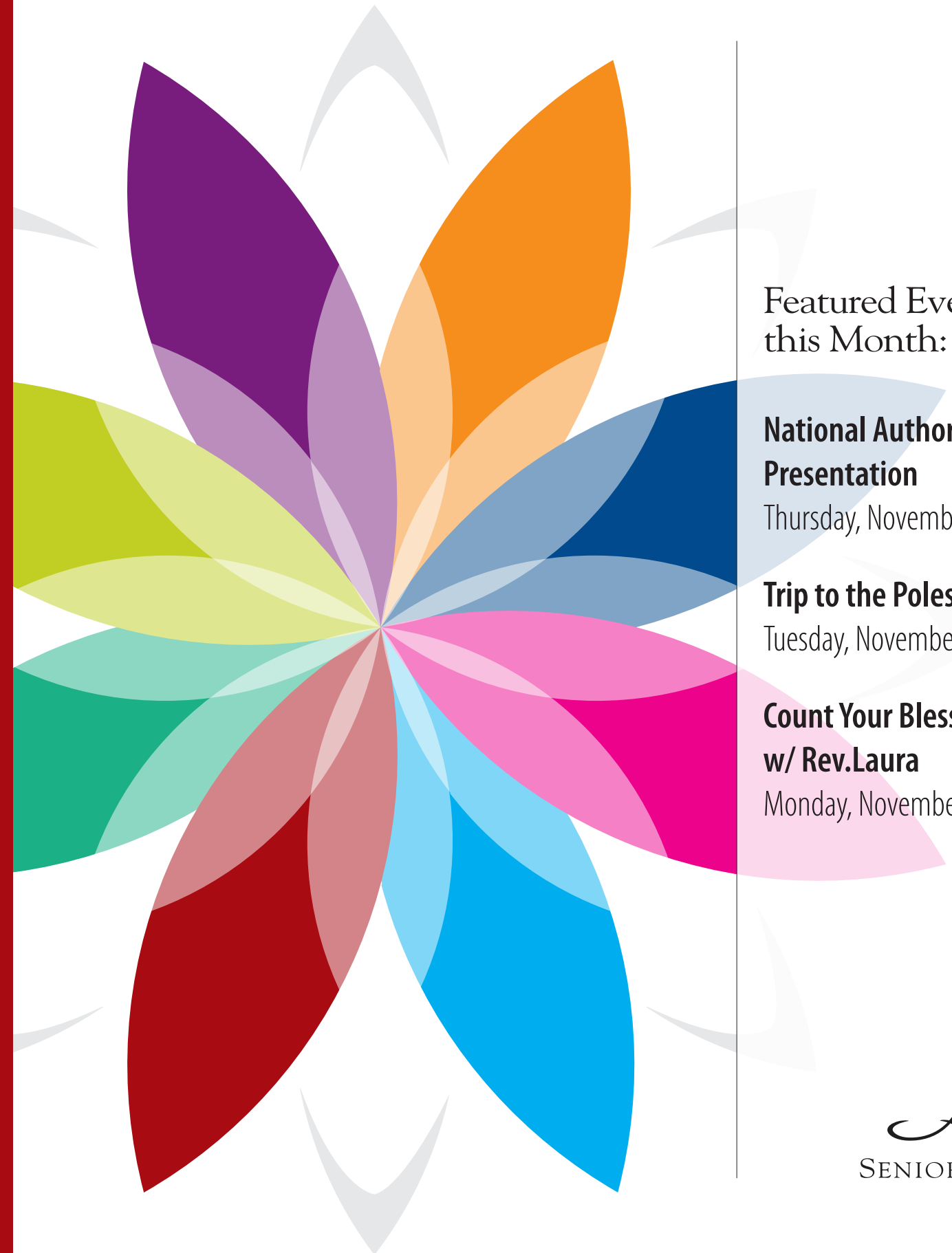


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**National Author's Day  
Presentation**

Thursday, November 1, 3:30 PM

**Trip to the Poles to Vote!**

Tuesday, November 6, 10:30 AM

**Count Your Blessings  
w/ Rev.Laura**

Monday, November 19, 2:30 PM

*Atria*  
SENIOR LIVING

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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
- Atria StoryWise**

### ROOM LOCATION KEY:

- Living Room LR
- Courtyard CY
- Music Room MR
- Multimedia Room MMR
- Bistro Bis
- Post Office PO
- Private Dining Room PDR
- Dining Room DR
- Kitchen 2 K2
- Library LI
- Life Guidance LG
- Lobby LB
- Sunroom SR

### STAFF KEY:

- Regina Schmid
- Linda Virgilio
- Samantha Lowder
- Esther Castro
- Jennifer Camois
- Karen Brownyard
- Karyn Garcia
- Resident Led
- Simone Hakovey
- Zumba instructor-Christine Cooper
- Yoga Instructor-Bonnie Rubell
- Simmi Malthotra
- DCS
- Cindie Burgazzoli, LGD
- Stacey Innocent

- Shakeema Ford SF
- RSA RMA
- Rose Muniz RM
- Rohdina Harriott RH
- Nellie Medena NM
- Jen Kimberly Meyer KM
- Kathleen O'Connor, ELD KO
- Jahaira Alicia JA
- Eucharistic Minister EM
- Kaitlyn Gallagher KG
- Dr. Bernhard Sengstock DC DBS
- For further program information contact Kathleen O'Connor, ELD: 631-206-1200 ext: 3004
- DCS
- CB
- SI

