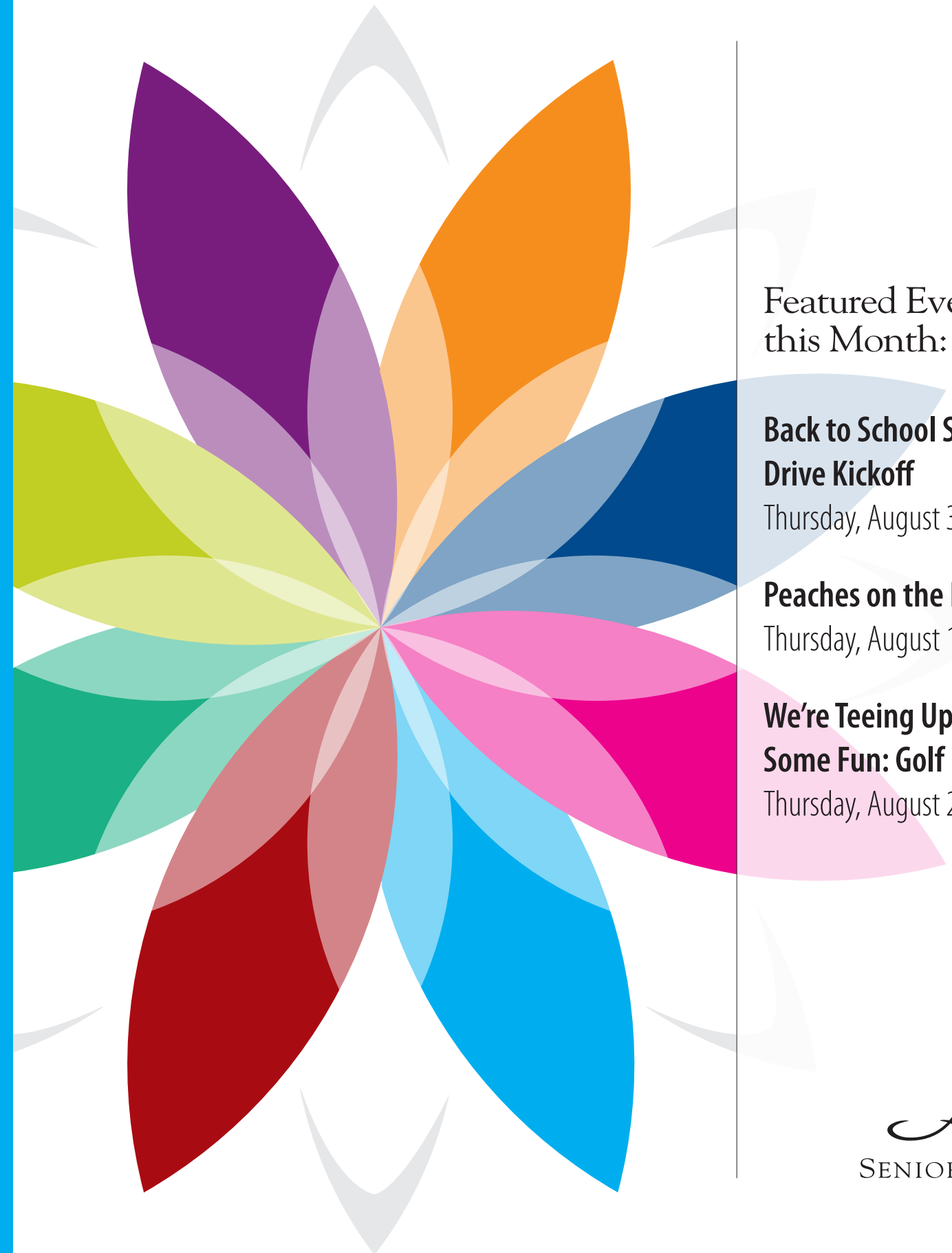


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Back to School Supply  
Drive Kickoff**  
Thursday, August 3, 11:00 am

