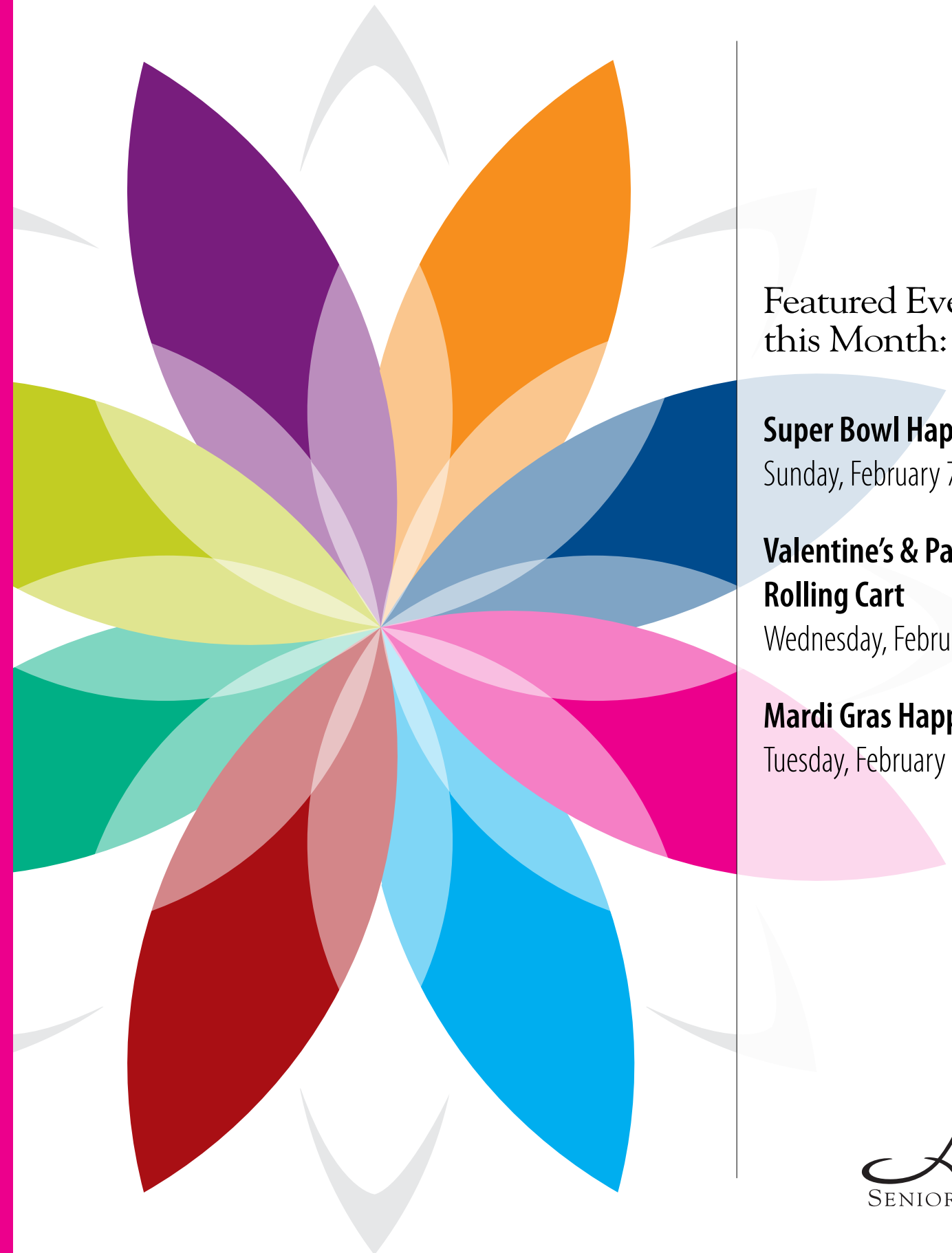


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Super Bowl Happy Hour Cart

Sunday, February 7, 2:00 PM

**Valentine's & Palentine's
Rolling Cart**

Wednesday, February 10, 2:00 PM

Mardi Gras Happy Hour Cart

Tuesday, February 16, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

Super Bowl® Sunday!
 10:00 **HF** Workout Warriors (TF)
 11:00 **HF** Workout Warriors (TF)
 2:00 **EF** Super Bowl® Happy Hour Cart (IR)
 3:30 **HF** Total Body Stretch (TF)

