

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

**One Day University:
Edison vs. Tesla**
Saturday, June 1, 2:30 PM

The Interview-StoryWise
Thursday, June 13, 1:00 PM

**Family Night-
Speak Easy Mobsters**
Thursday, June 27, 4:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

**A Journey Around
the World Thru Tasting**
Tuesday, June 11, 2:15 PM

Berry Delicious Waffle Making
Tuesday, June 18, 2:15 PM

Fun In The Sun Picnic
Wednesday, June 26, 10:45 AM

Atria
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Happy Birthday Lucy Meza! 30

- 9:15 **LL** Today's News Around The Globe (LLR) (C S)
- 9:30 **HF** Body & Mind: YOGA (LLR) (C S)
- 10:15 **J** LEGATO: Lena Horne & Her Music (LLR) (C S)
- 1:30 **HF** Flexibility And Balance Exercise (LLR) (C S)
- 2:15 **IS** Angels Among Us- Spirituality Connection (LLR) (C S)
- 3:15 **EF** Range Of Motion Challenge: Balloon Swat (LLR) (C S)
- 5:45 **LL** Moby-Dick: A Man's Story (LLR) (C S)



ROOM LOCATION KEY:
Life Guidance Living Room LLR
Great Room GR
Life Guidance Patio LGP
To Be Announced TBA
Grill GR
Azalea Dining Room AZ

STAFF KEY:
Care Staff CS
Staci Weisz SW
Chauffeur (Driver) C
Engage Life Team ELT
Paid Entertainer PE

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- 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

Happy Birthday Sue DiVecchia 1

- 9:15 **LL** The Monthly Gazette (LLR) (C S)
- 9:30 **HF** Gentle Aerobics: Let's Sweat & Sparkle (LLR) (C S)
- 10:15 **J** LEGATO- Drum Rhythm Circle (LGP) (C S)
- 1:30 **HF** Exercise: Hustle To Gain More Muscle (LLR) (C S)
- 2:15 **LL** Sgt. Pepper's Lonely Hearts Club Band (LLR) (C S)
- 3:15 **EF** Connect & Play: Basketball Competition (GR) (C S)
- 5:45 **EF** Saturday Cinema: "Street Food" (LLR) (C S)

9:15 **LL** The Bee's Daily Diary (LLR) (C S) 2
9:30 **HF** YOGA- Increase Flexibility & Strength (LLR) (C S)
10:15 **IS** A Morning Connection w/ Nature (LGP) (C S)
1:30 **HF** Shake it & Move It: Range Of Motions (LLR) (C S)
2:15 **LL** Marine Mammals Trivia (LLR) (C S)
3:15 **J** LEGATO- Sing Along To Elder Songs (LLR) (C S)
5:45 **IS** Chicken Soup For The Soul (GR) (C S)

9:15 **LL** Monday Gazette (LLR) (C S) 3
9:30 **HF** Flex And Twist- Range Of Motions (LLR)
10:15 **CE** Color My World w/ Music & Nature (LLR) (C S)
1:30 **HF** Let's Do The Twist- Dance Exercise (LLR) (C S)
2:15 **J** LEGATO- Musical Trivia (LLR) (C S)
3:15 **LL** Communicating With Cetaceans (LLR) (C S)
5:45 **PA** You Be The Judge!! (LLR) (C S)

9:15 **LL** Tuesday Chronicle (LLR) (C S) 4
9:30 **HF** Fitness To Wellness: Movement Exercises (LLR) (C S)
10:15 **J** LEGATO- Crazy For Karaoke (LLR) (C S)
1:30 **HF** ROM Exercise: Commit To Be Fit And Great (LLR) (C S)
2:15 **EF** Muscle Toning In Bowling (LGP) (C S)
3:15 **PA** Spelling Bee: Mammals (LLR) (C S)
5:45 **HF** Brain Quest For Brain Health (GR) (C S)

9:15 **LL** News You Can Use: Current Events (LLR) (C S) 5
9:30 **HF** YOGA For Flexibility & Endurance (LGP) (C S)
10:15 **PA** Balloon Toss: Range Of Motion Challenge (GR) (C S)
1:30 **HF** Too Fit To Quit- Low Impact Aerobics (LLR) (C S)
2:15 **J** LEGATO- Sing Along To My Favorite Tunes (LLR) (C S)
3:00 **LL** Cranium® Crunches: Random Trivia (LLR) (C S)
5:45 **PA** Word Games: Endings & Beginnings (LLR) (C S)

