside OUT

<p>7:00 IS Sunday Services-Channel 53 (IYR)</p> <p>8:30 HF Temperature Checks (KTC)</p> <p>9:30 HF Morning Meditation Yoga (ONL)</p> <p>1:00 C Sunday Social - Zoom (ONL)</p> <p>1:30 HF Low-Impact Exercises (IYR)</p> <p>3:00 LL Tech Tutoring (HUB)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">4</p>	<p>8:30 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>1:00 LL Puzzle and Book Trolley (CRT)</p> <p>1:30 Personal Manicures (IYR)</p> <p>2:00 IS Bible Study with Pastor Bob (CON)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">5</p>	<p>Happy Birthday Wayne Kilmer !</p> <p>8:30 HF Temperature Checks (KTC)</p> <p>10:00 HF Trail Blazers (L)</p> <p>10:30 C Phone A Friend (IYR)</p> <p>11:00 HF Yoga (ONL)</p> <p>1:00 PA Word in a Word (IYR)</p> <p>1:30 LL Puzzle and Book Trolley (CRT)</p> <p>6:00 HF Evening Stroll (OUT)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">6</p>	<p>Happy Birthday Jo Wilkerson !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>1:30 LL Literary Lounging (IYR)</p> <p>3:00 EF Casino Royale Cart (CRT)</p> <p>6:00 LL Virtual Spanish - Zoom (ONL)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">7</p>	<p>Happy Birthday Robert Trueheart !</p> <p>9:00 HF Temperature checks (KTC)</p> <p>10:00 HF Trail Blazers (L)</p> <p>10:30 C Phone a Friend (IYR)</p> <p>1:30 CV Q&A with Alexandra (CON)</p> <p>5:00 EF Dining Adventures (CRT)</p> <p>6:00 HF Evening Yoga (ONL)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">8</p>	<p>Happy Birthday Zoila Boyd !</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Prize Bingo with Murray (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>1:30 LL Tech Tutoring (HUB)</p> <p>3:00 A Feelgood Friday! (IYR)</p> <p>8:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">9</p>	<p>Happy Birthday Glenn Martin !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Yoga for Balance - ZOOM (ONL)</p> <p>10:30 Virtual Bingo (CON)</p> <p>11:30 C Friendly Faces - Window Visits (HUB)</p> <p>2:00 HF Quizzit Trivia (ONL)</p> <p>3:00 LL Virtual Spanish - Zoom (ONL)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">10</p>
<p>7:00 IS Sunday Services - Channel 53 (IYR)</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Morning Meditation Yoga (ONL)</p> <p>1:00 C Sunday Social - Zoom (ONL)</p> <p>1:30 HF Low-Impact Exercises (IYR)</p> <p>3:00 LL Tech Tutoring (HUB)</p> <p>8:30 EF Featured Flix (IYR)</p> <p style="text-align: right;">11</p>	<p>Happy Birthday Judy Stevens !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Blitz (IYR)</p> <p>2:00 IS Bible Study with Pastor Bob (CON)</p> <p>3:00 LL One Day University: Livestream (ONL)</p> <p>4:00 HF Mask Management (IYR)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">12</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>10:00 HF Trail Blazers (L)</p> <p>10:30 C Phone a Friend (IYR)</p> <p>11:00 HF Yoga (ONL)</p> <p>1:00 PA Word in a Word (IYR)</p> <p>3:00 LL One Day University: Livestream (ONL)</p> <p>4:00 HF Audiologist Concierge Service (L)</p> <p>6:00 HF Evening Stroll (OUT)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">13</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>9:00 HF Audiologist Concierge Service (L)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>3:00 EF Oktoberfest Happy Hour Cart (CRT)</p> <p>4:00 PA Book Club (CON)</p> <p>6:00 LL Virtual Spanish - Zoom (ONL)</p> <p style="text-align: right;">14</p>	<p>Happy Birthday Carolyn Cook !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>10:00 HF Trail Blazers (L)</p> <p>10:30 C Phone a Friend (IYR)</p> <p>11:00 HF Quizzit Trivia (ONL)</p> <p>2:00 CV Q&A with Leroy (CON)</p> <p>5:00 EF Dining Adventures (CRT)</p> <p>6:00 HF Evening Yoga (ONL)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">15</p>	<p>Happy Birthday Louise Thompson !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>1:30 LL Tech Tutoring (HUB)</p> <p>3:00 A Feelgood Friday! (CRT)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">16</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Morning Meditation Yoga - Zoom (ONL)</p> <p>10:30 Virtual Bingo (CON)</p> <p>11:30 C Friendly Faces - Window Visits (HUB)</p> <p>2:00 HF Quizzit Trivia (ONL)</p> <p>3:00 LL Virtual Spanish - Zoom (ONL)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">17</p>
