

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Mad Hatter Dinner Party!

Tuesday, October 6, 3:30 PM

Lady Liberty Cultural Finale!

Wednesday, October 28, 3:00 PM

**Spooktacular Halloween
Celebration!**

Saturday, October 31, 3:30 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:
The Nook Nk
Activity Room AR
At Door AD
In Room IR
Dial:1-866-705-2554 passcode:492981# CL

STAFF KEY:
Amy ELD
Director of Culinary Services DCS
Instructor Led IL
Resident Led RL
Engage Life Assistant ELA
Jo-Lynn ED

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<p>4 National Cinnamon Roll Day! 10:00 HF Working It Out (CL) (ELD) 10:00 C Cinnamon Roll "not so" Social (AD) (ELD) 10:30 IS Hymns and Sunday Worship (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Sing Along: Happy Days (CL) (ELD) 6:00 PA Creative Coloring (IR) (RL)</p>	<p>5 Do Something Nice Day World Teachers' Day 10:00 HF 3 Minute Circuit Workout (CL) (ELD) 10:30 LL Engage Your Brain Crossword Challenge (CL) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C iPad®-Virtual Chat w/ Family (AR) (ELD) 6:00 EF Puzzles and Games (IR) (ELD)</p>	<p>6 Mad Hatter Day - wear a fun hat today! 10:00 HF Working It Out (CL) (ELD) 10:30 PA Resident Council Meeting - Call Line (CL) (RL) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:30 C Mad Hatter Dinner Party! (AD) (ELD) 6:00 CE The Arts w/ Dawn (Nk) (ELA)</p>	<p>7 National Frappe Day! 10:00 HF 3 Minute Circuit Workout (CL) (ELD) 10:00 C Don't Worry Be Frappe Coffee Bar (AD) (ELD) 1:30 HF Strolling Through Nature:Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 EF Let's Make a Deal...or Steal! (CL) (ELD) 6:00 C iPad®-Virtual Chat w/ Family (AR) (ELA)</p>	<p>8 Working It Out (CL) (ELA) 10:00 HF Working It Out (CL) (ELA) 10:30 CV Friends w/ Friends Virtual Chat (AR) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 EF Categories Competition: Staff vs Res. (CL) (ELA) 6:00 C Pastimes & Evening Chat - Call Line (CL) (ELA)</p>	<p>9 Leif Erikson Day 10:00 HF 3 Minute Circuit Workout (CL) (ELA) 10:30 LL You Be the Judge (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Norwegian Wood Cocktail Social (AD) (ELA) 6:00 CE Journaling (IR) (RL)</p>	<p>10 National Cake Decorating Day 10:00 HF Working It Out (CL) (ELA) 10:30 A StoryWise™: Memorable Cakes & Events (CL) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 CE Cake Decorating (AD) (ELA) 6:00 EF Word Search (IR) (ELD)</p>
<p>11 Working It Out (CL) (ELD) 10:00 HF Working It Out (CL) (ELD) 10:30 IS Hymns and Sunday Worship (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Sing Along: In the Mood (CL) (ELD) 6:00 PA Creative Coloring (IR) (ELD)</p>	<p>12 Columbus Day 10:00 HF 3 Minute Circuit Workout (CL) (ELD) 10:30 LL Engage Your Brain Crossword-Call Line (CL) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C iPad®-Virtual Chat w/ Family (AR) (ELD) 6:00 EF Puzzle / Game (IR) (ELD)</p>	<p>13 National M&M Day! 10:00 HF Working It Out (CL) (ELD) 10:30 EF M&Ms Fun Fact Trivia (CL) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 PA Town Hall Meeting - Call Line (CL) (ED) 3:30 EF M&M Celebration! (AD) (ELD) 6:00 CE The Arts w/ Dawn (Nk) (ELA)</p>	<p>14 3 Minute Circuit Workout (CL) (ELA) 10:00 HF 3 Minute Circuit Workout (CL) (ELA) 10:30 LL Word Challenge - Call Line (CL) (ELD) 1:30 HF Strolling Through Nature:Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:30 C Harvest Dinner Party (AD) (ELD) 6:00 C iPad®-Virtual Chat w/ Family (AR) (ELA)</p>	<p>15 I Love Lucy Day! 10:00 HF Working It Out (CL) (ELD) 10:30 CV Simply Kids Preschool: Finish the Story (AR) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 EF I Love Lucy Trivia Challenge (CL) (ELA) 6:00 C Pastimes & Evening Chat - Call Line (CL) (ELA)</p>	<p>16 National Dictionary Day 10:00 HF 3 Minute Circuit Workout (CL) (ELA) 10:30 LL Words and Definitions (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Cock-tail / k&k-tal Hour (AD) (ELA) 6:00 CE Journaling (IR) (RL)</p>	<p>17 National Mulligan Day- Second Chance Day 10:00 HF Working It Out (CL) (ELA) 10:30 EF Ten Second Rule (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 LL Name that Sound - Call Line (CL) (ELA) 6:00 EF Word Search (IR) (ELD)</p>
