

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Gin and Jazz Happy Hour

Wednesday, September 1, 2:00 PM

Coming Together Project Launch

Wednesday, September 1, 3:00 PM

Sips and Dips Happy Hour

Wednesday, September 8, 2:00 PM



SEPTEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

| | | | | | | |
|---|---|--|---|---|--|---|
| <p>9:00 SCE Labor Day Brain Challenge Handout (FL)</p> <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat (LR)</p> <p>10:00 HPF Tai Chi: Balance & Posture (T)</p> <p>10:15 HPF Bowling Fun! (T)</p> <p>10:45 RSF Traditions of Rosh Hashanah: Honey (LR)</p> <p>2:00 HPF Afternoon Bingo! (AC)</p> <p>3:00 CPI Work Wisdom Part III (LR)</p> <p>4:00 HPF Strength Training Bingo: Session II (T)</p> <p>5:30 Classic Movie Night! (T)</p> | <p>9:15 HPF Walking Challenge Launch (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat (LR)</p> <p>10:00 HPF Lower Body Conditioning (T)</p> <p>10:15 SCE Bean Bag Toss! (T)</p> <p>10:45 RSF History & Celebration of Rosh Hashanah (LR)</p> <p>1:00 CPI Atria Resident Game Club (LR)</p> <p>2:00 SCE Reminiscing: A Day at Work (LR)</p> <p>3:00 SCE Afternoon Blackjack! (AC)</p> <p>4:00 HPF Upper Body Conditioning (T)</p> <p>5:30 SCE Mystery Movie Night! (T)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat (LR)</p> <p>10:00 HPF Flow Yoga (T)</p> <p>10:15 SCE Chair Volleyball! (T)</p> <p>10:45 CPI First Responder Project (AC)</p> <p>2:00 CPI Ambassador Club Meeting (T)</p> <p>3:00 HPF Dance & Movement: Cowboy Charleston (T)</p> <p>4:00 SCE Blackjack (AC)</p> <p>5:30 Tuesday night Movie! (T)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Upper Body Conditioning (T)</p> <p>10:15 SCE BEAN BAG TOSS!! (T)</p> <p>10:45 LIS ODU: Reinventing English (AC)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 SCE Sips and Dips Happy Hour (T)</p> <p>3:45 LIS Book Club Launch (T)</p> <p>4:00 HPF Tai Chi: Balance & Posture (T)</p> <p>5:30 SCE A Night At the Movies! (T)</p> <p>6:00 CPI Bingo with C! (AC)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Total Body Conditioning - Beginner (T)</p> <p>10:15 SCE Bean Bag Toss! (T)</p> <p>10:45 LIS Academic Challenge Trivia Challenge (LR)</p> <p>2:00 HPF Working on Well-being (T)</p> <p>3:00 Afternoon Bingo! (AC)</p> <p>4:00 CEA Music History: Country (LR)</p> <p>5:30 SCE Night At the Movies! (T)</p> | <p>HAPPY BIRTHDAY NICK!</p> <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>9:30 RSF Bible Study Series: Part II (AC)</p> <p>10:00 HPF Total Body Conditioning - Advanced (T)</p> <p>10:15 SCE HOLE IN ONE GOLF!! (T)</p> <p>10:45 LIS Academic Challenge Trivia fun! (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 CPI Honoring First Responders (AC)</p> <p>3:00 UNO® Club (AC)</p> <p>4:00 HPF Total Body Conditioning - Advanced (T)</p> <p>5:30 SCE Friday Night Movie! (T)</p> | <p>HAPPY BIRTHDAY JANICE!</p> <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat (LR)</p> <p>10:00 HPF Strength Training Bingo: Session III (T)</p> <p>10:15 SCE Bocce Ball Fun! (T)</p> <p>10:45 LIS Morning Trivia Fun! (LR)</p> <p>2:00 LIS Honoring Patriot Day (T)</p> <p>3:00 Afternoon Bingo! (AC)</p> <p>4:00 HPF Total Body Conditioning - Advanced (T)</p> <p>5:30 SCE Reminiscing movie Magic! (T)</p> |
