

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Wish Mary Lou Happy 100!

Monday, January 10, 1:00 PM

**History Alive w/
George Washington**

Tuesday, January 11, 1:15 PM

**New Year New You
Health Fair Happy Hour**

Wednesday, January 26, 1:30 PM



JANUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

10:00 **RSF** Catholic Missalette & Resident Rosary (TH)

10:30 **HPF** Tai Chi: Balance & Posture (GR)

11:00 **HPF** Dance & Movement: The Balance Dance (GR)

12:30 **CPI** Business Club: Walmart (LR)

12:45 **CEA** Debate: Abstract vs. Naturalist Art (GR)

1:00 **SCE** Blackjack #1 (AC)

2:15 **LUS** Blackjack #2 (AC)

3:15 **HPF** Posture & Stretch Fitness Class (LR)

6:00 **CEA** Road to Bali: Golden Age of Musicals (TH)

31

10:30 **HPF** Moving for Memory: Fitness & Walking Lap (GR)

11:00 **SCE** Texas Hold 'Em #1 (AC)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:00 **HPF** Lower Body & Flow Yoga (GR)

1:30 **LUS** Texas Hold 'Em #2 (AC)

2:30 **SCE** Up for Discussion: Senior Citizenship (LR)

2:45 **LUS** ODU: Older Americans - In Our Prime (LR)

6:00 **CEA** Young At Heart Film (TH)

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

ROOM LOCATION KEY:

Arts & Crafts Room AC

Bus BUS

Corner Family Room FR

Game/Bingo Room GR

Grand Living Room LR

The Lobby L

Theatre TH

NEW YEAR'S DAY SOLEMNITY OF MARY

8:30 **RSF** Newsletter Highlight: Solemnity of Mary

9:00 **SCE** New Year's Brain Challenge (L)

10:30 **HPF** Posture and Stretch Fitness Class (GR)

11:00 **LUS** ODU: Champagne: The Bottle and Business (GR)

1:00 **CEA** Harp in the New Year! (LR)

2:30 Bingo (GR)

3:30 **HPF** Cardio Drumming Circle (GR)

6:00 **SCE** New Year's Day Feature Film (TH)

1

NEW MOON

2

10:00 **RSF** Catholic Missalette & Resident Rosary (TH)

10:30 **HPF** Tai Chi: Balance & Posture (GR)

11:00 **HPF** Dance & Movement: The Balance Dance (GR)

12:30 **HPF** Posture and Stretch Fitness Class (LR)

1:00 **SCE** Blackjack #1 (AC)

2:15 **LUS** Blackjack #2 (AC)

3:15 **CPI** Pets for Vets Civic Engagement Project (LR)

3:45 **LUS** Book Club Launch (LR)

6:00 **CEA** The Cotton Club Encore Musical (TH)

INTERNATIONAL MIND-BODY WELLNESS DAY

3

10:30 **HPF** Lower Body Conditioning (GR)

10:45 **HPF** Walking Challenge for January (GR)

11:00 **SCE** Texas Hold 'Em #1 (AC)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:00 **HPF** Mind-Body Wellness Exercise - Yoga (GR)

1:30 **LUS** Texas Hold 'Em #2 (AC)

2:45 **LUS** Prof Ron's History of Amazon Tech Class (TH)

6:00 **HPF** Forks Over Knives Documentary (TH)

NATIONAL TRIVIA DAY

4

10:30 **HPF** Flow Yoga & Full Body Fitness (GR)

11:00 **CPI** Ambassador Club Meeting (GR)

1:00 **CEA** Sinatra in the New Year! (LR)

1:45 **SCE** Cocktail/Mocktail Social Intermission (LR)

2:00 **HPF** Dance & Movement: The Mambo (LR)

3:00 Bingo (GR)

5:45 **SCE** Trivia & Fun Fact Challenge (GR)

6:00 **SCE** Resident Choice DVD (TH)

NATIONAL BIRD DAY

5

10:30 **HPF** Upper Body Conditioning (GR)

11:00 **SCE** Window Bird Watching (GR)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:30 **SCE** Audubon-Themed Happy Hour (LR)