**Peaches on the Patio Festival**  
Thursday, August 10, 3:00 pm

**We're Teeing Up for  
Some Fun: Golf Event**  
Thursday, August 24, 2:30 pm

*Atria*  
SENIOR LIVING

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# AUGUST 2017

# ATRIA ON THE HUDSON engage life®

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
- W** Wisdom of Curiosity

<p>9:30 St. Augustine's Mass Trip (L) [GA]</p> <p>10:15 <b>IS</b> Catholic Service</p> <p>11:00 <b>LL</b> Academic Challenge (A) [GA]</p> <p>11:00 <b>HF</b> Water Walking Exercise (P) [KZ]</p> <p>1:30 Arts and Crafts (HG) [V]</p> <p>2:00 <b>C</b> Gentleman's Club (GR) [GA]</p> <p>2:00 Movie Matinee (T)</p> <p>2:30 <b>HF</b> Low Impact Aerobics (A) [GA]</p> <p>3:15 <b>CE</b> Choral Group (A)</p> <p>4:00 Words Within Words (A)</p> <p>7:30 Sunday Popcorn Cinema (A)</p>	<p>10:30 <b>CE</b> Art Studio Open for Personal Projects (AS) [RL]</p> <p>10:30 <b>HF</b> Strength and Balance with Weights (A) [GA]</p> <p>11:00 This Week in History (A) [GA]</p> <p>1:00 <b>PA</b> Mahjong Games (GR) [RL]</p> <p>2:00 <b>IS</b> Inspiring Rhythms Drum Workshop (T) [OV]</p> <p>2:30 <b>HF</b> Balance Focused Exercise Class (A)</p> <p>4:00 <b>PA</b> Horticulture Workshop (A) [OV]</p> <p>7:30 Classic Movie Night (T)</p>	<p>10:30 Headlines and News Discussions (A) [GA]</p> <p>11:00 <b>HF</b> Yoga Class (A) [OV]</p> <p>1:30 Local Shopping Trip (L)</p> <p>2:00 <b>PA</b> Bridge Tournament (GR) [RL]</p> <p>2:00 Matinee Movie (T)</p> <p>2:00 <b>PA</b> Resident Led Bingo Games (HG) [V]</p> <p>3:30 <b>HF</b> Walking Club (A) [OV]</p> <p>4:00 <b>CE</b> Crafting Group (A) [NC]</p> <p>6:45 <b>PA</b> Meeting of the Members of The Voice (PD) [RL]</p> <p>7:30 Comedy Movie Night (T)</p>	<p>10:00 <b>CE</b> Painting Class (AS) [OV]</p> <p>10:30 <b>HF</b> Strength and Balance Class (T) [RM]</p> <p>11:00 Boggle™ Word Search Game (HG) [RM]</p> <p>2:00 <b>PA</b> Bridge Games (GR) [RL]</p> <p>2:00 <b>HF</b> Chair Aerobics (A) [GA]</p> <p>2:00 <b>CV</b> Knitting/Crocheting for a Cause (LB) [NC]</p> <p>2:00 Matinee Movie (T)</p> <p>3:00 <b>EF</b> Classical Piano Concert: I-Heung lee (HG) [OV]</p> <p>6:30 <b>C</b> Stories Around the Campfire (P) [GA]</p> <p>7:30 Wild Card Movie (T)</p>	<p>10:30 <b>HF</b> Chair Aerobics (A) [GA]</p> <p>11:00 <b>CV</b> Back to School Supply Drive Kickoff (A) [NC]</p> <p>1:30 <b>CE</b> Creative Writing Workshop (PD) [RM]</p> <p>2:00 Movie Matinee</p> <p>2:00 <b>HF</b> Senior Fitness Exercise Program (A) [OV]</p> <p>2:00 <b>EF</b> Trip to Ossining Public Library (L) [RL]</p> <p>3:00 <b>PA</b> Ambassador Program Meeting (C) [NC]</p> <p>4:00 <b>EF</b> Blackjack Games (A) [GA]</p> <p>7:00 <b>LL</b> Golden Age of Hollywood Movie Discussion (T) [RM]</p> <p>7:30 Romance Movie (T)</p>	<p>10:30 <b>IS</b> Spiritual Retreat and Relaxation (A) [RM]</p> <p>10:45 <b>HF</b> In-House Personal Training with GymGuyz (A) [OV]</p> <p>2:00 <b>PA</b> Monthly Book Club Meeting (A) [NC]</p> <p>2:00 Movie Matinee (T)</p> <p>2:15 <b>HF</b> Sunshine Stroll (L) [RM]</p> <p>3:00 <b>CE</b> Theater Arts for the Young at Heart (A) [OV]</p> <p>4:00 <b>CE</b> Short Story Reading and Appreciation (A) [RM]</p> <p>7:15 <b>IS</b> Shabbat Services (A) [V]</p> <p>7:30 Your Friday Favorite Flick (T)</p>	<p>10:00 <b>HF</b> Pool's Open for a Swim! (P) [KZ]</p> <p>10:00 <b>PA</b> Sundries "Store" Open for Business (HG) [RL]</p> <p>10:30 <b>HF</b> Strengthen with Therabands (A) [RM]</p> <p>11:00 <b>CE</b> Poetry Appreciation (A) [RM]</p> <p>11:00 <b>PA</b> Scrabble® Games (HG) [RL]</p> <p>2:00 Matinee Movie (T)</p> <p>2:00 <b>HF</b> Water Aerobics (P) [KZ]</p> <p>3:00 <b>EF</b> Tic Tac Trivia (A) [RM]</p> <p>4:00 <b>LL</b> Current Events with Art (A)</p> <p>7:30 Saturday Cinema (T)</p>																																																								