9:15 **LL** The Daily Chronicle (LLR) (C S) 6
9:30 **HF** Stretch & Meditation (LGP) (C S)
10:15 **J** LEGATO- Crazy For Karaoke (LGP) (C S)
1:30 **HF** Fitness To Friendship: Strength Exercise (LLR) (C S)
2:15 **LL** March Your Way Through Trombones (LLR) (C S)
3:15 **EF** What Am I?: South Asian Fruit (LLR) (C S)
5:45 **HF** Weather Trivia (GR) (C S)

9:15 **LL** Today's News Around The Globe (LLR) (C S) 7
9:30 **HF** Move And Groove- Low Impact Aerobics (LLR) (C S)
10:15 **J** LEGATO- Hymn Sing Along w/ Tammy (LLR) (C S)
1:15 **EF** Outdoor Adventure w/ Ingrid (TBA) (C)
1:15 **C** Rooting For Root Beer Float (GR) (C S)
1:45 **HF** Wild For Zumba® w/ Shannon (LLR) (PE)
2:45 **LL** A Whale Of A Tale: Bizarre True Stories (LLR) (PE)
5:45 **EF** Dunkin' & Discussin' Donuts (LLR) (C S)

9:15 **LL** News You Can Use (LGP) (C S) 8
9:30 **HF** Move & Groove: Total Body Workout (LGP) (C S)
10:15 **J** LEGATO- Dean Martin And His Music (LGP) (C S)
1:30 **HF** Walk Your Way To A Healthy Heart (LGP) (C S)
2:15 **C** Connect & Play: BEACH Bingo (LGP) (C S)
3:15 **LL** Celebration Of Every Betty In The World (LLR) (ELT)
5:45 **EF** Saturday Cinema: "Secrets Of Noah's Ark" (LLR) (C S)

9:15 **LL** Today's News Around The Globe (LLR) (C S) 9
9:30 **HF** YOGA: Core Strength Exercise (LGP) (C S)
10:15 **IS** Connect & Rejuvenate With Nature (LGP) (C S)
1:30 **HF** Cardio Dance w/ Maria (GR) (C S)
2:15 **IS** Angels Among Us- Spirituality Connection (LLR) (C S)
3:15 **J** LEGATO- Reminisce w/ Chip The Violinist (LLR) (C S)
5:45 **IS** Music, Massage & Aromatherapy (LLR) (C S)

9:15 **LL** Monday Chronicle (LLR) (C S) 10
9:30 **HF** Gentle Aerobics Exercise (LGP) (C S)
10:15 **J** LEGATO- Judy Garland & Her Music (GR) (C S)
1:30 **HF** Total Body Workout (GR) (C S)
2:15 **CE** Music & Aromatherapy Painting (LGP) (C S)
3:15 **EF** In Auction, No Dreaming, Only Winning (LLR) (C S)
5:45 **IS** Shavout- Jewish Holiday Learning (GR) (C S)

9:15 **LL** Today's News Around The Globe (LGP) (C S) 11
9:30 **HF** Low Impact Aerobics (LLR) (C S)
10:15 **J** LEGATO- Sing-Along To Patriotic Songs (LLR) (C S)
1:30 **HF** Commit To Be Fit- Strengthening Exercise (GR) (C S)
2:15 **EF** A Journey Around The World Thru Tasting (GR) (C S)
3:00 **PA** Word Games: Word Ladder (LGP) (C S)
5:45 **LL** Joggin Your Noggin- Mind Exercise (LLR) (C S)

9:15 **LL** What's The Buzz? Today's Chronicle (LLR) 12
9:30 **HF** Boot Camp Fitness (LLR) (C S)
10:00 **IS** Legato- Piano Medley w/ Natalia (LLR) (ELT)
10:45 **EF** At The Grille w/ Maria- Food & Fun (GR) (C S)
1:30 **J** Legato: Music & Cardio Workout (LLR) (C S)
3:15 **LL** Roses: Etymology and Its Languages (LLR) (C S)
5:45 **IS** Music, Massage & Aromatherapy (LLR) (C S)

9:15 **LL** Thursday Chronicle (LLR) (C S) 13
9:30 **HF** YOGA: Body & Mind Exercise (LGP) (C S)
10:15 **J** LEGATO- Sing Along To My Favorite Tunes (LLR) (C S)
1:30 **HF** Fitness To Friendship: Strength Exercise (LLR) (C S)
2:00 **CE** Kids At Heart Ceramics- Clay Art & Craft (LLR) (C S)
3:15 **CE** StoryWise™: Thoughtful Ways To Bond (LLR) (C S)
5:45 **HF** Brain Quest For Brain Health (LLR) (C S)