| <p>HAPPY BIRTHDAY MARY G!</p> <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Tai Chi: Balance & Posture (T)</p> <p>10:15 BOWLING FUN!! (T)</p> <p>2:00 LIS ODU: The Universe & You (AC)</p> <p>3:00 Bingo Challenge! (AC)</p> <p>4:00 HPF Strength Training Bingo: Session IV (T)</p> <p>5:30 SCE Sunday Night At The Movies! (T)</p> | <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Lower Body Conditioning (T)</p> <p>10:15 Ladder Toss Fun! (T)</p> <p>10:45 LIS Zodiac & Horoscope of September (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 HPF Lower Body Conditioning (T)</p> <p>3:00 LIS Good afternoon Trivia Fun with Debra! (AC)</p> <p>4:00 Sea Life Jingo! (AC)</p> <p>5:30 SCE Classic Movie Night (T)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Flow Yoga (T)</p> <p>10:15 Chair Volleyball! (T)</p> <p>10:45 LIS Academic Challenge Trivia fun! (LR)</p> <p>2:00 CPI Engage Life® Planning Meeting (T)</p> <p>3:00 CEA Creating Water Globes (AC)</p> <p>4:00 HPF Dance & Movement: Cupid Shuffle (T)</p> <p>5:30 SCE Back in Time Movie Night (T)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Working on Well-being (AC)</p> <p>10:15 LADDER TOSS! (T)</p> <p>10:45 RSF Observing Yom Kippur (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 SCE Oktoberfest Happy Hour (T)</p> <p>4:00 HPF Tai Chi: Balance & Posture (T)</p> <p>6:00 SCE Bingo with C! (AC)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Total Body Conditioning - Beginner (T)</p> <p>10:15 Bean bag Toss (T)</p> <p>10:45 Working on Well-being (LR)</p> <p>2:00 CPI Food For Thought - Culinary Led (T)</p> <p>3:00 SCE Bowling Fun! (T)</p> <p>4:00 HPF Dance & Movement: Papa Loves Mambo (T)</p> <p>5:30 SCE Movie Night Magic (T)</p> | <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>9:30 RSF Bible Study Series: Part III (AC)</p> <p>10:00 HPF Total Body Conditioning - Advanced (T)</p> <p>10:15 SCE Hole in one Golf! (T)</p> <p>10:45 LIS Academic Challenge Trivia fun! (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 Art Class (AC)</p> <p>3:00 Blackjack Fun With Joy! (AC)</p> <p>4:00 HPF Total Body Conditioning - Advanced (T)</p> <p>6:00 CPI Bingo with C!</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Strength Training Bingo: Session V (T)</p> <p>10:15 SCE "Lawn" Darts! (T)</p> <p>10:45 LIS History & Origins of Oktoberfest (LR)</p> <p>2:00 HPF Posture and Stretch Fitness Class (T)</p> <p>3:00 Afternoon Bingo! (AC)</p> <p>4:00 Afternoon Blackjack! (AC)</p> <p>5:30 SCE Saturday night movie (T)</p> |
| <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Tai Chi: Balance & Posture (T)</p> <p>10:45 SCE Oktoberfest Traditions Around the Globe (LR)</p> <p>2:00 HPF Strength Training Bingo: Session VI (T)</p> <p>3:00 SCE Bingo!! (AC)</p> <p>4:00 LIS Scattergories® Trivia Fun! (AC)</p> <p>5:30 SCE Sunday Night Movies! (T)</p> | <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Lower Body Conditioning (T)</p> <p>10:15 SCE LADDER TOSS FUN! (T)</p> <p>10:45 LIS Academic Challenge Trivia fun! (LR)</p> <p>1:00 CPI Atria Resident Game Club</p> <p>2:00 LIS ODU: The Musical Genius of Mozart (AC)</p> <p>3:00 Bingo (AC)</p> <p>4:00 HPF Lower Body Conditioning (T)</p> <p>5:30 SCE Monday Movie madness! movie night (T)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Flow Yoga (T)</p> <p>10:15 SCE Bowling Fun! (T)</p> <p>10:45 SCE PositivityTea: Gratitude (LR)</p> <p>2:00 HPF Dance & Movement: Papa Loves Mambo (T)</p> <p>3:00 SCE Afternoon Bingo Fun! (AC)</p> <p>4:00 Afternoon Blackjack!</p> <p>5:30 SCE Tuesday Movie Night! (T)</p> | <p>HAPPY BIRTHDAY SAM P!