<p>7:00 IS Sunday Services-Channel 53 (IYR)</p> <p>8:30 HF Temperature Checks (KTC)</p> <p>9:30 HF Morning Meditation Yoga - Zoom (ONL)</p> <p>1:00 C Sunday Social - Zoom (ONL)</p> <p>1:30 HF Low-Impact Exercises (IYR)</p> <p>3:00 LL Tech Tutoring (HUB)</p> <p>6:00 HF PM Puzzling</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">18</p>	<p>Happy Birthday: Howard Davis, Nancy Deil</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>1:30 LL Puzzle and Book Trolley (CRT)</p> <p>2:00 IS Bible Study with Pastor Bob (CON)</p> <p>5:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">19</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>10:00 HF Trail Blazers (L)</p> <p>10:30 C Phone A Friend (IYR)</p> <p>11:00 HF Yoga (ONL)</p> <p>1:00 PA Word in a Word (IYR)</p> <p>2:00 CV New Resident Orientation (ST)</p> <p>3:00 LL One Day University: Livestream (ONL)</p> <p>6:00 HF Evening Stroll (OUT)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">20</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>3:00 EF Masks & Mimosas Happy Hour Cart (CRT)</p> <p>6:00 LL Virtual Spanish - Zoom (ONL)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">21</p>	<p>Happy Birthday Bob Fitzpatrick !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>10:00 HF Trail Blazers (L)</p> <p>10:30 C Phone a Friend (IYR)</p> <p>11:00 HF Quizzit Trivia (ONL)</p> <p>2:00 CV Virtual Town Hall Meeting (CON)</p> <p>5:00 EF Dining Adventures (IYR)</p> <p>6:00 HF Evening Yoga (ONL)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">22</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:00 C Donuts with Katrina (ONL)</p> <p>10:00 HF Dr. Ho, Podiatrist - by Appointment (AS)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>1:30 LL Tech Tutoring (HUB)</p> <p>3:00 A Feelgood Friday! (CRT)</p> <p>7:30 EF Featured Flix (IYR)</p> <p style="text-align: right;">23</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Yoga for Balance (ONL)</p> <p>10:30 Virtual Bingo (CON)</p> <p>11:30 C Friendly Faces - Window Visits (HUB)</p> <p>2:00 HF Quizzit Trivia (ONL)</p> <p>3:00 LL Virtual Spanish - Zoom (ONL)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">24</p>
<p>Happy Birthday Jean Boorujy !</p> <p>7:00 IS Sunday Services: Channel 53 (IYR)</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Morning Meditation Yoga - ZOOM (ONL)</p> <p>1:00 C Sunday Social - Zoom (ONL)</p> <p>1:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>3:00 LL Tech Tutoring (HUB)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">25</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (ONL)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>2:00 IS Bible Study with Pastor Bob (CON)</p> <p>3:00 LL One Day University: Library Lecture (ONL)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">26</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>10:00 HF Trail Blazers (L)</p> <p>10:30 C Phone a Friend (IYR)</p> <p>11:00 HF Yoga (ONL)</p> <p>1:00 PA Word in a Word (IYR)</p> <p>3:00 LL One Day University: Library Lecture (ONL)</p> <p>6:00 HF Evening Stroll (OUT)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">27</p>	<p>Happy Birthday Calle Martin !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>3:00 EF Halloween Happy Hour Cart (CRT)</p> <p>6:00 LL Virtual Spanish - Zoom (ONL)</p> <p>7:00 EF Featured Flix (IYR)</p> <p style="text-align: right;">28</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>10:00 HF Trailblazers (L)</p> <p>10:30 C Phone A Friend (IYR)</p> <p>11:00 HF Quizzit Trivia (ONL)</p> <p>5:00 EF Dining Adventures (CRT)</p> <p>6:00 HF Evening Yoga (ONL)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">29</p>	<p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Smart Moves (CON)</p> <p>10:30 Virtual Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>1:30 LL Tech Tutoring (HUB)</p> <p>3:00 A Feelgood Friday! (CRT)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">30</p>	<p>Happy Halloween !</p> <p>9:00 HF Temperature Checks (KTC)</p> <p>9:30 HF Yoga for Balance (ONL)</p> <p>10:30 Virtual Bingo (CON)</p> <p>11:30 C Friendly Faces - Window Visits (HUB)</p> <p>2:00 HF Quizzit Trivia (ONL)</p> <p>3:00 LL Virtual Spanish - Zoom (ONL)</p> <p>7:00 EF Featured Movie (IYR)</p> <p style="text-align: right;">31</p>

