

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

High Tea Happy Hour

Wednesday, January 6, 3:00 PM

Bottles & Boards Happy Hour

Wednesday, January 13, 3:00 PM

Presidential Happy Hour

Wednesday, January 20, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

High Tea Happy Hour

Wednesday, January 6, 1:45 PM

Bottles & Boards Happy Hour

Wednesday, January 13, 1:45 PM

Presidential Happy Hour

Wednesday, January 20, 1:45 PM

Atria
SENIOR LIVING

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
National Hot Chocolate Day
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Light and Easy Stretch (LG)
 12:30 **CE** Art 101 (LG)
 1:30 **HF** Sunday Stroll (LG)
 1:30 **BINGO!** (LG)
 2:30 **C** 30 Min. FaceTime & Skype™ Appointments
 6:00 Sunday Classic Movies (LG)



- 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
- M** Music

ROOM LOCATION KEY:
 Life Guidance LG
 Terrace T
 In-Room IR

STAFF KEY:
 Rieka Cruz RC

1
New Year's Day!
 10:00 **LL** News and Views (LG)
 10:30 **HF** Sit & Be Fit (LG)
 12:30 Scenic Drive (3 Residents)
 12:30 **CV** Crafts for a Cause (LG)
 1:30 **EF** New Year's Day Rose Parade (LG)
 3:00 **PA** Discover Famous Artist in History (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Comedy Movie Night (LG)

2
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Stretch and Flex (LG)
 11:00 **LL** Wild About Animals (LG)
 12:30 **C** Tea Time Social (LG)
 1:30 **LL** Cranium® Crunch Trivia (LG)
 3:00 **LL** Decoded (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Saturday Night Block Buster

3
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Light and Easy Stretch (LG)
 12:30 **CE** Art 101 (LG)
 1:30 **HF** Sunday Stroll (LG)
 2:30 **C** 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **BINGO!** (LG)
 6:00 Sunday Classic Movies (LG)

4
National Trivia Day
 10:00 **LL** Today in History (LG)
 10:30 **HF** Morning Moving Exercises (LG)
 12:30 **CE** Color Me Happy (LG)
 1:30 **LL** Learn a New Language (LG)
 2:00 **LL** Taste Around the World
 3:00 **EF** Armchair Travel (LG)
 4:00 **HF** Body and Soul Stretch (LG)
 6:00 Lights, Camera, Action!

5
 10:00 **LL** Morning Chats (LG)
 10:30 **HF** Heart Healthy Exercises (LG)
 1:00 **EF** Sing Along (LG)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **LL** Paul Harvey's Radio Show (LG)
 4:00 **HF** Challenge Your Balance (LG)
 6:00 **EF** Netflix® Movie Night (LG)

6
 10:00 **LL** Morning News & Views (LG)
 10:30 **HF** Stretcherise (LG)
 1:00 What's in a Word? (LG)
 1:45 **EF** High Tea Happy Hour (LG) (RC)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **IS** Mindful Meditation (LG)
 4:00 **HF** Seated Strength (LG)
 6:00 **EF** Oscar Best Picture Winners (LG)

7
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Total Body Fitness (LG)
 12:30 Scenic Drive (3 Residents)
 1:00 **M** Evolution of Music (LG)
 2:00 **M** Virtual Name that Tune
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **EF** Jump, Jive, and Boogie (LG)
 4:00 **HF** Tai Chi (LG)
 6:00 **EF** Broadway Shows (LG)

8
 10:00 **LL** News and Views (LG)
 10:30 **HF** Sit & Be Fit (LG)
 12:30 Scenic Drive (3 Residents)
 12:30 **CV** Crafts for a Cause (LG)
 1:30 **EF** Virtual Museum Trip (LG)
 3:00 **PA** Discover Famous Artist in History (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Comedy Movie Night (LG)

9
 10:00 **LL** News and Views (LG)
 10:30 **HF** Stretch and Flex (LG)
 11:00 **LL** Wild About Animals (LG)
 12:30 **C** Tea Time Social (LG)
 1:30 **LL** Cranium® Crunch Trivia (LG)
 3:00 **LL** Decoded (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Saturday Night Block Buster