</p> <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Upper Body Conditioning (T)</p> <p>10:15 SCE Ladder Toss! (T)</p> <p>10:45 LIS Academic Challenge Trivia Challenge (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 SCE PositivityTea: Happy Hour (T)</p> <p>4:00 HPF Tai Chi: Balance & Posture (T)</p> <p>6:00 SCE Bingo with C! (AC)</p> | <p>7:00 SCE UNO® Club! (T)</p> <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Total Body Conditioning - Beginner (T)</p> <p>10:15 Bocce Ball (T)</p> <p>10:45 LIS Academic Challenge Trivia fun! (LR)</p> <p>1:30 ATRIA AUCTION! (T)</p> <p>3:00 HPF Dance & Movement: The Git Up Line Dance (T)</p> <p>4:00 CPI Refinishing Furniture (AC)</p> <p>5:30 SCE Friday Funnies Movie Night! (T)</p> | <p>HAPPY BIRTHDAY CAROL!</p> <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 RSF Bible Study Series: Part IV (AC)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Total Body Conditioning - Advanced (T)</p> <p>10:15 SCE Hole in one Golf! (T)</p> <p>10:45 LIS Trivia Challenge (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 HPF Total Body Conditioning - Advanced (T)</p> <p>3:00 Afternoon Bowling Fun! (AC)</p> <p>4:00 Afternoon Trivia Fun! (AC)</p> <p>6:00 SCE Bingo with C!</p> | <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Strength Training Bingo: Session VII (T)</p> <p>10:15 SCE Bowling Championship (T)</p> <p>10:45 LIS Morning Trivia Fun! (LR)</p> <p>2:00 CEA Creating Art from the Scents We Smell (AC)</p> <p>3:00 SCE Afternoon Bingo! (AC)</p> <p>4:00 HPF Posture and Stretch Fitness Class (T)</p> <p>5:30 Saturday At The Movies! (T)</p> |
| <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (IR)</p> <p>10:00 HPF Tai Chi: Balance & Posture (T)</p> <p>10:15 SCE BOWLING TOURNAMENT! (T)</p> <p>10:45 LIS Morning Trivia Fun! (LR)</p> <p>2:00 CEA UV-Sun Paper Project (AC)</p> <p>3:00 SCE Afternoon Bingo! (AC)</p> <p>4:00 HPF Strength Training Bingo: Session VIII (T)</p> <p>5:30 SCE Sunday movie night! (T)</p> | <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (IR)</p> <p>10:00 HPF Lower Body Conditioning (T)</p> <p>10:15 SCE Balloon Tennis! (T)</p> <p>10:45 LIS Morning Trivia Fun! (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 SCE Coming Together Project Presentation (AC)</p> <p>3:00 Bingo! (AC)</p> <p>4:00 HPF Lower Body Conditioning (T)</p> <p>5:30 SCE Monday night movie! (T)</p> | <p>9:15 HPF Walking Challenge: Moving For Memory (FL)</p> <p>9:30 LIS Daily Inspiration Newsletter & Chat! (LR)</p> <p>10:00 HPF Flow Yoga (T)</p> <p>10:15 SCE Bowling Fun! (T)</p> <p>10:45 LIS Morning Trivia Fun! (LR)</p> <p>2:00 CPI Resident Council Meeting (T)</p> <p>3:00 HPF Dance & Movement: The Git Up Line Dance (T)</p> <p>4:00 SCE Blackjack! (T)</p> <p>5:30 SCE Movie Madness Movie night!</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily newsletter & Chat (LR)</p> <p>10:00 HPF Upper Body Conditioning (T)</p> <p>10:15 Lawn: Darts (T)</p> <p>10:45 LIS Morning Trivia Fun! (LR)</p> <p>1:00 CPI Atria Resident Game Club! (LR)</p> <p>2:00 SCE Ice Cream "Bar" Happy Hour (T)</p> <p>4:00 HPF Tai Chi: Balance & Posture (T)</p> <p>5:30 SCE Movie Night! (T)</p> | <p>9:15 HPF Walking Club (FL)</p> <p>9:30 LIS Daily newsletter & Chat (LR)</p> <p>10:00 HPF Total Body Conditioning - Beginner (T)</p> <p>10:15 Chair Volleyball! (T)</p> <p>10:45 HPF Working on Well-being (LR)</p> <p>2:00 LIS ODU: The Delicious History of Ice Cream (AC)</p> <p>3:00 Bingo (AC)</p> <p>4:00 HPF Dance & Movement: Cowboy Charleston (T)</p> <p>5:30 SCE Movie Night! (T)</p> | <p>ROOM LOCATION KEY:</p> <p>Theater T</p> <p>Living Room LR</p> <p>Front Lobby FL</p> <p>Anytime Cafe AC</p> <p>In-Room IR</p> | |

