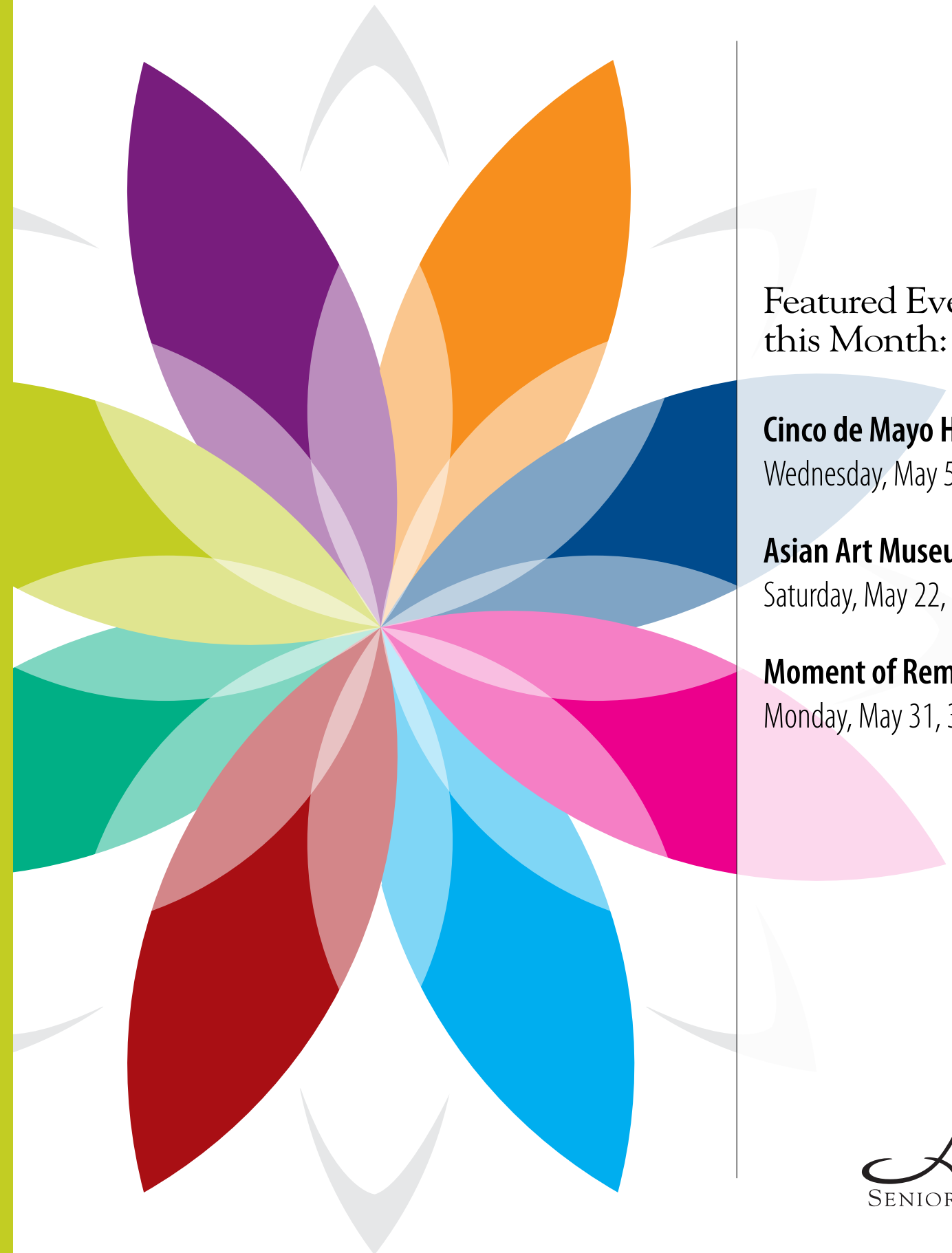


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Cinco de Mayo Happy Hour Party

Wednesday, May 5, 3:00 PM

Asian Art Museum Presentation

Saturday, May 22, 4:00 PM

Moment of Remembrance

Monday, May 31, 3:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

7:30 Breakfast Service (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Let's Get Moving! Bingo (IR)
 11:00 **IS** Community Celebration
 Worship Service (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:00 **C** Coffee, Conversation, & PositivITEA (TH)
 1:30 **HF** Interval Training: Upper & Lower Body (ES)
 2:00 **EF** Mimosa Sundays (DYZ)
 2:00 Movie Matinee (TH)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 What's In A Word? (TH)
 7:00 Evening Movie (TH)

31

7:30 Breakfast Service (7:30-9:00am)
 10:00 **HF** Lower Body Strengthening
 & Balance Class (FC)
 10:30 **IS** Guided Imagery Session (FC)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Upper Body Strengthening & Stretch Class (ES)
 2:00 Movie Matinee (TH)
 2:15 Blackjack Session #1 (ES)
 3:00 **IS** Moment of Remembrance (TH)
 3:30 **C** Let's Talk About It (PJCC) (ZOO)
 4:30 Dinner Service (4:30-6:45PM)
 7:00 Evening Movie (TH)
 7:15 Blackjack Session #2 (ES)



- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- AW** Atria StoryWise

ROOM LOCATION KEY:

Fitness Center FC
 Cocktail Lounge CL
 Theater TH
 Event Space ES
 1st Floor Lobby LB1
 In Room IR
 Zoom ZOO
 Delivered to Your Room DYZ
 Yoga Studio YS

