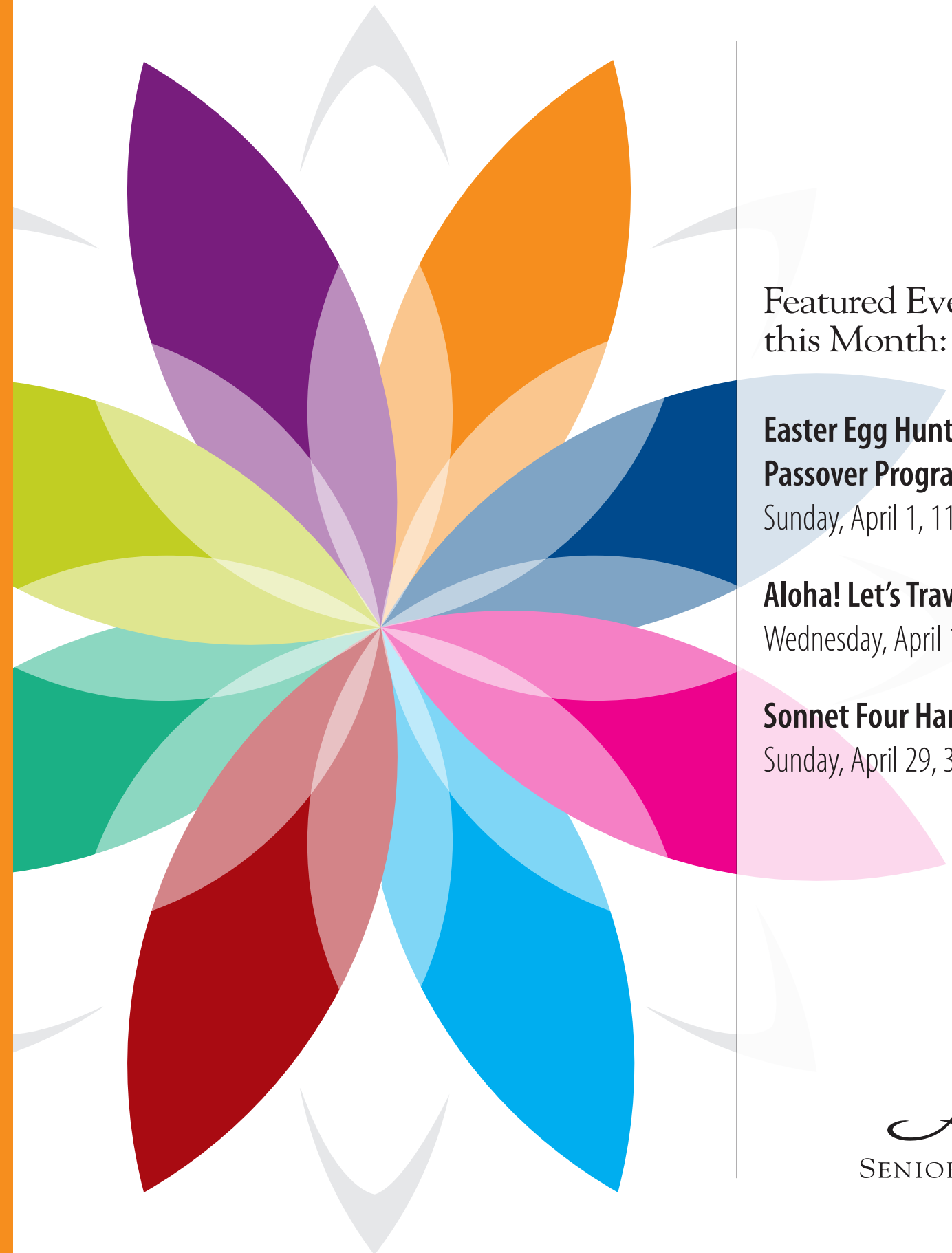


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

**Easter Egg Hunt/
Passover Program**

Sunday, April 1, 11:00 AM

Aloha! Let's Travel to Hawaii!

