

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

StoryWise: Unity Day
Saturday, October 10, 2:00 PM

Harvest Happy Hour Cart
Wednesday, October 14, 2:00 PM

Halloween Happy Hour
Wednesday, October 28, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2020

ATRIA WALNUT CREEK engage life®

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
- Atria StoryWise**

- ROOM LOCATION KEY:**
- Activity Room AR
 - Creekside Bistro CB
 - Resident Apartment RA

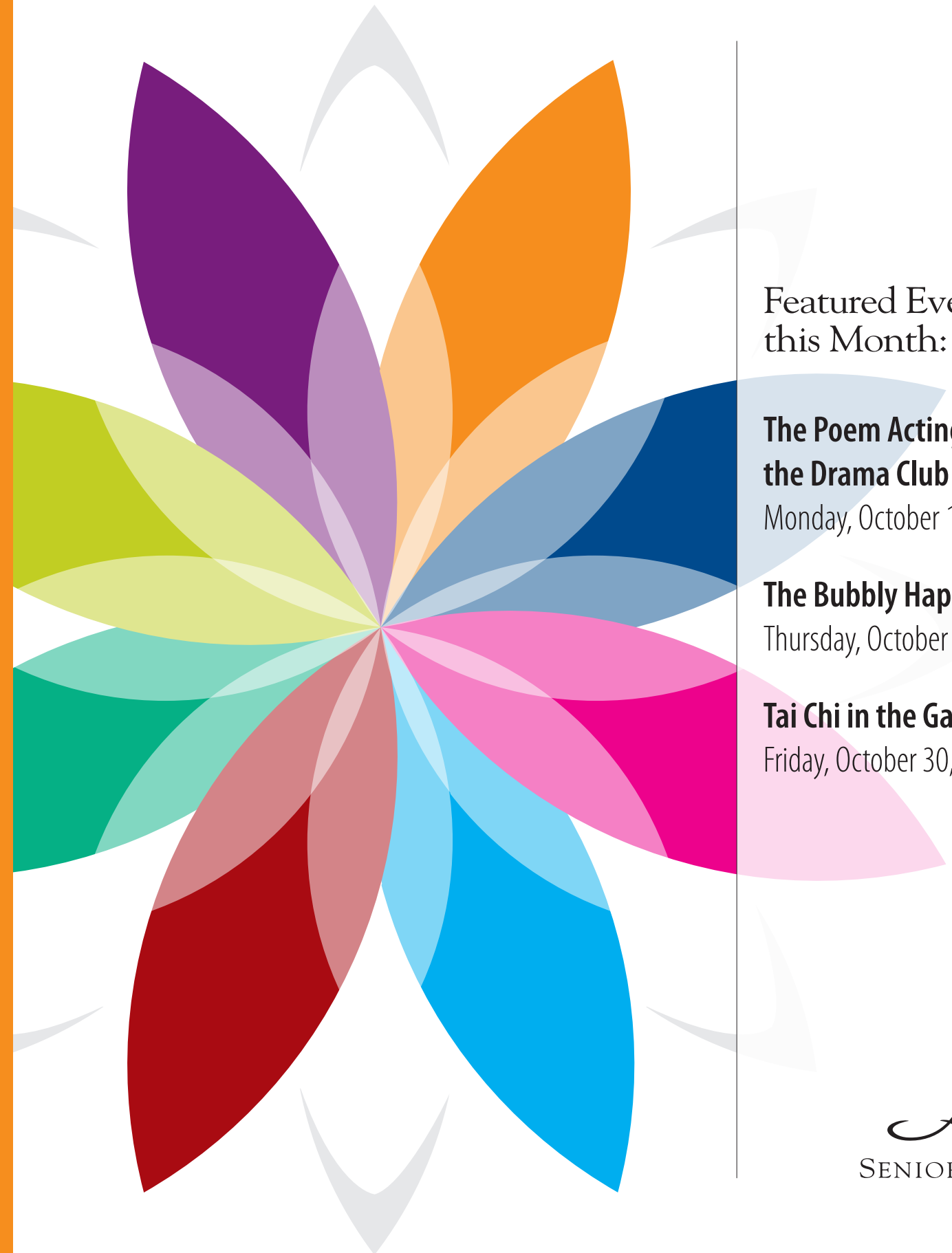
- STAFF KEY:**
- Engage Life Director ELD
 - Engage Life Program Instructor ELI

