

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Laughter Therapy
Thursday, June 6, 10:00 AM

Barbeque Cookout
Friday, June 21, 12:00 PM

**Padres vs Cardinals
Baseball Game**
Sunday, June 30, 11:30 AM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

8:45 8:45-Church Transport (LB) (LB)

10:00 10:00- Church Transport (LB) (LB)

10:00 **IS** Gospel Brunch, 10AM-2PM (BIS)

10:00 **EF** Gospel Choir (LR)

10:30 Church Transport (LB)

11:00 **HF** Walking Club (LB)

11:30 **EF** Padres vs Cardinals Baseball Game (LB)

11:30 **IS** Catholic Service (3FG)

2:00 Wii® Bowl (3FG)

3:30 **HF** Stretching Your Body to Music (GR)

7:00 **EF** Sunday Night Movie (Channel 1390)



ROOM LOCATION KEY:

Dining Room DR
 3rd Floor Game 3FG
 Great Room GR
 Bistro BIS
 Living Room LR
 Front Lobby LB
 Meeting Room MR
 Poolside PS
 Library LIB

- 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**

1

9:00 Cornhole Challenge (BIS)

9:30 **PA** Learn Spanish (GR)

10:15 **HF** Strength Training with Tyler (GR)

10:45 Word Creation (GR)

1:30 **LL** University Lecture on Current Events (GR)

3:00 **HF** Tai Chi (GR)

4:00 Special Saturday Happy Hour (BIS)

7:00 **EF** Saturday Night Movie Channel (1390)

7:00 **EF** Choral Club of San Diego (LR)

2

8:45 Church Transport (LB)

10:00 Church Transport (LB)

10:30 Church Transport

11:00 **HF** Walking Club (LB)

11:30 **IS** Catholic Service (3FG)

1:00 Scenic Drive (LB)

2:00 Wii® Bowl

4:00 **HF** Stretching Your Body to Music (GR)

7:00 **EF** Sunday Night Movie (Channel 1390)

3

9:30 **HF** Exercise with Tyler! (GR)

10:30 **LL** Meeting of the Minds (GR)

11:30 **LL** iPad® Word Game (LR)

1:30 Shopping Outing -Walmart (LB)

2:00 **HF** Yoga with Yana (GR)

3:00 **EF** Root Beer Floats (PS)

4:00 **CV** Writing to Our Veterans (BIS)

7:00 **LL** Tap Into Your Spiritual Guidance (GR)

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9:30 Newsletter Meeting (BIS)

10:30 **HF** Workout with Tyler (GR)

1:00 **HF** Power Walk at UTC (LB)

2:00 **LL** Spelling Bee (GR)

2:30 Happy Hour

3:30 **IS** Weekly Devotions (GR)

4:30 **PA** Welcome Ambassadors Committee Meeting (GR)

7:00 **LL** Cross Trivia with Babe (GR)

7:30 **PA** Friends of Bill Wilson (MR)

5

9:30 **PA** Flower Arranging (BIS)

10:00 **HF** Water Aerobics with Monique (PS)

10:00 Wii® Bowling (3FG)

11:00 **LL** Aging Vision with Dr. Urey (GR)

1:00 **PA** Learn and Play Bridge with Rose (GR)

1:30 At Your Service Shopping (LB)

3:30 Happy Hour (BIS)

4:00 **CE** StoryWise™ (BIS)

4:30 **HF** Strength and Balance Program (GR)

7:00 **LL** Stages of Grief with Larry (GR)

6

10:00 **LL** Laughter Therapy (GR)

10:30 **LL** What Is Trending (GR)

11:00 **HF** Yoga with Yana (LR)

1:00 Play Mahjong (3FG)

2:00 Bingo (GR)

4:00 **IS** Sing Along with Enid (LR)

4:30 **HF** Strength and Balance Program (GR)

7:00 Poker Night (3FG)

7:00 **EF** Thursday Night Movie (Channel 1390)

7

7:30 **EF** National Donut Day Meet and Greet (BIS)

10:00 **LL** Classical Music with Marketa (GR)

11:30 **HF** Balance and Core with Robert (BIS)

1:00 Wii® Bowl! (3FG)

2:00 **HF** Exercise with Monique (GR)

3:30 Happy Hour (BIS)

4:00 **C** Meet New Resident (BIS)

7:00 **CE** Art Class - Sign Up Required (GR)

7:00 **EF** Friday Night Movie(Channel 1390)

8

9:00 **HF** Walking Club (GR)

9:30 **LL** This Day in History Chat (LR)

10:00 **PA** Learn Spanish (GR)

10:45 Word Creation (GR)

1:30 **LL** University Lecture (GR)

3:00 **HF** Tai Chi (GR)

4:00 Special Saturday Happy Hour

7:00 **EF** Saturday Movie Night Channel 1390

7:00 **EF** Sentimental Journey (LR)