ASSISTED LIVING

Monthly Calendar of Events and Programming



Featured Events
this Month:

Casino Royale Cart
Thursday, October 8, 2:30 PM

Oktoberfest Happy Hour Cart
Thursday, October 15, 2:30 PM

**Masks and Mimosas
Happy Hour Cart**
Thursday, October 22, 2:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2020

ATRIA CINCO RANCH a s s i s t e d l i v i n g

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**

ROOM LOCATION KEY:

- Living Room LR
- AL Lobby ALL
- AL Engage Life Ctr ELC
- Cart Service CRT
- Conference Call CON
- In Your Room IYR
- Online Activity ONL
- Your Hallway HLW
- 1st Floor Elevator 1EL

<p style="text-align: right; font-weight: bold; font-size: 24px;">4</p> <p>7:00 IS Church Services - Channel 53 (IYR)</p> <p>10:30 HF Fitness Challenge (IYR)</p> <p>1:00 C Family Phonecall (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>6:00 HF PM Puzzling (IYR)</p> <p>7:00 EF Featured Movie - CBS (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">5</p> <p>9:00 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>9:30 Manicure & Nail Spa (LR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 PA Word Search (IYR)</p> <p>6:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">6</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>1:30 Word in a Word - Set Timer for 25 min. (IYR)</p> <p>2:00 LL Notes to Neighbors (IYR)</p> <p>3:30 C Window Visit (ALL)</p> <p>7:00 EF Featured Film (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">7</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 C Family Phone Call (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">8</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:00 PA Word Search (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>2:30 EF Casino Royale Cart (CRT)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">9</p> <p>9:30 Coffee and Donuts! (CRT)</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>11:00 PA Word Search (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 C Coffee Chat (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">10</p> <p>10:30 Phone Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>6:00 HF PM Puzzling (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>
<p style="text-align: right; font-weight: bold; font-size: 24px;">11</p> <p>7:00 IS Church Services - Channel 53 (IYR)</p> <p>10:30 HF Fitness Challenge (IYR)</p> <p>11:00 C Grandparent's Day Parade (IYR)</p> <p>1:00 C Family Phonecall (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>6:00 HF PM Puzzling (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">12</p> <p>9:00 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>9:30 Manicure & Nail Spa (LR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 PA Word Search (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">13</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>1:30 Word in a Word - Set Timer for 25 min. (IYR)</p> <p>2:30 EF Luby's for Lunch - Take Out (CRT)</p> <p>3:30 C Window Chat (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">14</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 C Stay in Touch (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">15</p> <p>9:30 HF Fitness Blitz (ELC)</p> <p>10:00 PA Word Search (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>2:30 EF Oktoberfest Happy Hour Cart (CRT)</p> <p>3:00 HF Trail Blazers - Walking (1EL)</p> <p>5:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">16</p> <p>9:30 Coffee and Donuts! (CRT)</p> <p>10:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>11:00 PA Word Search (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 C Phone A Friend (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">17</p> <p>9:00 HF Exercise (IYR)</p> <p>10:30 Phone Bingo (CON)</p> <p>1:00 HF Fitness challenge (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>6:00 HF PM Puzzling (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>