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Gin and Jazz Happy Hour

Wednesday, September 1, 2:00 PM

Sips and Dips Happy Hour

Wednesday, September 8, 2:00 PM

Ice Cream Bar Happy Hour

Wednesday, September 29, 2:00 PM



SEPTEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

| | | | | | | |
|--|---|--|---|---|---|---|
| <p>5</p> <p>9:00 RSF Praise and Worship 9:30 LIS Daily Inspiration Newsletter 10:00 HPF Music Body Moving Fitness 11:00 RSF Sundays Spiritual Side 1:30 CEA Art Class 3:30 SCE Music Gospel Singing 4:00 HPF Band Exercise 5:00 RSF Random Acts of Kindness</p> | <p>6</p> <p>9:30 LIS Today's Top Stories 10:00 RSF Communion 10:30 HPF Music Stand Up & Be Fit 11:00 CEA Clipping Coupons 1:00 LIS Poetry hour 2:00 CEA Art Class Residents Choice 3:00 HPF Exercise With Pamela 4:00 SCE Bowling Challenge 5:30 RSF Relaxing Hand Massage</p> | <p>7</p> <p>9:30 LIS Early Morning News 10:00 HPF Music Tone it Up Tuesday 1:30 LIS Are You Smarter Then A Fifth Grader 2:30 CPI Finish the Line... 3:00 HPF Exercise With Pamela 3:30 LIS Family Feud™ with Danielle. G 4:00 CEA Gardening with Danielle G. 5:30 HPF Movie Night Residents Choice</p> | <p>8</p> <p>9:30 LIS Early Morning News 10:00 HPF Music Wake Up Stretches 11:00 LIS Technology Sights Of Paris France 1:00 LIS What's in a Word 2:00 SCE Sips and Dips Happy Hour 3:00 HPF Exercise With Pamela 3:30 SCE Music Happy Hour With Fresh Lemonade 4:30 SCE September Birthday Month Dinner 5:00 HPF Meditation With friends</p> | <p>9</p> <p>9:30 LIS Daily Inspiration Newsletter 10:00 HPF Music Early Morning Workout 11:00 SCE Sharing Stories with Friends 1:30 LIS Ring Toss with Danielle 2:00 CEA Music Dance to the beat 3:00 HPF Exercise with Pamela 4:00 SCE Word Search Challenge 5:30 HPF Relax And Remember</p> | <p>10</p> <p>9:30 LIS Current Events 10:00 HPF Chair Aerobics 1:00 SCE Bingo For Fun 1:30 LIS Wheel of Fortune® 2:00 CEA Gardening Gathering 3:00 HPF Exercise With Pamela 3:30 CPI States Puzzle solving 4:00 LIS Music Songs of the 60s (T) 5:00 HPF Relaxation</p> | <p>11</p> <p>9:30 LIS News and Coffee 10:00 HPF Music Rise and Shine Workout 1:30 SCE Pretty Nails 2:00 HPF Parachuting and Balance Wave 3:00 CPI Virtual Jeopardy!® 3:30 CPI Clipping Coupons 4:00 HPF Strength and Balance Program 5:00 RSF Winding Down The Day</p> |
