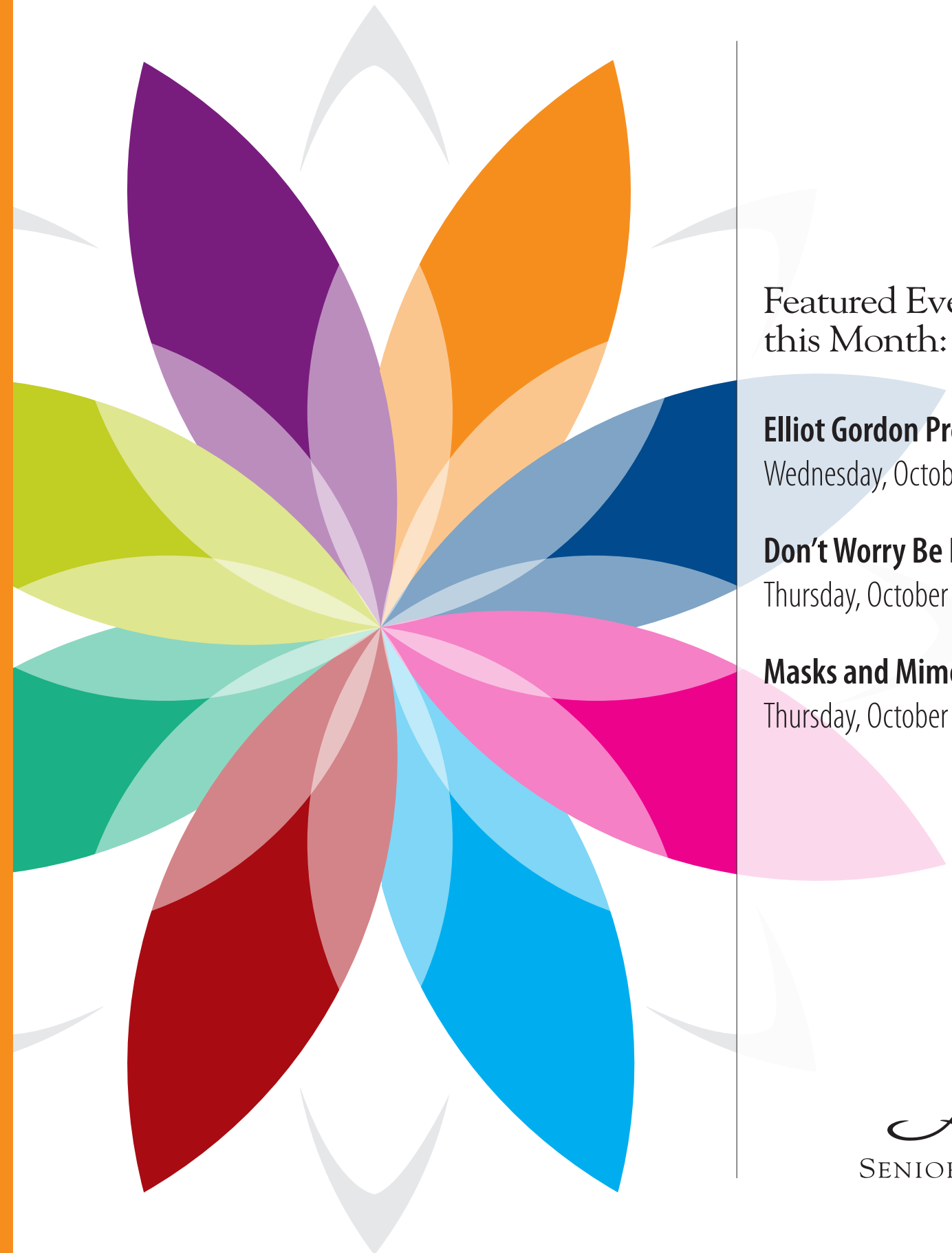


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Elliot Gordon Presents

Wednesday, October 7, 2:00 PM

Don't Worry Be Frappé Coffee Bar

Thursday, October 8, 2:30 PM

Masks and Mimosas Happy Hour

Thursday, October 22, 2:30 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:**
- Patio/Backyard P
 - Movie Room, 1st Fl M
 - Dining Room, 1st Fl DR
 - Living Room, 1st Fl LR
 - Library, 1st Fl L
 - Activity Rm, 2nd Fl A
 - In-Room IR