1:45 **SCE** Angry Bird Target Practice (LR)

2:45 **CEA** Letter Writing: Dear Future Self (GR)

3:00 **CPI** Resident Council Meeting (GR)

3:45 **HPF** Tai Chi: Balance & Posture (LR)

6:00 **SCE** Resident Choice DVD (TH)

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON

6

10:30 **HPF** Total Body Conditioning - Beginner (GR)

1:00 Bingo & Weekly Prize Drawing (GR)

2:30 **HPF** Dance & Movement: The Mambo (LR)

3:00 **RSF** Epiphany: Close of Christmas Season (LR)

3:30 **CEA** Relaxing Mandala Coloring (AC)

6:00 **SCE** Resident Choice DVD (TH)

7

10:30 **HPF** Total Body Conditioning - Advanced (GR)

11:00 **RSF** Bible Study Series: Part I (AC)

12:00 **SCE** Family FaceTime by Appt (GR)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:00 **SCE** Bunco Dice Game (GR)

2:15 **HPF** Moving For Memory: Walking Challenge (GR)

2:45 **LUS** Zodiac & Horoscope of January (LR)

3:00 **SCE** Word in a Word: January Horoscope (LR)

6:00 **CEA** Elvis in Tickle Me Musical (TH)

ELVIS PRESLEY'S BIRTHDAY

8

10:30 **HPF** Exercise & Monthly Walking Challenge (GR)

11:00 **CEA** Music History: Elvis Presley (GR)

1:00 **CEA** Tribute to Elvis on his Birthday! (LR)

2:00 **SCE** Photos with Elvis! (LR)

2:30 Bingo (GR)

3:30 **HPF** Cardio Drumming Circle (GR)

6:00 **CEA** Elvis Presley in Kissin Cousins Musical (TH)

FIRST QUARTER MOON

9

10:00 **RSF** Catholic Missalette & Resident Rosary (TH)

10:30 **HPF** Tai Chi: Balance & Posture (GR)

11:00 **HPF** Dance & Movement: The Balance Dance (GR)

12:30 **HPF** Posture and Stretch Fitness Class (LR)

1:00 **SCE** Blackjack #1 (AC)

2:15 **LUS** Blackjack #2 (AC)

3:15 **CPI** Pets for Vets Civic Engagement Project (LR)

6:00 **CEA** Elvis in Girl Happy Musical (TH)

10

9:00 **CPI** Pets for Vets Work Session for MLK Day (AC)

10:30 **HPF** Moving for Memory - Fitness & Walking (GR)

11:00 **SCE** Texas Hold 'Em #1 (AC)

12:30 **HPF** Lower Body Conditioning & Yoga Flow (GR)

1:00 **SCE** Wish Mary Lou Happy 100! (LR)

1:15 **CPI** Entertainment Trio of the Century! (LR)

2:15 **CEA** Birthday Cake & Punch Reception (LR)

3:15 **LUS** Texas Hold 'Em #2 (AC)

6:00 **SCE** Elvis in Live a Little, Love a Little (TH)

11

10:30 **HPF** Flow Yoga & Full Body Fitness (GR)

11:00 **CPI** Engage Life® Planning Meeting (GR)

1:00 **HPF** Dance & Movement: Cupid Shuffle (LR)

1:15 **LUS** History Alive w/ George Washington (LR)

2:15 **CEA** Cannot Tell A Lie Cocktails, Thx Geo! (LR)

3:00 Bingo (GR)

5:45 **LUS** Exercise Your Brain: Morse Code Learning (GR)

6:00 **SCE** Resident Choice DVD (TH)

NATIONAL PHARMACIST DAY

12

9:00 **LUS** Newsletter: Pharmacy Discoveries

10:30 **HPF** Upper Body Conditioning (GR)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:30 **SCE** Cheers & Rootbeers Happy Hour (GR)

2:00 **SCE** Get To Know Me Social (GR)

3:00 **SCE** Atria Discovery Meeting (FR)

3:30 **HPF** Tai Chi: Balance & Posture (LR)

6:00 **SCE** Resident Choice DVD (TH)