Happy Valentine's Day!
 10:00 **HF** Workout Warriors (TF)
 11:00 **HF** Workout Warriors (TF)
 2:00 Trivia (TF)
 3:30 **HF** Total Body Stretch (TF)

10:00 **HF** Workout Warriors (TF)
 11:00 **HF** Workout Warriors (TF)
 2:00 What's in a Word? (TF)
 3:30 **HF** Total Body Stretch (TF)

10:00 **HF** Workout Warriors (TF)
 11:00 **HF** Workout Warriors (TF)
 2:00 Brain Game (TF)
 3:30 **HF** Total Body Stretch (TF)

1
 10:00 **HF** Morning Fitness (TF)
 11:00 **HF** Morning Fitness (TF)
 2:00 Bingo (TF)
 3:30 **HF** Afternoon Stretch (TF)

8
 10:00 **HF** Morning Fitness (TF)
 11:00 **HF** Morning Fitness (TF)
 2:00 Bingo (TF)
 3:30 **HF** Afternoon Stretch (TF)

15
 10:00 **HF** Morning Fitness (TF)
 11:00 **HF** Morning Fitness (TF)
 2:00 Bingo (TF)
 3:30 **HF** Afternoon Stretch (TF)

22
 10:00 **HF** Morning Fitness (TF)
 11:00 **HF** Morning Fitness (SF)
 2:00 Bingo (TF)
 3:30 **HF** Afternoon Stretch (TF)

2
 10:00 **HF** Fitness Mania (TF)
 11:00 **HF** Fitness Mania (TF)
 2:00 Cornhole (TF)
 3:30 **HF** Stretch & Relax (TF)
 6:15 **IS** Rosary Group (TF)

9
 10:00 **HF** Fitness Mania (TF)
 11:00 **HF** Strength Training (TF)
 2:30 Food for Thought (TF)
 3:00 Resident Council (TF)
 3:30 **HF** Stretch & Relax (TF)
 6:15 **IS** Rosary (TF)

Mardi Gras
 10:00 **HF** Fitness Mania (TF)
 11:00 **HF** Strength Training (TF)
 2:00 **EF** Mardi Gras Happy Hour Cart (IR)
 3:30 **HF** Stretch & Relax (TF)
 6:15 **IS** Rosary Group (TF)

23
 10:00 **HF** Fitness Mania (SF)
 11:00 **HF** Strength Training (TF)
 4:15 **HF** Stretch & Relax (TF)
 6:15 **IS** Rosary Group (TF)

3
 10:00 **HF** Sit & Stretch (TF)
 11:00 **HF** Sit & Stretch (TF)
 3:30 **HF** Workout Wonders (TF)
 6:15 Wii® Games (TF)

10
 10:00 **HF** Tai Chi with Pete (TF)
 11:00 **HF** Sit & Stretch (TF)
 2:00 **EF** Valentine's & Palentine's Rolling Cart (IR)
 3:30 **HF** Workout Wonders (TF)
 6:15 Wii® Games (TF)

17
 10:00 **HF** Tai Chi with Pete (SF)
 11:00 **HF** Sit & Stretch (TF)
 3:30 **HF** Workout Wonders (TF)
 6:15 Wii® Games (TF)

24
 10:00 **HF** Tai Chi with Pete (TF)
 11:00 **HF** Sit & Stretch (TF)
 2:00 **EF** Taco 'Bout a Guac Party Cart (IR)
 3:30 **HF** Workout Wonders (TF)
 6:15 Wii® Games (TF)

4
 10:00 **HF** Core Fitness (TF)
 11:00 **HF** Core Fitness (TF)
 2:00 **IS** Rosary Group (SF)
 4:15 **HF** Wellness Workout (TF)
 6:15 You Be the Judge (TF)

11
 10:00 **HF** Core Fitness (TF)
 11:00 **HF** Core Fitness (TF)
 2:00 **IS** Rosary Group (TF)
 4:15 **HF** Wellness Workout (TF)
 6:15 **LL** Book Club (TF)