- STAFF KEY:**
- Receptionist R
 - Jorge Gomez JG
 - Volunteer V
 - Emily Willens EW
 - Jayda Melnitsky JM

<p>10:00 Morning Word Game: Starts With Ends With (A) (JG) 4</p> <p>11:00 IS Mass From Rockville Centre (LR)</p> <p>11:15 HF Sunday Stretch (M) (JG)</p> <p>1:00 LL Jeopardy!® (M) (JG)</p> <p>2:15 LL Jeopardy!® Challenge (M) (JG)</p> <p>3:30 HF Sunday Stretch (M) (JG)</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Masterpiece Theater: Little Women Part I (IR)</p>	<p>10:00 Wake Your Brain: Word Ladder (A) (JM) 5</p> <p>11:15 HF Body Toning, 202-221 (M) (JM)</p> <p>2:00 Movie Matinee (M) (JM)</p> <p>2:30 HF Body Toning - Third Floor (A) (JM)</p> <p>3:30 LL You Be the Judge (A) (JM)</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Monday Night Movie (IR)</p>	<p>10:00 Daily Dose of Word Games: Boggle™ (A) (JM) 6</p> <p>11:00 HF Balance & Tone (A)</p> <p>1:00 HF Balance & Tone (M)</p> <p>2:00 Afternoon Movie (M)</p> <p>3:00 HF Balance & Tone, Third Floor (A) (JM)</p> <p>4:00 EF Readers Theater Group (M) (EW)</p> <p>6:30 HF Daily Exercise Challenge (IR)</p> <p>7:00 LL Tuesday Night Live: Discuss, Connect</p>	<p>10:00 Wednesday's Word Wheel (A) (EW) 7</p> <p>11:00 HF Aerobicise! (M)</p> <p>2:00 Movie Matinee (M)</p> <p>2:00 EF Elliot Gordon Presents (M)</p> <p>3:00 HF Aerobicise! (A)</p> <p>4:00 C "This or That" (M)</p> <p>6:30 HF Daily Exercise Challenge: Toe Tap Jacks (LR)</p> <p>6:45 B-I-N-G-O (DR) (EW)</p>	<p>10:00 Weekly Word Chain (A) (EW) 8</p> <p>11:00 HF Cardio & Weights</p> <p>2:00 Netflix® Series</p> <p>2:30 C Don't Worry Be Frappé Coffee Bar (EW)</p> <p>3:00 HF Cardio & Weights (A)</p> <p>4:30 LL Short Story Discussion (L)</p> <p>6:30 HF Exercise Challenge</p> <p>7:00 Movie Time!</p>	<p>10:00 Daily Dose of Puzzles: Dynamic Word Game (A) (EW) 9</p> <p>11:00 HF Balance & Tone</p> <p>1:00 C Calling All Birdwatchers (P) (EW)</p> <p>2:00 Movie Matinee</p> <p>3:00 C PositiviTEA Discussion</p> <p>4:00 HF Balance and Tone</p> <p>6:30 HF Exercise Challenge</p> <p>7:00 Movie Time!</p> <p>7:30 IS Virtual Shabbat Service (V)</p>	<p>10:00 Word in a Word (A) (EW) 10</p> <p>11:00 HF Aerobicise!</p> <p>2:00 Feature Film</p> <p>2:00 HF Music & Movement</p> <p>3:00 B-I-N-G-O</p> <p>3:30 LL TED Talks and Discussion (M)</p> <p>6:30 HF Fitness Challenge</p> <p>7:00 Movie Time!</p>
<p>10:00 Word Game: Starts With Ends With (A) (JG) 11</p> <p>11:00 IS Mass From Rockville Centre (LR)</p> <p>11:15 HF Sunday Stretch (M) (JG)</p> <p>1:00 LL Jeopardy!® (M) (JG)</p> <p>2:15 LL Extreme Jeopardy!® (M) (JG)</p> <p>3:30 HF Sunday Stretch (M) (JG)</p> <p>4:30 LL Armchair Travel</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Movie Time!