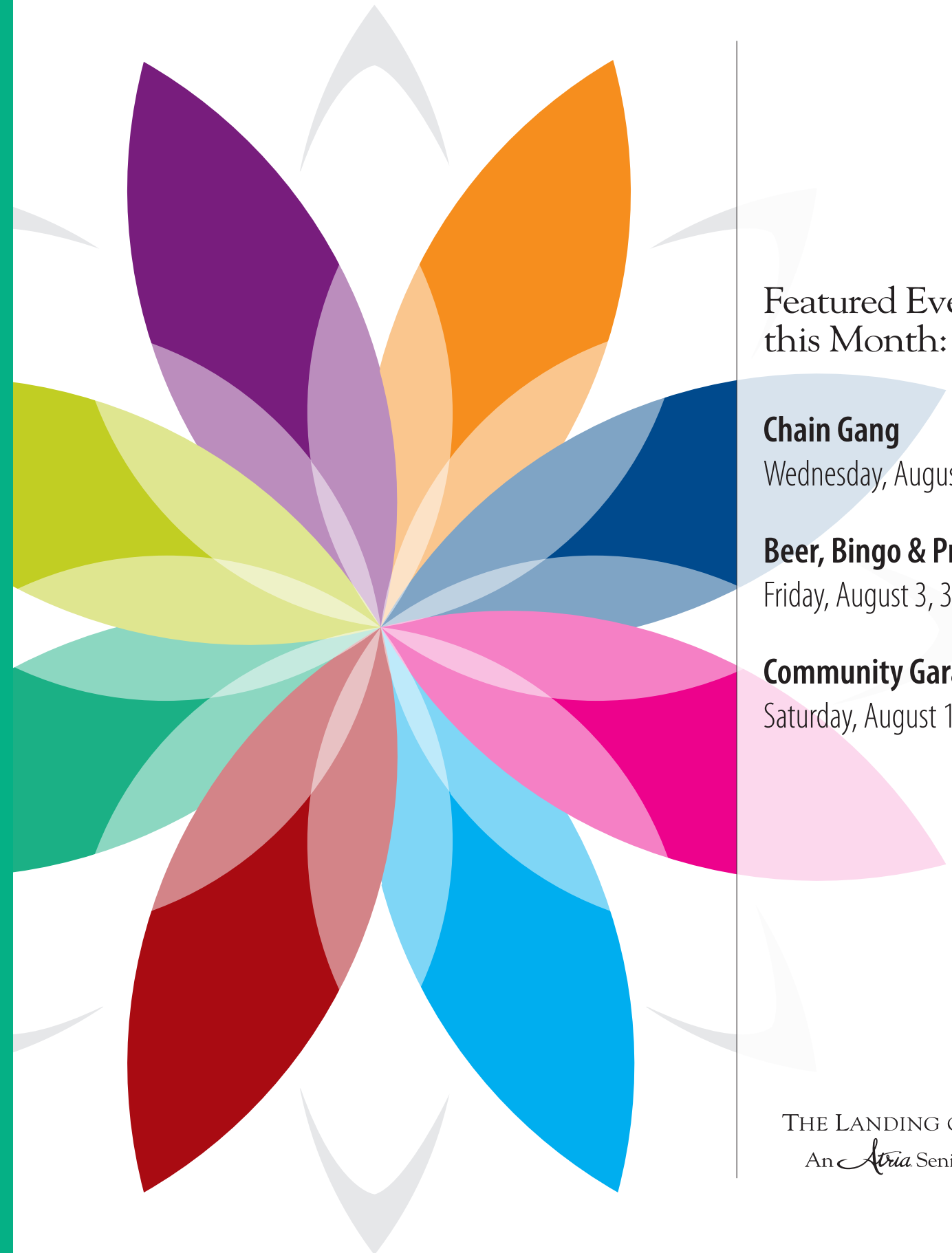


THE LANDING OF POUGHKEEPSIE
An *Atria* Senior Living Residence

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Chain Gang**
Wednesday, August 1, 4:45 PM
- Beer, Bingo & Pretzels!**
Friday, August 3, 3:30 PM
- Community Garage Sale!**
Saturday, August 11, 2:00 PM

THE LANDING OF POUGHKEEPSIE
An *Atria* Senior Living Residence

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:

