

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Don't Worry Be Frappé
Coffee "Bar"**

Wednesday, October 7, 3:00 PM

Masks and Mimosas

Wednesday, October 21, 3:00 PM

**Ghosts and Ghouls
Cocktails & Mocktails**

Saturday, October 31, 3:15 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2020

ATRIA FOREST HILLS
engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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:
Lobby LOB
Terrace L1 T
Activity Room L1 APR
Bistro C B
Dining Room C DR
Library L1 L
Living Room C LR
Movie Theatre C MT
Private Dining Rm C PDR
C Level C

STAFF KEY:
Outside Vendor OV
Leanne James LJ
Javier Alvarado JA
Sherice Thompkins ST
Staff S
Volunteer V
Instructor IN
Beth Levi BL
Entertainment ET
Resident Sponsored Men's Club RS
Lecturer LC

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10:00 HF Sunday Stretch (LR) (S)
10:00 IS Catholic Services (APR) (V)
10:30 EF Music and Memories with Ira (LR) (RS)
11:00 LL Book Club with Beth (APR) (BL)
12:00 HF Danger Word (LR) (S)
12:30 HF Atria Moves, Walking Club (C) (RS)
2:15 HF Afternoon Aerobics (LR) (S)
3:00 C Sundaes on Sunday (LR) (BL)
4:00 EF An Afternoon in Hollywood (LR) (BL)
5:00 LL Entertainment Trivia with Beth (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (JA)
7:15 CE Origami with Javier (L) (JA)

5
10:00 HF Aerobic Chairs (LR) (S)
10:30 EF Learn Mahjong with Beth (L) (BL)
11:15 LL Crazy Crosswords (LR) (BL)
12:00 HF Senior Moments (LR) (S)
2:15 EF Bingo with Beth (LR) (BL)
2:15 CE Creative Expression with Donna (B) (IN)
3:15 HF Balance & Breathing (LR) (S)
3:30 LL Aerial America with Beth (LR) (BL)
4:00 EF Jeopardy!® with Beth (LR) (BL)
5:00 CE Beading with Beth (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (RS)
7:15 IS Evening Drawing with Javier (L) (JA)

6
10:00 C Community Trip (LOB) (S)
10:00 HF Commit to Being Fit with Sherice (LR) (ST)
10:30 EF That's It with Sherice (LR) (ST)
10:30 CE Crafty Crew (APR) (BL)
11:30 EF Name That Tune (LR) (ST)
12:00 EF Wits & Wagers with Sherice (LR) (ST)
2:00 HF Exercise with Paco (LR) (IN)
2:15 EF A Day at the Races with Sherice (LR) (ST)
3:15 LL Trivia Tuesday (LR) (ST)
4:00 C Nifty Nails (LR) (V)
6:00 C Coffee, Cookies & Conversation (L) (BL)
7:15 CE Leatherworks with Javier (L) (JA)

7
10:00 HF Move to the Beat (LR) (IN)
10:45 LL Brain Whiz Team Challenge (LR) (ST)
11:30 EF Crossword Puzzles (LR) (ST)
12:00 PA The Bowling Stones (LR) (MC)
12:15 HF Who, What, Where with Sherice (LR) (ST)
1:00 LL Classical Corner (LR) (BL)
2:15 HF Catchphrase with Sherice (B) (ST)
3:00 EF Don't Worry Be Frappé Coffee "Bar" (LR) (BL)
4:00 HF Weight Training with Sherice (LR) (ST)
5:00 IS Mensch on the Bench Yiddish Club (LR) (BL)
6:00 LL Musical Review & Ice Cream (LR) (ST)
7:15 CE Poetry with Javier (L) (JA)

8
10:00 HF Stretch & Strengthen with Sherice (LR) (ST)
10:30 CE Baking with Beth (APR) (BL)
11:15 LL Anagrams and Word Scrambles (L) (RS)
11:15 HF iPad® Challenge: Mindjoggers (LR) (ST)
12:00 EF How Many Can You Name with Sherice (LR) (ST)
1:00 IS Midday Meditative Drawing (L) (RS)
2:15 HF Chair Aerobics with Sherice (B) (ST)
3:30 PA Men's Club Poker with Sherice (APR) (ST)
3:30 LL Afternoon at the Museum (LR) (BL)
5:00 CE Riddle Me This with Beth (LR) (BL)
6:00 C Coffee Cookies & Conversation (L) (JA)
7:15 CE Paint Night with Javier (L) (JA)