</p>	<p>10:00 Engage Your Brain: Word Ladder (A) (JM) 12</p> <p>11:15 HF Body Toning (M) (JM)</p> <p>2:00 Movie Matinee (M)</p> <p>2:30 HF Body Toning (A) (JM)</p> <p>3:30 LL Trivia Challenge (A) (JM)</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Monday Night Movie</p>	<p>10:00 Dynamic Word Game (A) (EW) 13</p> <p>11:00 HF Better Balance (A) (JM)</p> <p>1:00 HF Better Balance (M) (JM)</p> <p>2:00 Movie Matinee (M)</p> <p>3:00 HF Better Balance (M) (JM)</p> <p>4:00 EF Readers Theater Group (M)</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 LL Tuesday Night Live: Discuss, Connect (A) (JM)</p>	<p>10:00 Word Wheel Challenge (A) (EW) 14</p> <p>11:00 HF Aerobicise! (M)</p> <p>2:00 EF Crossword Challenge</p> <p>2:00 Movie Matinee (M)</p> <p>3:00 HF Aerobicise! (A)</p> <p>4:00 EF Scattergories® (M)</p> <p>6:30 HF Exercise Challenge</p> <p>6:45 Bingo Bonanza (DR)</p>	<p>10:00 Weekly Word Chain (A) (EW) 15</p> <p>11:00 HF Cardio & Weights</p> <p>2:00 Netflix® Series (M)</p> <p>2:30 C Harvest Happy Hour</p> <p>3:00 HF Cardio & Weights</p> <p>3:30 HF Stretch & Meditation</p> <p>4:30 LL Short Story Discussion (M) (EW)</p> <p>6:30 HF Daily Exercise Challenge (IR)</p> <p>7:00 Movie Time!</p>	<p>10:00 Daily Dose of Puzzles: Dynamic Word Game (A) (EW) 16</p> <p>11:00 HF Balance & Tone</p> <p>1:00 C Bird Watchers Club</p> <p>2:00 Movie Matinee</p> <p>3:00 C PositiviTEA Discussion</p> <p>4:00 HF Balance & Tone</p> <p>6:30 HF Fitness Challenge</p> <p>7:00 Movie Time!</p> <p>7:30 IS Virtual Shabbat Service (V)</p>	<p>10:00 Word in a Word (A) (EW) 17</p> <p>11:00 HF Zumba®</p> <p>2:00 HF Zumba®</p> <p>2:15 Feature Film</p> <p>3:00 Bingo Bonanza!</p> <p>3:00 C Happy Hour Cart</p> <p>3:30 LL TED Talks and Discussion</p> <p>6:30 HF Exercise Challenge</p> <p>7:00 Movie Time!</p>
<p>10:00 Word Game: Starts With Ends With (A) 18</p> <p>11:00 IS Mass From Rockville Centre (LR) (R)</p> <p>11:15 HF Sunday Stretch (M) (JG)</p> <p>1:00 LL Jeopardy!® (M) (JG)</p> <p>2:15 LL Advanced Jeopardy!® (M) (JG)</p> <p>3:30 HF Sunday Stretch (M) (JG)</p> <p>4:30 LL Armchair Travel</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Movie Time!</p>	<p>10:00 Engage Your Brain: Extreme Word Ladder (A) (JM) 19</p> <p>11:15 HF Body Toning (M) (JM)</p> <p>2:00 Movie Matinee</p> <p>2:30 HF Body Toning (A)</p> <p>3:30 LL You Be the Judge (A) (JM)</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Monday Night Movie (IR)</p>	<p>10:00 Morning Word Game: Boggle™ (A) (EW) 20</p> <p>11:00 HF Strength and Balance (M)</p> <p>1:00 HF Strength and Balance (A)</p> <p>2:00 PA Food For Thought Meeting (IR)</p> <p>3:00 Movie Matinee (M)</p> <p>3:00 HF Strength and Balance (A)</p> <p>4:00 EF Readers Theater Group (A)</p> <p>6:30 HF Exercise Challenge</p> <p>7:00 C Tuesday Night Live: Discuss & Connect</p>	<p>10:00 Engage Your Brain: Word Wheel (A) (EW) 21</p> <p>11:00 HF Aerobicise! (M)</p> <p>2:00 EF Crossword Challenge (A)</p> <p>2:00 Movie Matinee (M)</p> <p>3:00 HF Low-Impact Aerobics (A)</p> <p>4:00 EF iPad® Challenge (M)</p> <p>6:30 HF Daily Exercise Challenge</p> <p>6:45 Evening Bingo (DR) (EW)</p>	<p>10:00 Weekly Word Chain (EW) 22</p> <p>11:00 HF Cardio & Weights</p> <p>2:00 Netflix® Series</p> <p>2:15 HF Stretch & Meditation</p> <p>2:30 C Masks and Mimosas Happy Hour</p> <p>3:00 HF Cardio & Weights</p> <p>4:30 LL Short Story Discussion</p> <p>6:30 HF Weekly Exercise Challenge (IR)</p> <p>7:00 Movie Time!