Media Room MR
Physical Therapy Room PTR
Cafe C
Patio Dining Room PD
Lobby L
Craft/Exercise Room C/E
Adirondacks Area AD
Card Room CR
Bus B
Restaurant R
Outside Event O/E
Library LIB

STAFF KEY:

Lecturer Lec
Engaged Life Director ELD
Rowing Leader Row
Rowing Volunteers RV
Engage Life Instructor ELI
Anthony Quaranta AQ
RSA RSA
Resident Led RL
Volunteer V
Front Desk FD
Vendor Instructor VI
Entertainer E

Spiritual Leader SL
Bus Driver BD
Department Head DH
Ambassadors AMB

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Rummikub® is a registered trademark of Rummikub
Scrabble® is a registered trademark of Hasbro, Inc.
Zumba® is a registered trademark of Zumba Fitness, LLC

National Friendship and Doll Day! **5**
10:45 Christ Church (L) (BD)
11:00 St. Martin de Porres (L) (BD)
2:00 HF Walking for Fitness (L) (RL)
2:15 Sunday Comedic Movie (MR) (V)
4:00 Happy Refreshment Hour (R) (V)
4:30 Sunday Afternoon Bingo (R) (V)
6:00 HF Walking for Fitness (L) (V)
6:45 LL Riddles (L) (FD)
7:15 Sunday at the Movies (MR) (V)

National Root Beer Float Day! **6**
11:00 HF Zumba® with Aiyannah! (C) (VI)
2:00 EF Games: Mexican Train Dominoes (C) (RL)
2:15 Monday Afternoon Movie Requests (MR) (V)
3:00 PA Learn to play Rummikub® (C) (RL)
3:30 HF Walking for Fitness (L) (V)
3:45 PA A Root Beer Float Event (R) (AMB)
6:45 StoryWise™! (L) (FD)
7:15 Movie Evening (MR) (V)

National Lighthouse Day!Preposterous P **7**
10:15 CE Gardening: Weeding & Watering (PD) (RL)
11:30 HF Body in Balance (C) (ELD)
2:00 C Women's Social Club -Rummikub® (CR) (RL)
2:00 C Sequence (C) (RL)
2:15 PA iPad®: Exploring National Lighthouses (MR) (ELD)
3:15 CE Making Preposterous Wrapped Packages (C/E) (ELD)
4:00 Happy Social Hour (C) (ELD)
4:00 C Men's Social Club-Poker Women Welcome! (CR) (AQ)
4:30 CE Just Another Kazooti Day! (C) (ELD)
6:00 EF Greenvale Pk: Crazy Feet (B) (BD)
7:15 Night at the Movies (MR) (ELD)

International Cat Day! Sneak Zucchini's **8**
10:00 C Queens City Rowers (PD) (Row)
11:30 HF Ballet Stretching for Balance (C) (ELD)
1:30 IS ROSARY (MR) (RL)
1:30 HF Stretch and Swing with Deano (C) (ELD)
2:00 C Rummikub® (C) (RL)
2:00 CE Baking Zucchini Bread (C) (ELD)
2:00 C Bridge (AD) (RL)
2:15 Wednesday Men's Movie Requests (MR) (ELD)
4:00 Engaging Coffee (C) (ELD)
4:45 EF Vanderbilt: Cross Cultural Connection (B) (BD)
8:15 Movie by Request (MR) (V)

National Book Lover's Day!National Ric **9**
10:30 CE Gardening (PD) (RL)
11:30 HF Focused Balancing (C) (ELD)
1:30 HF Chair Waltzing with Naomi (C) (RL)
2:30 CE Crafting Rice pudding (C) (ELD)
4:00 C Your Happy Beverage Hour (C) (ELD)
4:00 C Men's Social Club -POKER (CR) (AQ)
4:30 EF Trivial Trivia (C) (ELD)
6:00 EF Cady Field: DJ Christopher James (B) (AQ)
7:15 Comedic Movie (MR) (V)