Wednesday, April 18, 3:00 PM

Sonnet Four Hands Piano Duo

Sunday, April 29, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

9:30 St. Augustine's Mass Trip (L) (GA)

10:15 IS Catholic Service Eucharistic Ministers (T) (V)

10:30 HF Water Walking Exercise (P) (OV)

11:00 EF Can You Name the Music? (A) (MD)

11:00 EF Easter Egg Hunt/Passover Program (OC)

12:00 Board Game: Word Tiles (C) (MD)

2:00 Popcorn Movie Matinee (T)

2:15 C Gentleman's Club: Sports (GR) (GA)

2:30 HF Low-Impact Aerobic Exercise (A) (GA)

4:00 CE Drama Club (A) (MD)

7:30 Sunday Popcorn Cinema (A)

2

10:00 CE Art Studio Open for Personal Projects (AS) (RL)

10:30 HF Strength and Balance with Weights (A) (GA)

10:30 HF Pool is Open (P) (VB)

11:00 LL This Week in History (A) (GA)

12:00 EF Ping Pong by the Pool (P) (MD)

1:00 PA Mahjong Games (GR) (RL)

2:00 IS Inspiring Rhythms Group Drumming (T) (OV)

2:30 HF Balance Focused Exercise Class (A)

3:00 LL "The Greatest Mysteries Ever" Discussion (A) (GA)

4:00 PA Green Thumb Horticulture Workshop (A) (OV)

6:00 Game Night: Your Choice! (GR) (RL)

7:30 Romance Movie (T)

3

10:30 LL Headlines and News Discussion (A) (KC)

11:00 HF Easy Yoga for Easing Pain (A) (OV)

12:00 EF Pocket Billiards (P) (GA)

1:30 Bus Outing or Local Shopping Trip (L)

2:00 Matinee Movie with Popcorn (T)

2:00 PA Bridge Tournament (GR) (RL)

2:00 PA Resident Led Bingo Games (HG) (V)

3:00 HF Yomenco Dance w/ Therapy Dog Rockwell (L) (OV)

4:00 CE Horticulture with Cathy (A) (NC)

6:30 CE Karaoke Singing Fun! (A) (MD)

6:45 PA Meeting of the Members of The Voice (PD) (RL)

7:30 Comedy Movie Night (T)

4

10:00 EF Coffee and Card Games in the Café (C) (KC)

10:30 HF Seated Dancing Routines to Music (A) (MD)

10:30 HF The Pool is Open (P) (VB)

11:00 Boggle™ Word Search Game (A) (KC)

1:30 Shop-Rite Shopping Trip (L)

2:00 Matinee Movie (T)

2:00 PA Bridge Games (GR) (RL)

2:00 CV Knitting/Crocheting for a Cause (LB) (NC)

2:00 HF Water Aerobics (P)

3:00 Musical Performance (A) (KC)

4:00 LL "Categories" Word Game (A) (MD)

6:30 HF Poker Practice and Play (T) (GA)

5

10:00 PA Tech Time with Mia (C) (MD)

10:30 HF Low-Impact Aerobics (A) (GA)

11:00 HF Word Wheel Challenge (A) (MD)

12:00 Ping Pong/Billiards (P) (KC)

1:00 Community Trip (L) (MD)

2:00 Movie Candy Matinee (T)

2:00 HF Senior Fitness Exercise Class with Sara (A) (OV)

3:00 LL Documentary and Discussion (A) (GA)

4:15 HF Stretch and Straighten (A) (NC)

6:30 EF Bingo for Prizes (T) (KC)

7:30 Classic Movie Night (T)

6

10:00 IS Coffee Chat in Cafe (C) (KC)

10:45 In-House Personal Training w/ Gym Guzy (A) (OV)

11:30 CE Short Story Reading and Appreciation (A)

12:00 Card Games: Gin Rummy (GR) (KC)

2:00 Afternoon Movie Matinee (T)

2:00 HF Gentle Stretching and Relaxation (A) (KC)

2:00 CE Theater Arts for the Young at Heart (A) (OV)

3:00 CE Special Art Project with Instructor Anne (AS) (KC)

4:00 PA Ambassador Program Meeting (C) (NC)

7:15 IS Shabbat Services (A) (V)

7:30 Your Friday Favorite Flick (T)

7

10:00 PA Sundries "Store" Open for Business (HG) (RL)

10:30 HF Strengthen with Therabands (A) (KC)

10:30 HF Pool's Open for a Swim! (P) (OV)