| <p>12</p> <p>9:00 RSF Praise and Worship 9:30 LIS Daily Inspiration Newsletter 10:00 HPF Music Stretch and Flex 11:00 RSF Spiritual Sunday-Inspiring Stories 1:30 CEA States Solving Puzzle 3:00 LIS Trivia With Danielle G. 4:00 HPF Basketball Challenge With Danielle 5:30 HPF Sunday Movie Night</p> | <p>13</p> <p>9:30 LIS Mondays News Flash 10:00 RSF Communion 10:30 HPF Music Getting Fit Exercises 1:00 CEA Art Class With Danielle 2:00 LIS Brain Trivia 3:00 HPF Exercise With Pamela 3:30 SCE Music With Elvis Presley All Shook Up 4:00 CPI Frisbee Challenge 5:00 RSF Positive Feeling</p> | <p>14</p> <p>9:30 LIS News and Views 10:00 HPF Music Tone It Up Tuesday 11:00 SCE StoryWise™ 1:00 CEA Family Feud™ 2:00 SCE Virtual Tour Of Route 66 3:00 HPF Exercise With Pamela 3:30 SCE Music Name That Tune 4:00 SCE Poker Fun with Danielle G. 4:30 CEA Name that Doris day Tune 5:00 LIS Winding Down The Day</p> | <p>15</p> <p>9:30 LIS New Flash Stories 10:00 HPF Music Commit to Be Fit 1:00 SCE Bingo With Danielle 2:00 SCE Oktoberfest Happy Hour 2:30 SCE Music Drum circle 3:00 HPF Exercise With Pamela 3:30 LIS What's In A Word? 4:00 SCE Conversational Ball Toss 5:30 RSF Aromatherapy Hand Massage</p> | <p>16</p> <p>9:30 LIS Daily Inspiration Newsletter 10:00 HPF Music Dance for Fitness 11:00 LIS Fun with Words Challenge 1:00 CEA Cooking Class With Danielle 3:00 HPF Exercise With Pamela 3:30 CPI Creative Writing-Write Encouraging Words 4:00 SCE UNO® Card Game 5:00 RSF Aromatherapy Hand Massage</p> | <p>17</p> <p>Happy Birthday Anne L. 9:30 LIS News Information from the Headlines 10:00 HPF Friday Morning Exercise 1:00 SCE Bingo For Prizes 2:00 CEA Music and Memory 3:00 HPF Exercise With Pamela 3:30 SCE Mouseketeers Theme songs 4:00 CEA Art Class: Drawing the famous mouse 5:00 HPF Comedy Movie Night</p> | <p>18</p> <p>Happy Birthday Ella R. 9:30 LIS Weekend News Events 10:00 HPF Rise & Shine Ready to Move 1:00 CPI Creating Cards for the Troops 3:00 SCE Bowling Challenge 3:30 HPF Walking Club 4:00 SCE Music Classic Country 5:30 HPF Movie Night: Gone With The Wind</p> |
| <p>19</p> <p>9:00 RSF Praise and Worship 9:30 LIS Sunday Morning Newsflash 10:00 HPF Conductorise®-A Sound Body Workout 11:00 RSF Spiritual Sunday-Thoughtfulness 1:00 SCE Blackjack For Fun 2:00 LIS Jeopardy!® Challenge 4:00 HPF Music Dance To The Beat 5:30 RSF Remember And Relax</p> | <p>20</p> <p>9:30 LIS Neighborhood News 10:00 RSF Communion 10:30 HPF Muscle Mondays 1:00 SCE Horseshoe Toss 2:00 LIS StoryWise™ with Friends 2:30 LIS Trivia: Brain Quiz 3:00 HPF Exercise With Pamela 3:30 LIS Word Search Challenge 5:00 HPF Classic Movie Night Residents Choice</p> | <p>21</p> <p>9:30 LIS Hot off the Newsstand 10:00 HPF Tuesday Morning workout 11:00 LIS Cooking Class Parfaits 1:30 LIS Virtual Wheel of Fortune® With Danielle 2:30 LIS Making Homemade Smoothies 3:00 HPF Exercise With Pamela 3:30 SCE Music Jazz Music for Flare 5:30 RSF Relaxation</p> | <p>22</p> <p>9:30 LIS Today in News 10:00 HPF Early Morning Fitness 1:00 CEA Music