World Lion's Day!National S'mores Day! **10**
10:00 EF Weekly Outings (B) (ELD)
1:30 HF Chair Tap Dancing with Laura (C) (DH)
2:00 EF Scrabble® Game (C) (RL)
2:15 Requested Matinee (MR) (ELD)
2:30 CE Jewelry Making for beginners to advance (C/E) (ELD)
3:00 HF Zumba® with Aiyannah (C) (VI)
3:30 EF S'mores Bingo (C) (ELD)
4:30 Refreshment Time (C) (ELD)
6:45 IS iPad®: Lion Pride (MR) (ELD)
7:15 Suggested Movie (MR) (V)

Through a Garage Sale Day! **11**
10:00 C Queen City Rowers (L) (RV)
11:00 IS Communion (MR) (SL)
2:00 CV Community Garage Sale! (L) (ELD)
2:00 CE Indian Woodblock Printed Textiles (LIB) (Lec)
2:15 Requested Matinee (MR) (ELD)
2:30 EF Mexican Train Dominoes & Rummikub® (C) (ELD)
3:30 HF Focused Movements (C) (ELD)
4:00 Happy Coffee Chat (C) (ELD)
4:30 PA Welcome New Neighbors (C) (RL)
6:45 LL iPad® Google™ the Earth (MR) (ELD)
7:15 Friday Night Movie Date (MR) (FD)

World Elephant Day!Vinyl Record Day! **12**
10:45 Christ Church (L) (BD)
11:00 St. Martin de Porres (L) (BD)
2:00 HF Walking for Fitness (L) (V)
2:15 Requested Matinee (MR) (V)
3:30 HF Walk for Fitness (C) (V)
4:00 Happy Refreshment Hour (R) (V)
4:30 Bingo (R) (V)
6:45 StoryWise™ (L) (FD)
7:15 Sunday Romance Movie (MR) (V)

International Left-Handers Day! **13**
11:00 HF Zumba® with Aiyannah! (C) (VI)
2:00 C Mexican Train Dominoes (C) (RL)
2:15 Afternoon Requested Movie (MR) (V)
3:30 HF Walking for Fitness (L) (V)
4:00 Happy Coffee Chat (R) (V)
6:45 LL Jokes of the Day (L) (FD)
7:15 Monday Crime & Mystery Movie (MR) (V)

Navajo Code Talkers Day!National Cream **14**
10:15 CE Gardening: Weeding & Watering (PD) (ELD)
11:15 HF Balance for Strength (C) (ELD)
1:30 HF Progressive Muscle Relaxation (AD) (ELD)
2:00 C Mexican Train Dominoes (C) (RL)
2:15 iPad® History: Code Talkers (MR) (V)
3:00 PA Engage Life®/Civic Engagement (C/E) (ELD)
4:00 C Men's Social Club-Poker (CR) (AQ)
4:00 Happy Beverage Hour (C) (ELD)
4:30 Right Left Center (C) (ELD)
6:00 EF Greenvale Pk: Chain Gang (B) (BD)
7:15 EF Comedic Movie (MR) (RSA)

Lemon Meringue Pie Day! **15**
10:00 C Queen City Rowers (C) (Row)
11:30 HF Ballet Stretching for Balance (C) (ELD)
1:30 HF Stretch & Swing with Como (C) (ELD)
1:30 IS Confession & Rosary (MR) (SL)
2:00 C Rummikub® (C) (RL)
2:00 C Bridge (AD) (RL)
2:15 C Men's Action Adventure Movies (MR) (V)
2:30 CE Open Crafting: Dream Catchers (C/E) (ELD)
4:00 Coffee Chat (C) (ELD)
4:30 EF West Point Military Academy Band (B) (BD)
7:15 Wednesday Night Romance Movie (MR) (V)

National Roller Coaster Day!National R **16**
10:30 CE Gardening (PD) (RL)
11:30 HF Progressive Muscle Relaxation (C) (ELD)
1:30 HF Chair Waltzing with Naomi (C) (RL)
2:00 EF Rummikub® (C) (RL)
2:00 EF Mexican Train Dominoes/Scrabble® (C) (ELD)
3:00 PA Food for Thought (C/E) (RL)
4:00 The Happy Beverage Hour (C) (ELD)
4:00 C Men's Social Club - Poker (CR) (AQ)
4:30 LL Cole Porter Lyrical Reading (C) (ELD)
6:45 EF Mystery Bus Trip (B) (AQ)
7:15 Popcorn & Pina Colada Movie Night (MR) (V)

