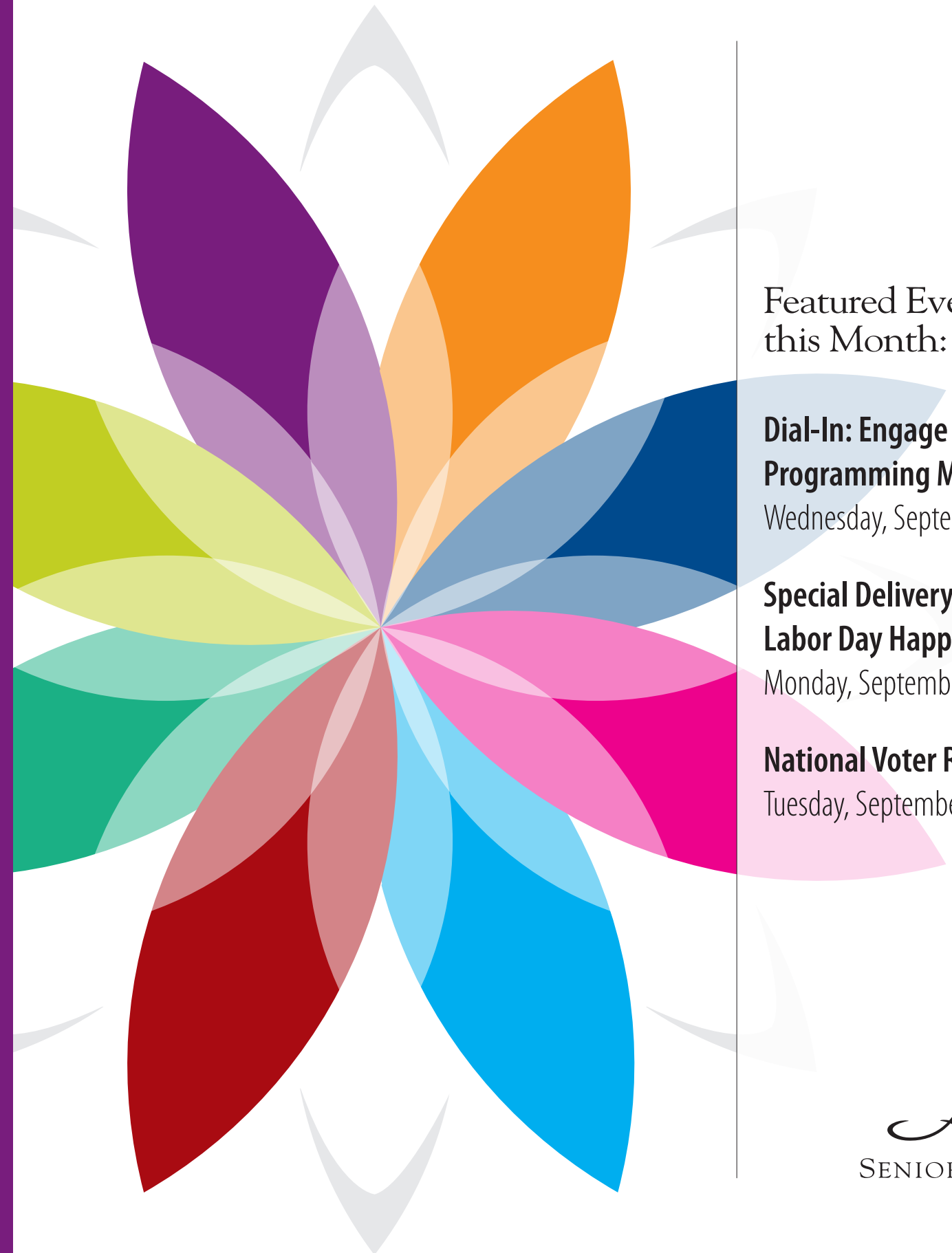


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Dial-In: Engage Life
Programming Meeting**

Wednesday, September 2, 1:00 PM

**Special Delivery:
Labor Day Happy Hour**

Monday, September 7, 3:30 PM

National Voter Registration Day

Tuesday, September 22, 7:00 AM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SEPTEMBER 2020

