

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Super Bowl Party
Sunday, February 3, 3:00 PM

**Walk Through Our
2019 Health Fair**
Wednesday, February 6, 12:30 PM

Valentine's Day Special Affair
Thursday, February 14, 3:00 PM

Atria
SENIOR LIVING

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FEBRUARY 2019

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
- A** Atria StoryWise

- ROOM LOCATION KEY:**
- Living Rm LR
 - Game Rm GR
 - Family Rm FR
 - Entertainment Rm ER
 - Bus BUS
 - Arts & Crafts Rm AC
 - Fitness Center FC
 - Lobby L
 - Dining Rm DR
 - Rejuvenation Room RR
 - Bistro BIS

- STAFF KEY:**
- Engage Life Director ELD
 - Entertainer ENT
 - Volunteer VOL
 - Professional PRO
 - Atria Program Instructor API

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| <p>3</p> <p>Super Bowl® Sunday</p> <ul style="list-style-type: none"> 10:00 IS Catholic Service (FR) 12:30 HF Walking Club (LR) 1:00 C Student-Led Bingo (GR) 2:00 EF Blackjack Tournament (GR) 3:00 EF Super Bowl® Party (ER) 3:30 HF Football Toss Challenge (ER) 6:00 EF Super Bowl® 2nd Half of Game (LR) (ENT) | <p>4</p> <ul style="list-style-type: none"> 10:30 HF Strength and Balance Program (GR) (ELD) 12:30 HF Exercycle Fitness (FC) (ELD) 1:00 EF Blackjack Tournament (AC) 2:00 C Bingo (GR) 3:00 PA Smart Tech TV: WebMD (GR) 4:15 CV New Resident & Veteran Interview (GR) 6:00 LL Games with Volunteers (LR) (VOL) | <p>5</p> <p>Happy Chinese New Year</p> <ul style="list-style-type: none"> 10:30 HF Strength and Balance Program (GR) (ELD) 1:00 CV Resident Council (GR) 2:30 LL Popular Chinese New Year Traditions (GR) 3:00 IS Pet Therapy Visit w/ McGee (LR) 3:00 C Bingo (GR) 4:00 EF Chinese New Year Celebration Feast (DR) 5:30 C Penny Cards w/ Volunteer Betty (FR) (VOL) 6:00 HF Funny Fortunes Chinese Dragon Walk (L) 6:30 IS Leukemia Lymphoma Mtg (GR) (PRO) | <p>6</p> <p>Heart Healthy Month Health Fair</p> <ul style="list-style-type: none"> 10:30 HF Strength & Balance Program (GR) (ELD) 12:30 HF Walk Through Our 2019 Health Fair (GR) 1:00 IS Interact w/ Industry Professionals (GR) 1:30 CE Create A Heart Healthy Snack (AC) 2:00 EF Raffle Prize Drawings (GR) 3:00 C Bingo (GR) (API) 4:00 CV New Resident & Veteran Interview (GR) 6:00 LL Is That Your Final Answer? (GR) | <p>7</p> <ul style="list-style-type: none"> 10:00 IS Catholic Mass w/ SEAS (ER) 10:30 HF Strength and Balance Program (GR) 1:00 C Bingo (GR) 2:00 CV Resident Culinary Meeting w/ Chef (GR) 3:00 EF A Favorite Entertainer! (LR) 3:30 HF Dance w/ the Best! (LR) 5:45 C Boychoir DVD (ER) (API) 6:00 IS Explore the Bible's Literature of Faith (AC) (VOL) | <p>8</p> <ul style="list-style-type: none"> 9:15 C CVS, Walgreens & Bank Runs (BUS) 10:30 HF Strength and Balance Program (GR) 12:00 C The Bridge Club (GR) 12:30 HF Walk, Exercycle, Balance (FC) 1:00 EF Penny Cards (FR) 2:30 PA Ice Cream Social w/ New Residents (LR) 3:15 HF Big Word Little Word: HEART HEALTHY (LR) 6:00 C High Stakes Bingo (GR) (API) | <p>9</p> <p>It's Groundhog Day!