<p style="text-align: right; font-weight: bold; font-size: 24px;">18</p> <p>7:00 IS Sunday Church Services - Channel 53 (IYR)</p> <p>10:30 HF Fitness Challenge (IYR)</p> <p>1:00 C Family Phone Call (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>3:00 IS Inspirational Quote</p> <p>6:00 HF PM Puzzling (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">19</p> <p>9:00 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>9:30 Manicure & Nail Spa (LR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>2:30 PA Word Search (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">20</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>1:30 Word in a Word - Set Timer for 25 min. (IYR)</p> <p>3:30 C Window Chat (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">21</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:30 C Reach Out to Family & Friends (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">22</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:00 PA Word Search (IYR)</p> <p>1:00 LL Literary Lounging (IYR)</p> <p>2:00 CV Virtual Town Hall Meeting (CON)</p> <p>2:30 EF Masks and Mimosas Happy Hour Cart (CRT)</p> <p>3:00 HF Trail Blazers - Walking (1EL)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">23</p> <p>9:30 Coffee and Donuts! (CRT)</p> <p>10:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>11:00 PA Word Search (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 C Phone A Friend (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">24</p> <p>10:30 Phone Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>3:00 HF PM Puzzling (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>
<p style="text-align: right; font-weight: bold; font-size: 24px;">25</p> <p>7:00 IS Sunday Church Services - Channel 53 (IYR)</p> <p>10:30 HF Fitness Challenge (IYR)</p> <p>1:00 C Family Phonecall (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>6:00 EF Featured Movie (IYR)</p> <p>6:00 HF PM Puzzling (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">26</p> <p>9:00 HF Fitness Challenge: Follow Monday's Sheet (ELC)</p> <p>9:30 Manicure & Nail Spa (LR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 PA Word Search (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">27</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>1:30 Word in a Word - Set Timer for 25 min. (IYR)</p> <p>3:30 C Window Chat (ALL)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">28</p> <p>9:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 C Phone A Friend (IYR)</p> <p>6:00 LL Spanish Language (ONL)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">29</p> <p>9:30 HF Fitness Blitz (ELC)</p> <p>10:00 PA Word Search (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>2:30 EF Halloween Happy Hour (CRT)</p> <p>3:00 HF Trail Blazers - Walking (1EL)</p> <p>5:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">30</p> <p>9:30 Coffee and Donuts! (CRT)</p> <p>10:30 HF Fitness Challenge: Follow Monday's Sheet (IYR)</p> <p>10:30 Virtual Bingo (IYR)</p> <p>11:00 PA Word Search (IYR)</p> <p>1:00 HF Trail Blazers - Walking (HLW)</p> <p>3:00 C Phone A Friend (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>	<p style="text-align: right; font-weight: bold; font-size: 24px;">31</p> <p>10:30 Phone Bingo (CON)</p> <p>1:00 HF Fitness Challenge (IYR)</p> <p>2:00 LL Literary Lounging (IYR)</p> <p>6:00 HF PM Puzzling (IYR)</p> <p>7:00 EF Featured Movie (IYR)</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Taco 'bout Guac
Thursday, October 15, 3:30 PM

Coffee & Donuts - StoryWise
Friday, October 16, 10:00 AM

Octoberfest Party
Monday, October 26, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2020

ATRIA CINCO RANCH life guidance®

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
- M Music

ROOM LOCATION KEY:
Gardens LG

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Family Feud™ is a trademark of FremantleMedia Operations BV
Scrabble® is a registered trademark of Hasbro, Inc.
UNO® is a registered trademark of Mattel, Inc.