18
 10:00 **HF** Core Fitness (TF)
 11:00 **HF** Core Fitness (TF)
 2:00 **IS** Rosary Group (SF)
 4:30 **HF** Wellness Workout (TF)
 6:15 **CE** Creative Corner (TF)

25
 10:00 **HF** Core Fitness (TF)
 11:00 **HF** Core Fitness (TF)
 2:00 **IS** Rosary Group (TF)
 4:30 **HF** Wellness Workout (TF)
 6:15 **LL** Book Club (TF)

5
 10:00 **HF** Wake Up Workout (TF)
 11:00 **HF** Wake Up Workout (TF)
 2:00 Wii® Games (TF)
 3:30 **HF** Stretchology (TF)

12
 10:00 **HF** Wake Up Workout (TF)
 11:00 **HF** Wake Up Workout (TF)
 2:00 Wii® Games (TF)
 3:30 **HF** Stretchology (TF)

19
 10:00 **HF** Wake Up Workout (TF)
 11:00 **HF** Wake Up Workout (TF)
 2:00 Wii® Games (TF)
 3:30 **HF** Stretchology (TF)

26
 10:00 **HF** Wake Up Workout (TF)
 11:00 **HF** Wake Up Workout (TF)
 2:00 **PA** Engage Life® Meeting (TF)
 3:30 **HF** Stretchology (TF)

6
 10:00 **HF** Fitness Fun (TF)
 11:00 **HF** Fitness Fun (TF)
 2:00 Bingo (TF)
 3:30 **HF** Sit & Stretch (TF)

13
 10:00 **HF** Fitness Fun (TF)
 11:00 **CE** Art Inspirations-Creative Painting (TF)
 2:00 Bingo (TF)
 3:30 **HF** Sit & Stretch (TF)

20
 10:00 **HF** Fitness Fun (TF)
 11:00 **HF** Fitness Fun (TF)
 2:00 Bingo (TF)
 3:30 **HF** Sit & Stretch (TF)

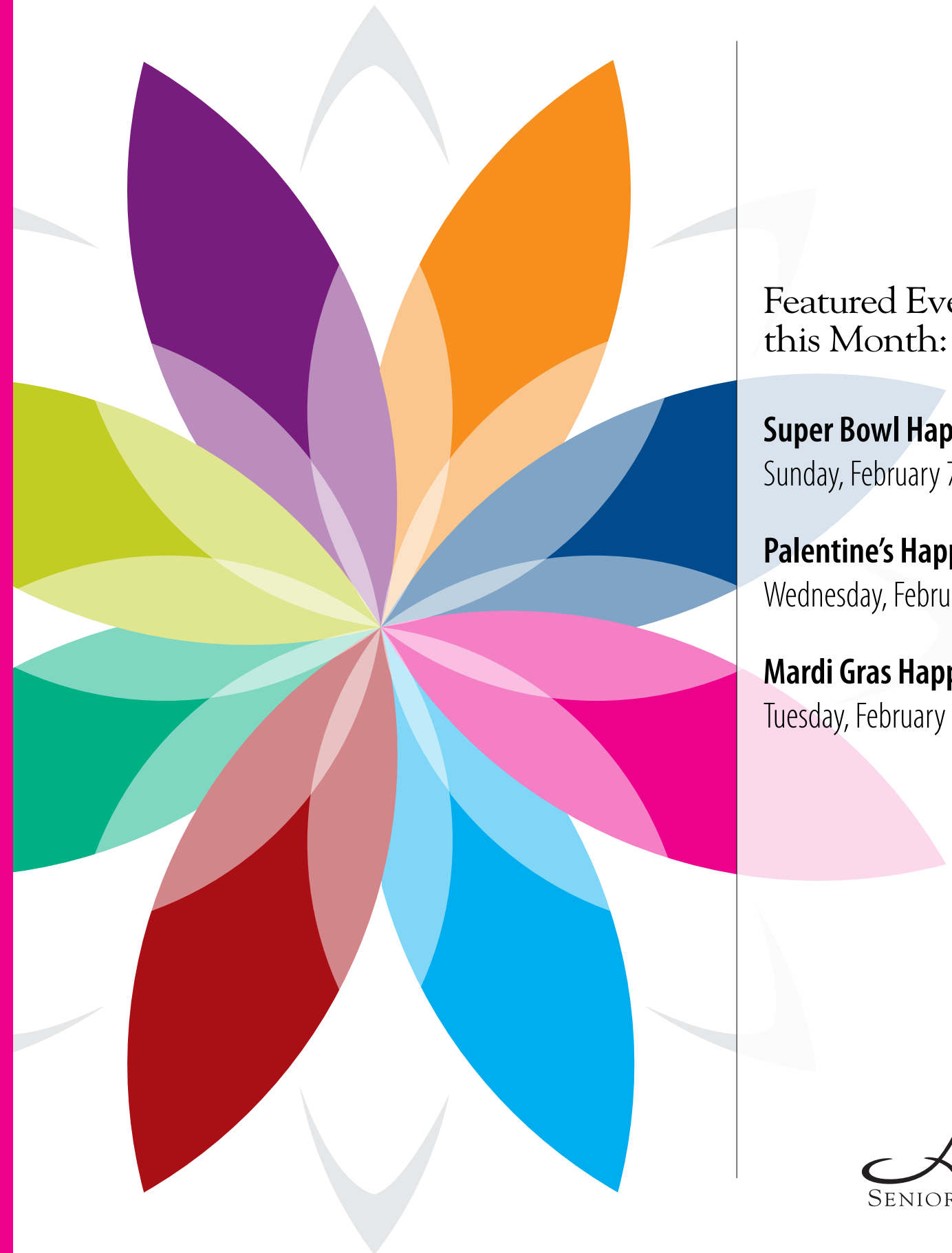
27
 10:00 **HF** Fitness Fun (TF)
 11:00 **CE** Art Inspirations (TF)
 11:00 **HF** Fitness Fun (TF)
 2:00 Bingo (TF)
 3:30 **HF** Sit & Stretch (TF)