<p>18 Working It Out (CL) (ELD) 10:00 HF Working It Out (CL) (ELD) 10:30 IS Hymns and Sunday Worship (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Sing Along: 70's Sizzle (CL) (ELD) 6:00 PA Creative Coloring (IR) (ELD)</p>	<p>19 Evaluate Your Life Day 10:00 HF 3 Minute Circuit Workout (CL) (ELD) 10:30 LL 10 Warning Signs of Alzheimer's w/ Carla (CL) (IL) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C iPad®-Virtual Chat w/ Family (AR) (ELD) 3:15 LL Engage Your Brain Crossword Challenge (CL) (ELD) 6:00 EF Puzzle / Game (IR) (ELD)</p>	<p>20 Working It Out (CL) (ELD) 10:00 HF Working It Out (CL) (ELD) 10:30 EF What America Says (CL) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 PA Engage Life® Programming Mtg (CL) (ELD) 6:00 CE The Arts w/ Dawn (Nk) (ELA)</p>	<p>21 National Count Your Buttons Day! 10:00 HF 3 Minute Circuit Workout (CL) (ELD) 10:30 EF Count Your Buttons Contest (AD) (ELD) 1:30 HF Strolling Through Nature:Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:30 C Warm Welcome/ Birthday Bash (AD) (ELD) 6:00 C iPad®-Virtual Chat w/ Family (AR) (ELA)</p>	<p>22 Working It Out - Call Line (CL) (ELD) 10:00 HF Working It Out - Call Line (CL) (ELD) 10:30 CV Friends w/ Friends Virtual Chat (AR) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 EF Food for Thought (CL) (DCS) 6:00 C Pastimes & Evening Chat - Call Line (CL) (ELA)</p>	<p>23 Breast Cancer Awareness Month-wear pink! 10:00 HF 3 Minute Circuit Workout (CL) (ELA) 10:30 LL Tedtalk: Breast Cancer Survivor (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Positively Pink Social (AD) (ELD) 6:00 CE Journaling (IR) (RL)</p>	<p>24 Working It Out (CL) (ELA) 10:00 HF Working It Out (CL) (ELA) 10:30 EF Can You List It? (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 LL Word Challenge (CL) (ELD) 6:00 EF Word Search (IR) (ELD)</p>
<p>25 World Opera Day 10:00 HF Working It Out Line (CL) (ELD) 10:30 IS Hymns and Sunday Worship (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Sing Along: America Sings (CL) (ELD) 6:00 PA Creative Coloring (IR) (RL)</p>	<p>26 National Pumpkin Day 10:00 HF 3 Minute Circuit Workout (CL) (ELD) 10:30 EF Pumpkin Race (CL) (ELD) 11:00 LL Engage Your Brain Crossword Challenge (CL) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C iPad®-Virtual Chat w/ Family (AR) (ELD) 6:00 EF Puzzles and Games (IR) (ELD)</p>	<p>27 Working It Out (CL) (ELD) 10:00 HF Working It Out (CL) (ELD) 10:30 EF Dice Baseball (CL) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 PA Ambassador Meeting (CL) (ELD) 6:00 CE The Arts w/ Dawn: Pumpkin Decorating (Nk) (ELA)</p>	<p>28 Lady Liberty Day! 10:00 HF 3 Minute Circuit Workout (CL) (ELD) 10:15 PA Sharing Your Heritage and Culture (AD) (ELD) 12:00 LL Resident Heritage and Culture Experience (AD) (RL) 1:30 HF Strolling Through Nature:Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C Lady Liberty Cultural Finale! (AD) (ELD) 6:00 C iPad®-Virtual Chat w/ Family (AR) (ELA)</p>	<p>29 National Frankenstein Day 10:00 HF Working It Out (CL) (ELD) 10:30 CV Simply Kids Preschool: Finish the Story (AR) (ELD) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 EF Frankenstein Trivia Quiz (CL) (ELA) 6:00 C Pastimes & Evening Chat - Call Line (CL) (ELA)</p>	<p>30 3 Minute Circuit Workout (CL) (ELA) 10:00 HF 3 Minute Circuit Workout (CL) (ELA) 10:30 LL The Way I Heard It (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:00 C "We all scream for ICE CREAM!" (AD) (ELA) 6:00 CE Journaling (IR) (RL)</p>	<p>31 Happy Halloween! 10:00 HF Working It Out (CL) (ELA) 10:30 LL Trivia Challenge (CL) (ELA) 1:30 HF Walking Club (CL) (ELA) 2:00 Bingo (CL) (ELA) 3:30 C Spooktacular Halloween Celebration! (AD) (ELD) 6:00 EF Word Search (IR) (ELD)</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