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<p>4</p> <p>8:00 IS Sunrise Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) 11:00 HF Chair Exercise with Roezi 1:30 What's in a Word? Challenge (AR) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 2:30 Group Crossword Challenge (AR) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>5</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELD) 10:00 HF Chair Exercise with Roezi (RA) 11:00 HF Chair Exercise with Roezi (AR) (ELI) 1:00 Group Crossword Challenge (AR) (ELI) 2:00 Bingo Blast (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>6</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Hangman & Word Games (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>7</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Georgina (AR) (ELD) 11:00 HF Chair Exercise with Friends (ELI) 1:00 Group Boggle™ with Roezi (AR) (ELI) 2:00 EF Coffee Bar Happy Hour Cart (RA) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>8</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Georgina (AR) (ELD) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 iPad® Word Games (AR) (ELI) 2:00 Bingo Blast (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>9</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Friends (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Wheel of Fortune® Challenge (AR) (ELD) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>10</p> <p>8:00 IS Sunrise Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Friends (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 IS Ted Talks (AR) (ELD) 2:00 EF StoryWise™: Unity Day (RA) (ELD) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>
<p>11</p> <p>8:00 IS Sunrise Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) 11:00 HF Chair Exercise with Roezi (AR) (ELI) 1:30 What's in a Word? Challenge (AR) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 2:30 Group Crossword Challenge (AR) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>12</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELD) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Group Crossword Challenge (AR) (ELI) 2:00 Bingo Blast (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>13</p> <p>8:00 IS Morning Meditation (RA) 9:00 PA Calendar Review (CB) (ELD) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Hangman & Word Games (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>14</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Georgina (AR) (ELD) 11:00 HF Chair Exercise with Friends (ELI) 1:00 Group Boggle™ with Roezi (AR) (ELI) 2:00 EF Harvest Happy Hour Cart (RA) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>15</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Georgina (AR) (ELD) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 iPad® Word Games (ELI) 2:00 CE Arts and Crafts (AR) (ELD) 2:00 EF NFL Season Kickoff Party (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>16</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Friends (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Wheel of Fortune® Challenge (AR) (ELD) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>17</p> <p>8:00 IS Sunrise Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Friends (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 IS Ted Talks (ELD) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>
<p>18</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Roezi (AR) (ELI) 1:30 What's in a Word? (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 2:30 Group Crossword Challenge (AR) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>19</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Group Crossword Challenge (AR) (ELI) 2:00 Bingo Blast (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>20</p> <p>8:00 IS Morning Meditation (RA) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Hangman & Word Puzzles (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (ELI)</p>	<p>21</p> <p>8:00 IS Morning Meditation (RA) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Group Boggle™ with Roezi (AR) (ELI) 2:00 EF Masks & Mimosas Happy Hour Cart (RA) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>22</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Georgina (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 iPad® Word Games (AR) (ELI) 2:00 Bingo Blast (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>23</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Friends (AR) (ELD) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Wheel of Fortune® (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>24</p> <p>8:00 IS Sunrise Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Georgina (AR) (ELD) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 IS Ted Talks (AR) (ELD) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>
<p>25</p> <p>8:00 IS Sunrise Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 1:30 What's in a Word? (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 2:30 Group Crossword Challenge (AR) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>26</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Group Puzzles Challenge (AR) (ELI) 2:00 Bingo Blast (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>27</p> <p>8:00 IS Morning Meditation (RA) 9:00 HF Walking Club by Appointment Only (ELI) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Hangman & Word Puzzles (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>28</p> <p>8:00 IS Morning Meditation (RA) 10:00 HF Chair Exercise with Roezi (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 Group Boggle™ with Roezi (AR) (ELI) 2:00 EF Halloween Happy Hour (RA) (ELI) 3:30 HF Strength and Balance Program (AR) (ELI)</p>	<p>29</p> <p>8:00 IS Morning Meditation (RA) 10:00 HF Chair Exercise with Georgina (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 iPad® Word Games (AR) (ELI) 2:00 CE Arts and Crafts (AR) (ELD) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>30</p> <p>8:00 IS Morning Meditation (RA) 10:00 HF Chair Exercise with Friends (AR) (ELI) 11:00 HF Chair Exercise with Roezi (AR) (ELI) 1:00 Wheel of Fortune® Challenge (AR) (ELI) 2:00 EF Mystery Snack/Happy Hour Cart (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>	<p>31</p> <p>8:00 IS Morning Meditation (RA) 10:00 HF Chair Exercise with Friends (AR) (ELI) 11:00 HF Chair Exercise with Friends (AR) (ELI) 1:00 IS Ted Talks (AR) (ELD) 2:00 EF Culinary Enhancement Programs (RA) 3:00 HF Strength and Balance Program (AR) (ELI)</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**The Poem Acting at
the Drama Club**