</p> <ul style="list-style-type: none"> 9:15 C Smiths & 99 Cent Store/Sprouts (BUS) 10:30 HF Strength and Balance Program (GR) (PRO) 11:00 HF Improve Stamina w/ Master Led Tai Chi (GR) (PRO) 1:00 EF Scenic Drive to Hoover Dam (BUS) 1:00 C Bingo (GR) 2:00 C Blackjack (LR) 3:00 EF Ms. Senior Nevada Pageant E! (LR) 4:00 HF 1 Mile - 4 Lap Indoor Walk (L) 4:30 CV Seton Senior Singles (GR) 6:00 C Groundhog Day Movie (ER) (API) |
| <p>10</p> <ul style="list-style-type: none"> 10:00 IS Catholic Service (FR) 12:30 HF Walk off Extra Calories (L) 1:00 C Student-Led Bingo (GR) 1:30 LL Advice for your Device (BIS) 2:00 C Family Casino Day (GR) 4:00 HF Strength and Balance Program (GR) 6:00 EF Chinese New Year Dance Performance (LR) (ENT) | <p>11</p> <ul style="list-style-type: none"> 10:00 HF Audiology Visit for Residents (AC) 10:30 HF Strength & Balance Program (GR) (ELD) 1:00 EF Blackjack Tournament (AC) 2:00 C Bingo (GR) 3:00 PA SmartTech: National Inventors Day (GR) 3:30 CV Mentoring with Moms & Minis (LR) 4:15 CV New Resident & Veteran Interview (GR) 6:00 HF Gentle Yoga for Seniors (GR) (PRO) | <p>12</p> <ul style="list-style-type: none"> 10:30 HF Strength & Balance Program (GR) (ELD) 1:00 CV Town Hall Meeting (GR) 2:00 C Bingo (GR) 3:00 HF Instructor-Led Seated Dance (L) (API) 3:30 A StoryWise™ Mastering the Love Languages (LR) 5:30 C Penny Cards w/ Volunteer Betty (FR) 6:00 IS The Book of Job Bible w/ Melvin D (GR) | <p>13</p> <ul style="list-style-type: none"> 10:30 HF Strength & Balance Program (GR) (ELD) 1:00 C Bingo (GR) (API) 2:00 CE Storytelling with Sandy (FR) (VOL) 3:00 LL Mob Museum's Valentine's Day Massacre (GR) 4:00 CV New Resident & Veteran Interview (GR) 5:30 HF Zen & the Art of Slow Burn (FC) 6:00 LL SEAS Chronology History Challenge (GR) (API) | <p>14</p> <p>Happy Valentine's Day</p> <ul style="list-style-type: none"> 10:00 IS Rosary w/ St. Elizabeth Ann Seton (ER) 10:30 HF Strength and Balance Program (GR) 12:30 HF Fitness Center Exercycles (FC) 1:00 C Bingo (GR) 2:30 C The Symbolism of a Red Rose (LR) 3:00 EF Valentine's Day Special Affair (LR) 5:45 HF Love Potion #9 DVD (ER) (API) 6:00 IS Explore the Bible's Literature of Faith (AC) (VOL) | <p>15</p> <ul style="list-style-type: none"> 9:15 C CVS, Walgreens & Bank Runs (BUS) 10:30 HF Strength and Balance Program (GR) 12:00 C The Bridge Club (GR) 12:30 HF Walk, Exercycle, Balance (FC) 1:00 EF Penny Cards (FR) 2:30 CV Ice Cream Social w/ Resident Council (LR) 