May Day

7:30 Breakfast Service (7:30-9am)
 10:00 **IS** Saturday Morning Shabbat Service (TH)
 11:00 **C** Coffee, Conversation, & Inspiration (TH)
 11:30 **IS** Shabbat Sermon (TH)
 11:30 Lunch Service (11:30-1:45)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ES)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 4:30 Dinner Service (4:30-6:45PM)
 7:00 Evening Movie
 7:15 Bingo Session #2 (ES)

1

7:30 Breakfast Service (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **IS** Saturday Morning Shabbat Service (ZOO)
 10:00 **HF** Dancing to the Oldies with Kris (YS)
 10:30 **IS** Mindfulness Meditation (YS)
 11:00 **C** Coffee, Conversation & Inspiration (TH)
 11:30 **IS** Shabbat Sermon (TH)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ES)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 7:15 Bingo Session #2 (ES)

2

7:30 Breakfast Service (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Let's Get Moving! Bingo (IR)
 11:00 **IS** Community Celebration
 Worship Service (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:00 **C** Coffee, Conversation, & PositivITEA (TH)
 1:30 **HF** Interval Training: Upper & Lower Body (ES)
 2:00 Movie Matinee (TH)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 What's In A Word? (TH)
 7:00 **IS** Honoring Rabbi Lavey (TH)
 Evening Movie (TH)

3

7:30 Breakfast Service (7:30-9:00am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Lower Body Strengthening
 & Balance Class (FC)
 10:30 **IS** Guided Imagery Session (FC)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Upper Body Strengthening & Stretch Class (ES)
 2:00 Afternoon Refreshment & Snack Cart (DYZ)
 2:15 Blackjack Session #1 (ES)
 3:30 **C** Let's Talk About It (PJCC) (ZOO)
 4:30 Dinner Service (4:30-6:45PM)
 7:15 Blackjack Session #2 (ES)

4

7:30 Breakfast Delivery (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:30 **IS** Deep Breathing & Relaxation Session (FC)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:15 **IS** Parkinson's Support Group (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ZOO)
 2:00 Movie Matinee (TH)
 2:15 **CE** Creative Expression Program (ES)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 **LL** Tuesday TRIVIA (TH)
 7:00 Evening Movie (TH)

5

Cinco de Mayo

7:30 Breakfast Service (7:30-9:00am)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 **LL** Virtual Historical Literature Discussion (ZOO)
 11:30 Lunch Service (11:30am-1:45pm)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 3:00 **EF** Cinco de Mayo Happy Hour Party (DYZ)
 3:15 **HF** Resident Led Walking Group (LB1)
 4:30 Dinner Service (4:30-6:45PM)
 4:30 **IS** "We're in this Together" Support Group (ZOO)
 6:00 Bingo Session #2 (ES)

6

9:30 Daily Brain Teasers (IR)
 10:00 **HF** Interval Training:
 Upper & Lower Body (YS)
 10:15 **C** Life is Complicated (with PJCC) (ZOO)
 10:30 **IS** Guided Imagery Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (TH)
 11:30 **EF** SF Symphony Virtual Program (TH)
 1:30 **HF** Upper Body Strengthening & Stretch Class (ES)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:00 Movie Matinee (TH)
 2:15 Blackjack Session #1 (ES)
 6:00 Blackjack Session #2 (ES)
 7:00 Evening Movie (TH)

7

7:30 Breakfast Service (7:30-9am)
 10:30 **IS** Connecting with Cantor Doron (TH)
 11:00 **C** Coffee, Conversation & Inspiration (TH)
 11:30 **IS** Integrative Therapies 101 (TH)
 11:30 Lunch Service (11:30-1:45)
 1:30 **HF** Dancing to the Oldies with Kris (ES)
 2:15 Poker Tutorial (ES)
 2:30 An Afternoon of Poker (ES)
 3:30 **LL** Enrichment Speaker Rick Deutsch (TH)
 4:30 Dinner Service (4:30-6:45pm)
 6:30 **EF** Name That Tune Dance Party (TH)
 7:00 Evening Movie (TH)

8

7:30 Breakfast Service (7:30-9:00am)
 9:30 Daily Brain Teasers (IR)
 10:00 **IS** Saturday Morning Shabbat Service (ZOO)
 10:00 **HF** Dancing to the Oldies with Kris (YS)
 10:30 **IS** Mindfulness Meditation (YS)
 11:00 **C** Coffee, Conversation & Inspiration (TH)
 11:30 **IS** Shabbat Sermon (TH)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ES)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 7:15 Bingo Session #2 (ES)

9

Mother's Day

7:30 Breakfast Service (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Let's Get Moving! Bingo (IR)
 11:00 **IS** Community Celebration
 Worship Service (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:00 **C** Coffee, Conversation & PotivITEA (TH)
 1:30 **HF** Interval Training: Upper & Lower Body (ES)
 2:30 **IS** CPC Senior Sunday Worship (TH)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 What's In A Word? (TH)
 7:00 Evening Movie (TH)