Black Cat Appreciation Day! **17**
10:00 EF Weekly Outings (B) (ELD)
10:30 IS Gentle Chiming with Christine (C) (E)
1:45 HF Chair Tap Dancing with Laura (C) (DH)
2:15 Afternoon Video (MR) (V)
2:30 C Queen City Gardeners (PD) (ELD)
3:00 HF Zumba® with Aiyannah (C) (VI)
3:30 Sweet Bingo (C) (ELD)
4:30 Refreshment Time (C) (ELD)
6:00 EF Boardman Rd. Adult Trivia Night (LIB) (Lec)
7:15 EF In House Movie (MR) (V)

Fajita Day! Honey Bee Day! Ice Cream **18**
10:00 C Queen City Rowers (C) (RV)
10:30 CE Gardening: Watering & Feeding (PD) (RL)
11:00 IS Communion (MR) (SL)
1:30 HF Stretching & Strengthening (C) (ELI)
2:00 EF Rummikub®, Mexican Trains Dominoes (C) (RL)
2:00 CE Mokuhangana (C/E) (ELD)
2:15 Saturday Matinee (MR) (ELD)
4:00 PA Anniversaries and Birthdays (R) (RL)
4:30 EF Jokes & Riddles (C) (ELD)
6:45 HF Focused Movements (PTR) (ELD)
7:15 Saturday Evening at the Movies (MR) (ELD)

World Photography Day! **19**
10:45 Christ Church (L) (BD)
11:00 St. Martin de Porres (L) (BD)
2:00 HF Walking for Fitness (L) (V)
2:15 Sunday Matinee (MR) (V)
3:30 HF Walking for Fitness (C) (V)
4:00 CE Community Photography Shows (L) (RL)
6:45 StoryWise™ (L) (FD)
7:15 Romantic Movies (MR) (V)

Chocolate Pecan Pie Day! **20**
11:00 HF Zumba® with Aiyannah! (C) (VI)
2:15 Monday Matinee (MR) (V)
3:00 PA Learn to play Mexican Train Dominoes (C) (RL)
3:30 HF Walking for Fitness (L) (V)
4:00 Happy Refreshment Hour (C) (V)
6:45 PA Solve the Riddle (L) (FD)
7:15 Monday Night Drama (MR) (V)

National Senior Day!Spumoni Ice Cream **21**
11:00 CE Gardening (PD) (RL)
11:30 HF Body in Balance (C) (ELD)
1:30 HF Progressive Muscle Relaxation (AD) (ELD)
2:00 C Mexican Train Dominoes (C) (RL)
2:15 Requested Afternoon Movie (MR) (V)
3:00 CE Making Spumoni Ice Cream (C) (ELD)
4:00 COFFEE CHAT (C) (ELD)
4:00 C Men's Social Club-Poker (CR) (AQ)
4:30 Right Left Center (C) (ELD)
6:00 EF Greenvale Pk: Chain Gang Gypsy (B) (BD)
7:15 Requested Movie Night (MR) (FD)

Eat a Peach and Be an Angel Day! **22**
10:00 C Queen City Rowers (C) (Row)
10:30 HF Stretch & Swing with Bennett (C) (ELD)
1:30 IS ROSARY (MR)
1:30 HF Whittle Your Middle (C) (ELD)
2:00 C Rummikub® (C) (RL)
2:00 C Bridge (AD) (RL)
2:00 C Men's-PM Action Movie (MR) (RL)
4:00 Happy Coffee Hour (C) (ELI)
6:45 IS iPad®: Nature (MR) (ELD)
7:15 Wicked Movie Night (MR) (FD)

International Remembrance of Slave Trade **23**
10:15 LL iPad® History: Slave Trade Past & Present (MR) (ELD)
10:30 CE Gardening (PD) (ELD)
11:30 HF Passive Progressive Relaxation (AD) (ELD)
1:30 HF Chair Waltzing with Naomi (C) (RL)
4:00 Happy Hour (C) (ELD)
4:00 C Men's Social Club - Poker (CR) (AQ)
4:15 CE Poetic Readings (C) (ELD)
6:00 LL Artists in Action (MR) (V)
7:15 EF Movie of the Month (MR) (FD)