<p>9:30 St. Augustine's Mass Trip (L) [GA]</p> <p>10:15 <b>IS</b> Catholic Service</p> <p>11:00 <b>LL</b> Academic Challenge (A) [GA]</p> <p>11:00 <b>HF</b> Water Walking Exercise (P) [KZ]</p> <p>1:30 Arts and Crafts (HG) [V]</p> <p>2:00 <b>C</b> Gentleman's Club (GR) [GA]</p> <p>2:00 Movie Matinee (T)</p> <p>2:30 <b>HF</b> Low Impact Aerobics (A) [GA]</p> <p>3:15 <b>CE</b> Choral Group (A)</p> <p>4:00 Words Within Words (A)</p> <p>7:30 Sunday Popcorn Cinema (A)</p>	<p>10:00 <b>CE</b> Art Studio Open for Personal Projects (AS) [RL]</p> <p>10:30 <b>HF</b> Strength and Balance with Weights (A) [GA]</p> <p>11:00 This Week in History (A) [GA]</p> <p>1:00 <b>PA</b> Mahjong Games (GR) [RL]</p> <p>2:00 <b>IS</b> Inspiring Rhythms Drum Workshop (T) [OV]</p> <p>2:30 <b>HF</b> Balance Focused Exercise Class (A)</p> <p>4:00 <b>PA</b> Horticulture Workshop (A) [OV]</p> <p>7:30 Classic Movie Night (T)</p>	<p>10:30 Headlines and News Discussions (A) [RM]</p> <p>11:00 <b>HF</b> Yoga and Movement (A) [OV]</p> <p>12:00 <b>IS</b> CSI Temple Luncheon Trip (L)</p> <p>1:30 ShopRite Trip (L)</p> <p>2:00 <b>PA</b> Bridge Tournament (GR) [V]</p> <p>2:00 Movie Matinee (T)</p> <p>2:00 <b>PA</b> Resident Led Bingo Games (HG) [RL]</p> <p>3:00 <b>HF</b> Yomenco Dance Class (L) [OV]</p> <p>4:00 <b>CE</b> Crafting Group (C) [NC]</p> <p>7:30 Comedy Movie Night (T)</p>	<p>10:00 <b>CE</b> Painting Class (AS) [OV]</p> <p>10:30 <b>HF</b> Strength and Balance Class (T) [RM]</p> <p>11:00 Boggle™ Word Search Game (HG) [RM]</p> <p>2:00 <b>PA</b> Bridge Games (GR) [RL]</p> <p>2:00 <b>CV</b> Knitting/ Crocheting for a Cause (LB) [NC]</p> <p>2:00 Movie Matinee (T)</p> <p>2:15 <b>HF</b> Chair Aerobics (A) [GA]</p> <p>3:00 <b>EF</b> Blackjack Games (A) [GA]</p> <p>4:00 <b>PA</b> Monthly Birthday Party w/ Live Music (A) [OV]</p> <p>6:30 <b>C</b> S'mores and More at the Fire Pit (P) [GA]</p> <p>7:30 Wild Card Movie (T)</p>	<p>10:30 <b>HF</b> Low-Impact Aerobics (A) [GA]</p> <p>1:30 Local Shopping Trip (L) [RL]</p> <p>2:00 Engage Life® Meeting (A) [NC]</p> <p>2:00 Movie Matinee (T)</p> <p>2:00 <b>HF</b> Senior Fitness Exercise (A) [OV]</p> <p>3:00 <b>EF</b> Peaches on the Patio Festival (G)</p> <p>4:00 <b>HF</b> Engage Your Brain (EYB) (A) [NC]</p> <p>7:00 <b>LL</b> Golden Age of Hollywood Movie Discussion (T) [RM]</p> <p>7:30 Action Movie (T)</p>	<p>10:30 <b>HF</b> Kickboxing 101 (A) [RM]</p> <p>11:00 <b>C</b> Coffee Talk (C) [NC]</p> <p>2:00 Matinee Movie (T)</p> <p>2:15 <b>HF</b> Walk the Path Outside (L) [RM]</p> <p>3:00 <b>CE</b> Craftsmanship Project (C) [NC]</p> <p>4:00 <b>CE</b> Short Story Reading and Appreciation (A) [RM]</p> <p>4:00 <b>C</b> Social Media Demonstration (A) [NC]</p> <p>7:15 <b>IS</b> Shabbat Services (A) [V]</p> <p>7:30 Friday Flick (T)</p>	<p>10:00 <b>PA</b> Sundries "Store" Open for Business (HG) [RL]</p> <p>10:30 <b>HF</b> Strengthen with Therabands (A) [RM]</p> <p>11:00 <b>CE</b> Poetry Appreciation (A) [RM]</p> <p>11:00 <b>PA</b> Scrabble® Games (HG) [RL]</p> <p>2:00 <b>HF</b> Aqua Aerobics (P) [KZ]</p> <p>2:00 Movie Matinee (T)</p> <p>3:00 <b>LL</b> Academic Challenge (A) [RM]</p> <p>4:00 <b>LL</b> Current Events with Art (A) [OV]</p> <p>7:30 Saturday Candy Cinema (T)</p>																																																								
<p>9:30 St. Augustine's Mass Trip (L) [GA]</p> <p>10:15 <b>IS</b> Catholic Service</p> <p>11:00 <b>LL</b> Academic Challenge (A) [GA]</p> <p>11:00 <b>HF</b> Water Walking in the Pool (P) [KZ]</p> <p>2:00 <b>LL</b> Great Courses Lecture Series (A) [GA]</p> <p>2:00 Movie Matinee (T)</p> <p>2:30 <b>HF</b> Low-Impact Aerobic (A) [GA]</p> <p>3:15 <b>CE</b> Choral Group (A)</p> <p>4:00 Words Within Words (A) [GA]</p> <p>7:30 Sunday Cinema (A)</p>	<p>10:00 <b>CE</b> Art Studio Open for Personal Projects (AS) [RL]</p> <p>10:00 <b>HF</b> Healing Therapeutics Exercise Group p (A) [V]</p> <p>11:00 This Week in History (A) [GA]</p> <p>1:00 <b>PA</b> Mahjong Games (GR) [RL]</p> <p>2:00 Movie Matinee (T)</p> <p>2:30 <b>HF</b> Low Impact Aerobics (A) [RM]</p> <p>3:00 <b>LL</b> Let's Travel to Thailand (A) [GA]</p> <p>4:00 <b>HF</b> Group Crossword (A) [GA]</p> <p>7:30 Classic Movie Night (T)</p>	<p>10:30 <b>LL</b> Headline News and Discussions (A) [RM]</p> <p>11:00 <b>HF</b> Yoga with Laura (A) [OV]</p> <p>1:30 CVS Shopping Trip (L) [NC]</p> <p>2:00 Afternoon Movie Time (T)</p> <p>2:00 <b>PA</b> Bridge Tournament (GR) [V]</p> <p>2:00 <b>PA</b> Resident Led Bingo Game (HG) [RL]</p> <p>3:00 <b>HF</b> Low-Impact Aerobic (A) [OV]</p> <p>4:00 <b>CE</b> Crafting Group (A) [NC]</p> <p>7:30 Comedy Movie Night (T)</p>	<p>10:00 <b>CE</b> Painting Class (AS) [OV]</p> <p>10:30 <b>HF</b> Strength and Balance Program [RM]</p> <p>11:00 Engage Life® Programming Meeting (A) [NC]</p> <p>2:00 <b>PA</b> Bridge Games (GR) [RL]</p> <p>2:00 <b>CV</b> Knitting/Sewing for a Cause (LB) [NC]</p> <p>2:00 Movie Matinee (T)</p> <p>3:30 <b>EF</b> Musical Performance: David Wynne (A) [OV]</p> <p>4:30 Afternoon Walk Outside (L) [NC]</p> <p>6:30 <b>C</b> Stories Around the Campfire (P) [GA]</p> <p>7:30 Wild Card Movie (T)</p>	<p>10:30 <b>HF</b> Low-Impact Aerobics (A) [GA]</p> <p>11:00 Chat Room (A) [GA]</p> <p>1:30 <b>EF</b> Bus Tour of Croton on the Hudson (L) [RL]</p> <p>1:30 <b>CE</b> Creative Writing Workshop (PD) [RM]</p> <p>2:00 Movie Matinee (T)</p> <p>2:00 <b>HF</b> Senior Fitness Exercise Class (A) [OV]</p> <p>4:00 <b>EF</b> Blackjack Games (A) [GA]</p> <p>7:00 <b>LL</b> Golden Age of Hollywood Movie Discussion (T) [RM]</p> <p>7:30 Summer Evening Movie (T)</p>	<p>10:30 <b>IS</b> Spiritual Retreat and Relaxation (A) [RM]</p> <p>10:45 <b>HF</b> In-House Personal Training with GymGuyz (A) [OV]</p> <p>11:00 <b>C</b> Coffee Talk (C) [NC]</p> <p>2:00 Movie Matinee (T)</p> <p>2:15 <b>HF</b> Nature Walk (L) [RM]</p> <p>2:30 <b>LL</b> Technology Help Class (A) [NC]</p> <p>3:00 <b>CE</b> Theater Arts for the Young at Heart (A) [OV]</p> <p>4:00 <b>CE</b> Short Story Reading and Appreciation (A) [RM]</p> <p>7:15 <b>IS</b> Shabbat Services (A) [V]</p> <p>7:30 Friday Flick (T)</p>	<p>10:00 <b>HF</b> Pool's Open for a Swim! (P) [KZ]</p> <p>10:00 <b>PA</b> Sundries "Store" Open for Business (HG) [RL]</p> <p>10:30 <b>HF</b> Strengthen with Therabands (A) [RM]</p> <p>11:00 <b>CE</b> Poetry Appreciation (A) [RM]</p> <p>11:00 <b>PA</b> Scrabble® Games (HG) [RL]</p> <p>2:00 Afternoon Cinema (T)</p> <p>2:00 <b>HF</b> Water Aerobics in the Pool (P) [KZ]</p> <p>2:30 <b>C</b> Welcome New Residents Cocktail Hour (HG) [NC]</p> <p>4:00 <b>LL</b> Current Events with Art (A) [OV]</p> <p>7:30 Saturday Cinema (T)</p>																																																								
<p>9:30 St. Augustine's Mass Trip (L) [GA]</p> <p>10:15 <b>IS</b> Catholic Service</p> <p>11:00 <b>LL</b> Academic Challenge (A) [GA]</p> <p>11:00 <b>HF</b> Water Walking in the Pool (P) [KZ]</p> <p>1:30 Creative Crafts Circle (HG) [V]</p> <p>2:00 Movie Matinee (T)</p> <p>2:30 <b>HF</b> Low Impact Aerobics (A) [GA]</p> <p>3:30 <b>EF</b> Categories Word Game (A) [GA]</p> <p>4:00 <b>CE</b> Drama Club (A) [GA]</p> <p>7:30 Sunday Cinema (A)</p>	<p>10:00 <b>CE</b> Art Studio Open for Personal Projects (AS) [RL]</p> <p>10:30 <b>HF</b> Strength and Balance with Weights (A) [GA]</p> <p>11:00 This Week in History (A)</p> <p>1:00 <b>PA</b> Mahjong Games (GR) [RL]</p> <p>2:00 <b>IS</b> Inspiring Rhythms Drum Workshop (T) [OV]</p> <p>3:00 <b>HF</b> Engage Your Brain (A) [GA]</p> <p>3:30 Bird Watching Walk Outside (L) [NC]</p> <p>4:00 <b>LL</b> Horticulture Group (A) [OV]</p> <p>7:30 Classic Movie Night (T)</p>	<p>10:30 Headline News and Discussions (A) [RM]</p> <p>11:00 <b>HF</b> Yoga Class (A) [OV]</p> <p>1:30 Community Trips and Outing (L) [NC]</p> <p>2:00 <b>PA</b> Bingo Tournament (HG) [RL]</p> <p>2:00 Movie Matinee (T)</p> <p>2:00 <b>PA</b> Resident Led Bingo Game (HG) [V]</p> <p>3:00 <b>HF</b> Yomenco Dance Class (A) [OV]</p> <p>4:00 <b>CE</b> Crafting Group (A) [NC]</p> <p>7:30 Comedy Movie Night (T)</p>	<p>10:00 <b>CE</b> Painting Class (AS) [OV]</p> <p>10:30 <b>HF</b> Strength and Balance Class (T) [RM]</p> <p>11:00 Boggle™ Word Search (HG) [RM]</p> <p>2:00 <b>PA</b> Bridge Games (GR) [RL]</p> <p>2:00 <b>HF</b> Healthy Living with Dr. Rick (A) [OV]</p> <p>2:00 <b>CV</b> Knitting/Sewing for a Cause (LB) [NC]</p> <p>2:00 Matinee Movie (T)</p> <p>2:15 <b>HF</b> Chair Aerobics (P) [GA]</p> <p>6:30 <b>C</b> S'mores and More at the Fire Pit (P) [GA]</p> <p>7:30 Wild Card Movie (T)</p>	<p>10:30 <b>HF</b> Low Impact Aerobics Class (A) [GA]</p> <p>11:00 Pub Time Trivia (A) [GA]</p> <p>1:30 <b>EF</b> Local Outing (L)</p> <p>2:00 Movie Matinee (T)</p> <p>2:00 <b>HF</b> Senior Fitness Exercise Class (A) [OV]</p> <p>2:30 <b>EF</b> We're Teeing Up for Some Fun: Golf Event (A)</p> <p>3:00 Resident Council Meeting (A)</p> <p>4:00 <b>HF</b> Engage Your Brain (EYB) (A) [NC]</p> <p>7:00 <b>LL</b> Golden Age of Hollywood Movie Discussion (T) [RM]</p> <p>7:30 Romance Movie (T)</p>	<p>10:30 <b>HF</b> Kickboxing 101 (A) [RM]</p> <p>11:00 <b>C</b> Coffee Talk (C) [NC]</p> <p>1:30 <b>EF</b> Empire City Casino Outing (L) [RL]</p> <p>2:00 Movie Matinee (T)</p> <p>2:15 <b>HF</b> Summer Stroll (L) [RM]</p> <p>4:00 <b>CE</b> Short Story Reading and Appreciation (A) [RM]</p> <p>7:15 <b>IS</b> Shabbat Services (A) [V]</p> <p>7:30 Friday Flick</p>	<p>10:00 <b>HF</b> Pool's Open for a Swim! (P) [KZ]</p> <p>10:30 <b>HF</b> Strengthen with Therabands (A) [RM]</p> <p>11:00 <b>CE</b> Poetry Appreciation (A) [RM]</p> <p>11:00 <b>PA</b> Scrabble® Games (HG) [RL]</p> <p>2:00 <b>HF</b> Aqua Aerobics (P) [KZ]</p> <p>2:00 Movie Matinee (T)</p> <p>3:00 <b>LL</b> Hudson Valley History (A) [RM]</p> <p>4:00 <b>LL</b> Current Events with Art (A) [OV]</p> <p>7:30 Saturday Cinema (T)</p>																																																								