13

10:30 **HPF** Total Body Conditioning - Beginner

1:00 Bingo & Weekly Prize Drawing (GR)

2:30 **CPI** Career Connection: Medicine & Healthcare (GR)

3:00 **HPF** Dance & Movement: Cupid Shuffle (LR)

3:30 **CEA** Relaxing Mandala Coloring (AC)

6:00 **SCE** Resident Choice DVD (TH)

14

10:30 **HPF** Total Body Conditioning - Advanced (GR)

11:00 **RSF** Bible Study Series: Part II

12:00 **SCE** Family FaceTime by Appt (GR)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:00 **CEA** Scentsary Art (AC)

2:15 **HPF** Moving For Memory: Walking Challenge (AC)

2:45 **LUS** ODU: Rosa Parks True Story & Legacy (LR)

3:00 **SCE** Learn & Play Scrabble® (GR)

6:00 **SCE** Resident Choice DVD (TH)

NATIONAL HAT DAY

15

10:30 **HPF** Exercise & Monthly Walking Challenge (GR)

11:00 **SCE** The Hats We Wear & Share (GR)

1:00 **CEA** Man of Many Hats Show! (LR)

2:00 **SCE** Photos in your Hat! (LR)

2:30 Bingo (GR)

3:30 **HPF** Cardio Drumming Circle (GR)

6:00 **CEA** Saturday Night Fever Feature Film (TH)

16

10:00 **RSF** Catholic Missalette & Resident Rosary (TH)

10:30 **HPF** Tai Chi: Balance & Posture (GR)

11:00 **HPF** Dance & Movement: The Balance Dance (GR)

12:45 **LUS** MLK's Legacy (LR)

1:00 **SCE** Blackjack #1 (AC)

2:15 **LUS** Blackjack #2 (AC)

3:15 **HPF** Posture and Stretch Fitness Class (LR)

6:00 **CEA** Ragtime Musical Drama (TH)

FULL MOON

MARTIN LUTHER KING, JR. DAY

17

9:00 **CPI** Civic Engagement Day of Service (BUS)

10:30 **HPF** Moving for Memory - Fitness & Walking Lap (GR)

11:00 **SCE** Texas Hold 'Em #1 (AC)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:00 **HPF** Lower Body Conditioning - Yoga (GR)

1:30 **LUS** Texas Hold 'Em #2 (AC)

2:45 **LUS** Prof Ron's History of Microsoft (TH)

6:00 **SCE** House Season 2, Disc 1 (TH)

18

10:30 **HPF** Flow Yoga & Full Body Fitness (GR)

1:00 **CEA** Song & Dance w/ a Fave Macarena Star! (LR)

1:45 **CEA** Social Intermission & Refreshments (LR)

2:00 **HPF** Dance & Movement: Macarena

3:00 Bingo (GR)

5:45 **CEA** Horticulture: Succulent Terrariums (AC)

6:00 **SCE** House Season 2, Disc 2 (TH)

19

10:30 **HPF** Upper Body Conditioning (GR)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:45 **SCE** Baileys, Bagels & Biographies (LR)

2:00 **LUS** Who Am I? Biography Game (LR)

3:00 **CPI** Town Hall Meeting w/ Executive Director (GR)

3:30 **HPF** Tai Chi: Balance & Posture

6:00 **SCE** House Season 2, Disc 3 (TH)

20

10:30 **HPF** Total Body Conditioning - Beginner

1:00 Bingo & Weekly Prize Drawing (GR)

2:15 **CPI** Food For Thought - Culinary Led (GR)

3:00 **HPF** Dance & Movement: Macarena (LR)

3:30 **CEA** Relaxing Mandala Coloring (AC)

6:00 **SCE** Resident Choice DVD (TH)

21

10:30 **HPF** Total Body Conditioning - Advanced (GR)

11:00 **RSF** Bible Study Series: Part III

12:00 **SCE** Family FaceTime by Appt (GR)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:00 **SCE** All-In Card Game (AC)

2:15 **HPF** Moving For Memory: Walking Challenge

3:00 **SCE** Learn & Play Pokeno® (GR)

6:00 **SCE** Down to Earth Feature Film (TH)