9

8:45 Church Transport (LB)

10:00 Church Transport (LB)

10:30 Church Transport

11:00 **HF** Walking Club (LB)

11:30 **IS** Catholic Service (3FG)

1:30 **EF** Scripps Library Concert (LB)

4:00 **HF** Stretching Your Body to Music (GR)

7:00 **EF** Sunday Night Movie (Channel 1390)

10

9:30 **HF** Walking Club (GR)

10:30 **LL** Meeting of the Minds (GR)

11:30 **LL** 4 Picks 1 Word Challenge on iPad® (GR)

11:30 **HF** Clear Choice Hearing (MR)

1:30 Shopping Outing-Target (LB)

2:00 **HF** Yoga with Yana (GR)

4:00 **CV** Collecting Clothes for Homeless Shelter (GR)

7:00 **IS** Chair Yoga and Meditation (GR)

11

9:30 Newsletter Meeting (BIS)

10:30 **HF** Workout with Tyler (GR)

1:30 **PA** Our Own Think Tank (GR)

2:30 Happy Hour (BIS)

3:30 **IS** Weekly Devotion (GR)

4:00 **HF** Walking Club (LB)

7:00 **EF** Tuesday Night Movie (Channel 1390)

7:30 **PA** Friends of Bill Wilson (MR)

12

9:30 **PA** Flower Arranging (BIS)

10:00 **HF** Water Aerobics with Monique (PS)

10:00 Wii® Bowling (3FG)

1:00 **PA** Learn and Play Bridge with Rose (GR)

1:30 At Your Service Shopping (LB)

3:30 Happy Hour

4:30 **HF** Dance the Hokey-Pokey (PS)

6:30 **EF** Opera at La Jolla Community Center (LB)

7:00 **EF** Nutrition Q & A with Chef (BIS)

13

9:00 **HF** Walking Club (LB)

10:00 **LL** Musical Memories (GR)

11:00 **HF** Yoga with Yana (GR)

11:30 Walker Tune-Up (BIS)

1:00 Play Mahjong (3FG)

2:00 Bingo (GR)

4:30 **HF** Strength and Balance Program (BIS)

7:00 Poker Night (3FG)

7:00 **EF** Thursday Night Movie (Channel 1390)

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10:00 **LL** Classical Music with Marketa (GR)

11:30 **HF** Balance and Core with Robert (GR)

1:00 Wii® Bowl (3FG)

2:00 **HF** Exercise with Monique (BIS)

3:30 Happy Hour (BIS)

4:00 **C** Meet New Resident (BIS)

7:00 **EF** Friday Movie Tootsie popcorn and drinks (GR)

15

9:30 **LL** Brain Teasers (GR)

10:15 **HF** Strength Training with Tyler (GR)

10:45 Word Creation (GR)

1:30 **LL** University Lecture (GR)

3:00 **PA** Learn Spanish (GR)

3:30 Engage Life® Planning (BIS)

3:30 **C** Ice Cream Social (BIS)

4:00 **HF** Tai Chi (GR)

7:00 **EF** Saturday Night Movie Channel 1390

7:00 **EF** Chinese Entertainment Culture Night (LR)

Happy Father's Day

16

8:45 Church Transport (LB)

10:00 Church Transport (LB)

10:30 Church Transport (LB)

11:00 **HF** Walking Club (LB)

11:30 **IS** Catholic Service (3FG)

1:00 Wii® Bowl! (3FG)

2:00 Father's Day Beer Fest (BIS)

3:00 **CE** StoryWise™

4:00 **HF** Stretching Your Body to Music (GR)

7:00 **EF** Sunday Night Movie (Channel 1390)

17

9:30 **HF** Exercise with Tyler! (GR)

10:30 **LL** Meeting of the Minds (GR)

11:30 **LL** Wheel of Fortune® on iPad® (GR)

2:00 **HF** Yoga with Yana (GR)

3:00 **EF** Root Beer Floats (PS)

4:00 **CV** Knitting for a Cause (GR)

7:00 **LL** Home Care with Arron (GR)

18

8:30 **C** Men's Breakfast Chat with Wes (GR)

9:30 Newsletter Meeting (BIS)

10:30 **HF** Workout with Tyler (GR)

11:00 **EF** Museum at Balboa Park (LB)

12:00 **C** Birthday Luncheon (DR)

2:30 Happy Hour and StoryWise™ (BIS)

3:30 **IS** Weekly Devotion (GR)

4:00 **HF** Walking Club (LB)

7:00 **LL** Art Class with Debbie (GR)

7:30 **PA** Friends of Bill Wilson (MR)

19

9:30 **PA** Flower Arranging (BIS)

10:00 **HF** Water Aerobics with Monique (PS)

10:00 Wii® Bowling (3FG)

11:30 **PA** Food for Thought (BIS)

