

MEMORY CARE

Monthly Calendar of Events and Programs



Featured Events:

Fashion Club - Coco Chanel

New Resident Welcome Social

Excursion - Humane Society

Atria NEWPORT BEACH

Atria
NEWPORT BEACH

SAMPLE CALENDAR

ATRIA NEWPORT BEACH memory care

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**
- **Legato®**

<p>10:00 HF Fitness - Walking for Charity 3</p> <p>10:30 LL Collectibles - All About Stamps</p> <p>11:00 IS Sunday Services - Nondenominational</p> <p>1:00 HF Fitness - Tai Chi Workout</p> <p>2:00 A Atria Sharing - StoryWise</p> <p>3:00 J Legato/Fitness - Movement to Music</p> <p>3:30 CE Crafts Collage - Patriotic Theme</p> <p>4:00 HF Fitness - Laughter Yoga</p> <p>6:30 EF Theater - "Chef" the Movie</p>	<p>10:00 HF Fitness - Mindfulness Stretch 4</p> <p>10:30 LL Brain Fitness - Word Challenge</p> <p>11:00 CV Volunteerism - Baking Treats for Pets</p> <p>1:00 LL iPad - Let's Travel to the Grand Canyon</p> <p>2:00 J Legato - Bell Choir Practice</p> <p>3:00 CE Craft - Pottery Creations</p> <p>3:30 HF Fitness - Bowling Challenge</p> <p>4:00 PA Reminiscing - Sharing Favorite Photos</p> <p>6:30 IS Captivating Stories - Inspirational</p>	<p>10:00 HF Fitness - Yoga 5</p> <p>10:30 EF Culinary Corner - Make a Salad</p> <p>11:00 LL Brain Fitness - Word Scramble</p> <p>1:00 LL Science - Plant Seeds and Development</p> <p>2:00 HF Fitness - Strength & Balance</p> <p>3:00 J Legato - Sing-Along Favorites</p> <p>4:00 CE Poets Corner - Emily Dickinson</p> <p>6:30 J Legato - Famous Violinists' Works</p>	<p>10:00 HF Fitness - Strength & Balance 6</p> <p>10:30 EF Excursion - A Trip to the Museum</p> <p>11:00 J Legato - Drumming Circle</p> <p>1:00 LL Notable People - Ronald Reagan</p> <p>2:00 CV Volunteerism - Making Cards for a Cause</p> <p>3:00 CE Photography Club - Photo Booth</p> <p>4:00 HF Fitness - Volleyball Challenge</p> <p>6:30 CE Crafts - Floral Designs</p>	<p>10:00 HF Fitness - Morning Stretch 7</p> <p>10:30 LL Technology - Phone Evolution</p> <p>11:00 EF Competitive Club - The Game of Dominoes</p> <p>1:00 EF iPad - Trip to the Zoo (Zoo Cam)</p> <p>2:00 CE Crafts - Colorful Sun Catchers</p> <p>3:00 PA Reminiscing - Sharing Favorite Traditions</p> <p>4:00 HF Fitness - Light & Lively Workout</p> <p>6:30 J Legato - Dean Martin Concert Series</p>	<p>10:00 HF Fitness - Morning Meditation 1</p> <p>10:30 J Legato - Musical Instrument Play-Along</p> <p>11:00 LL The Historian Club - California</p> <p>1:00 HF Fitness - Aerobics Workout</p> <p>2:00 C Sports Club - Golf Greats</p> <p>2:00 LL Fashion Club - Coco Chanel</p> <p>3:00 A Atria Sharing - StoryWise</p> <p>3:30 C Happy Hour - Refreshment Mixer</p> <p>4:00 LL Brain Fitness - U.S. Trivia</p> <p>6:30 J Legato - Sing-Along to the Lyrics</p>	<p>10:00 HF Fitness - Light 2</p> <p>Weight Workout</p> <p>10:30 LL Cultural Studies - Mexico</p> <p>11:00 CE Crafts - Watercolors & Landscapes</p> <p>1:00 C Social Media - Making Family Connections</p> <p>2:00 J Legato - Line Dancing Class</p> <p>3:00 EF Ice Cream Social - "Good Humor"</p> <p>3:30 J Legato - Karaoke Fun with Oldies</p> <p>4:00 LL iPad® - Trip to Orlando</p> <p>6:30 PA Garden Club - Succulents</p>