ATRIA BURLINGAME engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>1:30 LL Foothill College-Music Appreciation (3rd)</p> <p>2:30 EF Snack Delivery (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:30 CV Veterans History Project (AHA) (ELP)</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:00 Morning Documentary: Doris Day (LR)</p> <p>1:00 PA Dial-In: Engage Life® Programming Meeting</p> <p>2:30 EF Mobile Happy Hour (AHA)</p> <p>3:00 CE Blossom Possum Flower Power (LR)</p> <p>3:00 C Video Chat with Family/Friends (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:30 LL Special Delivery: Trivia Challenge (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>9:30 CE Special Delivery: Wreath-Making Kits (AHA) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>11:15 HF Morning Stretch (3rd)</p> <p>1:00 PA Dial-In: Food for Thought Meeting (AHA)</p> <p>2:30 EF Mobile Happy Hour (AHA)</p> <p>3:00 C Video Chat with Family/Friends (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:30 LL Special Delivery: Trivia Challenge (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>9:30 IS Devotional and Prayer: 1st Floor (AHA)</p> <p>10:00 Morning Matinee: Residents' Choice (LR)</p> <p>10:30 IS Devotional and Prayer: 2nd Floor (AHA)</p> <p>11:00 IS Devotional and Prayer: 3rd Floor (AHA) (ELD)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>2:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>2:30 EF Mobile Happy Hour (AHA) (ELD)</p> <p>3:00 HF Walking Club (FL)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:30 HF Friday Night Movie (LR)</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>9:30 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>12:45 LL Taboo® Trivia (FP)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>2:30 EF Snack Delivery (AHA)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>
<p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>12:30 IS Dial-In Devotional (DI) (ELD)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>3:30 PA Special Delivery: Labor Day Happy Hour Residents' Choice (LR)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:00 HF Fitness with Diane (3rd)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>2:30 EF Snack Delivery (AHA)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF True Story Tuesday (LR)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:30 CV Veterans History Project (AHA) (ELP)</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>11:15 HF Morning Stretch (3rd)</p> <p>1:00 PA Dial-In: Food for Thought Meeting (AHA)</p> <p>2:30 EF Mobile Happy Hour (AHA)</p> <p>3:00 C Video Chat with Family/Friends (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:30 LL Special Delivery: Trivia Challenge (AHA) (ELP)</p>	<p>9:30 CE Special Delivery: Wreath-Making Kits (AHA) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>11:00 IS Devotional and Prayer: 3rd Floor (AHA) (ELD)</p> <p>1:15 CE Blossom Possum Flower Power (LR)</p> <p>1:45 C Bingo with David & Friends</p> <p>2:00 HF Cornhole (3rd)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF Residents Choice (LR)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 IS Devotional and Prayer: 1st Floor (AHA)</p> <p>10:00 Morning Matinee: Residents' Choice (LR)</p> <p>10:30 IS Devotional and Prayer: 2nd Floor (AHA)</p> <p>11:00 IS Devotional and Prayer: 3rd Floor (AHA) (ELD)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>2:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>2:30 EF Mobile Happy Hour (AHA) (ELD)</p> <p>3:00 HF Walking Club (FL)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:30 HF Friday Night Movie (LR)</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>12:45 LL Taboo® Trivia (FP)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>2:30 EF Snack Delivery (AHA)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>
<p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>2:30 EF Snack Delivery</p> <p>3:30 HF Cornhole (FP)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF Residents' Choice (LR)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>12:30 IS Dial-In Devotional (DI) (ELD)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>2:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>2:30 EF Mobile Happy Hour (AHA)</p> <p>3:30 LL Special Delivery: Brain Games (AHA) (ELD)</p> <p>6:30 LL Monday Evening Musical (LR)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:00 HF Washington Park Walk (FL)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>2:30 EF Snack Delivery (AHA)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF True Story Tuesday (LR)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:30 CV Veterans History Project (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:00 PA Dial-In: Town Hall Meeting</p> <p>3:00 C Video Chat with Family/Friends (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:30 LL Special Delivery: Trivia Challenge (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>9:30 CE Special Delivery: Creative Writing (AHA) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 IS Devotional and Prayer: 1st Floor (AHA)</p> <p>10:30 IS Devotional and Prayer: 2nd Floor (AHA)</p> <p>11:00 IS Devotional and Prayer: 3rd Floor (AHA) (ELD)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>2:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>2:30 EF Mobile Happy Hour (AHA)</p> <p>6:30 HF Murder Mystery (LR)</p>	<p>9:15 IS Catholic Eucharist (3rd)</p> <p>9:30 PA Barbara's Piano Hour (LR)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>2:30 EF Snack Delivery (AHA) (ELP)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF Saturday Night Movie-Residents Choice! (LR)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>
<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>10:00 HF Strength & Fitness- Early Edition (3rd)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:00 PA Special Delivery: Father's Day Gifts</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>2:30 EF Snack Delivery (AHA)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF Dads in Movies: Night #1 (LR)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>12:30 IS Dial-In Devotional (DI) (ELD)</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>3:30 LL Special Delivery: Brain Games (AHA) (ELD)</p>	<p>7:00 EF National Voter Registration Day</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF True Story Tuesday (LR)</p> <p>7:30 CV Veterans History Project (AHA) (ELP)</p>	<p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:00 PA Dial-In: Ambassador Club Meeting</p> <p>2:30 EF Mobile Happy Hour (AHA)</p> <p>3:00 C Video Chat with Family/Friends (AHA) (ELD)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>7:30 LL Special Delivery: Trivia Challenge (AHA) (ELP)</p>	<p>9:30 CE Special Delivery: Arts and Crafts Kits (AHA) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>2:30 EF Snack Delivery (AHA)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 IS Devotional and Prayer: 1st Floor (AHA)</p> <p>10:30 IS Devotional and Prayer: 2nd Floor (AHA)</p> <p>11:00 IS Devotional and Prayer: 3rd Floor (AHA) (ELD)</p> <p>11:15 HF Strength & Balance (3rd)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>2:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:00 HF Friday Night Movie (AHA) (ELD)</p>	<p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>2:30 EF Snack Delivery (AHA)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>
<p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>1:30 C Conference Call Bingo (DI) (ELP)</p> <p>3:00 C Video Chat with Family/Friends (ELP)</p> <p>6:00 HF StoryWise™ (LR)</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>6:30 HF Crazy Rich Asians (LR)</p> <p>7:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p>	<p>9:30 C Morning Message/ Seated Stretch (DI) (ELD)</p> <p>10:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>11:15 HF Strength & Fitness (3rd)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor (AHA) (ELP)</p> <p>2:30 EF Mobile Happy Hour (AHA)</p> <p>6:30 HF Musical Monday (LR)</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>10:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELD)</p> <p>11:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELD)</p> <p>12:30 IS Dial-In Devotional</p> <p>1:30 HF 10-Minute Exercise Blocks: 2nd Floor (AHA) (ELP)</p> <p>2:00 HF 10-Minute Exercise Blocks: 3rd Floor (AHA) (ELP)</p> <p>2:30 EF Mobile Happy Hour</p>	<p>9:30 PA Barbara's Piano Hour (LR)</p> <p>1:00 HF 10-Minute Exercise Blocks: 1st Floor</p> <p>2:30 EF Snack Delivery</p> <p>3:30 LL Special Delivery: Brain Games</p> <p>6:00 HF 10-Minute Exercise Blocks: 1st Floor</p> <p>6:30 HF 10-Minute Exercise Blocks: 2nd Floor</p>	<p>PA Personal Achievement</p> <p>HF Health & Fitness</p> <p>EF Entertainment & Fun</p> <p>CV Civic Engagement</p> <p>LL Lifelong Learning</p> <p>CE Creative Expression</p> <p>IS Inspiration & Spirituality</p> <p>C Connection</p> <p>StoryWise Atria StoryWise</p>	<p>ROOM LOCATION KEY:</p> <p>Living Room LR</p> <p>Front Patio FP</p> <p>3rd Floor 3rd</p> <p>Front Lobby FL</p> <p>At-Home Activity AHA</p> <p>Dial-In DI</p>	<p>STAFF KEY:</p> <p>Dara O'Bannon ELD</p> <p>Haley Temple ELP</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