- 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:
 Third Floor TF
 Second Floor SF
 In-Room IR

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Super Bowl Happy Hour Cart

Sunday, February 7, 3:00 PM

Palentine's Happy Hour Cart!

Wednesday, February 10, 3:00 PM

Mardi Gras Happy Hour Cart

Tuesday, February 16, 3:00 PM



FEBRUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p>10:00 IS Spiritual and Meditation Time 10:30 HF Arthritis Exercise 11:00 J Drum Circle 1:00 LL News Currents 1:45 HF Bowling 2:30 C Walking Club 3:00 EF Horseshoes Competition 3:30 LL Atria Artists 4:00 EF Gardening Club 6:00 C Evening Word Games</p>	<p>1 10:00 IS Spiritual and Meditation Time 10:30 HF Arthritis Exercise 11:00 J Drum Circle 1:00 LL News Currents 1:45 HF Bowling 2:30 C Walking Club 3:00 EF Horseshoes Competition 3:30 LL Atria Artists 4:00 EF Gardening Club 6:00 C Evening Word Games</p>	<p>2 10:00 IS Spiritual and Meditation Time 11:00 HF Strength Training 1:00 J Star of the Week- Aretha Franklin 2:30 HF Fitness Fun 3:30 EF Bean Bag Toss 4:30 C Puzzle Club 4:30 LL Roku Trivia 6:00 EF Game Show Night! (TF)</p>	<p>3 10:00 IS Spiritual and Meditation Time 10:30 HF Music 'n' Motion 11:30 LL Weekly Animal Study: Doves 1:00 EF Bean Bag Toss 2:15 CE Coloring Group 2:30 PA Gram Glam 3:30 LL On This Day In... 4:00 HF Evening Stretch 6:00 EF Horseshoe Competition</p>	<p>4 10:00 IS Spiritual and Meditation Time 10:30 HF Strengthening Group Exercise 11:30 EF Bowling 1:00 CE Crafty Seniors 2:00 HF Light and Lively Exercise 2:30 J Name that TV Jingle 3:00 EF Atria Speedway! 4:00 C Puzzle Club 6:00 EF Musical Movie Night</p>	<p>5 10:00 IS Spiritual and Meditation Time 10:45 HF Rise and Shine Exercise 11:00 J Who Sang That Song? 1:00 IS Rosary 1:45 HF Morning Exercise Group 2:30 C Puzzle Club 4:00 LL Animal Documentary 6:00 EF Friday Night Flick</p>	<p>6 10:00 IS Spiritual and Meditation Time 10:30 HF Morning Exercise! 11:30 LL White Board Word Games 1:00 J Songs to Make You Smile 2:00 IS Rosary 3:00 C Ice Cream Social 3:30 HF Parachute Challenge 6:00 EF Game Night</p>
<p>7 10:00 IS Spiritual and Meditation Time 11:00 HF Morning Fitness (TF) 11:30 LL Name 10! Trivia Challenge 1:00 J Match the Lyric 2:00 EF Corn Hole Challenge 3:00 Super Bowl® Happy Hour Cart 3:30 HF Strengthening Group Exercise 4:30 StoryWise™ 6:00 EF Sunday Drama Movie Night</p>	<p>8 10:00 IS Communion Service with Marianne 10:30 HF Arthritis Exercise 11:00 EF Corn Hole 1:00 LL News Currents 1:45 J Name that Old TV Show! 2:30 HF Dance Exercise 3:15 EF Walking Club 4:00 EF Gardening Club 6:00 CE Evening Art