<p>10:00 HF Fitness - Walking for Charity 10</p> <p>10:30 LL Collectibles - All About Coins</p> <p>11:00 IS Sunday Services - Nondenominational</p> <p>1:00 HF Fitness - Tai Chi Workout</p> <p>2:00 A Atria Sharing - StoryWise</p> <p>3:00 J Legato/Fitness - Movement to Music</p> <p>3:30 CE Crafts Collage - Patriotic Theme</p> <p>4:00 HF Fitness - Laughter Yoga</p> <p>6:30 EF Theater - "Mama Mia"</p>	<p>10:00 HF Fitness - Walking for Charity 11</p> <p>10:30 LL Brain Fitness - Finish the Line</p> <p>11:00 EF Competitive Club - Pictionary® Challenge</p> <p>1:00 LL iPad - Let's Travel To Yosemite</p> <p>2:00 J Legato - Musical Instrument Play-Along</p> <p>3:00 CE Photography Club - Nature Photos</p> <p>3:30 HF Fitness - Laughter Yoga</p> <p>4:00 PA Reminiscing - Sharing Favorite Vacations</p> <p>6:30 IS Captivating Stories - Inspirational</p>	<p>10:00 HF Fitness - Light & Lively Workout 12</p> <p>10:30 EF Culinary Corner - Make a Dessert</p> <p>11:00 LL Brain Fitness - Word Scramble</p> <p>1:00 LL Science - Astronomy & Our Planets</p> <p>2:00 HF Fitness - Aerobics Workout</p> <p>3:00 CV Volunteerism - Making Blankets for the Needy</p> <p>4:00 CE Poets Corner - Robert Frost</p> <p>6:30 J Legato - Line Dancing</p>	<p>10:00 HF Fitness - Light 13</p> <p>Weight Workout</p> <p>10:30 EF Excursion - Picnic at Sunset Ridge Park</p> <p>11:00 J Legato - Bell Choir Practice</p> <p>1:00 LL Notable People - Nancy Reagan</p> <p>2:00 A Atria Sharing - StoryWise</p> <p>3:00 HF Fitness - Movement to Scarves</p> <p>4:00 J Legato - iPad Musical Instrument Play-Along</p> <p>6:30 CE Crafts - Floral Designs</p>	<p>10:00 HF Fitness - Morning Stretch 14</p> <p>10:30 LL Technology - Radio Evolution</p> <p>11:00 EF Competitive Club - The Game of Yahtzee™</p> <p>1:00 EF iPad - Trip to the Zoo (Zoo Cam)</p> <p>2:00 LL The Historian Club - U.S. Flags</p> <p>3:00 PA Reminiscing - Sharing Awards Won</p> <p>4:00 HF Fitness - Nature Walk</p> <p>6:30 J Legato - Frank Sinatra Concert Series</p>	<p>10:00 HF Fitness - Yoga 15</p> <p>10:30 J Legato - Berlin Music Appreciation</p> <p>11:00 CE Crafts - Pottery Creations</p> <p>1:00 HF Fitness - Meditation in the Afternoon</p> <p>2:00 C Sports Club - All About Surfing</p> <p>2:00 LL Fashion Club - Jackie Kennedy</p> <p>3:00 CV Volunteerism - Making Pet Toys</p> <p>3:30 EF Happy Hour - Refreshment Mixer</p> <p>4:00 LL Brain Fitness - Baseball Trivia</p> <p>6:30 J Legato - Twisting to the '60s</p>	<p>10:00 HF Fitness - Strength & Balance 16</p> <p>Weight Workout</p> <p>10:30 LL Cultural Studies - Ireland</p> <p>11:00 CE Crafts - Watercolors & Florals</p> <p>1:00 C Social Media - Making Family Connections</p> <p>2:00 HF Fitness - Tai Chi Workout</p> <p>3:00 EF Ice Cream Social - Sundaes</p> <p>3:30 J Legato - Karaoke with Malt Shop Tunes</p> <p>4:00 LL iPad - Trip to Washington D.C.</p> <p>6:30 PA Garden Club - Flowers</p>