22

10:30 **HPF** Exercise & Monthly Walking Challenge (GR)

11:00 **SCE** Scavenger Hunt: Know Your Neighbor (GR)

1:00 **CEA** Fabulous Entertainment! (LR)

2:15 **LUS** Brain Challenge: Optical Illusions (GR)

2:30 Bingo (GR)

3:30 **HPF** Cardio Drumming Circle (GR)

6:00 **SCE** Neil Diamond's The Jazz Singer Film (TH)

23

10:00 **RSF** Catholic Missalette & Resident Rosary (TH)

10:30 **HPF** Tai Chi: Balance & Posture (GR)

11:00 **HPF** Dance & Movement: The Balance Dance (GR)

12:45 **LUS** The Sports of the Winter Olympics (LR)

1:00 **SCE** Blackjack #1 (AC)

2:15 **LUS** Blackjack #2 (AC)

3:15 **HPF** Posture & Stretch Fitness Class (LR)

6:00 **CEA** Willie Nelson Wynton Marsalis Live in NY (TH)

24

10:30 **HPF** Lower Body Conditioning (GR)

11:00 **SCE** Texas Hold 'Em #1 (AC)

12:30 **CEA** Hawaiian Music & Hula Dance w/ Lani (LR)

1:00 **HPF** Flow Yoga & Full Body Fitness (GR)

1:15 **SCE** Positivity: Resilience

1:30 **LUS** Texas Hold 'Em #2 (AC)

2:45 **LUS** Prof Ron's History of Facebook© Class (TH)

6:00 **SCE** House Season 2, Disc 4 (TH)

LAST QUARTER MOON

25

10:30 **HPF** Flow Yoga & Full Body Fitness (GR)

1:00 **CEA** Spanish Guitar Concert (LR)

1:45 **CEA** Sangria Social (LR)

2:00 **HPF** Dance & Movement: Flamenco Dance (LR)

3:00 Bingo (GR)

6:00 **SCE** House Season 2, Disc 5 (TH)

26

10:00 **HPF** Upper Body Conditioning

11:00 **LUS** The Book Club Discussion (FR)

12:30 **CPI** Hawaiian Music & Hula Dance w/ Lani (LR)

1:30 **CEA** New Year New You Health Fair Happy Hour (GR)

2:30 **HPF** Health Pro's Intros & Raffle Drawings (GR)

3:00 **SCE** Atria Discovery Meeting (FR)

3:30 **HPF** Tai Chi: Balance & Posture (LR)

3:45 **CEA** Music Access: Part I (LR)

6:00 **SCE** House Season 2, Disc 6 (TH)

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

27

9:00 **RSF** Newsletter: Holocaust Remembrance

10:30 **HPF** Total Body Conditioning - Beginner

1:00 Bingo & Weekly Prize Drawing (GR)

2:15 **LUS** Holocaust Story on CD (FR)

2:30 **HPF** Dance & Movement: Git Up & Dance (LR)

3:00 **LUS** Learn & Play Rummicub (GR)

6:00 **SCE** Resident Choice DVD (TH)

28

10:30 **HPF** Total Body Conditioning - Advanced (GR)

11:00 **RSF** Bible Study Series: Part IV

12:00 **SCE** Family FaceTime by Appt (GR)

1:00 **LUS** Large Group Crossword Puzzle (LR)

2:15 **HPF** Moving For Memory: Walking Challenge

3:00 **SCE** Bunco Dice Game (GR)

6:00 **SCE** 5 People You Meet In Heaven Feature Film (TH)

NATIONAL PUZZLE DAY

29

10:30 **HPF** Flow Yoga & Full Body Fitness (GR)

11:00 **SCE** Sudoku & Word Puzzles (GR)

1:00 **CEA** The Great RonZoni Magic Show! (LR)

2:00 **SCE** Magic Photos! (LR)

2:30 Bingo (GR)

3:30 **HPF** Cardio Drumming Circle (GR)

6:00 **SCE** Blades of Glory Feature Film (TH)

Pokeno® is a registered trademark of US Playing Card Company. Scabble® is a registered trademark of Hasbro, Inc.