Group</p>	<p>9 10:00 IS Spiritual and Meditation Time 11:00 HF Strength Training 1:00 J Star of the Week- Ella Fitzgerald 2:00 HF Fitness Fun 3:30 C Bowling 4:30 C Puzzle Club 4:30 LL Roku Trivia 6:00 EF Game Show Night! (TF)</p>	<p>10 10:00 IS Spiritual and Meditation Time 10:30 HF Music n' Motion 11:30 LL Weekly Animal Study: Arctic Hare 1:00 CE Patriotic Music 2:30 PA Gram Glam 3:00 Palentine's Happy Hour Cart! 3:30 EF Love Songs 4:00 HF Evening Stretch 6:00 EF Corn Hole</p>	<p>11 10:00 IS Spiritual & Meditation Time 10:30 HF Strengthening Group Exercise 11:30 LL Trivia Challenge 1:00 CE Crafty Seniors 2:00 HF Kickball 3:00 LL Black History Month: Rosa Parks 4:00 C Puzzle Club 4:15 J Match the Lyric 6:00 EF Musical Movie Night</p>	<p>12 10:00 IS Spiritual & Meditation Time 10:45 HF Rise and Shine Exercise 11:00 StoryWise™ 1:00 IS Rosary 1:45 HF Kickball 2:30 J Finish the Lyric 3:30 EF Cornhole 4:15 LL Roku Trivia 6:00 EF Friday Night Flick</p>	<p>13 10:00 IS Spiritual & Meditation Time 10:30 HF Morning Exercise! 11:30 LL White Board Word Games 1:00 J Songs to Make You Smile 2:00 IS Rosary 2:30 HF Parachute Challenge 3:00 StoryWise™ 6:00 EF Game Night</p>
<p>Happy Valentine's Day! 14 10:00 IS Spiritual & Meditation Time 11:00 HF Morning Fitness (TF) 11:30 LL Roku Trivia 1:00 EF Get to Know Me Ball Toss 2:30 J Irish Music 3:30 HF Light and Lively Exercise 4:00 LL Summer Trivia 4:30 StoryWise™ 6:00 EF Sunday Social Movie Night</p>	<p>15 10:00 IS Communion Service with Marianne 10:30 HF Arthritis Exercise 11:00 LL Name that Old TV Show! 1:00 LL News Currents 2:00 HF Lower Body Exercise 2:30 IS Bird Tales 3:30 EF Horseshoes Competition 3:45 J Name that TV Jingle 4:00 EF Gardening Club 6:00 CE Evening Art Group</p>	<p>Mardi Gras! 16 10:00 IS Spiritual & Meditation Time 11:00 HF Strength Training 1:00 J Star of the Week- Louis Armstrong 2:30 HF Fitness Fun 3:00 Mardi Gras Happy Hour Cart 3:30 EF Famous Faces Bingo 4:30 LL Mardi Gras Trivia 4:30 C Puzzle Club 6:00 EF Game Show Night! (TF)</p>	<p>17 10:00 IS Spiritual & Meditation Time 10:30 HF Music n' Motion 11:30 LL Weekly Animal Study: Sea Cucumber 2:15 CE Water Colors 2:30 PA Gram Glam 3:30 LL On This Day In... 4:00 HF Evening Stretch 6:00 EF Get to Know Me Ball Toss</p>	<p>18 10:00 IS Spiritual & Meditation Time 10:30 HF Senior Yoga Stretch 11:30 J Name that TV Jingle! 1:00 CE Crafty Seniors 2:00 HF Arthritis Exercise Group 2:30 LL Finish the Phrase 3:00 EF Atria Speedway! 4:00 C Puzzle Club 6:00 EF Musical Movie Night (TF)</p>	<p>19 10:00 IS Spiritual & Meditation Time 10:45 HF Rise and Shine Exercise 11:00 LL Word Find Challenge 1:00 IS Rosary 1:45 HF Senior Yoga Stretch 2:30 J Match the Lyric 3:30 StoryWise™ 6:00 EF Friday Night Flick</p>	<p>20 10:00 IS Spiritual & Meditation Time 10:30 HF Morning Exercise 11:30 LL White Board Word Games 1:00 J Songs to Make You Smile 2:00 IS Rosary 2:30 HF Parachute Challenge 3:00 C Ice Cream Social 3:30 CE Velvet Art 4:00 C Puzzle Club! 6:00 EF Game Night</p>