<p>9:00 C Fresh Faces</p> <p>10:00 Trivia</p> <p>11:00 HF Stretching for Range of Motion</p> <p>1:15 LL Book Club</p> <p>1:30 PA Bowling</p> <p>3:00 PA Stacking Cups</p> <p>3:30 PA Guitar Folk Music with Robert</p> <p>4:00 HF Smart Moves</p> <p>6:00 EF Movie Night & Popcorn</p> <p style="text-align: right;">4</p>	<p>TEACHERS DAY</p> <p>9:00 C Fresh Faces</p> <p>10:00 CE Trivia</p> <p>11:00 HF Body Combat</p> <p>11:30 C Your Favorite Teacher</p> <p>1:00 IS Bible Study</p> <p>1:30 HF Walking Club to the Café</p> <p>2:00 M Karaoke (LG)</p> <p>3:00 C Ice Cream Social</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">5</p>	<p>9:00 C Fresh Faces</p> <p>10:00 EF Music Bingo</p> <p>11:00 HF Service Dog Visit</p> <p>1:00 M Tunes with Mary</p> <p>2:00 CE UNO®</p> <p>2:15 M Choir Practice</p> <p>3:00 PA Puzzles</p> <p>4:00 HF Strength & Stretches</p> <p>6:00 EF TV Classics</p> <p style="text-align: right;">6</p>	<p>9:00 C Fresh Faces</p> <p>9:30 LL Book Club</p> <p>11:00 HF Healthy Heart Cardio Class</p> <p>1:00 HF Courtyard Stroll</p> <p>1:30 M Memory Makers</p> <p>2:00 IS Steps for Beauty</p> <p>3:00 EF Don't Worry Be Frappe - Coffee Bar</p> <p>4:00 HF Body Combat</p> <p>6:00 EF Movie - Comedy</p> <p>7:00 C Cookies & Chat</p> <p style="text-align: right;">7</p>	<p>9:00 C Fresh Faces</p> <p>10:00 EF Basketball Challenge</p> <p>1:30 HF Walking Club to Café</p> <p>2:00 Karaoke (LG)</p> <p>3:00 PA Word in a Word</p> <p>3:30 CE Sip and Paint</p> <p>4:00 HF Afternoon Stretches</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">8</p>	<p>WORLD SMILE DAY</p> <p>9:00 C Fresh Faces</p> <p>10:00 A Coffee & Donuts - StoryWise™</p> <p>11:45 HF Strength & Weights</p> <p>1:30 C What Makes You Smile?</p> <p>2:15 IS Steps for Beauty</p> <p>4:00 EF Penny Pitch</p> <p>6:00 EF Musical Night & Popcorn!</p> <p>7:00 HF Evening Walk About</p> <p style="text-align: right;">9</p>	<p>9:00 C Fresh Faces</p> <p>10:00 HF Yoga & Dance Fitness</p> <p>11:00 M Penny Pitch</p> <p>1:15 LL Book Club</p> <p>2:00 C Manicures & Hand Massages</p> <p>3:00 PA 5 Card Bingo</p> <p>4:00 HF Stretching for Range of Motion</p> <p>6:00 EF Movie Night Featured Classics</p> <p>7:00 PA Helping Hands</p> <p style="text-align: right;">10</p>
<p>9:00 C Fresh Faces</p> <p>10:00 PA Trivia</p> <p>11:00 HF Stretching for Range of Motion</p> <p>1:15 LL Book Club</p> <p>1:30 PA Bowling</p> <p>3:00 Prize Bingo</p> <p>3:30 PA Guitar Folk Music with Robert</p> <p>4:00 HF Smart Moves</p> <p>6:00 EF Movie Night & Popcorn</p> <p style="text-align: right;">11</p>	<p>9:00 C Fresh Faces</p> <p>11:00 HF Body Combat</p> <p>11:30 PA Cranium® Crunches</p> <p>1:00 IS Bible Study</p> <p>1:30 HF Walking Club to the Café</p> <p>2:00 M Karaoke (LG)</p> <p>3:00 C Ice Cream Social</p> <p>3:30 PA Word in a Word</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">12</p>	<p>9:00 C Fresh Faces</p> <p>10:00 EF 5 Card