3:15 HF Word in a Word Game: VALENTINES DAY (LR) 6:00 C High Stakes Bingo (GR) (API) | <p>16</p> <ul style="list-style-type: none"> 9:15 C Smiths & Walmart (BUS) 10:30 HF Strength and Balance Program (GR) (PRO) 11:00 HF Better Bones w/ Master Led Tai Chi (GR) (PRO) 1:00 EF O Sole Trio Concert & Library Visit (BUS) 1:00 CV Bingo w/ YMSL student & mom (GR) 2:00 C Blackjack (GR) 3:00 EF Upbeat, Uplifting Music Entertainment (LR) (ENT) 4:00 HF 1 Mile - 4 Lap Indoor Walk (L) 6:00 C What Love Is DVD (ER) (API) |
| <p>17</p> <ul style="list-style-type: none"> 10:00 IS Catholic Service (FR) 12:30 HF Poker Walk (FR) 1:00 C Student-Led Bingo (GR) 2:00 C Social w/ Flavored Lattes (LR) 2:00 C Blackjack (GR) 3:00 HF Strength & Balance Exercise (GR) 3:30 LL Hey Siri! What is...? (LR) 3:30 PA Ambassador Meeting with Jill (AC) 6:00 EF Solo Guitar Concert (LR) (VOL) | <p>18</p> <ul style="list-style-type: none"> 10:30 HF Strength & Balance Program (GR) (ELD) 12:20 HF Low Impact Aerobic (FC) (ELD) 1:00 C Blackjack Tournament (AC) 2:00 C Bingo (GR) 3:00 PA SmartTV: Presidential Secret Vehicles (GR) 4:15 CV New Resident & Veteran Interview (GR) 6:00 IS Religion with the Rabbi (GR) (VOL) | <p>19</p> <ul style="list-style-type: none"> 10:30 HF Strength & Balance Program (GR) (ELD) 11:00 EF Lunch at Brio Restaurant (BUS) (ELD) 1:00 C Bingo (GR) 2:00 LL Book Club Meeting (FR) 3:00 CE Creative Writing w/ Fun Folks (GR) 3:30 HF The Gift of Guided Relaxation (LR) (API) 5:30 C Penny Cards w/ Volunteer Betty (FR) 6:00 A Worldwide Treats & Travels (LR) | <p>20</p> <ul style="list-style-type: none"> 10:30 HF Strength and Balance Program (GR) (ELD) 1:00 C Bingo (GR) 2:00 LL Mob Museum Education Series (GR) (PRO) 3:00 CE Pro-Led Beautiful Steampunk Craft (LR) 3:30 HF Zen & the Art of Slow Burn (GR) 6:00 C Two Two-Minute Mysteries (LR) 6:15 LL Meet the Local Author (GR) (PRO) | <p>21</p> <ul style="list-style-type: none"> 10:00 IS Rosary w/ St. Elizabeth Ann Seton (ER) 10:30 HF Strength and Balance Program (GR) 12:30 HF Weight Training & Exercycle Circuit (FC) 1:00 C Bingo (GR) 2:00 CV Ray's Maintenance & Safety Meeting (GR) 3:00 EF Broadway Show Tunes Entertainment (LR) 5:45 M Mamma Mia Original DVD (ER) (API) 6:00 IS Explore the Bible's Literature of Faith (AC) (VOL) | <p>22</p> <ul style="list-style-type: none"> 9:15 C CVS, Walgreens & Bank Runs (BUS) 10:30 HF Strength and Balance Program (GR) 12:00 C The Bridge Club (GR) 12:30 HF Walk, Exercycle, Balance (FC) 1:00 EF Penny Cards (FR) 2:30 CV Ice Cream Social w/ our Veterans (LR) 3:15 HF Scategories Game w/ Tony (LR) 4:00 IS Sabbath Service (ER) 6:00 C High Stakes Bingo (GR) (API) | <p>23</p> <ul style="list-style-type: none"> 9:15 C Smiths & Target (BUS) 10:30 HF Strength and Balance Program (GR) (PRO) 11:00 HF Reduce Stress w/ Master Led Tai Chi (GR) (PRO) 1:00 C Afternoon Walmart & Library Run (BUS) 1:00 C Bingo (GR) 2:00 C Blackjack (GR) 3:00 EF Grand Piano Entertainment (LR) (ENT) 4:00 HF 1 Mile - 4 Lap Indoor Walk (L) 6:00 C Mamma Mia Here We Go Again DVD (ER) (API) |