9
10:00 HF Exercise with Paco (LR) (IN)
10:30 CV Coupon Clipping for a Cause (LR) (ST)
11:00 EF Crossword Puzzles with Sherice (LR) (ST)
11:30 LL News & Schmooze (L) (BL)
12:00 EF Loaded Questions with Sherice (LR) (ST)
1:00 HF Who, What, Where with Sherice (LR) (S)
2:15 LL Debate with Ralph Cohen (LR) (LC)
3:15 IS Shabbat Services (APR) (RS)
3:15 EF Bingo with Sherice (LR) (ST)
4:00 HF Weight Training with Sherice (LR) (ST)
5:00 CE Drama Club Meeting (DR) (BL)
6:30 C Coffee & Conversation (L) (RS)

10
10:00 HF Forest Hills Fitness with Sherice (LR) (ST)
10:30 EF Poker with Sherice (LR) (ST)
10:30 C Puzzles Time Program (L) (V)
11:00 CV Knit & Crochet (APR) (RS)
11:00 HF StoryWise™: Vintage & Future Trends (LR) (BL)
11:00 CV Knit & Crochet (APR) (RS)
12:00 EF Scattergories® with Sherice (LR) (ST)
1:00 LL T.E.D. Talks (LR) (RS)
2:00 EF Afternoon at the Opera (LR) (RS)
2:15 HF StoryWise™: Atria Charity Fashion Project (LR) (BL)
3:00 HF Smoothies with Sherice (B) (ST)
4:00 HF Stretching Exercise with Sherice (B) (ST)
6:00 C Coffee Cookies & Conversation (L) (JA)

11
10:00 IS Catholic Services (APR) (V)
10:00 HF Stretch & Strengthen (LR) (S)
10:30 EF Music and Memories with Ira (LR) (RS)
11:30 LL Book Club with Beth (APR) (BL)
12:15 EF Pokeno® (LR) (S)
1:00 CE Reverse Charades (LR) (S)
2:15 HF Sunday Stretch (LR) (S)
3:15 C Sunday Funday Mocktail Hour (LR) (BL)
4:00 IS Mensch on the Bench Yiddish Club (LR) (BL)
5:00 IS Meditation Station (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (RS)
7:15 CE Origami with Javier (L) (JA)

12
Columbus Day
10:00 HF Aerobic Chairs (LR) (S)
10:30 PA Res. Meeting with Res. Council Members (LR) (RS)
11:00 HF Senior Moments (LR) (S)
12:00 LL Crazy Crosswords (LR) (S)
12:00 EF Learn Mahjong with Beth (L) (BL)
12:30 HF Atria Moves, Walking Club (C) (RS)
2:15 EF Bingo with Beth (LR) (BL)
3:00 EF Mystery Musician (LR) (ET)
4:15 LL 100 Travel Experiences with Beth (LR) (BL)
5:15 CE Beading with Beth (LR) (BL)
7:15 IS Evening Drawing with Javier (L) (JA)

13
10:00 HF Forest Hills Fitness with Sherice (LR) (ST)
10:30 C Community Trip (LOB) (S)
10:30 EF You Be the Judge with Sherice (LR) (ST)
11:15 C Buzz Word with Sherice (LR) (ST)
11:30 CE Creative Writing with Beth (APR) (BL)
12:00 HF Sixes with Sherice (LR) (ST)
2:15 HF Strength and Balance with Sherice (LR) (ST)
3:00 LL World Wildlife Lecture with Beth (LR) (BL)
4:15 IS Hand Massages and Aromatherapy (LR) (BL)
5:15 C Grape Therapy (LR) (BL)
6:30 C Cookies, Coffee & Conversation (L) (JA)
7:15 CE Leatherworks with Javier (L) (JA)