With Drums (LR) 2:00 SCE Positivitea Happy Hour 3:00 HPF Exercise With Pamela 3:30 CPI Music SINGING PARTY 4:30 CEA Water Color Expression 5:00 HPF Comedy Movie Night Residents Choice</p> | <p>23</p> <p>9:30 LIS Daily Inspiration Newsletter 10:00 HPF Dancing Chair Exercises 11:00 CEA Poetry Reading 1:30 SCE Horse Racing: At The Race Track 2:00 CEA Gardening Class with Danielle 3:00 HPF Exercise With Pamela 3:30 LIS What's In A Word Challenge 5:00 HPF Movie Night Residents Choice</p> | <p>24</p> <p>9:30 LIS Today's Newsflash 10:00 HPF Friday Morning Workout 11:00 LIS Trivia Time 1:00 CEA Music 50's Dance Party 2:00 SCE Bingo For Chocolate 3:00 HPF Exercise With Pamela 3:30 CPI No Mess Abstract Painting 5:00 RSF Winding The Day Down</p> | <p>25</p> <p>9:30 LIS Today's Top Stories 10:00 HPF Saturday's Early Workout 1:00 SCE Wheel of Fortune® 2:00 SCE Bingo For Fun 2:30 HPF Walking Club 3:00 CPI Last Word Game 3:30 SCE Music Good Tunes 4:00 SCE Bean Bag Toss 6:00 RSF Relax And Remember</p> |
| <p>26</p> <p>9:00 RSF Praise and Worship 9:30 LIS Headline News 10:00 HPF Be Fit Exercises 11:00 RSF Sunday's Spiritual Study-Inspiration 1:00 LIS United States Challenge 3:00 HPF Take a Walk with Me 4:00 SCE Music Singing Doris Day 5:00 RSF Meditation</p> | <p>27</p> <p>Happy Birthday Gloria M. 9:30 LIS It's News Time 10:00 RSF Communion 10:30 HPF Flex and Stretch Exercise 11:00 LIS Fun with Words 1:00 CEA Art Craft 2:00 LIS Are You Smarter Then A Fifth Grader? 3:00 HPF Exercise With Pamela 3:30 SCE Frisbee Toss Challenge 4:00 SCE Music Sing Along Lawrence Welk 5:30 RSF Relaxing Hand Massages</p> | <p>28</p> <p>9:30 LIS News and Views 10:00 LIS What's In A Word? 10:00 HPF Total Body Workout 1:00 SCE Bingo For Fun 3:00 HPF Exercise With Pamela 3:30 SCE Parachuting Balanced Wave 4:00 CEA Garden Club with Danielle. G 4:30 HPF Word Challenge With Danielle 5:30 SCE Garden Talk</p> | <p>29</p> <p>Happy Birthday Janet A. 9:30 LIS Daily Inspiration Newsletter 10:00 HPF Get Up and Get Moving Exercise 11:00 LIS Trivia With Danielle 1:00 HPF Bingo For Fun 2:00 SCE Ice Cream Bar Happy Hour 2:15 SCE Solving States Puzzle 3:00 HPF Exercise With Pamela 3:30 LIS Word Challenge With Danielle 5:30 RSF Relaxing Hand Massage</p> | <p>30</p> <p>9:30 LIS Today's Top News 10:00 HPF Dance Class With Danielle 11:00 SCE Blackjack With Danielle 1:00 HPF What's In A Word? 2:00 SCE Technology Class With Danielle 3:00 HPF Exercise With Pamela 3:30 CEA Art Class With Danielle 4:00 CEA Gardening Class 5:30 HPF Movie Night Residents Choice</p> | <p>ROOM LOCATION KEY: Living Room LR Theater T In-Room IR</p> | |

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