Monday, October 12, 6:00 PM

The Bubbly Happy Hour

Thursday, October 29, 3:00 PM

Tai Chi in the Garden

Friday, October 30, 10:00 AM

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SENIOR LIVING

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OCTOBER 2020

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TUESDAY

WEDNESDAY

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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
- AS** Atria StoryWise
- M** Music

- ROOM LOCATION KEY:**
- Life Guidance LG
 - Dining Room DR
 - Living Room LR
 - Activity Room AR
 - Garden GAR

- STAFF KEY:**
- Engage Life Director ELD
 - Life Guidance Instructor LGI

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<p>4</p> <p>10:00 HF Walking Club (LG) 10:30 HF Low-Impact Aerobic (LR) 11:00 HF Bingo Bango 2:00 M Music & Art 3:30 AS StoryWise™ 4:00 IS Herbal Infusion 6:00 EF Let's go to The Movies</p>	<p>5</p> <p>10:00 HF Walking Club (LG) 10:30 HF Low-Impact Aerobic 11:00 EF Bingo Bango 2:00 M Tony Bennet & Easy Listening (LG) 2:30 C Afternoon Social (LG) 3:00 EF Hangman 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>6</p> <p>9:30 HF Walking Club (LG) 10:00 CE Art therapy 2:00 HF Chair Yoga 2:30 C Cookies & Milk Social 3:00 EF Group Crossword (LG) 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>7</p> <p>10:00 HF Walking Club 10:30 IS Facials & Massage 2:00 HF Chair Tai Chi 2:30 C Afternoon Social 3:00 UNO®- Card Games (LG) 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>8</p> <p>10:00 HF Walking Club 10:30 M Dancing With The Scarves 11:00 Remembering Summer Songs 2:00 CE Afternoon Concert 2:30 C Afternoon Social 3:00 LL Blackjack 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>9</p> <p>10:00 HF Walking Club 10:30 HF Sit & Stretch 11:00 M Sing Along 1:30 CE Kool-Aid Art (AR) 2:30 C Afternoon Social 3:30 Happy Hour (DR) 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>10</p> <p>9:30 HF The Walking Club (LG) 10:00 CE Happy Name Tags 10:30 HF Movement & Music 1:30 M Sing Along 3:30 IS Nature Documentary 4:00 CV Herbal Infusion 6:00 EF Tonight At the Movies</p>
<p>11</p> <p>10:00 HF Walking Club 10:30 HF Low-Impact Aerobic (LG) 11:00 M Sing Along 2:00 EF Bingo Bango 3:00 AS StoryWise™ & Iced Tea 4:00 IS Herbal Infusion 6:00 EF Let's go to The Movies</p>	<p>12</p> <p>10:00 HF Walking Club (LG) 10:30 HF Low-Impact Aerobic 11:00 Group Crossword 2:30 LL Afternoon Social (LG) 3:00 EF Hangman 4:00 IS Herbal Infusion 6:00 CE The Poem Acting at the Drama Club (AR) (LGI)</p>	<p>13</p> <p>10:00 HF Walking Club (LG) 10:30 HF Strength and Balance Program 11:00 Dogs Day Trivia 2:00 Dogs Picture Bingo 2:00 IS Pet Therapy W Roxie (LG) 2:30 C Afternoon Social (LG) 3:00 LL Laughter Yoga (LG) 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>14</p> <p>10:00 HF Walking Club (LG) 10:30 HF Chair Tai Chi (LG) 11:00 M Sing Along 2:00 LL Elephants: Spy in the Herd 2:30 C Afternoon Social (LG) 3:00 3 Card Penny Ante 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>15</p> <p>10:00 HF The Walking Club 10:30 M Dancing With The Scarves 11:00 HF Who Am I 2:00 CE Watercolor Art 2:30 C Lemonade & Popcorn Social 3:00 EF Laugh & Remember 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>16</p> <p>10:00 HF Walking Club 10:30 CE Art Classes 11:00 Word Game 2:15 EF Sing Along With Jack & Rose 3:30 M Cocktails & Cards 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>17</p> <p>9:30 HF The Walking Club 10:00 HF Chair Yoga 11:00 M Sing Along 1:30 EF Doodle to Music 2:30 C Afternoon Social 3:30 EF Comedy Hour 4:00 IS Dementia Support Group (LG) (ELD) 6:00 EF Tonight At the Movies</p>