14
10:00 HF Move to the Beat (LR) (IN)
10:30 EF Blackjack with Sherice (LR) (ST)
11:15 EF Jeopardy!® with Sherice (LR) (ST)
12:00 HF Nutrition in the Kitchen (LR) (BL)
1:00 PA The Bowling Stones (LR) (RS)
2:00 LL Current Events w/ Rhoda (LR) (OV)
4:30 HF Forest Hills Fitness with Sherice (LR) (ST)
5:15 CE Today in History with Sherice (LR) (ST)
6:00 LL Musical Review (LR) (ST)
7:15 EF Evening Movie: "Aladdin" (LR) (RS)
7:15 C Coffee & Conversation (L) (BL)
7:15 CE Poetry with Javier (L) (JA)

15
10:00 HF Weight Training with Sherice (LR) (ST)
10:30 EF Taboo® with Sherice (LR) (ST)
11:30 EF Crosswords (LR) (ST)
12:15 HF iPad® Memory Match (LR) (ST)
1:00 LL Afternoon Jazz (LR) (RS)
2:00 HF Mindjoggers (LR) (BL)
3:00 LL Afternoon at the Museum (LR) (BL)
3:30 PA Men's Club Poker with Sherice (APR) (ST)
4:00 HF Chair Tai Chi with Sherice (B) (ST)
5:15 C Grape Therapy with Beth (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (JA)
7:15 CE Paint Night with Javier (L) (JA)

16
9:30 Ridgewood bank is here! (LOB) (OV)
10:00 HF Commit to Being Fit with Sherice (LR) (ST)
10:30 LL News & Views (L) (RS)
10:30 CV Coupon Clipping for a Cause (LR) (ST)
11:15 EF Scattergories® with Sherice (LR) (ST)
12:30 HF Atria Moves, Walking Club (C) (RS)
1:00 HF Mindjoggers (LR) (ST)
3:15 IS Shabbat Services (APR) (RS)
3:15 EF Bingo with Sherice (LR) (ST)
3:30 EF 500 Rummy with Friends (L) (RS)
4:00 HF Cardio Sculpt with Sherice (LR) (ST)
6:00 C Coffee, Cookies & Conversation (L) (JA)

17
10:00 HF Aerobic Chairs with Sherice (LR) (ST)
10:30 EF Poker with Sherice (LR) (ST)
10:30 C Puzzles Time Program (L) (V)
11:00 CV Knit & Crochet (APR) (RS)
12:00 LL Jeopardy!® with Sherice (LR) (ST)
1:00 IS Midday Meditative Drawing (LR) (RS)
2:00 EF Broadway Matinee (LR) (RS)
2:15 EF Kings in the corner with Sherice (B) (ST)
3:15 HF Smoothies with Sherice (LR) (ST)
4:00 HF Forest Hills Fitness with Sherice (LR) (ST)
6:00 C Coffee, Cookies & Conversation (L) (RS)
7:15 IS Meditative Drawing (L) (V)

18
10:00 HF Aerobic Chairs (LR) (S)
10:00 IS Catholic Services (APR) (V)
10:30 EF Music and Memories with Ira (LR) (ET)
11:30 LL Book Club with Beth (APR) (BL)
12:15 C Two Truths & A Lie (LR) (S)
1:00 LL iPad® Art Authority (LR) (S)
2:15 HF Afternoon Aerobics (LR) (S)
3:15 C Sundaes on Sunday (LR) (BL)
4:15 IS Meditation Station with Beth (LR) (BL)
5:00 LL Aerial America (MT) (RS)
6:00 C Coffee, Cookies & Conversation (L) (BL)
7:15 CE Origami with Javier (L) (JA)

19
10:00 HF Morning Aerobics (LR) (S)
10:30 PA Ambassador Meeting (APR) (BL)
10:30 HF Senior Moments (LR) (S)
11:15 LL Music History (LR) (S)
12:30 HF Atria Moves, Walking Club (C) (RS)
1:00 LL T.E.D. Talks (MT) (RS)
2:15 CE Paint & Pour with Lisa (APR) (IN)
3:15 EF Bingo with Beth (LR) (BL)
4:00 HF Afternoon Stretch with Beth (B) (BL)
5:00 CE Beading with Beth (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (RS)
7:15 IS Evening Drawing with Javier (L) (JA)