10

9:30 Daily Brain Teasers (IR)
 10:00 **HF** Lower Body Strengthening
 & Balance Class (YS)
 10:30 **IS** Guided Imagery Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 **LL** Great Courses Plus Program (TH)
 11:30 **HF** Upper Body Strengthening & Stretch Class (ES)
 2:00 Movie Matinee (TH)
 2:00 Refreshments & Snack Cart (DYZ)
 2:15 Blackjack Session #1 (ES)
 3:30 **C** Let's Talk About It (PJCC) (ZOO)
 4:30 Dinner Service (4:30-6:45PM)
 7:15 Blackjack Session #2 (ES)

11

7:30 Breakfast Service (7:30-9:00am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Dancing to the Oldies with Kris (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 **LL** Famous Faces (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ES)
 2:00 Movie Matinee (TH)
 2:00 Refreshments & Snack Cart (DYZ)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 **LL** Tuesday TRIVIA (TH)
 7:00 Evening Movie (TH)

12

Ramadan Ends Today

7:30 Breakfast Service (7:30-9:00am)
 11:30 **LL** Virtual Historical Literature
 Discussion (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Dancing to the Oldies with Kris (ES)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 3:00 **EF** Themed Happy Hour (TH)
 4:30 Dinner Service (4:30-6:45PM)
 4:30 **IS** "We're in this Together" Support Group (TH)
 6:00 Bingo Session #2 (ES)
 7:00 Evening Movie (TH)

13

7:30 Breakfast Service (7:30-9:00am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Interval Training:
 Upper & Lower Body (YS)
 10:15 **C** Life is Complicated (with PJCC) (ZOO)
 10:30 **IS** Guided Imagery Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 **EF** SF Symphony Virtual Program (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:00 Movie Matinee (TH)
 4:30 **EF** American Cuisine Night (4:30-6:45pm)
 7:00 Evening Movie (TH)

14

7:30 Breakfast Service (7:30-9:00am)
 10:30 **IS** Deep Breathing &
 Relaxation Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 **IS** Integrative Therapies 101 (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Dancing to the Oldies with Kris (ES)
 2:15 Poker Tutorial (ES)
 2:30 An Afternoon of Poker (ES)
 3:30 **LL** Enrichment Speaker Rick Deutsch (TH)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 **EF** Name That Tune Dance Party (CL)
 7:00 Evening Movie

15

Armed Forces Day

7:30 Breakfast Service (7:30-9:00am)
 9:30 Daily Brain Teasers (IR)
 10:00 **IS** Saturday Morning Shabbat Service (TH)
 11:00 **C** Coffee, Conversation & Inspiration (TH)
 11:30 **IS** Shabbat Sermon (TH)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ES)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 4:30 Dinner Delivery Service (4:30-6:45pm)
 7:00 Evening Movie (TH)
 7:15 Bingo Session #2 (ES)

16

Shavuot Begins at Sundown

7:30 Breakfast Service (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **IS** Community Celebration
 Worship Service (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:00 **C** Coffee, Conversation, & PositivITEA (TH)
 1:30 **HF** Interval Training: Upper & Lower Body (ES)
 2:00 **EF** Monthly BIRTHDAY Celebration (DYZ)
 2:00 Movie Matinee (TH)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 What's In A Word? (TH)
 7:00 Evening Movie (TH)

17

7:30 Breakfast Service (7:30-9:00am)
 9:30 Daily Brain Teasers (IR)
 10:30 **IS** Guided Imagery Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 **LL** Great Courses Plus Program (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 2:00 Refreshments & Snack Cart (DYZ)
 2:15 Blackjack Session #1 (ES)
 3:00 **C** Let's Talk About It (PJCC) (TH)
 4:30 Dinner Service (4:30-6:45PM)
 7:00 Evening Movie
 7:15 Blackjack Session #2 (ES)

18

7:30 Breakfast Service (7:30-9:00am)
 10:00 **HF** Dancing to the Oldies with Kris (YS)
 10:30 **IS** Deep Breathing &
 Relaxation Session (YS)
 11:30 Lunch Service (11:30am-1:45pm)
 11:30 **IS** Parkinson's Support Group (TH)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ES)
 2:00 Movie Matinee (TH)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:30 **CE** Creative Expression Program (ES)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 **LL** Tuesday TRIVIA (TH)
 7:00 Evening Movie (TH)

19

9:30 St. Patrick's Day Brain Teasers (IR)
 10:00 **HF** Upper Body Strengthening
 & Balance Class (YS)
 10:30 **IS** Gratitude Meditation Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 **LL** Virtual Historical Literature Discussion (ZOO)
 1:00 **C** Get Up & Go (PJCC) (ZOO)
 1:30 **HF** Dancing to the Oldies with Kris (ES)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 3:00 **EF** Themed Happy Hour (DYZ)
 4:30 **IS** "We're in this Together" Support Group (TH)
 7:00 Evening Movie (TH)

20

7:30 Breakfast Service (7:30-9:00am)
 10:00 **HF** Interval Training:
 Upper & Lower Body (YS)
 10:15 **C** Life is Complicated (with PJCC) (ZOO)
 10:30 **IS** Guided Imagery Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (TH)
 11:30 **EF** SF Symphony Virtual Program (TH)
 1:30 **HF** Upper Body Strengthening
 & Stretch Class (ZOO)
 2:00 Movie Matinee (TH)
 2:15 Blackjack Session #1 (ES)
 4:30 **EF** American Cuisine Night (4:30-6:45pm)
 6:00 Blackjack Session #2 (ES)
 7:00 Evening Movie (TH)