### All Saints Day!

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **HF** Stretch & Shine (LR) (LV)
- 10:45 **HF** YMCA: Silver Sneakers/Open Swim Programs (LB) (EC)
- 11:00 Word Game Challenge (LR) (LV)
- 12:00 Domestic Current Events Discussion (LR) (LV)
- 2:00 **HF** Commit to be Fit Exercise (LR) (LV)
- 2:30 Bonus Bingo (LR) (LV)
- 3:30 National Author's Day Presentation (LR) (KO)
- 5:30 **PA** Rummikub®/Board Game Challenge (PO) (RES)
- 7:00 Thursday Night Thriller Movie (LR) (KG)

**1**

**2**

**3**

- 10:00 **IS** Meditation Circle (LR) (KG)
- 10:00 Shopping Trip to Local stores (LB) (EC)
- 10:15 **HF** Balance Exercises (LR) (KG)
- 10:45 **EF** Word Game Challenge (LR) (KG)
- 11:00 **EF** Crossword Puzzle Challenge (LR) (KG)
- 11:30 **LL** Today in History (LR) (KG)
- 12:00 Domestic Current Events Discussion (LR) (KG)
- 2:00 **IS** Communion Service (Bis) (EM)
- 2:30 **HF** Low-Impact Aerobic Exercise (LR) (KG)
- 3:00 Timeless Expressions (LR) (KG)
- 4:45 **IS** Shabbat (MR) (KG)
- 7:00 **LL** Academic Challenges: Creative Writing (Bis) (KG)

- 10:00 **IS** Morning Reflection (LR) (KG)
- 10:15 **HF** Exercise to the Oldies (LR) (KG)
- 11:00 **LL** Wheel of Fortune® (LR) (KG)
- 12:00 **CE** Art Therapy Class (Bis) (KG)
- 1:00 **LL** iPad®: Fun & Functions (LR) (KG)
- 2:00 **HF** Certified Zumba® Class (LR) (CC)
- 2:15 **EF** Classic Comedy Hour (MMR) (KG)
- 2:30 **C** Saturday Sundaes Social (Bis) (DCS)
- 3:30 Bingo Bash (LR) (KG)
- 4:30 **LL** Group Guided Imagery (LR) (KG)
- 5:00 **PA** Rummikub® (PO) (RES)
- 7:00 **PA** Men's Game Night (LR) (RES)

### Daylight Savings Time Ends

- 9:00 Mass at St. Patrick's (LB) (EC)
- 10:15 **HF** Form and Movement Workout (LR) (KG)
- 10:30 **C** Mini Brunch (Bis) (RS)
- 11:00 **IS** Sunday Devotional (SR) (KO)
- 11:00 **EF** Word Game Challenge (LR) (KG)
- 12:00 **CE** Creative Designs Workshop (Bis) (KG)
- 1:00 **HF** Neighborhood Walk (LB) (KG)
- 2:30 **EF** Classical Violinist Albert Mulad (LR) (KG)
- 3:30 **LL** This is your Life! (LR) (KG)
- 4:30 **C** Tea & Trivia Social (Bis) (KG)
- 7:15 **EF** Sunday Night Western on DVD (LR) (SM)

**4**

- 10:15 **HF** Certified Seated Yoga (LR) (BR)
- 10:45 **C** Ladies Outing: Nail Salon (LB) (KO)
- 11:00 **LL** Worldwide Current Events (LR) (KB)
- 11:30 Word Puzzle Challenge (LR) (KB)
- 12:30 **HF** Walking Group (LB) (KB)
- 2:00 **CV** Charitable Knitting & Crocheting group (MR) (SH)
- 2:15 Afternoon at the movies (MMR) (KB)
- 2:30 **C** Memories Shared (LR) (KO)
- 3:00 **CV** Bingo Fundraiser (LR) (KB)
- 4:00 **EF** Mahjong (PO) (RES)
- 4:30 **C** Poker Club (MR) (KB)
- 7:00 **LL** TED Talks Lecture & Discussion (MMR) (KO)

**5**

### Election Day!

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **IS** Meditation to Brighten Your Day (LR) (KO)
- 10:15 **HF** Total Body Work-Out (LR) (SL)
- 10:30 **CV** Trip to the Poles to Vote! (LB) (KO)
- 11:00 **LL** November IQ Test (LR) (SL)
- 11:30 **EF** Word Game Challenge (LR) (KO)
- 2:00 **HF** Low-Impact Aerobic Exercise (LR) (KO)
- 2:30 **LL** Walking Tour of China (LR) (KO)
- 3:30 **CE** Jewelry Crafting (Bis) (KB)
- 6:30 **C** Topical Chat (LB) (LV)
- 7:00 Tuesday Night Musical (LR) (LV)

**6**

- 10:15 **HF** Certified Yoga Class (LR) (BR)
- 11:00 Giant Crossword Puzzle (LR) (KB)
- 11:30 **LL** What Do You Want to Know? Wednesday (LR) (KB)
- 12:00 **IS** Rosary Prayer Group (SR) (KO)
- 12:00 Words within a Word Challenge (LR) (KB)
- 12:30 Shopping Trips to local stores (LB) (EC)
- 1:30 **LL** Technology: Computer Class (LI) (SL)
- 2:00 **HF** Low Impact Aerobic (LR) (SL)
- 2:30 Jackpot Bingo (LR) (SL)
- 3:30 **EF** Wine Down Wednesdays (Bis) (KB)
- 4:30 **EF** Keeping your Brain Young Challenge (LR) (KB)
- 7:00 **CE** Painters Delight Program (Bis) (KB)