</p>	<p>10:00 Morning Word Game: Category Hangman (EW) 23</p> <p>11:00 HF Balance and Tone</p> <p>1:00 C Bird Watchers Unite (P)</p> <p>2:00 Movie Matinee</p> <p>3:00 C PositiviTEA Discussion (P)</p> <p>4:00 HF Balance & Tone</p> <p>6:30 HF Fitness Challenge (IR)</p> <p>7:00 Movie Time!</p> <p>7:30 IS Virtual Shabbat Service (V)</p>	<p>10:00 Word in a Word (A) (EW) 24</p> <p>11:00 HF Conductorcise®!</p> <p>2:00 HF Conductorcise®!</p> <p>2:00 Feature Film</p> <p>3:00 CV Bingo for a Cause</p> <p>3:00 C Happy Hour Cart</p> <p>3:30 LL TED Talks and Discussion</p> <p>6:30 HF Fitness Challenge</p> <p>7:00 Movie Time!</p>
<p>10:00 Word Game: Starts With Ends With (A) (JG) 25</p> <p>11:00 IS Mass From Rockville Centre (LR)</p> <p>11:15 HF Sunday Stretch (M) (JG)</p> <p>1:00 LL Jeopardy!® (M) (JG)</p> <p>2:15 LL Jeopardy!® Challenge (M) (JG)</p> <p>3:30 HF Sunday Stretch (A) (JG)</p> <p>3:30 LL Armchair Travel</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Movie Time!</p>	<p>10:00 Engage Your Brain: Word Ladder Challenge (A) (JM) 26</p> <p>11:15 HF Body Toning, Apts. (M) (JM)</p> <p>2:00 Movie Matinee (M) (JM)</p> <p>2:30 HF Body Toning</p> <p>3:30 LL Trivia Challenge (EW)</p> <p>7:00 Monday Night Movie</p>	<p>10:00 Dynamic Word Game (M) (EW) 27</p> <p>11:00 HF Strength and Balance (M)</p> <p>1:00 HF Strength and Balance (M)</p> <p>2:00 Movie Matinee</p> <p>3:00 HF Strength and Balance</p> <p>4:00 EF Readers Theater Group</p> <p>6:30 HF Goal Setting Fitness Challenge</p> <p>7:00 LL Tuesday Night Live: Discuss & Connect (V)</p>	<p>10:00 Wednesday Morning Word Wheel (A) (EW) 28</p> <p>11:00 HF Aerobicise!</p> <p>2:00 EF Crossword Challenge (A)</p> <p>2:00 Afternoon Movie (M)</p> <p>3:00 HF Aerobicise!</p> <p>4:00 LL Monthly Book Club Discussion (L)</p> <p>6:30 HF Daily Exercise Challenge</p> <p>6:45 B-I-N-G-O (DR)</p>	<p>10:00 Weekly Word Chain (A) (EW) 29</p> <p>11:00 HF Cardio & Weights</p> <p>2:00 Netflix® Series</p> <p>2:30 C Halloween Themed Happy Hour</p> <p>3:00 HF Cardio & Weights</p> <p>4:30 LL Short Story Discussion</p> <p>6:30 HF Exercise Challenge (IR)</p> <p>7:00 Movie Time!</p>	<p>10:00 Daily Dose of Puzzles: Dynamic Word Game (EW) 30</p> <p>11:00 HF Balance and Tone</p> <p>1:00 C Bird Watchers Unite (P)</p> <p>2:00 Movie Matinee (P)</p> <p>3:00 C PositiviTEA Discussion</p> <p>4:00 HF Balance & Tone</p> <p>6:30 HF Daily Exercise Challenge</p> <p>7:00 Movie Time!</p> <p>7:30 IS Virtual Shabbat Service (V)</p>	<p>10:00 Word in a Word (A) (EW) 31</p> <p>11:15 HF Conductorcise®!</p> <p>2:15 HF Conductorcise®!</p> <p>2:15 Feature Film</p> <p>3:00 Halloween Bingo</p> <p>3:00 C Happy Hour Cart</p> <p>3:30 LL TED Talks and Discussion</p> <p>6:30 HF Fitness Challenge (IR)</p> <p>7:00 Movie Time</p>