11:00 LL World Culture Presentation (A) (NC)

1:00 PA Scrabble® Game (C) (RL)

2:00 HF Low-Impact Aerobics (A) (KC)

2:00 Saturday Matinee Movie (T)

2:30 LL Science and Technology Class (A) (OV)

3:30 CE Poetry Appreciation: Free Verse (A) (KC)

4:00 LL "A Look Back in History" with Art (A)

7:30 Saturday Feature Movie Cinema (T)

8

9:30 St. Augustine's Mass Trip (L) (GA)

10:15 IS Catholic Service Eucharistic Ministers (T) (V)

10:30 HF Water Walking in the Pool (P) (OV)

11:00 EF Can You Name the Music? (A) (MD)

12:00 EF Pocket Billiards (P) (GA)

2:00 LL Great Courses Lecture Series (A) (GA)

2:00 Popcorn Movie Matinee (T)

2:30 Jazz Duo Performance: Piano & Bass (A) (MD)

3:30 HF Low-Impact Aerobic (A) (GA)

4:00 CE Drama Club: Mystery Play Reading (A) (GA)

7:30 Classic Movie of the 1940's (A)

9

10:00 CE Art Studio Open for Personal Projects (AS) (RL)

10:15 LL This Week in History (A) (GA)

10:30 HF Pool is Open (P)

11:00 HF Healing Therapeutics Exercise Group p (A) (V)

12:00 Chess Demonstration and Games (C) (MD)

1:00 PA Mahjong Games (GR) (RL)

2:00 Movie Matinee (T)

2:30 HF Low-Impact Aerobics (A)

3:00 HF Engage Your Brain (EYB) (A) (MD)

4:00 HF Group Crossword on the Large Screen (A) (GA)

7:30 Action Movie Night (T)

10

10:00 C Intergenerational Program: Temple Israel (A) (GA)

10:30 LL Headlines and News Discussion (A) (MD)

11:00 HF Yoga and Movement (A) (OV)

12:00 CSI Synagogue Luncheon (L) (NC)

2:00 Popcorn Movie Matinee (T)

2:00 PA Bridge Tournament (GR) (V)

2:00 PA Resident Led Bingo Games (HG) (RL)

4:00 HF Afternoon Stretch and Meditation (MD)

4:30 CE Crafting Group (C) (NC)

6:30 Sing-along to Music of the 80's! (A) (MD)

7:30 Monday Mystery Movie Night (T)

11

10:00 EF Coffee and Cards Games in the Café (C) (KC)

10:30 HF Pool is Open (P) (VB)

10:30 HF Seated Dancing with Music (T) (MD)

11:00 Boggle™ Word Search Game (A) (KC)

12:15 HF Movement with Mia (A) (MD)

2:00 PA Bridge Games (GR) (RL)

2:00 Popcorn Movie Matinee (T)

2:00 CV Knitting/ Crocheting for a Cause (LB) (NC)

2:15 HF Seated Aerobic Exercise (A) (GA)

3:00 PA Celebrating April Birthdays w/ Music (HG) (GA)

7:30 Wacky Wednesday Movie (T)

12

10:00 PA Tech Time (C) (MD)

10:30 HF Low-Impact Aerobics with Sara (A) (GA)

11:00 Engage Life® Monthly Resident Meeting (A) (NC)

12:00 EF Ping Pong Tournament (P) (MD)

1:30 Bus Outing or Local Shopping Trip (L) (RL)

2:00 Movie Matinee (T)

2:45 CE Jewelry Making (AS) (NC)

3:30 LL Opera in the Afternoon: "Magic Flute"

4:00 HF Afternoon Stretch (A) (KC)

6:30 EF Bingo for Prizes (A) (KC)

7:30 All-Time Greatest Movie Night (T)

13

10:00 C Coffee Klatch (C) (KC)

10:15 HF Gentle Stretch & Relaxation (A)

11:00 CE Short Story Reading and Appreciation (A)

12:00 Board Games: Monopoly (GR) (KC)

2:00 Popcorn Matinee Movie (T)

2:15 HF Afternoon Exercise (A)

3:00 CE Art Studio Workshop w/ Anne (AS) (OV)

3:30 HF Nutrition Class (A) (OV)