12:00 **C** New Resident Luncheon (DR)

1:00 **PA** Learn and Play Bridge with Rose (GR)

1:30 At Your Service Shop (LB)

3:30 Happy Hour (BIS)

4:30 **HF** Stretching Your Body to Music (GR)

7:00 **LL** Technology with Omar (LIB)

20

10:00 Cornhole Challenge (BIS)

11:00 **HF** Yoga with Yana (GR)

11:00 Walker Tune-Up (BIS)

1:00 Play Mahjong (3FG)

1:00 **HF** Health Lecture with Nurse Sharon (GR)

2:00 Bingo (GR)

4:30 **HF** Strength and Balance Program (GR)

5:00 **C** Candle Light Dinner (DR)

6:00 **C** Wine and Conversation with Wes (LR)

7:00 Poker Night (3FG)

A Time To Shine

21

9:00 Coffee Social (BIS)

9:30 **LL** Classical Music with Marketa (LIB)

10:30 **C** Resident Council Meeting (GR)

11:30 **HF** Balance and Core with Robert (BIS)

12:00 **EF** Barbeque Cookout (PS)

1:00 **EF** Special Music by Janet Hammer (PS)

1:00 Happy Hour (PS)

1:30 **EF** Pool Party Games (PS)

2:00 **HF** Exercise with Monique (GR)

7:00 **EF** Friday Night Movie (Channel 1390)

22

9:00 Cornhole Challenge (BIS)

9:30 **PA** Learn Spanish (GR)

10:15 **HF** Strength Training with Tyler (GR)

10:45 Word Creation (GR)

1:30 **LL** University Lecture (GR)

3:00 Special Saturday Happy Hour (BIS)

4:00 **HF** Tai Chi (GR)

7:00 **EF** Saturday Night Movie Channel 1390

7:00 **EF** Music Station (LR)

23

8:45 Church Transport (LB)

10:00 Church Transport (LB)

10:30 Church Transport (LB)

11:00 **HF** Walking Club (LB)

11:30 **IS** Catholic Service (3FG)

2:00 Wii® Bowl! (3FG)

3:30 **HF** Stretching Your Body to Music (GR)

7:00 **EF** Sunday Night Movie (Channel 1390)

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9:30 **HF** Exercise with Tyler! (GR)

10:30 **LL** Meeting of the Minds (GR)

11:30 **LL** Wonders on iPad® (GR)

2:00 **HF** Yoga with Yana (GR)

3:00 **EF** Root Beer Floats (PS)

4:30 **CV** Collecting Clothes for the Homeless (GR)

7:00 **LL** Meet & Greet Lily Future City Council (GR)

25

9:30 Newsletter Meeting (BIS)

10:30 **HF** Workout with Tyler (GR)

2:00 **LL** Osher Educational Lecture & discussion (GR)

3:00 Happy Hour (BIS)

3:30 **IS** Weekly Devotions (GR)

4:30 **HF** Walking Club

7:00 **CE** Fun Crafts with Barb (GR)

7:30 **PA** Friends of Bill Wilson (MR)

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9:30 Free Brain Health Assessment (3FG)

9:30 **PA** Flower Arranging (BIS)

10:00 **HF** Water Aerobics with Monique (PS)

10:30 **LL** Book Club (GR)

10:30 Free Brain Health Assessment (GR)

1:00 **PA** Learn and Play Bridge with Rose (GR)

1:30 At Your Service Shop (LB)

3:30 Happy Hour (BIS)

4:00 **C** Meet the new Resident (BIS)

4:30 **HF** Walking Club (GR)

7:00 **C** Meet and Greet with Leslie (LR)

27

10:00 Shuffle Board (BIS)

11:00 **HF** Yoga with Yana (LR)

1:00 Play Mahjong (3FG)

2:00 Bingo (GR)

4:30 **HF** Strength and Balance Program

6:45 **EF** Japanese Chorus Kaguya- (LR) (LR)

7:00 Poker Night (3FG)

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10:00 **LL** Classical Music with Marketa (GR)

11:30 **HF** Balance and Core with Robert (BIS)

1:00 **LL** Travel the World with Sarah

1:00 Wii® Bowl (3FG)

2:00 **HF** Exercise with Monique (GR)

3:30 Happy Hour (BIS)

4:00 **C** Meet New Resident (GR)

6:30 **EF** Jazz Friday at La Jolla (LB)

7:00 **EF** Friday Night at Movie(Channel 1390)

29

9:30 Cornhole Challenge (BIS)

10:15 **HF** Strength Training with Tyler (GR)

10:45 Word Creation (GR)

1:30 **LL** University Lecture (GR)

3:00 **HF** Tai Chi (GR)

4:00 **LL** Learn Spanish (GR)

7:00 **EF** Saturday Night Movie Channel 1390

7:00 **EF** Music with Cara Freedman (LR)