21

9:30 Daily Brain Teasers (IR)
 10:00 **HF** Lower Body Strengthening
 & Balance Class (YS)
 10:30 **IS** Connecting with Rabbi Corey (ZOO)
 10:30 **IS** Deep Breathing & Relaxation Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 Lunch Service (11:30am-1:45pm) (DYZ)
 11:30 **IS** Aromatherapy 101 (TH)
 1:30 **HF** Dancing to the Oldies with Kris (ES)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:30 An Afternoon of Poker (ES)
 3:30 **LL** Enrichment Speaker Rick Deutsch (ZOO)
 6:30 **EF** Name that Tune Dance Party (CL)

22

7:30 Breakfast Service (7:30-9:00am)
 10:00 **HF** Dancing to the Oldies with Kris (YS)
 11:00 **C** Coffee, Conversation & Inspiration (TH)
 11:30 **IS** Shabbat Sermon (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:00 Movie Matinee (TH)
 2:15 Bingo Session #1 (ES)
 4:00 **LL** Asian Art Museum Presentation (TH)
 4:30 Dinner Service (4:30-6:45PM)
 7:00 Evening Movie
 7:15 Bingo Session #2 (ES)

23

7:30 Breakfast Service (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Let's Get Moving! Bingo (IR)
 11:00 **IS** Community Celebration
 Worship Service (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:00 **C** Coffee, Conversation, & PositivITEA (TH)
 1:30 **HF** Interval Training: Upper & Lower Body (ES)
 2:00 **EF** Mimosa Sundays (DYZ)
 2:00 Movie Matinee (TH)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 What's In A Word? (TH)
 7:00 Evening Movie (TH)

24

7:30 Breakfast Delivery (7:30-9am)
 10:00 **HF** Lower Body Strengthening
 & Balance Class (FC)
 10:30 **IS** Guided Imagery Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration
 11:30 **LL** Great Courses Plus Program (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Upper Body Strengthening & Stretch Class (ES)
 2:00 Refreshments & Snack Cart (DYZ)
 2:15 Blackjack Session #1 (ES)
 4:30 Dinner Service (4:30-6:45PM)
 7:00 Evening Movie
 7:15 Blackjack Session #2 (ES)

25

7:30 Breakfast Delivery (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Dancing to the Oldies with Kris (YS)
 10:30 **IS** Deep Breathing & Relaxation Session (YS)
 11:00 **C** Coffee, Conversation & Inspiration (ZOO)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Lower Body Strengthening
 & Balance Class (ES)
 2:00 Refreshments & Snack Cart (DYZ)
 2:15 Movie Matinee (TH)
 2:15 **CE** Creative Expression Program (ES)
 4:30 Dinner Service (4:30-6:45pm)
 6:30 **LL** Tuesday TRIVIA (TH)

26

7:30 Breakfast Service (7:30-9:00am)
 10:00 **HF** Upper Body Strengthening
 & Balance Class (YS)
 10:30 **IS** Gratitude Meditation Session (YS)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Dancing to the Oldies with Kris (ES)
 2:15 Bingo Session #1 (ES)
 2:15 Movie Matinee (TH)
 3:00 **EF** Themed Happy Hour (DYZ)
 3:15 **HF** Resident Led Walking Group (LB1)
 4:30 Dinner Service (4:30-6:45pm)
 6:00 Bingo Session #2 (ES)
 7:00 Evening Movie (TH)

27

7:30 Breakfast Service (7:30-9:00am)
 9:30 Daily Brain Teasers (IR)
 10:00 **HF** Interval Training:
 Upper & Lower Body (YS)
 10:15 **C** Life is Complicated (with PJCC) (TH)
 10:30 **IS** Guided Imagery Session (YS)
 11:00 **C** Coffee, Conversation & Food for Thought (TH)
 11:30 **EF** SF Symphony Virtual Program (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:00 Movie Matinee (TH)
 4:30 **EF** American Cuisine Night (4:30-6:45pm)
 7:00 Evening Movie