**7**

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **HF** Stretch & Shine (LR) (LV)
- 10:45 **HF** YMCA: Silver Sneakers/Open Swim Programs (LB) (EC)
- 11:00 Words in a Word (LR) (LV)
- 11:30 Luncheon trip to Captain Bills (LB) (KO)
- 11:30 **LL** AU: Customs of the World: China (LR) (KO)
- 12:00 Domestic Current Events Discussion (LR) (LV)
- 2:30 **HF** Resistance Exercises (LR) (LV)
- 3:15 Bonus Bingo (LR) (LV)
- 5:00 **PA** Rummikub®/Board Game Challenge (PO) (RES)
- 7:00 Thursday Night Thriller Movie (LR) (KG)

**8**

- 10:00 Local Shopping & Banking Trips (LB) (EC)
- 10:00 **IS** Mindful Meditations for the day! (LR) (KG)
- 10:30 **HF** Balance Exercises (LR) (KG)
- 11:00 **EF** Twenty Questions (LR) (KG)
- 11:30 **LL** This Day in History (LR) (KG)
- 12:00 **LL** What's in the News: World Wide (LR) (KG)
- 2:00 **IS** Communion Service (Bis) (EM)
- 2:30 **HF** Class in Motion (LR) (KG)
- 3:00 **C** Discussion Group: Favorite Things (LR) (KG)
- 3:30 **EF** Happy Hour Social (Bis) (KG)
- 4:45 **IS** Shabbat (SR) (KG)
- 7:00 **EF** Words in Motion: creative images (Bis) (KG)

**9**

- 10:00 **IS** Positive Energy Meditation (LR) (KG)
- 10:30 **HF** Moving to the Beat (LR) (KG)
- 11:00 **LL** Cranium® Challenge (LR) (SL)
- 12:00 **CE** Art Therapy Class (Bis) (KG)
- 1:00 **LL** Technology Use & Functions (LR) (KG)
- 2:00 **HF** Certified Zumba® Program (LR) (CC)
- 2:15 **EF** Comedians on Fire (MMR) (KG)
- 2:30 **EF** Saturday Sundaes Family Social (LR) (DCS)
- 3:30 Bingo Bash (LR) (KG)
- 4:30 Jeopardy!® Team Challenge (Bis) (KG)
- 5:00 **PA** Rummikub® (PO) (RES)
- 7:00 **PA** Independent Board Games (PO) (RES)

**10**

- 9:00 Mass at St. Patrick's (LB) (EC)
- 10:15 **HF** Stretch and Shine Exercise Class (LR) (KG)
- 11:00 What's in a Word? (LR) (KG)
- 11:30 **IS** Sunday Devotional (SR) (KO)
- 12:00 **CE** Mosaic Design Techniques (Bis) (KG)
- 1:00 **HF** Garden Walk (LB) (KG)
- 2:30 **EF** Chilly Willy Salutes our Troops! (DR) (KG)
- 3:30 Veterans Day Remembrance (LR) (KG)
- 4:30 **C** Coffee & Tech Talk (Bis) (KG)
- 7:15 Sunday Night Westerns on DVD (LB) (SM)

**11**

- 10:15 **HF** Certified Seated Yoga (LR) (BR)
- 10:45 Dollar Tree Shopping Trip (LB) (KO)
- 11:00 **LL** Worldwide Current Events (LR) (KB)
- 11:30 **EF** Unscramble Challenge (LR) (KB)
- 12:30 **HF** Walking with Karen (LB) (KB)
- 2:00 **CV** Charitable Knitting & Crocheting group (MR) (SH)
- 2:30 **C** Capture The Moment (LR) (KB)
- 3:00 **CV** Bingo Fundraiser (LR) (KB)
- 4:00 **EF** Mahjong/Rummikub® (PO) (RES)
- 4:30 **C** Card Games (MR) (KB)
- 7:00 **LL** Music & Motion Discussion (MMR) (KO)

**12**

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **IS** Morning Spiritual Awakening Meditation (LR) (SL)
- 10:30 **HF** Classic Motion (LR) (SL)
- 11:00 **LL** What's in a Word Challenge (LR) (SL)
- 12:00 Who, What or Where am I? (LR) (SL)
- 2:00 **EF** Top Ten Tuesday! (LR) (KB)
- 2:30 **HF** Walking Club at the Marina (LB) (EC)
- 3:00 Chef's Food For Thought Meeting (LR) (DCS)
- 4:30 **PA** Rummikub® Board Games (PO) (RES)
- 6:30 **C** Topical Chat (LB) (LV)
- 7:00 Musical Classic on DVD (LR) (LV)

**13**

- 10:15 **HF** Certified Yoga Workshop (LR) (BR)
- 11:00 NYT Crossword Puzzle Challenge (LR) (SL)
- 11:30 **LL** What Do You Want to Know? Wednesday (LR) (KB)
- 12:00 **IS** Rosary (SR) (KO)
- 12:30 **EF** Shopping Trip: Target (LB) (EC)
- 1:30 **LL** Technology Q&A- Computers (LI) (SL)
- 2:00 **HF** Strength and Balance Program (LR) (SL)
- 2:30 Jackpot Bingo (LR) (SL)
- 3:30 **C** Wine and Cheese Party (Bis) (SL)
- 4:30 **EF** Family Feud™ (LR) (SL)
- 7:00 **CV** Artist Workshop (Bis) (KO)

**14**

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **HF** Stretch & Shine (LR) (LV)
- 10:45 **HF** YMCA: Silver Sneakers/Open Swim Programs (LB) (EC)
- 11:00 Word Game Challenge (LR) (LV)
- 12:00 Domestic Current Events Discussion (LR) (LV)
- 2:00 **HF** Strength and Balance Program (LR) (LV)
- 2:30 **CV** Good Cheer Club Visits (LB) (EC)
- 2:30 **LL** Alzheimer's Presentation (LR) (KO)
- 3:15 Bonus Bingo (LR) (LV)
- 4:30 **EF** Word Box Challenge (DR) (KO)
- 5:00 **PA** Rummikub®/Board Game Challenge (PO) (RES)
- 7:00 Thursday Night Thriller Movie (LR) (KG)