10
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Light and Easy Stretch (LG)
 12:30 **CE** Painting 101 (LG)
 1:30 **HF** Sunday Stroll (LG)
 2:00 **A** StoryWise™ Discussion
 2:30 **C** 30 Min. FaceTime & Skype™ Appointments
 3:00 **BINGO!** (LG)
 6:00 Sunday Classic Movies (LG)

11
 10:00 **LL** Today in History (LG)
 10:30 **HF** Morning Moving Exercises (LG)
 12:30 **CE** Color Me Happy (LG)
 1:30 **LL** Learn a New Language (LG)
 2:00 **LL** Taste Around the World
 3:00 **EF** Armchair Travel (LG)
 4:00 **HF** Body and Soul Stretch (LG)
 6:00 Lights, Camera, Action!

12
National Hot Tea Day
 10:00 **LL** Morning Chats (LG)
 10:30 **HF** Heart Healthy Exercises (LG)
 1:00 **EF** Sing Along (LG)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **LL** Paul Harvey's Radio Show (LG)
 4:00 **HF** Challenge Your Balance (LG)
 6:00 **EF** Netflix® Movie Night (LG)

13
 10:00 **LL** Morning News & Views (LG)
 10:30 **HF** Stretcherise (LG)
 1:00 What's in a Word? (LG)
 1:45 **EF** Bottles & Boards Happy Hour (LG) (RC)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 2:30 **EF** Caroling Connection Victorian Carolers (T)
 3:00 **IS** Some Good News (LG)
 4:00 **HF** Seated Strength (LG)

14
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Total Body Fitness (LG)
 12:30 Scenic Drive (3 Residents)
 1:00 **M** Evolution of Music (LG)
 2:00 **M** Virtual Name that Tune
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **EF** Jump, Jive, and Boogie (LG)
 4:00 **HF** Tai Chi (LG)
 6:00 **EF** Broadway Shows (LG)

15
 10:00 **LL** News and Views (LG)
 10:30 **HF** Sit & Be Fit (LG)
 12:30 Scenic Drive (3 Residents)
 12:30 **CV** Crafts for a Cause (LG)
 1:30 **EF** Virtual Museum Trip (LG)
 3:00 **PA** Discover Famous Artist in History (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Comedy Movie Night (LG)

16
 10:00 **LL** News and Views (LG)
 10:30 **HF** Stretch and Flex (LG)
 11:00 **LL** Wild About Animals (LG)
 12:30 **C** Tea Time Social (LG)
 1:30 **LL** Cranium® Crunch Trivia (LG)
 3:00 **LL** Decoded (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Saturday Night Block Buster

17
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Light and Easy Stretch (LG)
 12:30 **CE** Art 101 (LG)
 1:30 **HF** Sunday Stroll (LG)
 2:30 **C** 30 Min. FaceTime & Skype™ Appointments
 3:00 **BINGO!** (LG)
 6:00 Sunday Classic Movies (LG)

18
Martin Luther King Jr. Day
 10:00 **LL** Today in History (LG)
 10:30 **HF** Morning Moving Exercises (LG)
 12:30 **CE** Color Me Happy (LG)
 1:30 **LL** Learn a New Language (LG)
 2:00 **LL** Taste Around the World
 3:00 **EF** Armchair Travel (LG)
 4:00 **HF** Body and Soul Stretch (LG)
 6:00 Lights, Camera, Action!