9:15 **LL** The Bee's Daily Diary (LLR) (C S) 14
9:30 **HF** Shake It Like You Mean It (LLR) (C S)
10:15 **LL** Throwback Friday: Trivia (LGP) (C S)
1:00 **EF** Outdoor Adventure w/ Ingrid (TBA) (C)
1:15 **C** Rooting For Root Beer Float (LLR) (C S)
1:45 **HF** Wild For Zumba® w/ Shannon (GR) (C S)
2:45 **J** LEGATO: Flag Day (LLR) (PE)
3:15 **C** Laughter: The Best Medicine (LLR) (C S)
5:45 **LL** Would You Rather Or Would You Not (LLR) (C S)

9:15 **LL** Today's Chronicle (LLR) (C S) 15
9:30 **HF** Move & Groove- Dance Exercise (LLR) (C S)
10:15 **EF** Flex & Motion: Balloon Volleyball (LLR) (C S)
1:30 **HF** Total Body Workout (LLR) (C S)
2:00 **J** LEGATO- Reminisce w/ Chip The Violinist (LLR) (C S)
3:15 **LL** 25th US State: All About Arkansas (LLR) (C S)
5:45 **EF** Saturday Cinema: "Wings of Life" (LLR) (C S)

Happy Fathers Day! 16
9:15 **LL** Sunday Chronicle (LGP) (C S)
9:30 **HF** Fitness To Wellness Exercise (LLR) (C S)
10:15 **CE** StoryWise™: Fantastic Fathers (LLR) (C S)
1:30 **HF** Fun Walkathon- Strength Building (LGP) (C S)
2:15 **J** LEGATO- Barbershop Quartet (GR) (C S)
3:15 **HF** Turtle Month Trivia (LGP) (C S)
5:45 **IS** Chicken Soup For D Soul: Random Act Of K (LLR) (C S)

9:15 **LL** Today's Chronicles (LLR) (C S) 17
10:00 **HF** Get Fit w/ Gina- Daybreak Exercise (LLR) (ELT)
10:30 **EF** Ring Toss: Hand & Eye Coordination (LGP) (C S)
1:30 **HF** YOGA- Stretch And Flex Monday (GR) (C S)
2:15 **J** LEGATO- Crazy For Karaoke (LLR) (C S)
3:15 **PA** To Bee Or Not To Bee: Spelling Bee (LLR) (C S)
5:45 **IS** Sounds, Massage And Aromatherapy (LLR) (C S)

Happy Birthday Mary Jane Barday! 18
9:15 **LL** Tuesday Chronicle (LGP) (C S)
9:30 **HF** Stretch And Dance- Daybreak Fitness (LGP) (C S)
10:15 **J** LEGATO- Sing Along To Elder Songs (LGP) (C S)
1:30 **HF** Walk- A- Ton- To A Healthy Heart (LGP) (C S)
2:15 **CE** Berry Delicious Waffle Making (LLR) (C S)
3:30 **EF** Connect & Play: Family Feud™ Game (LLR) (C S)
5:45 **LL** Trivial Trivias (GR) (C S)

9:15 **LL** Global News Wednesday (LGP) (C S) 19
9:30 **HF** Endurance And Cardio Fitness (LLR) (C S)
10:15 **J** LEGATO- Guy Lombardo And His Music (LGP) (C S)
1:30 **HF** Strength Building Through Exercise (LLR) (C S)
2:15 **CE** Color My World w/ Aromatherapy (LLR) (C S)
3:15 **EF** Ring Toss- Coordination Exercise (GR) (C S)
5:45 **HF** Cranium® Crunches- Wednesday Trivia (LLR) (C S)

9:15 **LL** Thursday's Current Events (LGP) (C S) 20
9:30 **HF** Dare To Be Fit- Daybreak Exercise (LGP) (C S)
10:15 **J** LEGATO- Drum Rhythm Circle (LLR) (C S)
1:30 **HF** Fitness To Friendship: Strength Exercise (LGP) (C S)
2:15 **CE** In The Kitchen: Crepe Making w/ Maria (GR) (C S)
3:30 **LL** Astrology: Taurus & Gemini (LLR) (C S)
5:45 **LL** Did You Know?- Mind Exercise (LGP) (C S)

9:15 **LL** Don't Snooze While There's News (GR) (C S) 21
9:30 **HF** Low Impact Aerobics: Sweat And Sparkle (LLR) (C S)
10:15 **J** LEGATO- Conduct With Beethoven (LLR) (C S)
12:45 **EF** Outdoor Adventure w/ Ingrid (TBA) (C S)
1:30 **C** Rooting For Root Beer Float (LLR) (C S)
1:45 **HF** Wild For Zumba® w/ Shannon (GR) (C S)
2:30 **LL** Smithsonian: Bizarre Coral Reef Animals (LLR) (C S)
5:45 **PA** Brain Quest- Mind Exercise (LGP) (C S)