<p>18</p> <p>10:00 HF The Walking Club 10:30 HF Low-Impact Aerobic 11:00 HF Bingo Bango 11:00 M Movies & Stars 2:00 M Sunday Sing Along 2:30 C Ice Cream Social 3:00 AS StoryWise™ 4:00 IS Herbal Infusion 6:00 EF Angel the Harpist Performs</p>	<p>19</p> <p>10:00 HF The Walking Club 10:30 HF Low-Impact Aerobic 11:00 LL Who Am I? 2:00 EF Backyard Games 2:30 C Afternoon Social (LG) 3:00 Hangman 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>20</p> <p>10:00 HF The Walking Club 10:30 HF Chair Yoga 11:00 HF Group Crossword (LG) 2:00 Backyard Games 2:00 IS Pet Therapy w/ Roxie 2:30 C Ice Cream Social 3:00 Cranium® Crunches (LG) (LGI) 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>21</p> <p>10:00 HF The Walking Club 10:30 HF Chair Tai Chi 11:00 HF Instruments A to Z 2:00 CE Photo Art 2:30 C Afternoon Social (LG) 3:00 LL Bingo Bango 4:00 IS Herbal Infusion 6:30 EF Tonight At The Movies</p>	<p>22</p> <p>10:00 HF The Walking Club 10:30 M Dancing With the Scarves 11:00 LL Trivia 2:00 CE Exercise with weights 2:30 C Afternoon Social 3:00 Comedy Hour 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>23</p> <p>10:00 HF Walking Club 10:30 HF Sit & Stretch 11:00 HF I have a dream that one day... 1:30 EF Backyard Games (AR) 2:15 EF Sing Along With Jack & Rose 2:30 C Afternoon Social 3:30 Happy Hour & Live Music 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>24</p> <p>9:30 HF The Walking Club 10:00 HF Movement & Music 11:00 M The Dance Party 1:30 Bean Bag Toss 2:30 C Afternoon Social 3:30 M Art & Mozart! 4:00 C Family Social Dinner (LG) (ELD) 6:00 EF Tonight At the Movies</p>
<p>25</p> <p>10:00 HF The Walking Club 10:30 HF Low-Impact Aerobic 11:00 M Sing a long 2:00 CV Community Service Project 2:00 Scenic Drive 3:30 AS StoryWise™ 4:00 IS Herbal Infusion 6:00 EF Let's go to The Movies</p>	<p>26</p> <p>10:00 HF The Walking Club 10:30 HF Low-Impact Aerobic 11:00 LL How Hot is it?/It So Hot that...Jokes 2:00 M Sing Along 2:30 C Afternoon Social (LG) 3:00 EF Hangman 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>27</p> <p>10:00 HF The Walking Club 10:30 HF Yoga 11:00 EF Movies & Stars 2:00 M October Birthday Dance Party (DR) (LGI) 2:00 IS Pet Therapy w/ Roxie 3:00 Trivia Jeopardy!® Style 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>28</p> <p>10:00 HF The Walking Club 10:30 HF Chair Tai Chi 11:00 LL Mixed-up Dogs 2:00 M Music Appreciation 2:30 C Afternoon Social 3:00 LL Dog Bingo Bango 4:00 IS Herbal Infusion 6:00 EF Tonight At the Movies</p>	<p>29</p> <p>10:00 HF Walking Club (LG) (LGI) 10:30 CE Dancing With the Scarves (LG) (LGI) 11:00 LL Trivial Words (LG) (LGI) 2:00 EF Balloon Volleyball (GAR) (LGI) 3:00 EF The Bubbly Happy Hour (GAR) (LGI)</p>	<p>30</p> <p>10:00 HF Tai Chi in the Garden (GAR) (LGI) 11:00 EF The Domino Effect (AR) (LGI) 12:00 LL Watercolor Class (AR) (LGI) 2:00 EF Water Balloon Toss (GAR) (LGI) 3:00 C The Tea Time Club (DR) (LGI) 4:00 AS StoryWise™ (AR) (LGI)</p>	<p>31</p> <p>10:00 HF Walking Club 10:30 HF Strong Arm Sing Along 11:00 LL Who Am I? 1:30 Group Crossword 2:30 C Afternoon Social 3:30 CE Doodle art 6:00 EF Tonight At the Movies</p>