19
National Popcorn Day
 10:00 **LL** Morning Chats (LG)
 10:30 **HF** Heart Healthy Exercises (LG)
 1:00 **EF** Sing Along (LG)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **LL** Paul Harvey's Radio Show (LG)
 4:00 **HF** Challenge Your Balance (LG)
 6:00 **EF** Netflix® Movie Night (LG)

20
Inauguration Day
 10:00 **LL** Morning News & Views (LG)
 10:30 **HF** Stretcherise (LG)
 1:00 What's in a Word? (LG)
 1:45 **EF** Presidential Happy Hour (LG) (RC)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **IS** Mindful Meditation (LG)
 4:00 **HF** Seated Strength (LG)

21
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Total Body Fitness (LG)
 12:30 Scenic Drive (3 Residents)
 1:00 **M** Evolution of Music (LG)
 2:00 **M** Virtual Name that Tune
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **EF** Jump, Jive, and Boogie (LG)
 4:00 **HF** Tai Chi (LG)
 6:00 **EF** Broadway Shows (LG)

22
 10:00 **LL** News and Views (LG)
 10:30 **HF** Sit & Be Fit (LG)
 12:30 Scenic Drive (3 Residents)
 12:30 **CV** Crafts for a Cause (LG)
 1:00 **EF** Virtual Museum Trip (LG)
 1:45 **PA** Birthday Party Sing Along w/ Rieka (LG) (RC)
 3:30 **PA** Discover Famous Artist in History (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Comedy Movie Night (LG)

23
National Pie Day
 10:00 **LL** News and Views (LG)
 10:30 **HF** Stretch and Flex (LG)
 11:00 **LL** Wild About Animals (LG)
 12:30 **C** Tea Time Social (LG)
 1:30 **LL** Cranium® Crunch Trivia (LG)
 3:00 Brain Games (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Saturday Night Block Buster

24
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Light and Easy Stretch (LG)
 12:30 **CE** Painting 101 (LG)
 1:30 **HF** Sunday Stroll (LG)
 2:30 **C** 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **BINGO!** (LG)
 6:00 Sunday Classic Movie (LG)

25
 10:00 **LL** Today in History (LG)
 10:30 **HF** Morning Moving Exercises (LG)
 12:30 **CE** Color Me Happy (LG)
 1:30 **LL** Learn a New Language (LG)
 2:00 **LL** Taste Around the World
 3:00 **EF** Armchair Travel (LG)
 4:00 **HF** Body and Soul Stretch (LG)
 6:00 Lights, Camera, Action!

26
 10:00 **LL** Morning Chats (LG)
 10:30 **HF** Heart Healthy Exercises (LG)
 1:00 **EF** Sing Along (LG)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **LL** Paul Harvey's Radio Show (LG)
 4:00 **HF** Challenge Your Balance (LG)
 6:00 **EF** Netflix® Movie Night (LG)

27
 10:00 **LL** Morning News & Views (LG)
 10:30 **HF** Stretcherise (LG)
 1:00 What's in a Word? (LG)
 1:45 **EF** Coffee Bar Happy Hour (LG) (RC)
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **IS** Some Good News (LG)
 4:00 **HF** Seated Strength (LG)

28
 10:00 **LL** Daily Chronicle (LG)
 10:30 **HF** Total Body Fitness (LG)
 12:30 Scenic Drive (3 Residents)
 1:00 **M** Evolution of Music (LG)
 2:00 **M** Virtual Name that Tune
 2:30 **C** (2) 30 Min. FaceTime, Zoom or Skype™ (IR)
 3:00 **EF** Jump, Jive, and Boogie (LG)
 4:00 **HF** Tai Chi (LG)
 6:00 **EF** Broadway Shows (LG)

29
 10:00 **LL** News and Views (LG)
 10:30 **HF** Sit & Be Fit (LG)
 12:30 Scenic Drive (3 Residents)
 12:30 **CV** Crafts for a Cause (LG)
 1:30 **EF** Virtual Museum Trip (LG)
 3:00 **PA** Discover Famous Artist in History (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Comedy Movie Night (LG)

30
 10:00 **LL** News and Views (LG)
 10:30 **HF** Stretch and Flex (LG)
 11:00 **LL** Wild About Animals (LG)
 12:30 **C** Tea Time Social (LG)
 1:30 **LL** Cranium® Crunch Trivia (LG)
 3:00 Brain Games (LG)
 4:00 **HF** Chair Dancing (LG)
 6:00 Saturday Night Block Buster

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