<p>10:00 HF Fitness - Walking for Charity 17</p> <p>10:30 LL Collectibles - All About Baseball Cards</p> <p>11:00 IS Sunday Services - Nondenominational</p> <p>1:00 HF Fitness - Bowling Challenge</p> <p>2:00 A StoryWise - Memories of Dad</p> <p>3:00 J Legato - The 1950s Name That Tune</p> <p>3:30 HF Fitness - Laughter Yoga</p> <p>4:00 CE Crafts Collage - Sports Theme</p> <p>6:30 EF Theater - "Father Knows Best"</p>	<p>10:00 HF Fitness - Mindfulness Stretch 18</p> <p>10:30 LL Brain Fitness - Fill in the Blank</p> <p>11:00 CV Volunteerism - Baking Treats for Pets</p> <p>1:00 LL iPad - Let's Travel to San Francisco</p> <p>2:00 J Legato - Bell Choir Practice</p> <p>3:00 CE Crafts - Pottery Creations</p> <p>3:30 HF Fitness - Aerobics Workout</p> <p>4:00 PA Reminiscing - Sharing Celebrations</p> <p>6:30 IS Captivating Stories - Inspirational</p>	<p>10:00 HF Fitness - Yoga 19</p> <p>10:30 EF Competitive Club - The Game of Boggle®</p> <p>11:00 LL Brain Fitness - Naming the 50 States</p> <p>1:00 LL Science - Astronomy & the Stars</p> <p>3:00 CE Culinary Creations - Chef's Table</p> <p>3:00 HF Fitness - Strength & Balance</p> <p>4:00 CE Poets Corner - Walt Whitman</p> <p>6:30 J Legato - Perry Como Concert Series</p>	<p>10:00 HF Fitness - Strength & Balance 20</p> <p>10:30 CV Excursion - Humane Society</p> <p>11:00 J Legato - Drumming Circle</p> <p>1:00 LL Notable People - John F. Kennedy</p> <p>2:00 A Atria Sharing - StoryWise</p> <p>3:00 CE Photography Club - Nature Photos</p> <p>4:00 HF Fitness - Volleyball Challenge</p> <p>6:30 CE Crafts - Floral Designs</p>	<p>10:00 HF Fitness - Morning Stretch 21</p> <p>10:30 LL Technology - Television Evolution</p> <p>11:00 EF Culinary Corner - Making Ice Cream</p> <p>1:00 EF iPad - Trip to the Zoo (Zoo Cam)</p> <p>2:00 CE Crafts - Painting Flower Pots</p> <p>3:00 PA Reminiscing - Sharing Funny Moments</p> <p>4:00 HF Fitness - Light & Lively Workout</p> <p>6:30 J Legato - Making Music</p>	<p>10:30 HF Fitness - Aerobics Workout 22</p> <p>10:30 J Legato - Mozart Music Appreciation</p> <p>11:00 LL The Historian Club - Air Transportation</p> <p>1:00 HF Fitness - Meditation in the Afternoon</p> <p>2:00 C Sports Club - All About Water Polo</p> <p>2:00 CV Volunteerism - Making Cards for a Cause</p> <p>2:00 LL Fashion Club - Gloria Vanderbilt</p> <p>3:30 EF Happy Hour - Refreshment Mixer</p> <p>4:00 LL Brain Fitness - Presidential Trivia</p> <p>6:30 J Legato - Name That Tune</p>	<p>10:00 HF Fitness - Light 23</p> <p>Weight Workout</p> <p>10:30 LL Cultural Studies - Germany</p> <p>11:00 CE Crafts - Watercolors & Seascapes</p> <p>1:00 EF Competitive Club - Pictionary Challenge</p> <p>2:00 HF Fitness - Nature Walk</p> <p>3:00 EF Ice Cream Social - Milkshakes</p> <p>3:30 J Legato - Karaoke Fun With Oldies</p> <p>4:00 LL iPad - Trip to the Great Wall of China</p> <p>6:30 PA Garden Club - Flowers</p>