**15**

- 10:00 **IS** Positive Energy Meditation (LR) (KG)
- 10:00 Shopping Trip to Local stores (LB) (EC)
- 10:30 **HF** Balance Exercises (LR) (KG)
- 11:00 Engage Your Brain Workshop (LR) (KG)
- 11:30 **LL** This Day in History (LR) (KG)
- 12:00 **LL** What's in the News: World Wide (LR) (KG)
- 2:00 **HF** Walking Group (LB) (KG)
- 2:00 **IS** Communion Service (Bis) (EM)
- 2:30 **EF** Trivia (LR) (KG)
- 3:30 **C** Happy Hour Blessings! (LR) (KG)
- 4:45 **IS** Shabbat (SR) (KG)
- 7:00 **EF** Cranium® Crunches Challenge (Bis) (KG)

**16**

- 10:00 **IS** Wake Up Guided Meditation (LR) (KG)
- 10:30 **HF** Exercise to the Oldies (LR) (KG)
- 11:00 **LL** Brain Twisters Workshop (LR) (KG)
- 12:00 **CE** Art Therapy Class (Bis) (KG)
- 1:00 **LL** iPad® Fun & Functions (LR) (KG)
- 2:00 **HF** Certified Zumba® (LR) (CC)
- 2:15 **EF** Comedic Giants Entertain us! (MMR) (KG)
- 2:30 **C** Saturday Sundaes Social (Bis) (KG)
- 3:30 Bingo (LR) (KG)
- 4:30 Trivia Challenge (LR) (KG)
- 5:00 **PA** Rummikub® (PO) (RES)
- 7:00 **PA** Men's Game Night (LR) (RES)

**17**

- 9:00 **IS** Mass at St. Patrick's (LB) (EC)
- 10:15 **HF** Morning Maneuvers (LR) (KB)
- 10:30 **C** Mini Brunch (Bis) (RES)
- 11:00 **HF** Engage Your Brain Challenge (LR) (KB)
- 11:30 **IS** Sunday Devotional (SR) (KO)
- 11:30 **LL** Benefits of Houseplants!
- 12:00 **CE** Image & Create Planters (Bis) (KB)
- 1:00 **HF** Neighborhood Walk (LB) (KB)
- 2:15 **LL** DHPAC: Play "Disgraced" (LB) (KO)
- 3:30 Scattergories® (LR) (Jen)
- 4:30 **EF** Tea & Trivia Encounter (Bis) (KO)
- 7:00 Sunday Night Westerns on DVD (LB) (SM)

**18**

- 10:00 **EF** Trip to the Cinema (LB) (KO)
- 10:15 **HF** Certified Seated Yoga (LR) (BR)
- 11:00 **LL** Worldwide Current Events (LR) (KB)
- 11:30 Wuzzle Puzzles (LR) (KB)
- 12:30 **HF** Walking Group (LR) (KB)
- 2:00 **CV** Charitable Knitting & Crocheting group (MR) (SH)
- 2:15 Afternoon at the movies (MMR) (KO)
- 2:30 **IS** Count Your Blessings w/ Rev. Laura (LR) (KB)
- 3:30 **CV** Bingo Fundraiser (LR) (KB)
- 4:00 **EF** Mahjong (PO) (RES)
- 7:00 **C** Guided Meditation: Relaxation techniques (MR) (KO)

**19**

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **IS** Relaxing & Reflection Meditations (LR) (SL)
- 10:15 **HF** Tighten & Tone Tutorial (LR) (SL)
- 11:00 **LL** Turkey History & Trivia (LR) (KB)
- 11:30 **EF** Top Ten Tuesday (LR) (KB)
- 12:15 **HF** Walking Club at the Marina (LB) (EC)
- 2:30 **C** What's new on YouTube? (LR) (SL)
- 3:00 Engage Life® Planning Meeting (LR) (KO)
- 3:30 **CE** Paint & Pour Designs (Bis) (SL)
- 4:00 **PA** Ambassador Club Meeting (MR) (KO)
- 6:30 **C** Topical Chat (LB) (LV)
- 7:00 Tuesday Night Musical (LB) (LV)

**20**

- 10:15 **HF** Certified Yoga Class (LR) (BR)
- 10:45 **PA** Thanksgiving Traditions (DR) (KB)
- 11:30 Giant Crossword Puzzle (LR) (SL)
- 12:00 **IS** Rosary Prayer Circle (SR) (KO)
- 12:00 Words within a Word Challenge (LR) (SL)
- 2:15 **HF** Low Impact Aerobic Exercise Program (LR) (SL)
- 3:00 Jackpot Bingo (LR) (SL)
- 4:00 **C** Get to Know Your Neighbor Social (Bis)
- 5:00 **EF** Riddle me this... (LR) (SL)
- 5:30 **PA** Rummikub® (PO) (RES)
- 7:00 **CE** Mixed Media Creations (LB) (KO)

**21**

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **HF** Stretch & Shine (LR) (LV)
- 10:30 **LL** Facts you never knew! (LR) (LV)
- 10:45 **HF** YMCA: Silver Sneakers/Open Swim Programs (LB) (EC)
- 11:30 Word Game Challenge (LR) (LV)
- 12:00 Domestic Current Events Discussion (LR) (LV)
- 2:00 **HF** Resistance Exercises (LR) (LV)
- 3:00 Bingo (LR) (LV)
- 4:00 **EF** Scattergories® (LR) (KO)
- 5:00 **PA** Rummikub® Games (PO) (RES)
- 7:00 Thursday Night Thriller Movie (LR) (KG)