Turn</p> <p>11:00 HF Service Dog Visit</p> <p>1:00 Tunes with Mary</p> <p>2:00 C Tea Party</p> <p>2:15 M Choir Practice</p> <p>3:00 PA Word Scramble</p> <p>4:00 HF Strength & Stretches</p> <p>6:00 EF TV Classics</p> <p style="text-align: right;">13</p>	<p>DESSERT DAY</p> <p>9:00 C Fresh Faces</p> <p>10:00 M Voices in Song</p> <p>11:00 HF Healthy Heart Cardio Class</p> <p>1:00 HF Courtyard Stroll</p> <p>2:00 PA Giant Crossword</p> <p>3:00 C Jokes & Riddles</p> <p>3:30 EF Harvest Happy Hour</p> <p>4:30 HF Body Combat</p> <p>6:00 EF Movie - Comedy</p> <p>7:00 C Cookies & Chat</p> <p style="text-align: right;">14</p>	<p>9:00 C Fresh Faces</p> <p>10:15 PA Crafts for a Cause (LG)</p> <p>1:30 HF Walking Club to Café</p> <p>2:00 Karaoke (LG)</p> <p>3:00 PA Word in a Word</p> <p>3:30 EF Taco 'bout Guac</p> <p>4:00 HF Afternoon Stretches</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">15</p>	<p>9:00 C Fresh Faces</p> <p>10:00 A Coffee & Donuts - StoryWise™</p> <p>10:00 CE Day of Beauty</p> <p>11:45 HF Strength & Weights</p> <p>1:00 CE Spring Tea Party</p> <p>2:15 IS Steps for Beauty</p> <p>4:00 EF Prize Wheel Bingo</p> <p>6:00 EF Musical Night & Popcorn!</p> <p style="text-align: right;">16</p>	<p>9:00 C Fresh Faces</p> <p>11:00 HF Yoga & Dance Fitness</p> <p>11:00 M Penny Pitch</p> <p>1:15 LL Book Club</p> <p>4:00 HF Stretching for Range of Motion</p> <p>6:00 EF Featured Classics</p> <p>7:00 PA Helping Hands</p> <p style="text-align: right;">17</p>
<p>9:00 C Fresh Faces</p> <p>10:00 Trivia</p> <p>11:00 HF Stretching for Range of Motion</p> <p>1:15 LL Book Club</p> <p>1:30 PA Bowling</p> <p>3:00 PA Jenga</p> <p>3:30 PA Guitar Folk Music with Robert</p> <p>4:00 HF Smart Moves</p> <p>6:00 EF Movie Night & Popcorn</p> <p style="text-align: right;">18</p>	<p>9:00 C Fresh Faces</p> <p>10:00 CE Craft Corner</p> <p>11:00 HF Body Combat</p> <p>11:30 PA Math Masters</p> <p>1:00 IS Bible Study</p> <p>1:30 HF Walking Club to the Café</p> <p>2:00 M Karaoke (LG)</p> <p>3:00 C Social Club</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">19</p>	<p>9:00 C Fresh Faces</p> <p>10:00 EF Left, Right, Center Game</p> <p>11:00 HF Service Dog Visit</p> <p>1:00 Tunes with Mary</p> <p>2:15 M Choir Practice</p> <p>3:00 EF Table Top Games</p> <p>4:00 HF Strength & Stretches</p> <p>6:00 EF TV Classics</p> <p style="text-align: right;">20</p>	<p>9:00 C Fresh Faces</p> <p>9:30 LL Book Club</p> <p>10:30 M Voices in Song</p> <p>11:30 HF Healthy Heart Cardio Class</p> <p>1:30 HF Courtyard Stroll</p> <p>1:30 M Memory Makers</p> <p>3:00 PA You Be the Judge</p> <p>3:30 EF Masks and Mimosas</p> <p>4:00 HF Body Combat</p> <p>6:00 EF Movie - Comedy</p> <p>7:00 C Cookies & Chat</p> <p style="text-align: right;">21</p>	<p>9:00 C Fresh Faces</p> <p>10:00 EF Volleyball Challenge</p> <p>1:30 HF Walking Club to Café</p> <p>2:00 Karaoke (LG)</p> <p>2:30 EF Arabian Nights</p> <p>3:00 PA Giant Crossword</p> <p>4:00 HF Afternoon Stretches</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">22</p>	<p>9:00 C Fresh Faces</p> <p>10:00 A Coffee & Donuts - StoryWise™</p> <p>11:45 HF Strength & Weights</p> <p>2:15 IS Steps for Beauty</p> <p>4:00 EF Prize Wheel Bingo</p> <p>6:00 EF Musical Night & Popcorn!