4:00 C Social Media Demonstration (A) (NC)

7:15 IS Shabbat Services (A) (V)

7:30 Friday Evening Flick (T)

14

10:00 PA Sundries "Store" Open for Business (HG) (RL)

10:30 HF Strengthen with Therabands (A)

10:30 HF Pool's Open for a Swim! (P) (VB)

11:00 PA Scrabble® Games (HG) (RL)

11:00 LL Debate of Ethical Dilemmas (A) (NC)

12:00 Card Games: Crazy 8's (GR) (KC)

2:00 Matinee Movie Musical (T)

2:00 HF Aqua Aerobics (P) (OV)

3:00 IS Positive Feeling: "Choosing Happiness" (A) (KC)

4:00 LL "A Look Back in History" with Art (A) (OV)

6:30 Color Your Way to Calm (GR) (NC)

7:30 Saturday Candy Cinema (T)

15

9:30 St. Augustine's Mass Trip (L) (GA)

10:15 IS Catholic Service Eucharistic Ministers (T) (V)

10:30 HF Water Walking in the Pool (P) (OV)

11:00 EF Can You Name the Music? (A) (MD)

12:00 Bananagrams® (R) (C) (MD)

1:00 CE Art Class: Fabric Painting (AS) (MD)

2:00 Popcorn Movie Matinee (T)

2:15 C Gentleman's Club: Sports Greats (GR) (GA)

2:30 HF Low-Impact Aerobics (A) (GA)

3:00 Musical Performance (A) (OV)

4:00 CE Drama Club (A) (GA)

7:30 Classic Movie of the 1950's (A)

16

10:00 CE Art Studio Open for Personal Projects (AS) (RL)

10:30 HF Strength and Balance Using Weights (A) (GA)

10:30 HF Pool is Open (P)

11:00 LL "This Week in History" (A) (GA)

12:00 EF Vinyl Record Club (A) (MD)

1:00 PA Mahjong Games (GR) (RL)

2:00 IS Inspiring Rhythms Group Drumming (T) (OV)

3:00 HF Engage Your Brain: Spelling Bee Contest (A) (GA)

3:30 HF Dance Class (A) (GA)

4:00 PA Green Thumb Horticulture Workshop (A) (OV)

7:30 Western Cinema Classic (T)

17

10:30 LL Headlines and News and Discussion (A) (KC)

11:00 HF Yoga with Laura (A) (OV)

12:00 Pocket Billiards (P) (GA)

1:30 Bus Outing or Local Shopping Trip (L) (NC)

2:00 Afternoon Movie Time (T)

2:00 PA Bridge Tournament (GR) (V)

2:00 PA Resident Led Bingo Game (HG) (RL)

3:00 HF Yomenco Dance w/ Therapy Dog Rockwell (A) (OV)

4:00 EF "Spring Fling" (OT) (KC)

6:30 CE Sing-along to Music of the 70's! (A) (MD)

7:30 Romance Movie Night (T)

18

10:00 EF Coffee and Card Games in the Café (C) (KC)

10:30 HF Seated Dancing Routines to Music (A) (MD)

11:00 Food for Thought Meeting (A) (NC)

12:00 Board Games: Monopoly (KC)

2:00 HF Water Aerobics (P)

2:00 Movie Matinee (T)

2:00 PA Bridge Games (GR) (RL)

2:00 CV Knitting/Sewing for a Cause (LB) (NC)

3:00 LL Aloha! Let's Travel to Hawaii! (A) (GA)

3:30 Violin Performance (A) (NC)

6:30 C Poker Practice and Play (A) (GA)

7:30 Wild Card Movie (T)

19

10:00 PA Tech Time (C) (MD)

10:30 HF Low-Impact Aerobics with Sara (A) (GA)

11:00 HF Word Wheel Challenge (A) (MD)

1:30 EF Bus Outing or Local Shopping Trip (L) (RL)

1:30 CE Creative Writing Workshop (PD)

2:00 Movie Matinee (T)

2:00 HF Senior Fitness Exercise Class with Sara (A) (OV)

2:45 LL Hollywood Spotlight with Edith (A) (OV)

3:45 Resident Council Monthly Meeting (A)

4:00 HF Charades Using Pictures (A) (NC)

7:30 Foreign Film Movie Night (T)