**22**

- 10:00 **IS** Clear, Cleanse and Align Your Energy (LR) (KG)
- 10:15 **HF** Balance Exercises (LR) (KG)
- 10:45 **EF** Crossword Puzzle Challenge (LR) (KG)
- 11:00 **LL** What's in a Word? (LR) (KG)
- 11:30 **LL** This Day in History (LR) (KG)
- 12:00 **LL** What's in the News: World Wide (LR) (KG)
- 2:00 **HF** Walking Group (LB) (KG)
- 2:00 **IS** Communion Service (Bis) (EM)
- 2:30 Scattergories® (MR) (KG)
- 3:30 **C** Wine Infusion Social (Bis) (KG)
- 4:45 **IS** Shabbat (MR) (KG)
- 7:00 **EF** Friday Night Brain Twisters (Bis) (KG)

**23**

- 10:00 **IS** Morning Affirmations (LR) (KG)
- 10:30 **HF** Music & Motion (LR) (KG)
- 11:00 **LL** Brain Game Challenges (LR) (KG)
- 12:00 **CE** Art Therapy Class (Bis) (KG)
- 1:00 **LL** Technology Use & Functions (LR) (KG)
- 2:00 **HF** Certified Zumba® Program (LR) (CC)
- 2:15 **EF** Classic Female Comedians make us laugh! (MMR) (KG)
- 2:30 **C** Saturday Sundaes (Bis) (KG)
- 3:30 Bingo Bash (LR) (KG)
- 4:30 **LL** Did you know... Discussion (LR) (KG)
- 5:00 **PA** Board Games: Rummikub® (PO) (RES)
- 7:00 **PA** Independent Board Games (PO) (RES)

**24**

- 9:00 Mass at St. Patrick's Church (LB) (EC)
- 10:15 **HF** Keep Fit Exercise Class (LR) (Jen)
- 10:30 **C** Mini Brunch (Bis) (RS)
- 11:00 Brain Game Challenge (LR) (KB)
- 11:30 **IS** Sunday Devotional (SR) (KO)
- 12:00 **CE** Creative Designs Workshop (Bis) (KB)
- 1:00 **HF** Garden Walk (LB) (Jen)
- 2:30 **EF** Musical Stylings of Mark Eisemann (LR) (KO)
- 3:30 **CE** Creative Writing Workshop (LR) (KB)
- 4:30 **C** Coffee Chat Discussions (Bis) (Jen)
- 7:00 Sunday Night Movie on DVD (LR) (SM)

**25**

- 10:15 **HF** Certified Seated Yoga (LR) (BR)
- 10:30 **EF** Trip: Jake's 58 Casino (LB) (KO)
- 11:00 **LL** Worldwide Current Events (LR) (KB)
- 11:30 Trivia Challenge (LR) (KB)
- 12:30 **HF** Walking with Kathleen (LB) (KB)
- 2:00 **CV** Charitable Knitting & Crocheting group (MR) (SH)
- 2:15 Afternoon at the movies (MMR) (KO)
- 2:30 Everyday Things You Never Knew Had Names (LR) (KB)
- 3:00 **CV** Bingo Fundraiser (LR) (KB)
- 4:00 **C** Monthly Birthday Party (LR) (KO)
- 4:30 **EF** Mahjong (PO) (RES)
- 7:00 **LL** Book Club Meeting (MR) (KO)

**26**

- 9:30 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **IS** Affirmations for Joyful Living (LR) (SL)
- 10:30 **PA** Ambassador's Club Welcome Tea (PDR) (KO)
- 10:30 **HF** Classic Motion (LR) (SL)
- 11:00 **LL** What's in a Word Challenge (LR) (SL)
- 12:00 Who, What or Where am I? (LR) (SL)
- 2:00 **HF** Arthritis Exercise Program (LR) (KO)
- 2:30 **PA** Resident Council Meeting (LR) (RES)
- 3:30 **CE** Crafting Tootsie Ghosts! (Bis) (KO)
- 5:00 **PA** Rummikub® Board Games (PO) (RES)
- 6:30 **C** Topical Chat (LB) (LV)
- 7:15 Musical Classic on DVD (LR) (LV)

**27**

- 10:15 **HF** Certified Yoga Workshop (LR) (BR)
- 11:00 NYT Crossword Puzzle Challenge (LR) (SL)
- 11:30 **LL** What Do You Want to Know? Wednesday (LR) (KB)
- 12:00 **IS** Rosary Prayer Group (SR) (KO)
- 12:00 **EF** Word Game Challenge (LR) (SL)
- 12:30 Shopping Trip to local stores (LB) (EC)
- 1:30 **LL** Technology: Advanced Computer Class (LI) (SL)
- 2:00 **HF** Movin' to the Oldies (LR) (SL)
- 2:30 Jackpot Bingo (LR) (SL)
- 3:30 **EF** Party Punch Social (Bis) (SL)
- 4:30 **EF** Wheel of Fortune® Challenge (LR)
- 7:00 **CE** Expressions on Canvas (Bis) (KO)

**28**

- 9:00 Transportation to Dr. Appointments (LB) (EC)
- 10:00 **HF** Stretch & Shine (LR) (LV)
- 10:30 **EF** Fact Fact Lie (LR) (KB)
- 10:45 **HF** YMCA: Silver Sneakers/Open Swim Programs (

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Concert Violinist Albert Mulad**