<p>9:30 St. Augustine's Mass (L) [GA]</p> <p>10:15 <b>IS</b> Catholic Service</p> <p>11:00 <b>HF</b> Water Walking in the Pool (P) [KZ]</p> <p>1:30 Creative Crafts (HG) [V]</p> <p>2:00 Matinee Movie (T)</p> <p>2:30 <b>HF</b> Low Impact Aerobics (A) [GA]</p> <p>3:15 <b>IS</b> Nature Lecture and Discussion [GA]</p> <p>4:00 <b>CE</b> Drama Club (A) [GA]</p> <p>7:30 Sunday Cinema (A)</p>	<p>10:30 This Week in History (A) [GA]</p> <p>11:00 <b>HF</b> Healing Therapeutics Exercise Class (A) [V]</p> <p>1:00 <b>PA</b> Mahjong Games (GR) [RL]</p> <p>2:00 <b>IS</b> Inspiring Rhythms Drum Workshop (T) [OV]</p> <p>3:15 <b>HF</b> Low Impact Aerobics (A) [GA]</p> <p>4:00 <b>HF</b> Words Within Words (A) [RM]</p> <p>4:30 <b>HF</b> Aqua Exercise (P) [OV]</p> <p>7:00 <b>EF</b> Dr. Allan Mohl on the Piano (HG) [V]</p> <p>7:30 Classic Movie Night (T)</p>	<p>10:30 Headline News and Discussion (A) [RM]</p> <p>11:00 <b>HF</b> Low-Impact Aerobic (A) [RM]</p> <p>1:30 Local Shopping Trip (L) [RL]</p> <p>2:00 <b>PA</b> Bridge Tournament (HG) [RL]</p> <p>2:00 <b>PA</b> Resident Led Bingo Game (HG) [RL]</p> <p>3:00 <b>HF</b> Matter of Balance Class (MOB) (A) [GA]</p> <p>4:00 <b>CE</b> Crafting Group (A) [NC]</p> <p>7:30 Comedy Movie Night (T)</p>	<p>10:00 <b>CE</b> Painting Classes [OV]</p> <p>10:30 <b>HF</b> Strength and Balance Program (A) [RM]</p> <p>11:00 <b>LL</b> Boggle™ Word Search (A) [RM]</p> <p>12:30 <b>EF</b> Greenburgh Movie Theater Outing (L) [RL]</p> <p>2:00 <b>PA</b> Bridge Games (GR) [RL]</p> <p>2:00 <b>CV</b> Knitting/Sewing for a Cause (LB) [NC]</p> <p>2:00 <b>HF</b> Movie Matinee (T) [RL]</p> <p>2:15 <b>HF</b> Walking Club (OC) [GA]</p> <p>3:00 <b>EF</b> Live Entertainment with Irwin Finger (A)</p> <p>6:30 <b>C</b> S'mores By The Fire Pit (OT) [GA]</p> <p>7:30 <b>W</b> Wild Card Movie</p>	<p>10:30 <b>HF</b> Low-Impact Aerobic [GA]</p> <p>11:00 <b>LL</b> Celebrity Spotlight (A) [GA]</p> <p>2:00 <b>W</b> Movie Matinee (T) [RL]</p> <p>2:00 <b>HF</b> Senior Fitness Exercise (A) [OV]</p> <p>2:30 Food for Thought Meeting (A) [JL]</p> <p>3:15 <b>EF</b> Blackjack (A) [GA]</p> <p>4:15 <b>HF</b> Engage Your Brain (EYB) (A) [NC]</p> <p>7:15 <b>LL</b> Golden Age of Hollywood [RM]</p> <p>7:30 Thursday Cinema (T)</p>	<p><b>ROOM LOCATION KEY:</b></p> <table border="0"> <tr><td>Activity Room</td><td>A</td><td>Gazebo</td><td>G</td></tr> <tr><td>Lobby</td><td>L</td><td>Outside community</td><td>OC</td></tr> <tr><td>Game Room</td><td>GR</td><td>Outside Terrace</td><td>OT</td></tr> <tr><td>Theater</td><td>T</td><td></td><td></td></tr> <tr><td>Highlands Grille</td><td>HG</td><td></td><td></td></tr> <tr><td>Private Dining Room</td><td>PD</td><td></td><td></td></tr> <tr><td>Art Studio</td><td>AS</td><td></td><td></td></tr> <tr><td>Library</td><td>LB</td><td></td><td></td></tr> <tr><td>Pool</td><td>P</td><td></td><td></td></tr> <tr><td>Catskills Cafe</td><td>C</td><td></td><td></td></tr> </table>	Activity Room	A	Gazebo	G	Lobby	L	Outside community	OC	Game Room	GR	Outside Terrace	OT	Theater	T			Highlands Grille	HG			Private Dining Room	PD			Art Studio	AS			Library	LB			Pool	P			Catskills Cafe	C			<p><b>STAFF KEY:</b></p> <table border="0"> <tr><td>Grace Arenholz</td><td>GA</td></tr> <tr><td>Outside Vendor</td><td>OV</td></tr> <tr><td>Resident Led</td><td>RL</td></tr> <tr><td>Volunteer</td><td>V</td></tr> <tr><td>Nancy Chaikin</td><td>NC</td></tr> <tr><td>Ro Mytych</td><td>RM</td></tr> <tr><td>Kaiwen Zhu</td><td>KZ</td></tr> <tr><td>Julie Lavelle</td><td>JL</td></tr> </table>	Grace Arenholz	GA	Outside Vendor	OV	Resident Led	RL	Volunteer	V	Nancy Chaikin	NC	Ro Mytych	RM	Kaiwen Zhu	KZ	Julie Lavelle	JL
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# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Let's BBQ & LIMBO to a  
Hawaiian Beat**  
Sunday, August 13, 12:00 pm