20

10:30 HF Strengthen and Balance Using Weights (A)

10:30 IS Spiritual Retreat and Relaxation (A)

11:00 C "Laughter Is the Best Medicine" (C) (NC)

11:00 CE Short Story Reading and Appreciation (A)

12:00 Card Games: Hearts (GR) (KC)

2:00 Movie Matinee (T)

2:00 CE Theater Arts for the Young at Heart (A) (OV)

2:15 HF Nature Walk (L)

3:00 CE Art Workshop with Anne (AS) (NC)

4:00 HF Nutrition Q's: Vitamins/Fact or Fiction (A) (NC)

7:15 IS Shabbat Services (A) (V)

7:30 Fabulous Friday Flick (T)

21

10:00 PA Sundries "Store" Open for Business (HG) (RL)

10:30 HF Strengthen with Therabands (A)

10:30 HF Pool's Open for a Swim! (P)

11:00 LL Discussion of Ethical Dilemmas (A) (NC)

12:00 Board Games: Scrabble® (GR) (KC)

2:00 Afternoon Cinema (T)

2:00 HF Water Aerobics (P) (OV)

3:00 CE Poetry Appreciation: Limericks (A) (KC)

3:00 CV Animal Advocacy: Making Dog Biscuits (C) (NC)

4:00 LL "A Look back in History" with Art (A) (OV)

7:30 Saturday Showtime (T)

22

9:30 St. Augustine's Mass (L) (GA)

10:15 IS Catholic Service Eucharistic Ministers (T) (V)

10:30 HF Water Walking in the Pool (P) (OV)

11:00 EF Can You Name the Music? (A) (MD)

12:00 EF Pocket Billiards (P) (GA)

1:30 Creative Crafts (HG) (V)

2:00 Popcorn Matinee Movie (T)

2:15 C Gentleman's Club (GR) (GA)

2:30 HF Low-Impact Aerobics (A) (GA)

3:00 Musical Performance (A) (GA)

4:00 CE Drama Club: Mystery Play Reading (A) (GA)

7:30 Best Picture of the 1940's (A)

23

10:00 CE Art Studio Open (AS) (RL)

10:15 LL This Week in History (A) (GA)

10:30 HF Pool is open

11:00 HF Healing Therapeutics Exercise Class (A) (V)

12:00 Jigsaw Puzzle Team (LB) (MD)

1:00 PA Mahjong Games (GR) (RL)

2:00 IS Inspiring Rhythms Group Drumming (T) (OV)

3:15 LL Science and Technology Class (A) (MD)

4:00 HF Words Within Words Challenge (A) (KC)

4:30 HF Strength and Balance Program (A) (MD)

7:30 The Best Romance Movie of All Time (T)

24

10:30 LL Headlines and News Discussion (A) (MD)

11:00 HF Yoga Class (A) (OV)

1:30 Bus Trip/Outing or Local Shopping Trip (L) (RL)

2:00 Popcorn Movie Matinee (T)

2:00 PA Bridge Tournament (HG) (RL)

2:00 PA Resident Led Bingo Game (HG) (V)

2:15 HF Movement with Mia (A) (MD)

3:15 C New Resident Welcome and Social Hour (A) (KC)

6:30 CE Sing-along to the Music of the '60's! (A) (MD)

7:30 Comedy Movie Night (T)

25

10:00 EF Coffee and Card Games in the Café (A) (OV)

10:30 HF Seated Dancing with Music (A) (MD)

11:00 Boggle™ Word Search (A) (KC)

12:30 EF Greenburgh Feature Movie Outing (OC)

12:30 Billiards (P) (GA)

2:00 LL Music Fundamentals w/Rob (A) (OV)

2:00 Popcorn Matinee Movie (T)

2:00 PA Bridge Games (GR) (RL)

2:00 CV Knitting/Sewing for a Cause (LB) (NC)

3:00 HF Healthy Living with Dr. Rick (A) (OV)

6:30 C Poker Game Night (A) (GA)

7:30 Wednesday Wild Card Movie (T)

26

10:00 PA Tech Time with Mia (C) (MD)

10:30 HF Low-Impact Aerobics Class (A) (GA)

11:00 HF Word Wheel Challenge (A) (MD)