International Coffee Day Social

Thursday, October 1, 9:00 AM

A Doughnut Day

Monday, October 19, 1:00 PM

Halloween Party

Saturday, October 31, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2020

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
- AS** Atria StoryWise
- M** Music

ROOM LOCATION KEY:
Activity Room AR
Library Lib

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<p>4</p> <p>10:00 IS Sunday Virtual Mass (Lib) 11:00 HF Stretch Time 1:00 LL Memory Challenge 2:00 C Sunday Social 3:00 HF Workout 6:00 EF Bingo</p>	<p>5</p> <p>10:00 LL Daily Chronicle 11:00 HF Walking Club 12:30 EF Monday Movie 2:00 IS Meditation Hour 3:00 HF Zumba® 6:00 C Patio Breeze Time</p>	<p>6</p> <p>10:00 LL Daily Chronicle 11:00 HF Yoga 1:00 CE Journal Writing 2:00 IS Positive Feeling Hour 3:00 EF Puzzle Time 6:00 HF Walking Club</p>	<p>7</p> <p>10:00 LL Daily Chronicle 11:00 HF Jazzercise 12:00 EF Puzzles 1:00 AS StoryWise™ 2:00 CE Manicures 6:00 HF Walking Club</p>	<p>8</p> <p>9:00 C International Coffee Day Social 10:00 LL Daily Chronicle 11:00 HF Walking Club 1:00 EF Crossword Puzzles 2:00 PA Paper Air Plane Competition 3:00 HF Evening Stretch 6:00 EF Movie Marathon</p>	<p>9</p> <p>10:00 LL Daily Chronicle 11:00 HF Aerobics Workout 1:00 CE Gardening With LGD 2:00 C Patio Time 3:00 HF Evening Exercise (AR) 5:30 EF Friday Night Farkle</p>	<p>3</p> <p>10:00 LL Daily Chronicle 11:00 HF Yoga Time 12:00 CV Veterans History Project 1:00 C Panda Cam 2:30 LL Crossword Puzzles 3:30 HF Stretching Time 6:00 IS Relaxation Hour</p>
<p>11</p> <p>10:00 IS Sunday Virtual Mass 11:00 HF Chair Dancing 1:00 LL Today in History 2:00 EF Competitive Club - The Game of Farkle 3:00 HF Zumba® 6:30 EF Movie & Popcorn</p>	<p>12</p> <p>10:00 LL Daily Chronicle 11:00 HF Walking For Charity 1:00 IS Meditation Hour 2:00 AS StoryWise™ 3:00 HF Fitness - Laughter Yoga 6:00 C Patio Time</p>	<p>13</p> <p>10:00 LL Daily Chronicle 11:00 HF Fitness - Light & Lively Workout 1:00 CV Family FaceTimes 2:00 EF Finish the Lyrics Challenge 3:00 CE Journal Writing 6:00 HF Fitness - Aerobics Workout</p>	<p>14</p> <p>9:00 HF Walking Club 10:00 LL Daily Chronicle 1:00 LL Word Search 2:00 PA Bingo 3:00 HF Zumba® 6:00 IS Meditation</p>	<p>15</p> <p>10:00 LL Daily Chronicle 11:00 HF Morning Stretch 1:00 LL 60's Trivia 2:00 C Picnic on the Patio 3:00 HF Outdoor Stretch 6:00 CE Flower Watering</p>	<p>16</p> <p>10:00 LL Daily Chronicle 11:00 HF Morning Zumba® 1:00 CE Journal Writing 2:00 C Ladies Social Club 3:00 HF Chair Exercises 6:30 EF Friday Night Cinema</p>	<p>17</p> <p>10:00 LL Daily Chronicle 11:00 HF Fitness - Strength & Balance 1:00 IS Relaxation Hour 2:00 HF Walking Club 3:00 PA Learn How to Play Farkle! 6:00 LL General Trivia</p>