| <p>24</p> <ul style="list-style-type: none"> 10:00 IS Catholic Service (FR) 12:30 HF Walking Club (L) 1:00 C Student-Led Bingo (GR) 2:00 C Blackjack Tournament (AC) 3:00 EF Steampunk High Tea Party! (LR) 4:00 HF Strength and Balance Program (GR) 6:00 EF Sin City Opera Carmen Preview (LR) (PRO) | <p>25</p> <ul style="list-style-type: none"> 10:30 HF Strength and Balance Program (GR) (ELD) 12:30 HF Low Vision & Music Lovers Conductorcise® (GR) (ELD) 1:00 C Blackjack Tournament (AC) 2:00 C Bingo (GR) 3:00 PA Smart Tech: World Culture Program (GR) 6:00 IS Complimentary Professional Massage (RR) (PRO) | <p>26</p> <ul style="list-style-type: none"> 10:30 HF Strength & Balance Program (GR) (ELD) 11:00 EF Lunch at Dom DeMarco Restaurant (BUS) (ELD) 1:00 C Bingo (GR) 2:00 LL Protecting Ourselves from ID Fraud (LR) 2:30 HF Walking Club (L) 3:00 EF Tea w/ Tea Connoisseur (GR) 5:30 C Penny Cards w/ Volunteer Betty (FR) 6:00 EF Bunco Dice Game (GR) (API) | <p>27</p> <ul style="list-style-type: none"> 10:30 HF Strength & Balance Program (GR) (ELD) 1:15 C Bingo (GR) 2:30 HF Zen & the Art of Slow Burn (GR) 3:00 CE Pro-Led Studio & Painting Class (AC) 3:30 CV New Resident & Veteran Interview (GR) (API) 6:00 LL You Be The Judge Discussion (GR) (API) | <p>28</p> <ul style="list-style-type: none"> 10:00 IS Rosary w/St. Elizabeth Ann Seton (ER) 10:30 HF Strength and Balance Program (GR) 12:30 HF Weight Training & Exercycle Circuit (FC) 1:00 C Bingo (GR) 2:00 PA Engage Life® Planning Meeting w/ Jill (AC) 3:00 EF Music of the 50's, 60's, 70's + More (LR) 5:45 M Abel's Field DVD (ER) (API) 6:00 IS Explore the Bible's Literature of Faith (AC) (VOL) | <p>29</p> <ul style="list-style-type: none"> 9:15 C CVS, Walgreens & Bank Runs (BUS) 10:30 HF Strength and Balance Program (GR) 12:00 C The Bridge Club (GR) 12:30 HF Walk, Exercycle, Balance (FC) 1:00 EF Penny Cards (FR) 2:30 CV Ice Cream Social w/ our Veterans (LR) 3:15 HF Scategories Game w/ Tony (LR) 4:00 IS Sabbath Service (ER) 6:00 C High Stakes Bingo (GR) (API) | <p>30</p> <ul style="list-style-type: none"> 9:15 C Smiths & Target (BUS) 10:30 HF Strength and Balance Program (GR) (PRO) 11:00 HF Reduce Stress w/ Master Led Tai Chi (GR) (PRO) 1:00 C Afternoon Walmart & Library Run (BUS) 1:00 C Bingo (GR) 2:00 C Blackjack (GR) 3:00 EF Grand Piano Entertainment (LR) (ENT) 4:00 HF 1 Mile - 4 Lap Indoor Walk (L) 6:00 C Mamma Mia Here We Go Again DVD (ER) (API) |