

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Comedy Show with  
"Kenny Rogers"**

Wednesday, October 7, 3:30 PM

**Oktoberfest Theme  
Virtual Entertainment**

Wednesday, October 14, 2:00 PM

**Virtual Program:  
Decked Out in Midtown**

Tuesday, October 20, 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:**  
Theater T  
Engage Life Center ELC  
Living Room LR  
In-Room IR  
Fitness Center F

**STAFF KEY:**  
Resident-Led RL  
Engage Life Director ELD  
Outside Presenter OP  
Engage Life Program Instructor ELP

<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Dynamic Warm-Up, Floors 4,5 (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>3:00 What's in a Word? (ELC) (ELP)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>4</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (F) (ELP)</p> <p>3:00 Afternoon Documentary (T) (ELP)</p> <p>3:30 <span style="color: teal;">A</span> StoryWise™ Chat (LR) (ELP)</p> <p>6:00 Nail Care (ELC) (ELP)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>5</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:00 What's in a Word? (LR) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Strength and Balance Program (ELC) (ELP)</p> <p>3:00 <span style="color: orange;">LL</span> Hollywood Stories Session 1 (IR) (OP)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>6</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>2:00 <span style="color: green;">EF</span> Comedy Show with "Kenny Rogers "</p> <p>2:30 Don't Worry be Frappé Coffee Bar (IR) (ELP)</p> <p>3:30 <span style="color: green;">EF</span> Comedy Show with "Kenny Rogers" (ELC) (ELD)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>7</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>3:00 <span style="color: orange;">LL</span> Hollywood Stories Session 2 (IR) (ELD)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>8</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>3:00 <span style="color: orange;">LL</span> Engage Life® Committee (T) (ELD)</p> <p>3:15 <span style="color: orange;">LL</span> Engage Life® Meeting Session 2 (T) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>9</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>3:00 Afternoon Documentary (T) (ELP)</p> <p>3:30 Bingo (ELC) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>10</b></p>
<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELP)</p> <p>3:00 <span style="color: orange;">LL</span> Book Club One Day University (T) (ELP)</p> <p>3:30 Grandparents Day Sunday Sundaes (IR) (ELP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>11</b></p>	<p><b>Columbus Day</b></p> <p>10:00 <span style="color: purple;">HF</span> Seated Exercise</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELP)</p> <p>3:00 <span style="color: orange;">LL</span> Documentary: Arm Chair Travel (T) (ELP)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>12</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELP)</p> <p>2:00 Word Games (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>3:00 <span style="color: orange;">LL</span> Atria View (T) (OP)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>13</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:00 <span style="color: green;">EF</span> Oktoberfest Theme Virtual Entertainment (T) (OP)</p> <p>2:00 <span style="color: blue;">CE</span> Knitting and Crochet Club (LR) (RL)</p> <p>2:30 <span style="color: green;">EF</span> Harvest Happy Hour (IR) (ELP)</p> <p>3:30 <span style="color: green;">EF</span> Oktoberfest Theme Virtual Entertainment (T) (OP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>14</b></p>	<p><b>I Love Lucy Day</b></p> <p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>3:00 I Love Lucy Showtime (T) (ELD)</p> <p>3:15 <span style="color: green;">EF</span> I love Lucy Trivia and Fun Facts (LR) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>15</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>3:00 <span style="color: orange;">LL</span> Movie Committee Session 1 (T) (ELD)</p> <p>3:45 <span style="color: orange;">LL</span> Movie Committee session 2 (T) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>16</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELD)</p> <p>3:00 <span style="color: orange;">LL</span> ODU: 4 Films That Changed Society (T) (ELD)</p> <p>3:30 Happy Hour (IR) (ELD)</p> <p>6:30 Evening Movie</p> <p style="text-align: right;"><b>17</b></p>
<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>3:30 <span style="color: blue;">CE</span> Jewelry Making (ELC) (ELP)</p> <p>4:00 <span style="color: blue;">CE</span> Jewelry Making (ELC) (ELP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>18</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>3:30 <span style="color: teal;">A</span> StoryWise™ Chat (LR) (ELP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>19</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELD)</p> <p>2:00 Word Games (LR) (ELP)</p> <p>3:00 <span style="color: orange;">LL</span> Virtual Program: Decked out in Midtown (T) (ELP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>20</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:30 Afternoon Matinee (T) (ELP)</p> <p>2:45 <span style="color: green;">EF</span> Mask and Mimosas Happy Hour (IR) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>21</b></p>	<p>10:00 <span style="color: purple;">HF</span> Chair Zumba® (ELC) (OP)</p> <p>10:45 <span style="color: purple;">HF</span> Chair Zumba® (ELC) (OP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (F) (ELD)</p> <p>3:00 <span style="color: orange;">LL</span> Virtual Program Decked Out in Manhattan (T) (OP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>22</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>23</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:30 <span style="color: orange;">LL</span> Brain Fitness for Adults (T) (OP)</p> <p>3:30 <span style="color: orange;">LL</span> Brain Fitness for Adults (ELC) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>24</b></p>
<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>3:00 <span style="color: orange;">LL</span> The Presidential Reading List (T) (ELP)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>25</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELD)</p> <p>3:30 Trivia Challenge (LR) (ELP)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>26</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise</p> <p>2:30 <span style="color: purple;">PA</span> Resident Council Meeting (RL)</p> <p>3:30 <span style="color: purple;">PA</span> Resident Council (T) (RL)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>27</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>2:00 <span style="color: blue;">CE</span> Knitting and Crochet Club (LR) (RL)</p> <p>2:30 <span style="color: green;">EF</span> Happy Hour (IR) (ELD)</p> <p>6:30 Evening Movie (T) (ELP)</p> <p style="text-align: right;"><b>28</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELP)</p> <p>10:45 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>29</b></p>	<p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>11:00 <span style="color: purple;">HF</span> Dynamic Warm-Up, Floors 4,5</p> <p>1:30 <span style="color: purple;">HF</span> Seated Exercise (IR) (ELD)</p> <p>2:15 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>30</b></p>	<p><b>Happy Halloween</b></p> <p>10:00 <span style="color: purple;">HF</span> Seated Exercise (ELC) (ELD)</p> <p>11:00 <span style="color: purple;">HF</span> Dynamic Warm-Up, Floors 4,5</p> <p>2:30 <span style="color: green;">EF</span> Happy Halloween Virtual Entertainment (IR) (ELD)</p> <p>3:30 <span style="color: green;">EF</span> Happy Halloween Virtual Entertainment (T) (OP)</p> <p>6:30 Evening Movie (T) (ELD)</p> <p style="text-align: right;"><b>31</b></p>