28

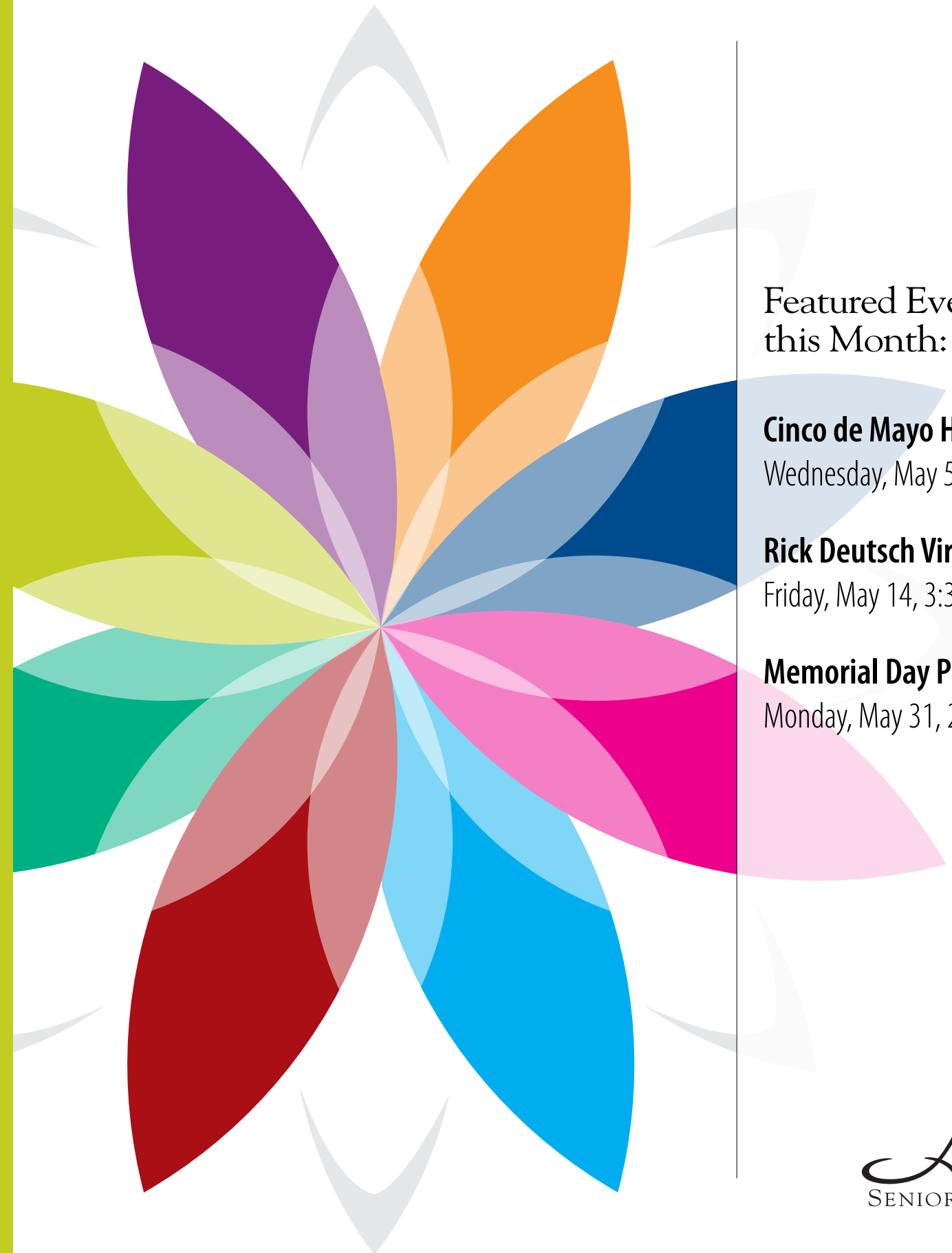
7:30 Breakfast Service (7:30-9:00am)
 10:00 **HF** Lower Body Strengthening
 & Balance Class (YS)
 11:30 **IS** Integrative Therapies 101 (TH)
 11:30 Lunch Service (11:30am-1:45pm)
 1:30 **HF** Dancing to the Oldies with Kris (ES)
 2:00 Refreshments & Snacks Cart (DYZ)
 2:15 Poker Tutorial (ES)
 2:30 An Afternoon of Poker (ES)
 3:30 **LL** Enrichment Speaker Rick Deutsch (TH)
 4:30 Dinner Service (4:30-6:45PM)
 6:30 **EF** Name That Tune Dance Party (CL)
 7:00 Evening Movie

29

7:30 Breakfast Service (7:30-9am)
 9:30 Daily Brain Teasers (IR)
 10:00 **IS** Saturday Morning Shabbat Service (TH)
 10:00 **HF** Dancing to the Oldies with Kris (YS)
 10:30 **IS** Mindfulness Meditation (YS)
 11:00 **IS** Community Celebration
 Worship Service (TH)
 11:30 **IS** Shabbat Sermon (TH)
 11:30 Lunch Service (11:30-1:45)
 2:00 Snacks & Refreshments Cart (DYZ)
 2:00 Movie Matinee (TH)
 4:30 Dinner Service (4:30-6:45PM)
 7:00 Evening Movie

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Cinco de Mayo Happy Hour Party

Wednesday, May 5, 3:00 PM

Rick Deutsch Virtual Presentation

Friday, May 14, 3:30 PM

Memorial Day Program

Monday, May 31, 2:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

- 9:30 **IS** Songs of Praise Sing Along (LR)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **EF** StoryWise™ Cards (LR)
- 11:00 **EF** Easter Sunday Brunch (11am-1pm) (DR)
- 11:30 **LL** The History of the Super Bowl® (LR)
- 11:30 **LL** Famous Faces (LR)
- 1:15 **J** Rat Pack Sing Along (C)
- 2:30 **EF** Food for the Body, Mind & Soul (C)
- 3:45 **LL** Daily Chronicles (LR)
- 4:30 **HF** Half Time Stretch (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

2

- 9:30 **IS** Songs of Praise Sing Along (LR)
- 10:00 **HF** Circuit Training Exercise Class (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **EF** StoryWise™ Cards (LR)
- 11:30 **LL** The History of the Super Bowl® (LR)
- 1:15 **J** Rat Pack Sing Along (C)
- 2:00 **HF** Mini Golf (LR)
- 2:30 **EF** Mimosa Sundays (LR)
- 3:15 **CE** Aquapaintings (PC)
- 4:30 **HF** Half Time Stretch (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

9

- 9:30 **IS** Songs of Praise Sing Along (LR)
- 10:00 **HF** Circuit Training Exercise Class (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **LL** Daily Chronicles (LR)
- 11:30 **LL** The History of Valentine's Day (LR)
- 1:15 Valentine's Day Sing Along (LR)
- 2:30 **EF** Mimosa Sundays (C)
- 3:00 **HF** Afternoon Stretch (LR)
- 4:30 **LL** TED TALKS (LR)
- 5:00 Special "Valentine's Day" Dinner
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LIB)