12:30 Ping Pong Tournament (P) (GA)

1:30 Bus Outing or Local Shopping Trip (OC) (RL)

2:00 Popcorn Movie Matinee (T)

2:00 HF Senior Fitness Exercise Class (A) (OV)

3:30 LL Opera in the Afternoon: I Pagliacci" (A) (OV)

4:30 CE Color Your Way to Calm (GR) (NC)

6:15 EF Bingo for Prizes (A) (KC)

7:30 Classic Movie Night (T)

27

10:00 C Coffee Klatch (C) (MD)

10:45 HF In-House Personal Training with GymGuzy (A) (OV)

11:00 CE Short Story Reading and Appreciation (A)

12:00 Board Games: Checkers

1:30 EF Ping Pong Game (P) (RL)

2:00 PA Monthly Book Club Meeting (A) (NC)

2:00 Popcorn Afternoon at the Movies (T)

3:00 IS Support Group Discussion (A) (RSA)

3:00 CE Art Studio Workshop (AS) (OV)

4:00 HF Before Dinner Stroll and Stretch (L) (KC)

7:15 IS Shabbat Services (A) (OV)

7:30 Fun Friday Flick

28

10:30 HF Strengthen with Therabands (A) (KC)

10:30 HF Pool's Open for a Swim! (P) (OV)

11:00 LL Debate of Ethical Dilemmas (A) (NC)

12:00 Jig Saw Puzzle Team (C) (NC)

2:00 Musical Movie Matinee (T)

2:00 HF Aqua Aerobics (P) (OV)

2:15 HF Walking Club for Miles (OC) (NC)

2:30 C Chat Room (A) (NC)

3:00 CE Shakespearean Sonnets (A) (KC)

4:00 LL "A Look Back in History" with Art (A) (OV)

6:30 CE Zentangle Workshop (GR) (NC)

7:30 Saturday Slice of Life Cinema (T)

29

9:30 St. Augustine's Mass (L) (GA)

10:15 IS Catholic Service Eucharistic Ministers (T) (V)

10:30 HF Water Walking in the Pool (P) (OV)

11:00 EF Can You Name the Music? (A) (MD)

12:00 EF Pocket Billiards (P) (GA)

1:30 Creative Crafts (HG) (V)

2:00 Popcorn Matinee Movie (T)

2:15 C Gentleman's Club (GR) (GA)

2:30 HF Low-Impact Aerobics (A) (GA)

3:00 EF Words Within Words (A) (GA)

3:00 EF Sonnet Four Hands Piano Duo (PO) (OV)

4:00 CE Drama Club: Mystery Play Reading (A) (GA)

7:30 Best Picture of the 1940's (A)

30

10:00 CE Art Studio Open (AS) (RL)

10:15 LL This Week in History (A) (GA)

10:30 HF Pool is open

11:00 HF Healing Therapeutics Exercise Class (A) (V)

12:00 Jigsaw Puzzle Team (LB) (MD)

1:00 PA Mahjong Games (GR) (RL)

2:00 IS Inspiring Rhythms Group Drumming (T) (OV)

3:15 LL Science and Technology Class (A) (MD)

4:00 HF Words Within Words Challenge (A) (KC)

4:30 HF Strength and Balance Program (A) (MD)

7:15 Piano Man: Dr. Alan Mohl (PO) (AM)

7:30 The Best Romance Movie of All Time (T)



- 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:**
- Theater T
 - Outside community OC
 - Outside Terrace OT
 - Pool P
 - Highlands Grille HG
 - Catskills Cafe C
 - Lobby L
 - Piano Area PO
 - Private Dining Room PD
 - Art Studio AS
 - Game Room GR
 - Library LB

- STAFF KEY:**
- RSA
 - Outside Vendor OV
 - Kelsey Crooks KC
 - Vanessa Bermeo VB
 - Mia DeMuro MD
 - Grace Arenholz GA
 - Nancy Chaikin NC
 - Alan Mohl AM

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

HAPPY 89th BIRTHDAY Etti
Monday, April 2, 3:00 PM

Fresh Start's Youth Outreach Day!
Tuesday, April 3, 1:00 PM

Aloha! Let's Travel to Hawaii!
Wednesday, April 18, 3:00 PM

Atria
SENIOR LIVING

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