GARDENING DAY

Saturday, September 5, 3:00 PM

TALK LIKE A PIRATE DAY

Saturday, September 19, 3:00 PM

Music and Snacks

Saturday, September 26, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SEPTEMBER 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p>9:30 HF Morning Gathering 10:00 C Coffee & Biscuits 11:00 IS Nail Spa 2:30 IS Aromatherapy (LR) 4:00 HF Afternoon Stretch 6:00 IS Meditation (LR)</p>	<p>9:30 HF Morning Gathering 10:00 CE Karaoke 1:00 CV Animal Advocacy (LR) 3:00 EF Snack Social (LR) 4:00 HF Strength and Balance Program 6:00 IS Meditation</p>	<p>9:30 HF Move & Groove 10:00 CV Artwork for a Cause 2:30 J Musical Instrument Day 4:00 HF Strength and Balance Program 6:00 IS Relaxation</p>	<p>9:30 HF Morning Gathering 10:00 LL Space Talk 10:30 CE StoryWise™ 11:00 J 1950s Greatest Hits 2:00 Singing from the Heart 3:00 EF Snack Social 4:00 HF Afternoon Stretch 6:00 EF Friday Movie with Family</p>	<p>9:30 HF Dance for Joy! 10:00 LL Coffee & The News 1:00 EF Cards With Friends 3:00 GARDENING DAY (LG) 4:00 HF Strength and Balance Program 6:00 IS Saturday Night Movie</p>
<p>9:30 HF Dance for Joy 10:00 EF Snack Social 1:00 LL Book Club 3:00 C Happy Hour 4:00 HF Afternoon Stretch 6:00 EF Sunday Night Movie</p>	<p>9:30 HF Morning Stretch 10:00 LL Newsstand 10:30 CE Tea Time 2:00 Let's Play Cards 4:00 HF Volleyball 6:00 IS Mindful Meditation</p>	<p>9:30 HF Morning Stretch 10:30 LL Newsstand 11:00 IS Nail Spa 1:00 CE Arts and Crafts 2:30 EF Snack Social 4:00 HF Strength and Balance Program 6:00 J Meditation</p>	<p>9:30 HF Breathing Exercises 10:00 LL Today in History 11:00 IS Bird Watchers 3:00 C Snack Social (LR) 4:00 HF Let's Dance! 6:00 J Karaoke Hour</p>	<p>9:30 HF Morning Gathering 10:00 LL What's New in the News? 11:00 J Karaoke 1:30 PA Reminiscing 4:00 HF Afternoon Walk 6:00 EF Movie and Popcorn</p>
<p>9:30 HF Breathing Exercises 10:00 C Share a Story through StoryWise™ 1:30 J Remembering Doris Day (LR) 3:00 C Snack Social 4:00 HF Afternoon Stretch 6:00 IS Relaxation</p>	<p>9:30 HF Balance Body & Mind 10:30 J Name That Tune 11:00 C Yesteryear 2:00 J 1950's Music 4:00 HF Volleyball 6:00 EF Monday Night Movie</p>	<p>9:30 HF Morning Gathering 10:00 LL Coffee & the News 11:00 IS Nail Spa 1:00 EF Travel to Asia 3:00 C Music Trivia 4:00 HF Spelling Bee 6:00 IS Relax & Remember</p>	<p>9:30 HF Morning Stretch 10:00 CE Arts and Crafts 11:00 EF Cards with Friends 1:00 Let's Do Puzzles! 4:00 HF Afternoon Stretch 6:00 J Sinatra Sing Along</p>	<p>9:30 HF Dance for Joy! 10:30 LL This Day in History 11:00 IS Happy History 1:30 CE Karaoke Singers 3:00 PA Reminiscing 4:00 HF Breathing Exercises 6:00 EF Movie & Popcorn</p>
<p>9:30 HF Move and Groove 10:30 LL Book Club 11:00 J Travel to Europe 1:00 C Bingo 3:00 EF Snack Time (LR) 4:00 HF Afternoon Walk 6:00 EF Sunday Night Movie</p>	<p>9:30 HF Morning Stretch 11:00 C Name That Tune 2:00 EF Board Games 3:00 CE StoryWise™ 4:00 HF Dance Class 6:00 C A Few of My Favorite Things</p>	<p>9:30 HF Breathing Exercises 10:30 C Yesteryear 11:00 IS Nail Spa 1:00 CE Arts and Crafts 3:00 EF NATIONAL ICE CREAM CONE DAY (LG) 4:00 HF Volleyball 6:00 IS Meditation</p>	<p>9:30 HF Move 'N' Groove 10:30 C Remembering JFK 1:00 C Travel to Australia 3:00 EF Snack Social (LR) 4:00 HF Let's Dance 6:00 J Remembering Perry Como</p>	<p>9:30 HF Dance for Joy! 10:00 LL Natural Sciences 11:00 LL Today in History 1:30 J Musical Instrument Day 3:00 PA Reminiscing 4:00 HF Afternoon Stretch</p>
<p>9:30 HF Morning Stretch 11:00 C Tell Me About Your Family 1:00 LL Book Club 3:00 C Happy Hour 4:00 HF Strength and Balance Program 6:00 EF Sunday Night Movie</p>	<p>9:30 HF Strength Training 10:30 IS Jokes w/ Friends 2:00 LL Words of Wisdom 3:00 C Snack Social 4:00 HF Dance Class 6:00 IS Mindful Meditation</p>	<p>9:30 HF Morning Stretch 10:30 LL Newsstand 11:00 IS Nail Spa 1:00 CE Arts and Crafts 2:30 EF Snack Social 4:00 HF Strength and Balance Program 6:00 J Meditation</p>	<p>9:30 HF Breathing Exercises 10:00 LL Today in History 11:00 IS Bird Watchers 3:00 C Snack Social (LR) 4:00 HF Let's Dance! 6:00 J Karaoke Hour</p>	<p>PA Personal Achievement HF Health & Fitness EF Entertainment & Fun CV Civic Engagement LL Lifelong Learning CE Creative Expression IS Inspiration & Spirituality C Connection C Atria StoryWise J Music</p>
<p>9:30 HF Morning Gathering 10:00 LL Space Talk 10:30 CE StoryWise™ 11:00 J 1950s Greatest Hits 2:00 Singing from the Heart 3:00 EF Snack Social 4:00 HF Afternoon Stretch 6:00 EF Friday Movie with Family</p>	<p>9:30 HF Dance for Joy! 10:00 LL Coffee & The News 1:00 EF Cards With Friends 3:00 GARDENING DAY (LG) 4:00 HF Strength and Balance Program 6:00 IS Saturday Night Movie</p>			

ROOM LOCATION KEY:
Life Guidance Living Room LG
Living Room LR