</p> <p>7:00 HF Evening Walk About</p> <p style="text-align: right;">23</p>	<p>9:00 C Fresh Faces</p> <p>10:00 PA Word in a Word</p> <p>11:00 HF Yoga & Dance Fitness</p> <p>11:00 M Penny Pitch</p> <p>1:15 LL Book Club</p> <p>2:00 Manicures & Hand Massages</p> <p>3:00 EF Family Feud™</p> <p>4:00 HF Stretching for Range of Motion</p> <p>6:30 EF Featured Classics</p> <p>7:00 PA Helping Hands</p> <p style="text-align: right;">24</p>
<p>9:00 C Fresh Faces</p> <p>10:00 PA Trivia</p> <p>11:00 HF Stretching for Range of Motion</p> <p>1:15 LL Book Club</p> <p>1:30 PA Bowling</p> <p>2:00 CV Cupcakes for Crew</p> <p>3:00 Skee Ball</p> <p>3:30 PA Guitar Folk Music with Robert</p> <p>4:00 HF Smart Moves</p> <p>6:00 EF Movie Night & Popcorn</p> <p style="text-align: right;">25</p>	<p>9:00 C Fresh Faces</p> <p>10:00 CV Coupons for Troops</p> <p>11:00 HF Body Combat</p> <p>1:00 IS Bible Study</p> <p>1:30 HF Walking Club to the Café</p> <p>2:00 M Karaoke (LG)</p> <p>3:00 C October Fest Pary</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">26</p>	<p>9:00 C Fresh Faces</p> <p>10:00 EF Music Bingo</p> <p>11:00 HF Service Dog Visit</p> <p>1:00 Tunes with Mary</p> <p>2:15 M Choir Practice</p> <p>3:00 PA Scramble Words</p> <p>4:00 HF Strength & Stretches</p> <p>6:00 EF TV Classics</p> <p style="text-align: right;">27</p>	<p>9:00 C Fresh Faces</p> <p>11:00 HF Healthy Heart Cardio Class</p> <p>1:30 HF Courtyard Stroll</p> <p>2:15 EF Bowling</p> <p>3:00 C Jokes & Riddles</p> <p>3:30 EF Halloween Happy Hour</p> <p>4:00 HF Body Combat</p> <p>6:00 EF Movie - Comedy</p> <p>7:00 C Cookies & Chat</p> <p style="text-align: right;">28</p>	<p>9:00 C Fresh Faces</p> <p>10:00 EF Ring Toss Challenge</p> <p>11:00 IS Piano with Mary</p> <p>1:30 HF Walking Club</p> <p>2:00 Scrabble®</p> <p>3:00 PA Word in a Word</p> <p>3:30 EF Going Coconuts!</p> <p>4:00 HF Afternoon Stretches</p> <p>6:00 EF Movie Night</p> <p style="text-align: right;">29</p>	<p>9:00 C Fresh Faces</p> <p>10:00 A Coffee & Donuts - StoryWise™</p> <p>11:45 HF Strength & Weights</p> <p>2:15 IS Steps for Beauty</p> <p>4:00 EF Penny Pitch</p> <p>6:00 EF Musical Night & Popcorn!</p> <p>7:00 HF Evening Walk About</p> <p style="text-align: right;">30</p>	<p>9:00 C Fresh Faces</p> <p>11:00 HF Yoga & Dance Fitness</p> <p>11:00 M Penny Pitch</p> <p>1:15 LL Book Club</p> <p>2:00 Manicures & Hand Massages</p> <p>3:00 PA 5 Card Bingo</p> <p>4:00 HF Stretching for Range of Motion</p> <p>6:00 EF Movie Night Featured Classics</p> <p>7:00 PA Helping Hands</p> <p style="text-align: right;">31</p>