Sunday, November 4, 2:30 PM

**Music with Mary**

Saturday, November 17, 2:30 PM

**Thanksgiving Family Feast**

Sunday, November 25, 12:30 PM

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# NOVEMBER 2018

## 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
- AW** Atria StoryWise
- J** Legato

### ROOM LOCATION KEY:

- Kitchen 2 K2
- Dining Room DR
- Lobby LB
- Life Guidance LG
- Library LI
- Sunroom SR
- Bistro Bis
- Courtyard CY
- Living Room LR
- Multimedia Room MMR
- Music Room MR
- Post Office PO
- Private Dining Room PDR

### STAFF KEY:

- RSA Jahaira Alicia
- SF Shakeema Ford
- RM Rose Muniz
- SI Nellie Medina
- SR Stacey Innocent
- Bis Kathleen O'Connor, ELD
- CY Eucharistic Minister
- LR Kimberly Meyer
- MMR Cindie Burgazzoli, LGD
- MR Rohdina Harriott
- PO Simone Hakovey
- PDR Simmi Malthotra

- RSA Samantha Lowder
- JA Resident Led
- SF Regina Schmid
- RM Yoga Instructor- Bonnie Rubell
- SI Karyn Garcia
- NM Karen Brownyard
- SI Jennifer Camois
- KO Esther Castro
- EM DCS
- KM Linda Virgilio
- CB Zumba instructor-Christine Cooper
- RH Kaitlyn Gallagher
- SM

- SL RES
- RS
- BR
- KG
- KB
- Jen
- EC
- DCS
- LV
- CC
- KG

**4**  
10:00 **HF** Chair Exercise (LR) (KM)  
10:45 **C** Information Station (LR) (KM)  
11:15 **LL** Games & Puzzles (K2) (KM)  
1:00 **EF** Qwirkle (CB)  
1:45 **LL** EZ Does It (K2) (KM)  
2:30 **J** LEGATO - Live Musical Performances (LR) (KM)  
2:30 **EF** Concert Violinist Albert Mulad (LR) (CB)  
3:30 **C** Charades with Friends (LR) (KM)  
4:00 **HF** Walking Club (LR)  
6:00 **M** Mystery Theater Night (LR)

**11**  
10:00 **HF** Chair Exercise (LR) (KM)  
10:45 **C** Information Station (LR) (KM)  
11:15 **LL** Games & Puzzles (K2) (KM)  
1:00 **EF** Qwirkle (CB)  
1:45 **LL** EZ Does It (K2) (KM)  
2:30 **J** LEGATO - Live Musical Performances (LR) (KM)  
3:30 **C** Charades with Friends (LR) (KM)  
4:00 **HF** Walking Club (LR)  
6:00 **M** Mystery Theater Night (LR)

**18**  
10:00 **HF** Chair Exercise (LR) (KM)  
10:45 **C** Information Station (LR) (KM)  
11:15 **LL** Games & Puzzles (K2) (KM)  
1:00 **EF** Qwirkle (K2) (CB)  
1:45 **LL** EZ Does It (K2) (KM)  
2:30 **J** LEGATO - Live Musical Performances (LR) (KM)  
3:30 **C** Charades with Friends (LR) (KM)  
4:00 **HF** Walking Club (LR)  
6:00 **M** Mystery Theater Night (LR)

**25**  
10:00 **HF** Chair Exercise (LR) (KM)  
10:45 **C** Information Station (LR) (KM)  
11:15 **LL** Games & Puzzles (K2) (KM)  
12:30 **C** Thanksgiving Family Feast (LG) (CB)  
1:00 **EF** Qwirkle (K2) (CB)  
1:45 **LL** EZ Does It (K2) (KM)  
2:30 **J** LEGATO - Live Musical Performances (LR) (KM)  
3:30 **C** Charades with Friends (LR) (KM)  
4:00 **HF** Walking Club (LR)  
6:00 **M** Mystery Theater Night (LR)

**5**  
10:30 **C** Daily Chronicles (LR) (CB)  
11:15 **HF** Seated Chair Yoga (K2) (BR)  
1:00 **J** LEGATO - Sing Along (LR) (CB)  
1:30 **EF** Wii® Games (LG) (RSA)  
3:00 **HF** Pamper Plus Time (K2) (JA)  
3:15 **LL** Brain Games (LR) (SF)  
4:00 **HF** Stroll Along (CY) (RH)  
6:00 **EF** What's New in the Movies... (LR) (SF)

**12**  
10:30 **C** Daily Chronicles (LR) (KM)  
11:15 **HF** Seated Chair Yoga (K2) (BR)  
1:00 **J** LEGATO - Sing Along (LR) (CB)  
1:30 **EF** Wii® Games (LG) (RSA)  
3:00 **HF** Pamper Plus Time (K2) (JA)  
3:15 **LL** Brain Games (LR) (SF)  
4:00 **HF** Stroll Along (CY) (RH)  
6:00 **EF** What's New in the Movies... (LR) (SF)

**19**  
10:30 **C** Daily Chronicles (LR) (KM)  
11:15 **HF** Seated Chair Yoga (K2) (BR)  
1:00 **J** LEGATO - Sing Along (LR) (CB)  
1:30 **EF** Wii® Games (LR) (RSA)  
3:00 **HF** Pamper Plus Time (K2) (JA)  
3:15 **LL** Brain Games (LR) (SF)  
4:00 **HF** Stroll Along (CY) (RH)  
6:00 **EF** What's New in the Movies... (LR) (SF)