16

- 9:30 **IS** Songs of Praise Sing Along (LR)
- 10:00 **HF** Circuit Training Exercise Class (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **EF** StoryWise™ Cards (LR)
- 11:30 **LL** Famous Places (LR)
- 1:15 **J** Rat Pack Sing Along (LR)
- 2:00 **HF** Mini Golf (LR)
- 2:30 **EF** Happy Birthday MARCH Birthdays (C)
- 3:30 **IS** PositivITEA Mindfulness Program (LR)
- 4:00 **HF** Quick Afternoon Stretch Class (LR)
- 4:30 Famous Faces Trivia (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

23

- 9:30 **IS** Songs of Praise Sing Along (LR)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **EF** StoryWise™ Cards (LR)
- 11:30 **LL** Famous Places (LR)
- 1:15 **J** Rat Pack Sing Along (LR)
- 2:00 **HF** Play Ball! (C)
- 2:30 **EF** Mimosa Sundays (C)
- 3:00 Famous Faces TRIVIA (C)
- 3:30 **IS** PositivITEA Mindfulness Program (LR)
- 4:00 **HF** Afternoon Stretch (C)
- 4:30 **LL** TED TALKS (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

31

- 9:30 Laughing with Lucille Ball (LR)
- 10:00 **HF** Let's Get Moving Bingo! (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Walking Club - Tracking Our Steps (C)
- 2:30 **CV** Memorial Day Program
- 3:00 **CE** Mandala Art (PC)
- 4:00 Name That Tune (LR)
- 4:30 **LL** National Geographic (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

3

- 9:30 Laughing with Lucille Ball (LR)
- 10:00 **HF** Let's Get Moving Bingo! (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 11:30 **LL** Famous Faces (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Walking Club - Tracking Our Steps (C)
- 2:30 **EF** Food for the Body, Mind & Soul (C)
- 3:00 **CE** Mandala Art (PC)
- 3:45 **LL** Daily Chronicles (LR)
- 4:00 Name That Tune (LR)
- 4:30 **LL** National Geographic (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

10

- 9:30 Laughing with Lucille Ball (LR)
- 10:00 **HF** Let's Get Moving Bingo (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Community Crossword Puzzles (LR)
- 11:30 **LL** Famous Faces (LR)
- 1:15 **J** Afternoon Sing Along (C)
- 2:00 **HF** Strength & Stretch Class (LR)
- 2:30 **EF** Food for your Mind, Body & Soul (LR)
- 2:45 Brain Teasers (LR)
- 3:30 Name That Tune? (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

17

- 9:30 Laughing with Lucille Ball (LR)
- 10:30 Refreshments & Healthy Snacks (C)
- 11:30 **LL** United States Presidents (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Frisbee Challenge (C)
- 2:30 **EF** Food for your Mind, Body & Soul (C)
- 3:00 **CE** Community Gratitude Journal (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** National Geographic (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

24

- 7:00 Breakfast (7-9:30am) (DR)
- 9:30 Laughing with Lucille Ball (LR)
- 10:00 **HF** Let's Get Moving Bingo (C)
- 10:45 What Am I? / Who Am I? TRIVIA (LR)
- 11:30 **LL** Famous Faces (LR)
- 1:15 Sing Along with Susie Q (LR)
- 2:00 **HF** Frisbee Fun (C)
- 3:00 **CE** Community Gratitude Journal (LR)
- 3:15 Movie Matinee: The Amazing Adventure (LR)
- 4:30 **LL** National Geographic (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

4

- 9:30 The Carol Burnett Show (LR)
- 10:00 **HF** Rise & Thrive Exercise Class (LR)
- 10:30 Refreshments & Healthy Snacks (LR)
- 11:30 **LL** History Program (LR)
- 1:15 **J** Rat Pack Sing Along (LR)
- 2:30 **EF** Keto Surprise (LR)
- 3:15 Conversation Cards (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:15 **PA** Atria Staff Spotlight (LR)
- 4:30 **LL** TED TALKS (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

4

- 9:30 The Carol Burnett Show (LR)
- 10:00 **HF** Rise & Thrive Exercise Class (LR)
- 10:30 Refreshments & Healthy Snacks (LR)
- 11:30 **LL** History Program (LR)
- 1:15 **J** Rat Pack Sing Along (LR)
- 2:30 **EF** Keto Surprise (LR)
- 3:15 Conversation Cards (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:15 **PA** Atria Staff Spotlight (LR)
- 4:30 **LL** TED TALKS (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

11

- 9:30 The Carol Burnett Show (LR)
- 10:00 **HF** Exercise Bingo (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 What's in a Word? (LR)
- 11:30 **LL** History Program (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Walking Club - Tracking Our Steps (C)
- 2:30 **EF** Keto Surprise (LR)
- 3:30 **J** Name That Tune (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** TED TALKS (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

18

- 9:30 The Carol Burnett Show (LR)
- 10:00 **HF** Exercise Bingo (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **LL** Daily Chronicles (LR)
- 11:30 **LL** History Program (LR)
- 1:15 Courtyard Sing Along (C)
- 2:00 **HF** Mini Golf (LR)
- 2:30 **EF** Keto Surprise (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** TED TALKS (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