20
10:00 HF Hit Your Fitness Goals with Sherice (LR) (ST)
10:30 EF Pokeno® with Sherice (LR) (LJ)
11:15 EF Catchphrase with Sherice (LR) (ST)
12:00 HF Jeopardy!® with Sherice (LR) (ST)
1:00 HF Name That President (LR) (BL)
1:00 C Trip to the Movies (LOB) (S)
2:15 HF Strength Exercise with Sherice (LR) (ST)
3:00 EF Last Word with Sherice (LR) (ET)
4:00 C Nifty Nails (B) (V)
5:00 IS Sense Memory (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (JA)
7:15 CE Leatherwork with Javier (L) (JA)

21
10:00 HF Forest Hills Fitness with Sherice (LR) (ST)
10:30 EF American History Lecture with Doug Brin (LR) (LC)
11:15 LL Know It or Blow It with Leanne (LR) (LJ)
12:00 C You're Welcome Wednesday (LR) (ST)
2:15 EF Family Feud™ with Sherice (LR) (ST)
3:00 EF Masks and Mimosas (LR) (BL)
3:00 EF Blackjack with Sherice (LR) (ST)
4:00 HF Afternoon Exercise with Sherice (LR) (ST)
5:00 LL Trivia Challenge with Beth (B) (BL)
6:00 LL Musical Review (LR) (ST)
7:15 CE Poetry with Javier (L) (JA)
7:15 C Coffee & Conversation (L) (RS)

22
10:00 HF Commit to Being Fit with Sherice (LR) (ST)
10:30 EF New & Views (L) (RS)
10:30 CV Edible Art (APR) (BL)
12:00 LL Crazy Crosswords with Sherice (LR) (ST)
12:30 HF Atria Moves, Walking Club (C) (RS)
2:15 EF An Afternoon in Hollywood (LR) (BL)
3:00 PA Men's Club (B) (RS)
3:30 PA Resident Council Meeting with Directors! (PDR) (RS)
4:00 HF Exercise with our Physical Therapist! (LR) (IN)
6:00 C Grape Therapy with Beth (B) (BL)
6:30 C Cookies, Coffee & Conversation (L) (JA)
7:15 CE Paint Night with Javier (L) (JA)

23
10:00 HF Forest Hills Fitness with Sherice (LR) (ST)
10:30 EF New & Views (L) (RS)
10:30 CV Coupon Clipping for a Cause (LR) (ST)
11:00 EF Jeopardy!® with Sherice (LR) (ST)
12:00 LL Trivial Pursuit with Amy (LR) (S)
1:00 LL T.E.D. Talks (LR) (RS)
2:15 IS Shabbat Services (APR) (RS)
2:15 EF Bingo with Sherice (LR) (ST)
3:00 EF Rhyme It Out with Sherice (LR) (LJ)
4:00 HF Afternoon Cardio Sculpt Circuit (LR) (ST)
5:00 LL Afternoon Docu-Series (LR) (RS)
6:00 C Coffee, Cookies & Conversation (L) (RS)

24
10:00 HF Armchair Aerobics with Sherice (LR) (ST)
10:30 EF Poker with Sherice (LR) (ST)
10:30 C Puzzles Time Program (L) (V)
11:00 CV Knit & Crochet (APR) (RS)
12:00 C Buzz Word with Sherice (LR) (ST)
12:30 HF Atria Moves, Walking Club (C) (RS)
1:00 IS Midday Meditative Drawing (LR) (RS)
2:00 EF Afternoon at the Opera (LR) (RS)
2:15 LL Say Anything with Sherice (B) (ST)
3:00 HF Smoothies with Sherice (B) (ST)
4:00 HF Hit Your Fitness Goals with Sherice (B) (ST)
6:00 C Coffee, Cookies & Conversation (L) (RS)

25
10:00 HF Sunday Stretch (LR) (S)
10:00 IS Catholic Services (APR) (V)
10:30 EF Music and Memories with Ira (LR) (ET)
11:30 LL Book Club with Beth (L) (BL)
12:30 HF Atria Moves, Walking Club (C) (RS)
1:30 HF Afternoon Aerobics (LR) (S)
2:15 EF You Be the Judge (LR) (S)
3:00 EF 500 Rummy with Friends (L) (RS)
3:00 C Sunday Funday Mocktail Hour (LR) (BL)
4:00 LL History and Geography (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (RS)
7:15 CE Origami with Javier (L) (JA)