<p>18</p> <p>10:00 IS Sunday Service 11:00 HF Fitness - Walking Club 1:00 IS Positive Feeling Hour 2:00 HF Noodle Ball 3:00 C Lets's Scream for Ice Cream 4:00 EF Farkle</p>	<p>19</p> <p>10:00 LL Daily Chronicle 11:00 HF Morning Stretch 1:00 C A Doughnut Day 1:00 EF Card Games 2:00 EF Rummy 3:00 HF Walking Club 6:30 EF Monday Movie Madness</p>	<p>20</p> <p>9:00 HF Morning Yoga 10:00 LL Daily Chronicle 1:00 CE Flower Watering 2:00 HF Chair Dancing 3:00 LL Brain Fitness 6:00 EF Dice Games</p>	<p>21</p> <p>10:00 LL Daily Chronicle 10:30 HF Tai Chi 1:00 LL Soothing Sounds 2:00 EF Farkle 3:00 HF Cardio "Walk it Out" 6:30 IS Soothing Sounds</p>	<p>22</p> <p>10:00 LL Daily Chronicle 10:30 CV Friends w/ Friends FaceTime 1:00 LL How Many Words 2:00 HF Stretch 3:00 PA Reminiscing Significant Life Event 6:00 HF Fitness - Yoga</p>	<p>23</p> <p>10:00 LL Daily Chronicle 11:00 HF Aerobics Workout 1:00 IS Laughter Therapy 2:00 HF Walking Club 3:00 C Ladies Social Club 6:00 CE Journal Writing</p>	<p>24</p> <p>10:00 LL Daily Chronicle 11:00 HF Walking Club 1:00 IS Relaxation Hour 2:00 CE 70's Music Dance (AR) 3:00 LL Brain Games 6:00 HF Stretch and Bend Cooldown</p>
<p>25</p> <p>10:00 IS Sunday Service 11:00 HF Fitness - Mindfulness Stretch 1:00 LL Crossword Puzzle 2:00 CE Creative Collage 3:00 HF Walking Club 6:00 EF Movie & Popcorn</p>	<p>26</p> <p>10:00 LL Daily Chronicle 11:00 HF Walking Club 1:00 IS Positivity Hour 2:00 PA Learn to Play Checkers 3:00 HF Noodle Ball 6:30 IS Relaxation Hour</p>	<p>27</p> <p>10:00 LL Daily Chronicle 11:00 HF Walking Club 11:00 EF Competitive Club - The Game Of Farkle 1:00 LL Trivia True or False 2:00 HF Fitness - Aerobic Workout 6:00 CE Flower Watering</p>	<p>28</p> <p>10:00 LL Daily Chronicle 11:00 HF Fitness on the Patio 12:00 CV Family FaceTimes 1:00 LL How Many Words 2:00 EF Puzzles 3:00 HF Movement to Music 6:00 IS Relaxation Hour</p>	<p>29</p> <p>10:00 LL Daily Chronicle 11:00 HF Fitness-Movin' & Groovin' 1:00 EF Competitive Club: The Game of Farkle 2:00 PA Jewelry Making 3:00 HF Light & Lively Workout 6:00 EF Movie Night</p>	<p>30</p> <p>10:00 LL Daily Chronicle 11:00 C Family FaceTime Friday 1:00 HF Aerobics Workout 2:00 CE Gardening 3:00 HF Evening Walk (AR) 6:00 EF Friday Night Cinema</p>	<p>31</p> <p>10:00 LL Daily Chronicle 11:00 HF Fitness - Light Weight Workout 1:00 IS Trick Or Treat 2:00 CE Costume Creating 3:00 EF Halloween Party 5:00 LL Crossword Puzzles</p>