**Life Guidance Presents  
"The Arts" of US**  
Monday, August 14, 11:00 am

**The "CIRCLE" Of Life-  
Family Fun Day!**  
Sunday, August 20, 11:00 am

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# AUGUST 2017

# ATRIA ON THE HUDSON life guidance®

## 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
- W** Wisdom of Curiosity

**6**  
 10:00 **HF** Conductorcise® (LG) [JT]  
 10:00 **CV** Sunday paper (GY) [RSA]  
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [V]  
 11:00 **C** Lets Chat Over some Wine & Cheese (LG) [LS]  
 1:00 **CV** Lucille Ball "I Love Lucy" Marathon (LG) [LS]  
 2:00 **CE** LEGATO MUSIC PROGRAM- Chubby Checker (LG) [LS]  
 2:30 **CE** Poem A Day! (LG) [LS]  
 3:00 Sundae on a Sunday! (LG) [RSA]  
 3:30 **HF** Happy Feet (LG) [JT]  
 4:00 **C** Hot Topics w/ Bryan- w/ Root beer float (LG) [RSA]  
 5:00 **EF** Dine-In w/ Lizanae (PR) [LS]  
 6:30 **C** Evening Movie- G.I Joe (LG) [RSA]

**7**  
 10:00 **HF** Movin N Groovin (LG) [JT]  
 11:00 **EF** Let's Make "Kool-Aid" Cookies (LG) [RSA]  
 11:30 **LL** Remembering "THE OLD FIDDLERS" (LG) [LS]  
 1:00 **PA** Pressed For Words (LG) [LS]  
 2:00 **HF** Stretch and Flex (GY) [RSA]  
 2:30 **PA** Horticulture w/ Cathy (LG) [CF]  
 3:00 Lets Celebrate w/ The Old Fiddlers (A) [OV]  
 3:30 **CE** LEGATO MUSIC Sing Along (LG) [RSA]  
 4:00 **EF** Wheel of Fortune® (LG) [JT]  
 4:30 **PA** Tour the Community (OC) [RSA]  
 6:30 **C** Evening Movie- Prairie Home (LG) [RSA]

**8**  
 10:00 **HF** COLORFUL WEIGHTS (LG) [JT]  
 10:30 **LL** News and Views (LG) [JT]  
 11:00 Jeopardy!® Trivia (LG) [LS]  
 1:00 **LL** Reading for the Club (LGP) [LS]  
 1:30 **EF** Pressed For Words Challenge (LG) [LS]  
 2:00 **HF** Fun Fitness (LG) [JT]  
 2:30 **EF** Let's Have A Duck Race! (LGP) [LS]  
 3:00 **EF** The Magic 8 Ball Day! Snacks & Bingo! (LG) [LS]  
 4:00 Arts N Crafts w/ Marie (LG) [RL]  
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [JT]  
 6:30 **C** Evening Movie- America's Mermaid (LG) [RSA]  
 7:30 **C** Yomenco w/ Bruce (LG) [OV]

**9**  
 10:00 Community Trip- TBA (OC) [LS]  
 10:00 **HF** Conductorcise® (LG) [JT]  
 11:00 **CE** Poem A Day w/ Tamora (LG) [TM]  
 1:00 **C** The Good 'Ole Days (LGP) [RSA]  
 1:30 **C** Smooth Sounds w/ a Jazzy Beat (LGP) [LS]  
 2:00 **CE** LEGATO MUSIC PROGRAM (LG) [NS]  
 2:45 **LL** Daily Chronicle (LG) [RSA]  
 3:00 **HF** BOOP-Oop-A-DOOP Day!- Betty Boop (LG) [LS]  
 4:00 **LL** Let's Talk Fire Safety "Smoky The Bear" (A) [OV]  
 4:00 **PA** Monthly Birthday Party w/ Live Music (A) [OV]  
 6:30 **C** Evening Movie-The Sundance Kid (LG) [RSA]

**10**  
 10:00 **HF** Flex and Stretch (LG) [JT]  
 11:00 **CE** LEGATO MUSIC PROGRAM- Summer Songs Days (LG) [LS]  
 11:30 **CE** Poem A Day! (LGP) [LS]  
 12:00 **CV** Chef's Table Luncheon (LGP) [JL]  
 1:00 **PA** People Do the Weirdest Things! (LG) [LS]  
 2:00 **HF** Stretch and Flex (LG) [LS]  
 2:30 **EF** The Weirdest Day!- Contest & Games (LGP) [LS]  
 3:00 **CE** Let's Make S'mores (LGP) [LS]  
 4:00 **C** FLICK "You're On Candid Camera" (LG) [RSA]  
 4:30 Bingo With a Beat! (LG) [RSA]  
 6:30 **C** Evening Movie- Sunset Boulevard (LG) [RSA]

**11**  
 10:00 **C** Movie In the Theater (T) [AA]  
 10:00 **HF** Sit and Be Fit (LG) [RSA]  
 11:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]  
 1:00 **IS** Random Acts of Kindness- The Dog Days (LG) [AA]  
 1:30 Arts & Craft w/ Marie (LG) [RL]  
 2:00 **C** Let's "ASK MARILYN" Savant (LG) [RSA]  
 2:30 **HF** STRENGTH TRAINING (LG) [RSA]  
 3:00 **LL** Daily Chronicles (LG) [AA]  
 4:00 **LL** Poem A Day! (LG) [AA]  
 4:30 **HF** Know Your Body-Strength & Health (LG) [AA]  
 6:30 **C** Evening Movie-American Graffiti (LG) [RSA]  
 7:15 **IS** Shabbat Service and Conversation (A) [V]

**12**  
 10:00 **HF** Fitness Dice (LG) [RSA]  
 10:30 **LL** News and Views (LG) [RSA]  
 11:00 **C** Hand Massage (LG) [RSA]  
 1:00 **W** Stimulate Our Minds (LG) [LS]  
 2:00 **IS** International Youth Day!- Let's Talk (L) [AA]  
 2:30 Cocktails w/ Anieta (LG) [AA]  
 3:00 **HF** Dance Around The World (LG) [RSA]  
 3:15 **CE** Poem A Day!  
 4:00 **LL** SEW WHAT!- No sew Blankets (A) [AA]  
 4:15 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]  
 6:30 **C** Evening Movie- Unconquered (LG) [RSA]

**13**  
 10:00 **HF** Conductorcise® (LG) [JT]  
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [V]  
 10:30 **CV** Sunday Paper (LG) [JT]  
 12:00 **EF** Let's BBQ & LIMBO to a Hawaiian Beat (LGP) [RSA]  
 1:00 **CE** LEGATO MUSIC PROGRAM- DON HO! (LG) [RSA]  
 2:30 **HF** MOVIN' & GROOVIN' (LG) [JT]  
 3:00 Sundae on a Sunday (OC) [JT]  
 4:15 **C** Hot Topics w/ Bryan (LG) [RSA]  
 6:30 **C** Annie Oakley- Evening Movie (LG) [RSA]

**14**  
 10:00 **HF** Sit & Fit (LG) [LS]  
 10:30 **C** Open Discussion Time (GY) [RSA]  
 11:00 **PA** Life Guidance® Presents "The Arts" of US (LG) [OV]  
 1:00 **IS** Can You Count The Crickets- Sound Scapes (LG) [LS]  
 1:30 **PA** Armchair Travel (LG) [RSA]  
 2:15 **LL** Let's Make a Good "GORP" Treat (LG) [LS]  
 3:00 **CE** LEGATO MUSIC PROGRAM ELVIS (LG) [LS]  
 4:15 **HF** Let's Take a Walk-LG Courtyard (LG) [RSA]  
 6:30 **C** Roxanne-Evening Movie (LG) [RSA]