25

- 9:30 The Carol Burnett Show (LR)
- 10:00 **HF** Balance Exercise Class (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Conversation Cards (C)
- 11:30 **LL** History Program (LR)
- 1:15 **J** Afternoon Sing Along (C)
- 2:00 **HF** Ball Fitness Class (C)
- 2:30 **EF** Keto Surprise (C)
- 3:00 TRIVIA (DR)
- 4:15 **PA** Atria Staff Spotlight (LR)
- 4:30 **LL** TED TALKS (LR)
- 6:30 Evening Movie (LR)

5

- 9:30 The Honeymooner's Show (LR)
- 10:00 **HF** Posture & Stretching Routine (C)
- 10:45 Finishing Lines (LR)
- 11:30 **LL** Famous Places (LR)
- 1:15 Sing Along with Susie Q (LR)
- 2:00 **HF** Frisbee Toss (C)
- 2:30 Refreshments & Healthy Snacks (C)
- 3:00 **EF** Cinco de Mayo Happy Hour Party (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** The World's Most Extraordinary Homes (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

5

- 9:30 The Honeymooner's Show (LR)
- 10:00 **HF** Posture & Stretching Routine (C)
- 10:45 Finishing Lines (LR)
- 11:30 **LL** Famous Places (LR)
- 1:15 Sing Along with Susie Q (LR)
- 2:00 **HF** Frisbee Toss (C)
- 2:30 Refreshments & Healthy Snacks (C)
- 3:00 **EF** Cinco de Mayo Happy Hour Party (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** The World's Most Extraordinary Homes (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

12

- 9:30 The Honeymooner's Show (LR)
- 10:00 **HF** Posture & Stretching Routine (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Community Crossword Puzzles (LR)
- 11:30 **LL** Famous Places (LR)
- 1:15 **J** Afternoon Sing Along (LR)
- 2:00 **HF** Cornhole Tournament (C)
- 2:30 Hydration & Daily Chronicles (C)
- 3:00 **EF** Themed Happy Hour (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** The World's Most Extraordinary Homes (LR)
- 6:30 Evening Movie (LR)

19

- 9:30 The Honeymooner's Show (LR)
- 10:45 Spin To Win! (LR)
- 11:30 **LL** Famous Places (LR)
- 1:15 Name That Tune (LR)
- 2:00 **HF** Bean Bag Tournament (LR)
- 2:30 Hydration and Conversation Cards (C)
- 3:00 **EF** Themed Happy Hour (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:15 **LL** Daily Chronicles (LR)
- 4:30 **LL** The World's Most Extraordinary Homes (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

26

- 9:30 The Honeymooner's Show (LR)
- 10:00 **HF** Posture & Stretching Routine (C)
- 10:45 Rat Pack - History, Trivia, & Songs (LR)
- 11:30 **LL** Famous Places (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Outdoor Bowling (C)
- 2:30 Refreshments & Healthy Snacks (C)
- 3:00 Brain Teasers (LR)
- 4:00 **EF** Themed Happy Hour (LR)
- 4:30 **LL** The World's Most Extraordinary Homes (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

6

- 10:00 **HF** Our "10" Format Morning Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Heads Up (LR)
- 11:30 **LL** Famous Music Composers (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 1:45 **LL** Daily Chronicles (LR)
- 2:30 **EF** Foster Square Film & Food (LR)
- 3:30 **C** Drama Club (LR)
- 4:15 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** National Geographic (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

6

- 10:00 **HF** Our "10" Format Morning Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Heads Up (LR)
- 11:30 **LL** Famous Music Composers (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 1:45 **LL** Daily Chronicles (LR)
- 2:30 **EF** Foster Square Film & Food (LR)
- 3:30 **C** Drama Club (LR)
- 4:15 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** National Geographic (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

13

- 9:30 Laughing with Lucille Ball (LR)
- 10:00 **HF** Our "10" Format Morning Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Heads Up (LR)
- 1:15 **J** Afternoon Sing Along (LR)
- 2:00 **HF** Cornhole Tournament (C)
- 2:30 **EF** Foster Square Film & Food (C)
- 3:00 **C** Drama Club (LR)
- 3:45 **LL** Daily Chronicles (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** National Geographic (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

20

- 9:30 **IS** The Kindness Diaries (LR)
- 10:00 **HF** Our "10" Format Morning Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Heads Up (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Yoga Stretch Class (C)
- 2:30 **EF** Foster Square Film & Food (C)
- 2:45 **LL** Daily Chronicles (C)
- 3:15 **C** Drama Club (LR)
- 4:00 Getting To Know You Dice Game (LR)
- 4:30 **LL** National Geographic (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

27

- 9:30 **IS** The Kindness Diaries (LR)
- 10:00 **HF** Our "10" Format Morning Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Heads Up (LR)
- 12:30 Lunch in the Dining Room - Group B
- 1:15 Getting To Know You Dice Game (C)
- 2:00 **HF** Drumming Exercise Class (LR)
- 2:45 **LL** Daily Chronicles (C)
- 3:00 **C** Drama Club (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** National Geographic (LR)
- 7:00 Refreshments & Healthy Snacks