<p>10:00 HF Fitness - Mindfulness Stretch 24</p> <p>10:30 LL Collectibles - All About Cars</p> <p>11:00 IS Sunday Services - Nondenominational</p> <p>1:00 HF Fitness - Strength & Balance</p> <p>2:00 A Atria Sharing - StoryWise</p> <p>3:00 J Legato - Tommy Dorsey Music Appreciation</p> <p>3:30 HF Fitness - Volleyball Challenge</p> <p>4:00 CE Crafts Collage - Fashion Related</p> <p>6:30 EF Theater - "Daddy Day Care"</p>	<p>10:00 HF Fitness - Walking For Charity 25</p> <p>10:30 LL Brain Fitness - Spelling Challenge</p> <p>11:00 IS Captivating Stories - Inspirational</p> <p>1:00 LL iPad - Let's Travel to the Hawaiian Islands</p> <p>2:00 J Legato - Musical Instrument Play-Along</p> <p>3:00 CE Photography Club - Nature Photos</p> <p>4:00 PA Reminiscing - Sharing Family Photos</p> <p>6:30 HF Fitness - Laughter Yoga</p>	<p>10:00 HF Fitness - Light & Lively Workout 26</p> <p>10:30 EF Culinary Corner - Creative Food Art</p> <p>11:00 LL Brain Fitness - Word Scramble</p> <p>1:00 LL Science - Meteorology & Types of Clouds</p> <p>2:00 HF Fitness - Nature Walk</p> <p>3:00 CV Volunteerism - Making Blankets for the Needy</p> <p>4:00 CE Poets Corner - William Shakespeare</p> <p>6:30 J Legato - Line Dancing</p>	<p>10:00 HF Fitness - Light 27</p> <p>Weight Workout</p> <p>10:30 EF Lunch at The Dock</p> <p>11:00 J Legato - Bell Choir Practice</p> <p>1:00 LL Notable People - Eleanor Roosevelt</p> <p>2:00 A Atria Sharing - StoryWise</p> <p>3:00 HF Fitness - Movement to Scarves</p> <p>4:00 J Legato - iPad Garage Band Play-Along</p> <p>6:30 CE Crafts - Floral Designs</p>	<p>10:00 HF Fitness - Morning Stretch 28</p> <p>10:30 LL Technology - Light Bulb Evolution</p> <p>11:00 EF Competitive Club - The Game of Yahtzee</p> <p>1:00 EF iPad - Trip to the Zoo (Zoo Cam)</p> <p>2:00 CE Craft - Pottery Creations</p> <p>3:00 PA Reminiscing - Significant Life Events</p> <p>4:00 HF Fitness - Aerobics Workout</p> <p>6:30 J Legato - Tony Bennett Concert Series</p>	<p>10:00 HF Fitness - Gentle Yoga 29</p> <p>10:30 J Legato - Gershwin Music Appreciation</p> <p>11:00 LL The Historian Club - California Gold</p> <p>1:00 HF Fitness - Meditation in the Afternoon</p> <p>2:00 C Sports Club - All About Racing</p> <p>2:00 LL Fashion Club - Jacques Fath</p> <p>3:00 CV Volunteerism - Making Pet Toys</p> <p>3:30 EF Happy Hour - Refreshment Mixer</p> <p>4:00 LL Brain Fitness - Famous Logos Trivia</p> <p>6:30 J Legato - Sock Hop Party</p>	<p>10:00 HF Fitness - Strength & Balance 30</p> <p>Weight Workout</p> <p>10:30 LL Cultural Studies - Ireland</p> <p>11:00 CE Crafts - Watercolors & Naturescapes</p> <p>1:00 EF Competitive Club - Pictionary Challenge</p> <p>2:00 HF Fitness - Tai Chi Workout</p> <p>3:00 EF Ice Cream Social - Ice Cream Cones</p> <p>3:30 J Legato Karaoke Fun - Malt Shop Tunes</p> <p>4:00 LL iPad - Trip to Boston</p> <p>6:30 PA Garden Club - Vegetables</p>

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