**26**  
10:30 **C** Daily Chronicles (LR) (KM)  
11:15 **HF** Seated Chair Yoga (K2) (BR)  
12:00 **EF** "Out on the Town" Luncheon (LG) (CB)  
1:00 **J** LEGATO - Sing Along (LR) (CB)  
3:00 **HF** Pamper Plus Time (K2) (JA)  
3:15 **LL** Brain Games (LR) (SF)  
4:00 **HF** Stroll Along (CY) (RH)  
6:00 **EF** What's New in the Movies... (LR) (SF)

**6**  
10:00 **HF** Morning Stretch (LR) (KM)  
10:30 **C** Information Station (LG) (KM)  
11:15 **EF** Horseracing (LG) (KM)  
1:00 **J** LEGATO - Let's Make Music Together (K2) (KM)  
1:45 **HF** Games & Sports (K2) (KM)  
2:30 **AW** StoryWise™ with Friends (LR) (KM)  
3:15 **EF** Bingo (K2) (RSA)  
4:00 **HF** Walking Club (CY) (RM)  
6:00 **EF** Resident Choice - Movie Night (LR)

**13**  
10:00 **HF** Morning Stretch (LR) (KM)  
10:45 **C** Information Station (LG) (KM)  
11:15 **EF** Horseracing (LG) (KM)  
1:00 **J** LEGATO - Let's Make Music Together (K2) (KM)  
1:45 **HF** Games & Sports (K2) (KM)  
2:30 **AW** StoryWise™ with Friends (LR) (KM)  
3:15 **EF** BINGO (K2) (RSA)  
4:00 **HF** Walking Club (CY) (RM)  
6:00 **EF** Resident Choice - Movie Night (LR)

**20**  
10:00 **HF** Morning Stretch (LR) (KM)  
10:45 **C** Information Station (LG) (KM)  
11:15 **EF** Horseracing (LG) (KM)  
1:00 **J** LEGATO - Let's Make Music Together (K2) (KM)  
1:45 **HF** Games & Sports (K2) (KM)  
2:30 **AW** StoryWise™ with Friends (LR) (KM)  
3:15 **EF** BINGO (K2) (RSA)  
4:00 **HF** Walking Club (CY) (RM)  
6:00 **EF** Resident Choice - Movie Night (LR)

**27**  
10:00 **HF** Morning Stretch (LR) (KM)  
10:45 **C** Information Station (LG) (KM)  
11:15 **EF** Horseracing (LG) (KM)  
1:00 **J** LEGATO - Let's Make Music Together (K2) (KM)  
1:45 **HF** Games & Sports (K2) (KM)  
2:30 **AW** StoryWise™ with Friends (LR) (KM)  
3:15 **EF** BINGO (K2) (RSA)  
4:00 **HF** Walking Club (CY) (RM)  
6:00 **EF** Resident Choice - Movie Night (LR)

**7**  
10:00 **HF** Daily Warm-Up (LR) (KM)  
10:30 **C** Information Station (LR) (KM)  
11:15 **CE** Coloring Therapy (K2) (KM)  
1:00 **J** LEGATO - Music Trivia (LR) (KM)  
1:45 **CE** Arts & Crafts Class (K2) (KM)  
2:30 **B** Bowling (LG) (KM)  
4:00 **HF** Walking Club (CY) (KM)  
6:00 **J** LEGATO - Broadway Musicals (LR) (RSA)

**14**  
8:30 **CE** "Paint The Parrish" Trip (LR) (RSA)  
10:00 **HF** Daily Warm-Up (LR) (KM)  
10:30 **C** Information Station (LR) (KM)  
11:30 **IS** Coloring Therapy (K2) (KM)  
1:00 **J** LEGATO - Music Trivia (LR) (KM)  
1:45 **CE** Arts & Crafts Class (K2) (KM)  
2:30 **B** Bowling (LG) (KM)  
4:00 **HF** Stroll Along (CY) (RM)  
6:00 **J** LEGATO - Broadway Musicals (LR) (RSA)

**21**  
10:00 **HF** Daily Warm-Up (LR) (KM)  
10:30 **C** Information Station (LR) (KM)  
11:15 **IS** Coloring Therapy (LR) (KM)  
1:00 **J** LEGATO - Music Trivia (LR) (KM)  
1:45 **CE** Arts & Crafts Class (K2) (KM)  
2:30 **B** Bowling (LG) (KM)  
4:00 **HF** Walking Club (CY) (KM)  
6:00 **J** LEGATO - Broadway Musicals (LR) (RSA)

**28**  
8:45 **CV** Spirit's Promise Equine Therapy (LG) (CB)  
10:00 **HF** Daily Warm-Up (LR) (KM)  
10:30 **C** Information Station (LR) (KM)  
11:15 **IS** Coloring Therapy (LR) (KM)  
1:00 **J** LEGATO - Music Trivia (LR) (KM)  
1:45 **CE** Arts & Crafts Class (K2) (KM)  
2:30 **B** Bowling (LG) (KM)  
4:00 **HF** Walking Club (CY) (KM)  
6:00 **J** LEGATO - Broadway Musicals (LR) (RSA)

**8**  
10:00 **HF** Strength Training (LR) (CB)  
10:45 **C** Information Station (LB) (CB)  
11:15 **CV** Animal Advocacy (K2) (CB)  
1:00 **J** LEGATO - ADRC Music Group (LG) (CB)  
2:00 **IS** Rosary Group (LG) (CB)  
3:15 **B** BINGO (K2) (CB)  
4:00 **HF** Walking Club (CY) (RSA)  
6:00 **EF** Let's Laugh Together - Comedy Night (LR) (JA)