**15**  
 10:00 **HF** COLORFUL WEIGHTS (LG) [JT]  
 10:30 **LL** Explore the Arts of French Cooking (LG) [LS]  
 11:00 **EF** 60s Woodstock Musical Memories w/ LOU (LG) [G]  
 1:15 **CE** Let's Tie Dye "HIPPIE" style (LG) [RSA]  
 2:00 **HF** Sittercise (LG) [RSA]  
 3:00 **PA** HAPPY 90TH BIRTHDAY TERESA! (LG) [LS]  
 3:30 **EF** Words within Words (LG) [JT]  
 4:00 Arts N Crafts w/ Marie (LG) [RL]  
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [LS]  
 6:30 **C** Macbeth-Evening Movie (LG) [RSA]

**16**  
 10:00 Community Trip- TBA (OC) [RSA]  
 10:00 **HF** Conductorcise® (GY) [RSA]  
 11:00 **LL** All Aboard the "Queen" Victoria (LG) [RSA]  
 11:30 **CE** Poem A Day w/ Tamora (LG) [TM]  
 1:15 **HF** Get in Shape (LG) [LS]  
 1:30 **C** Funky Sunglasses Social (LGP) [LS]  
 2:00 **CE** LEGATO MUSIC PROGRAM w/ NANCY (LG) [NS]  
 3:00 **PA** HAPPY 99TH BIRTHDAY ANNA "DOLLY"! (LG) [LS]  
 3:30 **EF** Musical Performance: David Wynne (A) [OV]  
 4:00 **EF** Fill in the Blank-Klondike Day (LG) [RSA]  
 6:30 **C** TARZAN-Evening Movie (LG) [RSA]

**17**  
 10:00 **HF** Flex and Stretch (LG) [JT]  
 10:00 **IS** LG's "Cupcake" Bake Sale-RSPCA (OC) [LS]  
 11:00 Try To Keep Your "COOL" (LG) [LS]  
 11:30 **C** Listen To Short Stories (LGP) [RSA]  
 1:00 **HF** Toss and Turn (GY) [JT]  
 2:00 **CE** The Wiz On Broadway! (LGF) [LS]  
 4:00 **CE** LEGATO MUSIC PROGRAM (LG)  
 4:30 Pictionary™ (LG) [RSA]  
 6:30 **C** Wizard Of Oz-Evening Movie (LG) [RSA]

**18**  
 10:00 **C** Movie in the Theater (T) [AA]  
 10:00 **HF** Sit and Be Fit (LG) [RSA]  
 10:45 **HF** In-House Personal Training with GymGuyz (A) [OV]  
 11:00 **LL** View & Discuss- Women's Suffrage (LG) [RSA]  
 1:15 **EF** Challenge Me In Jeopardy!® (LG) [AA]  
 2:00 **HF** Can You Keep "UP" w/ Patrick Swayze (LG) [AA]  
 2:30 **CE** LEGATO MUSIC PROGRAM- JIMI HENDRIX (LG) [RSA]  
 3:00 **HF** Stretch and Flex (LG) [RSA]  
 4:00 Playing Cards (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]  
 7:15 **IS** Shabbat Service and Conversation (A) [V]

**19**  
 10:00 **HF** Dance To The "SOCA" Beat! (LG) [AA]  
 10:30 **CV** USA Today (LG) [RSA]  
 11:00 **CE** Poetry In The Sun!-Ogden Nash (LG) [RSA]  
 1:00 **LL** Daily Chronicles (LG) [AA]  
 1:30 **HF** Walking Club (LGP) [RSA]  
 2:00 **EF** Jeopardy!® (LG) [RSA]  
 2:30 Cocktails w. Anieta (LG) [AA]  
 3:00 **EF** Are You One of Charlie's Angles? (LG) [AA]  
 4:00 **LL** Current Events with Art (A) [OV]  
 4:00 **CE** LEGATO MUSIC PROGRAM- Gladys Knight (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**20**  
 10:00 **HF** Sit & Fit (LG) [RSA]  
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [OV]  
 10:30 **CV** Daily Chronicles (LG) [JT]  
 11:00 **EF** The "CIRCLE" Of Life-Family Fun Day! (LGP) [LS]  
 1:00 **CE** LEGATO MUSIC PROGRAM- Jim Reeves (LG) [RSA]  
 2:00 **HF** Low-Impact Aerobic (LG) [RSA]  
 3:00 Let's Make "Snow Whites" (LG) [LS]  
 4:00 **C** Hot Topics w/ Bryan- Winston Churchill (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**21**  
 10:00 **HF** Movin N Groovin (LG) [JT]  
 10:30 **LL** Jeopardy!® (LG) [JT]  
 11:15 **EF** Exploring The Great Poets! (LG) [RSA]  
 1:00 **CE** No Bake Fun (LG) [LS]  
 1:30 Let's Solve the Mona Lisa Mystery! (LG) [LS]  
 2:00 **HF** Stretch and Flex (LG) [JT]  
 2:30 **CE** Horticulture w/ Cathy (A) [CF]  
 3:00 **PA** Happy Senior Citizens Day! (LG) [RL]  
 3:30 **LL** Scattergories® (LG) [RSA]  
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [JT]  
 6:30 **C** Evening Movie (LG) [RSA]

**22**  
 7:00 **IS** Be An Angle Day-Do Something Nice  
 10:00 **HF** COLORFUL WEIGHTS (LG) [JT]  
 10:30 **LL** iPad- News and Views (LG) [JT]  
 11:00 **EF** Mix it up and Shake it Up w/ Georganne (LG) [G]  
 1:00 **CV** Tongue Twister Contest (LG) [LS]  
 2:00 **HF** MOVIN' and GROOVIN' (LG) [JT]  
 2:30 Words within Words (LG) [RSA]  
 3:00 **CE** LEGATO MUSIC PROGRAM - Claude Debussy (LG)  
 3:30 **IS** GIVE ME A COMPLIMENT (LG) [JT]  
 4:00 Arts N Crafts w/ Marie (LG) [RL]  
 4:00 **LL** Trivia Challenge (LG) [JT]  
 6:30 **C** Evening Movie (LG) [RSA]