26
10:00 HF Aerobic Chairs (LR) (S)
10:30 EF Bingo with Beth (LR) (BL)
11:15 HF Senior Moments (L) (BL)
12:15 LL Crazy Crosswords (LR) (S)
1:00 LL Know It or Blow It (LR) (S)
2:15 HF Afternoon Exercise with Beth (LR) (S)
3:00 PA Programming Meeting (LR) (BL)
3:00 EF Learn to Play Mahjong (L) (RS)
4:00 EF 25 Words or Less (LR) (S)
5:00 CE Beading with Beth (APR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (RS)
7:15 IS Evening Drawing with Javier (L) (JA)

27
10:00 HF Forest Hills Fitness with Sherice (LR) (ST)
10:30 PA Town Hall (LR) (S)
11:15 EF Taboo® with Sherice (LR) (ST)
12:00 HF Sixes with Sherice (LR) (ST)
1:00 C Community Trip (LOB) (S)
1:00 CE Creative Calligraphy (APR) (BL)
2:00 HF Commit to Being Fit with Sherice (LR) (ST)
2:30 EF How Many Can You Name with Sherice (LR) (ST)
3:15 LL 100 Travel Experiences (LR) (BL)
4:15 EF Wits & Wagers (LR) (ST)
5:00 LL World Wildlife Foundation (LR) (BL)
7:15 CE Leatherwork with Javier (L) (JA)

28
10:00 HF Move to the Beat with Barbara (LR) (IN)
10:45 LL Spelling Bee (LR) (ST)
11:30 HF Hidden Words with Sherice (LR) (ST)
12:00 EF Loaded Questions with Sherice (LR) (ST)
1:00 C Birthday Luncheon (PDR) (BL)
2:00 LL Current Events with Rhoda (LR) (OV)
2:00 HF Halloween Happy Hour (LR) (BL)
4:00 HF Weight Training with Sherice (LR) (ST)
5:15 EF 30 Second Mysteries with Sherice (LR) (ST)
6:00 LL Musical Review (LR) (ST)
7:15 CE Poetry with Javier (L) (JA)
7:15 C Coffee & Conversation (L) (RS)

29
10:00 HF Weight Training with Sherice (LR) (ST)
10:30 EF Taboo® with Sherice (LR) (ST)
11:30 EF Crosswords (LR) (ST)
12:15 HF iPad® Memory Match (LR) (ST)
1:00 LL Afternoon Jazz (LR) (RS)
3:00 LL Afternoon at the Museum (LR) (BL)
3:15 C New Resident Welcome Cocktail Hour (B)
3:30 PA Men's Club Poker with Sherice (APR) (ST)
4:00 HF Chair Tai Chi with Sherice (B) (ST)
5:15 C Grape Therapy with Beth (LR) (BL)
6:00 C Coffee, Cookies & Conversation (L) (BL)
7:15 CE Paint Night with Javier (L) (JA)

30
9:30 Ridgewood bank is here! (LOB) (OV)
10:00 HF Commit to Being Fit with Sherice (LR) (ST)
10:30 LL News & Views (L) (RS)
11:15 EF Scattergories® with Sherice (LR) (ST)
11:30 LL News & Schmooze (L) (BL)
12:00 EF Loaded Questions with Sherice (LR) (ST)
12:30 HF Afternoon Stretch (C) (RS)
1:00 HF Mindjoggers (LR) (ST)
2:15 IS Shabbat Services (APR) (RS)
3:15 EF Bingo with Sherice (LR) (ST)
4:00 HF Cardio Sculpt with Sherice (LR) (ST)
6:00 C Coffee, Cookies & Conversation (L) (JA)

31 Happy Halloween
10:00 HF Aerobic Chairs with Sherice (LR) (ST)
10:30 EF Poker with Sherice (LR) (ST)
10:30 C Puzzles Time Program (L) (V)
11:00 CV Knit & Crochet (APR) (RS)
12:00 LL Jeopardy!® with Sherice (LR) (ST)
1:00 IS Midday Meditative Drawing (L) (RS)
2:00 EF Broadway Matinee (LR) (RS)
2:15 EF Kings in the corner with Sherice (B) (ST)
3:15 HF Ghosts and Ghouls Cocktails & Mocktails (LR) (ST)
4:00 HF Forest Hills Fitness with Sherice (LR) (ST)
7:15 IS Meditative Drawing (L) (V)