**15**  
10:00 **HF** Strength Training (LR) (CB)  
10:45 **C** Information Station (LB) (CB)  
11:15 **CV** Support Our Troops (K2) (CB)  
1:00 **J** LEGATO - ADRC Music Group (LR) (CB)  
2:00 **IS** Rosary Group (LG) (CB)  
3:15 **B** BINGO (K2) (CB)  
4:00 **HF** Walking Club (CY) (SI)  
6:00 **EF** Let's Laugh Together - Comedy Night (LR) (JA)

**22**  
10:00 **HF** Strength Training (LR) (CB)  
10:45 **C** Information Station (LB) (CB)  
11:15 **CV** Animal Advocacy (K2) (CB)  
1:00 **J** LEGATO - ADRC Music Group (LR) (CB)  
2:00 **IS** Rosary Group (LG) (CB)  
3:15 **B** BINGO (K2) (CB)  
4:00 **HF** Walking Club (CY) (RSA)  
6:00 **EF** Let's Laugh Together - Comedy Night (LR) (JA)

**29**  
10:00 **HF** Strength Training (LR) (KM)  
10:45 **C** Information Station (LB) (CB)  
11:15 **CV** Support our Troops (K2) (CB)  
12:00 **C** Lunch Trip with Friends (LG) (KM)  
1:00 **J** LEGATO - Musical Fun & Games (LR) (CB)  
2:00 **IS** Rosary Group (LG) (CB)  
3:15 **B** BINGO (K2) (CB)  
4:00 **HF** Walking Club (CY) (RSA)  
6:00 **EF** Let's Laugh Together - Comedy Night (LR) (JA)

**9**  
10:00 **HF** Dancercise (LG) (RM)  
10:45 **C** Information Station (LR) (NM)  
11:15 **LL** Word Mining (LR) (NM)  
1:00 **J** LEGATO - Musical Concert (LR) (RM)  
1:30 **IS** Communion (LR) (EM)  
3:00 **B** Beanbag Toss (LR) (CB)  
4:00 **HF** Walking Club (CY) (SI)  
6:00 **M** Classic Movie Night (LR) (RSA)

**16**  
10:00 **HF** Dancercise (LG) (RM)  
10:45 **C** Information Station (LR) (NM)  
11:15 **LL** Word Mining (LR) (NM)  
1:00 **J** LEGATO - Musical Concert (LR) (RM)  
1:30 **IS** Communion (LR) (EM)  
3:00 **B** Beanbag Toss (LR) (CB)  
4:00 **HF** Walking Club (CY) (SI)  
6:00 **M** Classic Movie Night (LR) (RSA)

**23**  
10:00 **HF** Dancercise (LG) (RM)  
10:45 **C** Information Station (LR) (NM)  
11:15 **LL** Word Mining (LR) (NM)  
1:00 **J** LEGATO - Musical Concert (LR) (RM)  
1:30 **IS** Communion (LR) (EM)  
3:00 **B** Beanbag Toss (LR) (CB)  
4:00 **HF** Walking Club (CY) (SI)  
6:00 **M** Classic Movie Night (LR) (RSA)

**30**  
10:00 **HF** Dancercise (LG) (RM)  
10:45 **C** Information Station (LR) (NM)  
11:15 **LL** Word Mining (LR) (NM)  
1:30 **IS** Communion (LR) (EM)  
3:00 **B** Beanbag Toss (LR) (CB)  
4:00 **HF** Walking Club (CY) (SI)  
6:00 **M** Classic Movie Night (LR) (RSA)

**10**  
10:00 **HF** Wii® Fit (LR) (SI)  
10:45 **C** Information Station (LR) (JA)  
11:15 **LL** Wheel of Fortune® (LG) (SI)  
1:00 **J** LEGATO - Singing & Dancing (LR) (JA)  
1:45 **AW** StoryWise™ One on One (LR) (RH)  
2:30 **LL** Jeopardy!® (LR) (JA)  
3:15 **B** BINGO (K2) (RH)  
4:00 **HF** Let's take a WALK (LR) (SI)  
6:00 **EF** Night at the Theater (LR) (RSA)

**17**  
10:00 **HF** Wii® Fit (LR) (SI)  
10:45 **C** Information Station (LR) (JA)  
11:15 **LL** Wheel of Fortune® (LG) (SI)  
1:00 **J** LEGATO - Singing & Dancing (LR) (JA)  
1:45 **AW** StoryWise™ One on One (LR) (RH)  
2:30 **LL** Jeopardy!® (LR) (JA)  
2:30 **EF** Music with Mary (LG) (CB)  
3:15 **B** BINGO (K2) (RH)  
4:00 **HF** Let's take a WALK (LR) (SI)  
6:00 **EF** Night at the Theater (LR) (RSA)

**24**  
10:00 **HF** Wii® Fit (LR) (SI)  
10:45 **C** Information Station (LR) (JA)  
11:15 **LL** Wheel of Fortune® (LG) (SI)  
1:00 **J** LEGATO - Singing & Dancing (LR) (JA)  
1:45 **AW** StoryWise™ One on One (LR) (RH)  
2:30 **LL** Jeopardy!® (LR) (JA)  
3:15 **B** BINGO (K2) (RH)  
4:00 **HF** Let's take a WALK (LR) (SI)  
6:00 **EF** Night at the Theater (LR) (RSA)

**30**  
10:00 **HF** Dancercise (LG) (RM)  
10:45 **C** Information Station (LR) (NM)  
11:15 **LL** Word Mining (LR) (NM)  
1:30 **IS** Communion (LR) (EM)  
3:00 **B** Beanbag Toss (LR) (CB)  
4:00 **HF** Walking Club (CY) (SI)  
6:00 **M** Classic Movie Night (LR) (RSA)

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