<p>21 10:00 IS Spiritual & Meditation Time 11:00 HF Morning Fitness (TF) 1:00 EF Bowling 2:00 J Name that Tune! 3:30 HF Afternoon Exercise Group 4:00 CE Color and Conversation 6:00 EF Sunday Night Musical Movie</p>	<p>22 10:00 IS Communion Service with Marianne 10:30 HF Arthritis Exercise 11:00 EF Get to Know You Ball Toss 1:00 LL News Currents 2:00 HF Light and Lively Exercise 3:00 CE Jewelry Making (TF) 4:00 J Finish the Lyric 4:00 EF Gardening Club 6:00 C Evening Word Games</p>	<p>23 10:00 IS Spiritual & Meditation Time 11:00 HF Strength Training 1:00 J Star of the Week- Duke Ellington 2:30 HF Fitness Fun 3:30 EF Corn Hole 4:00 IS Bird Tales 4:30 EF Walking Club 6:00 EF Game Show Night! (TF)</p>	<p>24 10:00 IS Spiritual & Meditation Time 10:30 HF Music n' Motion 11:30 LL Weekly Animal Study: Garter Snake 1:00 EF CornHole 2:15 Taco 'Bout a Guac Party Cart 2:30 PA Gram Glam 3:30 EF Walking Club 4:00 HF Evening Stretch 6:00 EF Cornhole</p>	<p>25 10:00 IS Spiritual & Meditation Time (TF) 10:30 HF Strengthening Group Exercise 11:30 J Drum Circle 1:00 CE Crafty Seniors 2:00 HF Olympic Air Racketball 2:30 EF Bowling 3:00 LL Black History Month: Madam C.J. Walker 4:00 C Puzzle Club 6:00 EF Musical Movie Night</p>	<p>26 10:00 IS Spiritual & Meditation Time 10:45 HF Rise and Shine Exercise 11:00 LL Arm Chair Traveler: Ecuador 1:00 IS Rosary 1:45 HF Light and Lively Exercise 2:15 J Name that TV Jingle 3:30 EF Corn Hole 4:15 LL Roku Trivia 6:00 EF Friday Night Flick</p>	<p>27 10:00 IS Spiritual & Meditation Time 10:30 HF Morning Exercise! 11:30 LL White Board Word Games 1:00 J Songs to Make You Smile 2:00 IS Rosary 2:30 HF Parachute Challenge 3:00 C Ice Cream Social 3:30 CE Velvet Art 4:00 C Puzzle Club 6:00 EF Game Night</p>

28
10:00 **IS** Spiritual & Meditation Time
11:00 **HF** Morning Fitness (TF)
11:30 **CE** Water Color Painting
1:00 **LL** National Science Day Trivia
1:30 **EF** Corn Hole
2:30 **J** Music Appreciation
3:30 **HF** Bowling
4:00 **LL** Animal Documentary
6:00 **EF** Sunday Social Movie Night

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- StoryWise** Atria StoryWise
- J** Music

ROOM LOCATION KEY:
Third Floor TF

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