9:15 **LL** The Bee's Saturday Buzz (GR) (C S) 22
9:30 **HF** Health And Wellness: YOGA (LLR) (C S)
10:15 **J** LEGATO- Sing Along To Elder Songs (GR) (C S)
1:30 **HF** Get Heart Healthy: Walking Club (LGP) (C S)
2:15 **PA** Working With Number Ninjas (LGP) (C S)
3:15 **EF** Range Of Motion Challenge: Volleyball (LGP) (C S)
5:45 **EF** Saturday Cinema: "Pacificum" (LLR) (C S)

9:15 **LL** Today In World Culture (LLR) (C S) 23
9:30 **HF** Strong Mind & Body- Daybreak Fitness (LLR) (C S)
10:15 **IS** Chicken Soup From The Soul Of Hawai'i (LLR) (C S)
1:30 **HF** Dance Fitness (LLR) (C S)
2:30 **HF** Fun Math Madness Exercise (LLR) (C S)
3:15 **J** LEGATO- Musical Trivia (LLR) (C S)
5:45 **IS** Relax & Unwind Through Aromatherapy (LLR) (C S)

9:15 **LL** Today's Gazette (LLR) (C S) 24
9:30 **HF** YOGA- Body & Mind Exercise (LLR) (C S)
10:15 **PA** Muscle Toning In Bowling (LLR) (C S)
1:30 **HF** Fitness Movement Exercise (LLR)
2:15 **LL** Continued Learning: The Milkman History (LLR) (C S)
2:15 **J** LEGATO- Conduct With Mozart (LLR) (C S)
5:45 **LL** Would You Rather Or Would You Not? (LLR) (C S)

9:15 **LL** Tuesday's Chronicles (LLR) (C S) 25
9:30 **HF** Dare To Be Fit And Great- Dance Fitness (LGP) (C S)
10:15 **LL** 10th US State: History Of Virginia (LLR) (C S)
1:30 **HF** Walk- A- Ton: Path To A Healthy Heart (LLR)
2:30 **J** LEGATO- Hymn Concert w/ Staci (LLR) (SW)
3:15 **PA** Spelling Bee Contest (LLR) (C S)
5:45 **LL** Cranium® Crunches- Brain Quest (GR) (C S)

9:15 **LL** Today's News Around The Globe (LLR) (C S) 26
9:30 **HF** Fitness To Wellness Exercise (LGP) (C S)
10:15 **J** LEGATO- Country Music Mania (LGP) (C S)
10:45 **C** Fun In The Sun Picnic (LGP) (C S)
1:30 **HF** Body & Mind Exercise: YOGA (LLR) (C S)
2:30 **EF** Love At First Spike- Volleyball (GR) (C S)
3:15 **LL** Whale Watching Thru Technology (LLR) (C S)
5:45 **C** Hump Day Trivia (LLR) (C S)

9:15 **LL** Thursday Chronicle (LGP) (C S) 27
9:30 **HF** Low Impact Aerobics: Sweat & Sparkle (LLR) (C S)
10:15 **PA** Math Workshop: Have Math In Your Path (LLR) (C S)
1:30 **HF** Fitness To Friendship: Strength Exercise (LLR) (C S)
2:15 **CE** Clay Sculpting: Hand Exercise (LGP) (C S)
3:15 **J** LEGATO- Sing Along To Elder Songs (GR) (C S)
4:00 **C** Family Night: Speak Easy Mobsters (AZ) (ELT)
5:45 **LL** Fun Facts Thursday (GR) (C S)

9:15 **LL** Today's News: Sacramento Bee (LGP) (C S) 28
9:30 **HF** Movin & Groovin- Movement Exercise (GR) (C S)
10:00 **J** LEGATO- Drum Rhythm With Tandy (LLR) (PE)
12:45 **EF** Outdoor Adventure w/ Ingrid (C S)
1:15 **C** Rooting For Root Beer Float (LLR) (C S)
1:45 **HF** Wild For Zumba® w/ Shannon (GR) (C S)
2:30 **EF** Volleyball- Coordination Training (LLR) (C S)
3:30 **LL** Words In A Word- Engage Your Brain (LLR) (C S)
5:45 **C** Family Feud™ Game (LLR) (C S)

9:15 **LL** News You Can Use (LGP) (C S) 29
9:30 **HF** Move & Groove: Cardio Exercise (LGP) (C S)
10:15 **J** LEGATO- Conductorcise® (LGP) (C S)
1:30 **HF** Rest A while, Walk A Mile (LGP) (C S)
2:15 **PA** Muscle Toning In Bowling (LLR) (ELT)
3:30 **C** Sucker Saturday: Lollipop Making Video (LGP) (C S)
5:45 **EF** Saturday Cinema: "Catwalk" (LLR) (C S)