**23**  
 10:00 Community Trip-Stop & Shop (OC) [RSA]  
 10:00 **HF** Conductorcise® (LG) [LS]  
 10:30 **CE** Poem A Day w/ Tamora (LG) [TM]  
 11:00 **IS** Celebrating Our RSA's-Tea Party! (LG) [LS]  
 11:00 **CE** LEGATO MUSIC PROGRAM (LGP) [LS]  
 1:15 **IS** SPA TIME (LG) [RSA]  
 2:00 **HF** Fun Fitness (LG) [RSA]  
 2:30 **C** Let's Have a Laugh (LG) [RSA]  
 3:00 Let's Decorate Our Own Sponge Cake! (LGP) [LS]  
 4:00 **LL** Word to the WISE (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**24**  
 10:00 **HF** Flex and Stretch (LG) [JT]  
 10:30 **LL** Fill in the Blank... (LG) [RSA]  
 11:00 **CE** Peach What? Its Peach Pie Day! (LGP) [LS]  
 11:30 **EF** Pressed For Words On The iPad (LG) [LS]  
 1:00 **CE** Poem A Day! (LG) [RSA]  
 2:00 **HF** Get in Shape- iPad aerobics (LG) [RSA]  
 2:30 **CE** Hula-Hooping to Music (LG) [RSA]  
 3:00 **C** Welcome to the Neighborhood Party! (LG) [RSA]  
 3:30 Lets Bowl! (LG) [RSA]  
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**25**  
 10:00 **C** Movie in the Theater (T) [AA]  
 10:00 **HF** Sit and Be Fit (LG) [RSA]  
 11:00 **CE** Freestyle Painting (LG) [AA]  
 1:00 National Park-Park Day (LGP) [AA]  
 2:00 **HF** Fun Fitness (LG) [RSA]  
 2:30 **PA** Mystery's - Are you a Detective? (LG) [AA]  
 3:00 Finger Food Fridays (LG) [RSA]  
 3:15 **CE** Poem A Day! (LGP) [AA]  
 4:00 **CE** LEGATO Show Tunes Music Program (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]  
 7:15 **IS** Shabbat Service and Conversation (A) [V]

**26**  
 10:00 **HF** Dance Around the World (LG) [RSA]  
 10:30 **LL** USA Today (LG) [RSA]  
 11:00 **CE** Poetry Appreciation (LG) [AA]  
 1:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]  
 2:00 **HF** Lets Walk (LGP) [AA]  
 2:30 Cocktails w/ Anieta (LG) [AA]  
 3:00 Cracker Jacks & 3'Strikes Out Trivia (LG) [AA]  
 3:30 **EF** It's One "Doggone" Day Of Fun (LG) [RSA]  
 4:00 **LL** Current Events with Art (A) [OV]  
 4:00 **CE** Scrabble® (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**27**  
 10:00 **HF** Dance Around The World (LG)  
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [V]  
 10:30 **CV** Sunday Paper (LG) [JT]  
 11:00 **C** I'm Rolling w/ The Banana's (LGP) [RSA]  
 12:00 **PA** Dine-In w/ Lizanae (PR) [LS]  
 1:00 **C** Hand Massage (LG) [JT]  
 2:00 **HF** COLORFUL WEIGHTS (LG) [JT]  
 2:30 **EF** First Kiss Day!-Chocolate Kiss (LG) [LS]  
 3:00 **PA** HAPPY 87TH BIRTHDAY SHEILA! (LG) [LS]  
 4:00 **C** Hot Topics w/ Bryan [RSA]  
 4:30 **CE** LEGATO MUSIC PROGRAM  
 6:30 **C** Evening Movie (LG) [RSA]

**28**  
 10:15 **HF** Summer Stroll! (OC) [LS]  
 10:30 **LL** News and Views (LG) [RSA]  
 11:00 **HF** Movin' N Groovin w/ Evelyn (LG) [OV]  
 1:15 Balloon Toss (LG) [JT]  
 2:00 **HF** Happy Feet (LG) [JT]  
 2:30 **PA** WHO AM I (LG) [RSA]  
 3:00 **LL** Buzz Words (LG) [RSA]  
 3:30 **IS** A Walk Down Memory Lane (LG) [JT]  
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**29**  
 10:30 **HF** Strength and Balance (LG) [LS]  
 11:00 **LL** News And Views (LG) [LS]  
 11:30 **CE** Poem A Day! (LGP) [LS]  
 1:00 **CE** LEGATO MUSIC PROGRAM (LGP) [LS]  
 2:00 **CE** Spoon Full Of Sugar-Mary Poppins (LG) [LS]  
 3:00 Happy Birthday John Locke (LG) [RSA]  
 3:30 **HF** Let's Tour Our Community (OC) [LS]  
 4:00 Arts N Crafts w/ Marie (LG) [RL]  
 4:00 **EF** Pressed For Words On the iPad (LG) [LS]  
 4:30 LG Legato Music Program (LGP) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**30**  
 10:30 **HF** Conductorcise® (LG) [RSA]  
 11:00 **CE** Poem A Day w/ Tamora (LG) [TM]  
 11:30 **C** Daily chronicles (LG) [LS]  
 1:00 **CE** LEGATO MUSIC PROGRAM- Sing Along (LG) [RSA]  
 2:00 **PA** Happy Birthday Shirley Booth (LG) [LS]  
 2:30 **HF** Strength and Balance Program (LG) [RSA]  
 3:00 **CE** Arts & Craft (LG) [LS]  
 3:00 **EF** Live Entertainment with Irwin Finger (A) [OV]  
 4:00 **CE** No Bake Snack (LGP) [RSA]  
 6:30 **C** Evening Movie (LG) [RSA]

**31**  
 10:30 **HF** Take A Lap Around the Community (OC) [LS]  
 11:00 **CE** Poem A Day! (LG) [LS]  
 1:00 **LL** Remembering Princess Diana (LG) [AA]  
 2:00 **CE** LEGATO MUSIC PROGRAM (LG) [LS]  
 2:00 **CE** The Adventures Of Superman! (LG) [LS]  
 3:00 **C** Wine & Cheese Social (LGP) [LS]  
 4:00 **HF** Low-Impact Aerobic (LG) [LS]  
 6:30 **C** Evening Movie (LG) [RSA]

**ROOM LOCATION KEY:**  
 LG Activity Room LG  
 LG Patio LGP  
 Outside community OC  
 Theater T  
 Activity Room A  
 Catskills Cafe C  
 Gym GY  
 Palisades Restaurant PR  
 LG Kitchen LGK  
 Lobby L  
 LG Family Room LGF

**STAFF KEY:**  
 Lizanae Stinson LS  
 RSA  
 Resident Led RL  
 Jha-neane Trotman JT  
 Tamora Mills TM  
 Anieta Ashley AA  
 Volunteer V  
 Outside Vendor OV  
 Cathy Fellows CF  
 Nancy Scoria NS  
 Julie Lavelle JL  
 Georgeanne G

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