7

- 9:30 Laughing with Lucille Ball (LR)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Spin to Win! (LR)
- 11:30 **LL** Famous Faces (LR)
- 1:15 **J** I Hear Memories (C)
- 2:00 **HF** Rise & Thrive Exercise Class (LR)
- 2:30 **EF** Flavors of the World (LR)
- 2:45 **LL** Daily Chronicles (LR)
- 4:00 **HF** Quick Afternoon Stretch Class (LR)
- 4:30 **LL** Our Planet (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

7

- 9:30 Laughing with Lucille Ball (LR)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 Spin to Win! (LR)
- 11:30 **LL** Famous Faces (LR)
- 1:15 **J** I Hear Memories (C)
- 2:00 **HF** Rise & Thrive Exercise Class (LR)
- 2:30 **EF** Flavors of the World (LR)
- 2:45 **LL** Daily Chronicles (LR)
- 4:00 **HF** Quick Afternoon Stretch Class (LR)
- 4:30 **LL** Our Planet (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

14

- 9:30 Laughing with Lucille Ball (LR)
- 10:00 **HF** Walking Club - tracking Steps (C)
- 10:30 Refreshments & Healthy Snacks (LR)
- 10:45 Spin to Win! (LR)
- 11:30 **LL** Famous Faces (LR)
- 1:15 **J** I Hear Memories (C)
- 2:00 **HF** Drumming Exercise Class (LR)
- 2:45 **EF** Flavors of the World (LR)
- 3:30 **LL** Rick Deutsch Virtual Presentation (ZOO)
- 4:30 **LL** Our Planet (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

21

- 9:30 Laughing with Lucille Ball (LR)
- 10:45 Spin to Win! (LR)
- 11:30 **LL** Our Planet (LR)
- 1:15 I Hear Memories (C)
- 2:00 **HF** Rise & Thrive Exercise Class (LR)
- 2:30 **EF** Flavors of the World (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:15 Finishing Lines (LR)
- 4:30 **LL** Grand Designs (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

28

- 9:30 Laughing with Lucille Ball (LR)
- 10:00 **HF** Let's Get Moving Bingo (C)
- 10:30 Refreshments & Healthy Snacks (LR)
- 11:30 **LL** Our Planet (LR)
- 1:15 **J** I Hear Memories (C)
- 2:00 **HF** Mini Golf (LR)
- 2:45 **EF** Flavors of the World (LR)
- 3:15 **CE** Puzzle Time (PC)
- 4:00 **HF** Quick Afternoon Stretch Class (LR)
- 4:15 **LL** Daily Chronicles (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

1

- 9:30 San Diego Zoo Live Cameras (LR)
- 10:00 **HF** Lower Body Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **LL** Daily Chronicles (C)
- 11:00 They Come In Twos TRIVIA (LR)
- 1:15 Sing Along with Susie Q (LR)
- 2:00 **HF** Upper Body Workout (C)
- 2:30 **EF** Ice Cream Cart (C)
- 3:45 **HF** Quick Afternoon Stretch (LR)
- 4:00 Name That Tune (LR)
- 4:30 **IS** The Kindness Diaries (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

8

- 9:30 **J** San Diego Zoo Live Cameras (LR)
- 10:00 **HF** Lower Body Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 **LL** Daily Chronicles (LR)
- 11:30 **LL** Atria Travels (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Upper Body Workout (C)
- 2:30 **EF** Ice Cream Cart (LR)
- 3:30 Bingo with prizes! (LR)
- 4:30 **IS** The Kindness Diaries (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

15

- 9:30 San Diego Zoo Live Cameras (LR)
- 10:00 **HF** Exercise Bingo (C)
- 10:45 They Come In Twos TRIVIA (LR)
- 11:30 **LL** Atria Travel Club (LR)
- 1:15 **J** Sing Along with Susie Q (LR)
- 2:00 **HF** Corn Hole Tournament (C)
- 2:30 **EF** Ice Cream Cart (C)
- 3:00 Bingo with Prizes! (LR)
- 4:00 **HF** Quick Afternoon Stretch (LR)
- 4:30 **LL** National Geographic (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

22

- 9:30 **J** San Diego Zoo Live Cameras (LR)
- 10:00 **HF** Lower Body Workout (C)
- 10:30 Refreshments & Healthy Snacks (C)
- 10:45 They Come In Twos TRIVIA (LR)
- 11:30 **LL** Atria Travel Club (LR)
- 1:15 Sing Along with Susie Q (LR)
- 1:45 **HF** Ball Fitness Class (C)
- 2:30 **EF** Ice Cream Cart (LR)
- 3:30 Bingo with Prizes (LR)
- 4:30 **LL** Grand Designs (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)

29

- 9:30 San Diego Zoo Live Cameras (LR)
- 11:00 They Come In Twos TRIVIA (LR)
- 11:30 **LL** Atria Travels (LR)
- 1:15 Sing Along with Susie Q (LR)
- 2:30 **EF** Ice Cream Cart (C)
- 2:45 Bingo with Prizes (LR)
- 3:15 **CE** Aquapaintings (PC)
- 3:45 **HF** Quick Afternoon Stretch (LR)
- 4:00 Name That Tune (LR)
- 4:30 **IS** The Kindness Diaries (LR)
- 6:30 Evening Movie (LR)
- 7:00 Refreshments & Healthy Snacks (LR)



- 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
- J** Music

ROOM LOCATION KEY:

- Library LIB
- Living Room LR
- Courtyard C
- Dining Room DR
- Program Corner PC
- Zoom ZOO

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