National Waffle Peach Pie Day!The Demo **24**
10:00 EF Weekly Outings (B) (ELD)
1:30 HF Chair Tap Dancing with Laura (C) (DH)
2:00 PA Resident Council Meeting (C/E) (RL)
2:30 EF Rummikub® or Scrabble® (C) (RL)
3:00 HF Zumba® with Aiyannah (C) (VI)
3:30 EF Sweet Bingo (C) (ELD)
4:30 Refreshment Time (C) (ELD)
6:45 IS Positive Feelings (MR) (ELD)
7:15 EF Suspense Theater (MR) (RSA)

Banana Split Day!National Whiskey Sour **25**
10:00 C Queen City Rowers (C) (RV)
10:30 CE Gardening (PD) (RL)
11:00 IS Communion (MR) (SL)
11:30 HF Stretch and Balance (C) (ELD)
1:30 HF Walk for Charity (L) (RL)
2:00 CE Crafting Jewelry (C) (ELD)
2:15 Requested Comedic Movie (MR) (ELD)
4:00 Happy Social Hour (C) (ELD)
4:30 EF Trivial Pursuit (MR) (ELD)
6:45 LL Jiddles & Mind Puzzles (L) (FD)
7:00 Movie Night (MR) (V)

Full Sturgeon Moon Women's Equality Da **26**
10:45 Christ Church (L) (BD)
11:00 St. Martin de Porres (L) (BD)
2:00 HF Walking for Charity (L) (V)
2:15 Dramatic Movie Matinee (R) (V)
3:30 HF Walking for Fitness (L) (V)
4:00 Coffee and Tea Time (C) (RL)
4:30 Sunday Afternoon Bingo (R) (V)
6:45 StoryWise™ (L) (FD)
7:15 Comedy Movie Night (MR) (V)

The Dutchess Who Wasn't Day!National P **27**
11:00 HF Zumba® with Aiyannah (C) (VI)
2:15 Monday Matinee (MR) (V)
3:30 HF Walking for Charity (L) (V)
4:00 Coffee Tea & Happy Chatting (R) (V)
6:15 LL Morgenthau (LIB) (Lec)
7:15 Monday Night Mystery Movie (MR) (FD)

Bow Tie Day!National Cherry Turnover D **28**
11:00 CE Gardening (PD) (RL)
11:00 LL iPad®: Opera Club (MR) (ELD)
11:30 HF Body in Balance (C) (ELD)
1:30 HF Progressive Muscle Relaxation (AD) (ELD)
2:00 C Women's Social Club- Rummikub® (AD) (V)
2:15 LL iPad®: Traveling: Portugal (MR) (ELD)
4:00 Happy Coffee Chat (C) (ELD)
4:00 C Men's Social Club- Poker (CR) (AQ)
4:30 LL The Longest Word in Portuguese (C) (ELD)
6:45 IS The Chantings of Hildegard (MR) (ELD)
7:15 Tuesday Evening Request (MR) (V)

International Day Against Nuclear Tests! **29**
10:00 C Queen City Rowing Club (C) (Row)
11:30 C Stitzel Field Picnic (C) (ELD)
1:30 IS Rosary (MR) (SL)
1:30 HF Ballet Stretches (C) (ELD)
2:00 C Rummikub® (C) (RL)
2:00 C Bridge (AD) (RL)
2:15 C Men's PM Action Movie (MR) (ELD)
4:00 Coffee Tea & Chat (C) (ELI)
4:30 EF Kazooti Afternoon to You! (C) (ELI)
6:45 LL iPad® Documentary: Nuclear testing (MR) (ELD)
7:15 Wednesday Night Drama (MR) (ELD)

Frankenstein Day!National Toasted Mars **30**
7:00 Dramatic Movie Night (MR) (ELD)
10:15 LL iPad® History: Who was Mary Shelley (MR) (ELD)
10:30 CE Gardening (PD) (RL)
1:30 HF Chair Waltzing with Naomi (C) (RL)
1:30 HF Exercise for Range of Motion (C) (ELI)
3:00 EF Sweet Bingo (C) (ELD)
4:00 Your Happy Beverage Hour (C) (ELI)
4:30 LL Adventure Words (C) (ELI)
6:45 LL Story of Frankenstein (MR) (ELD)
7:15 Requested Movie (MR) (V)

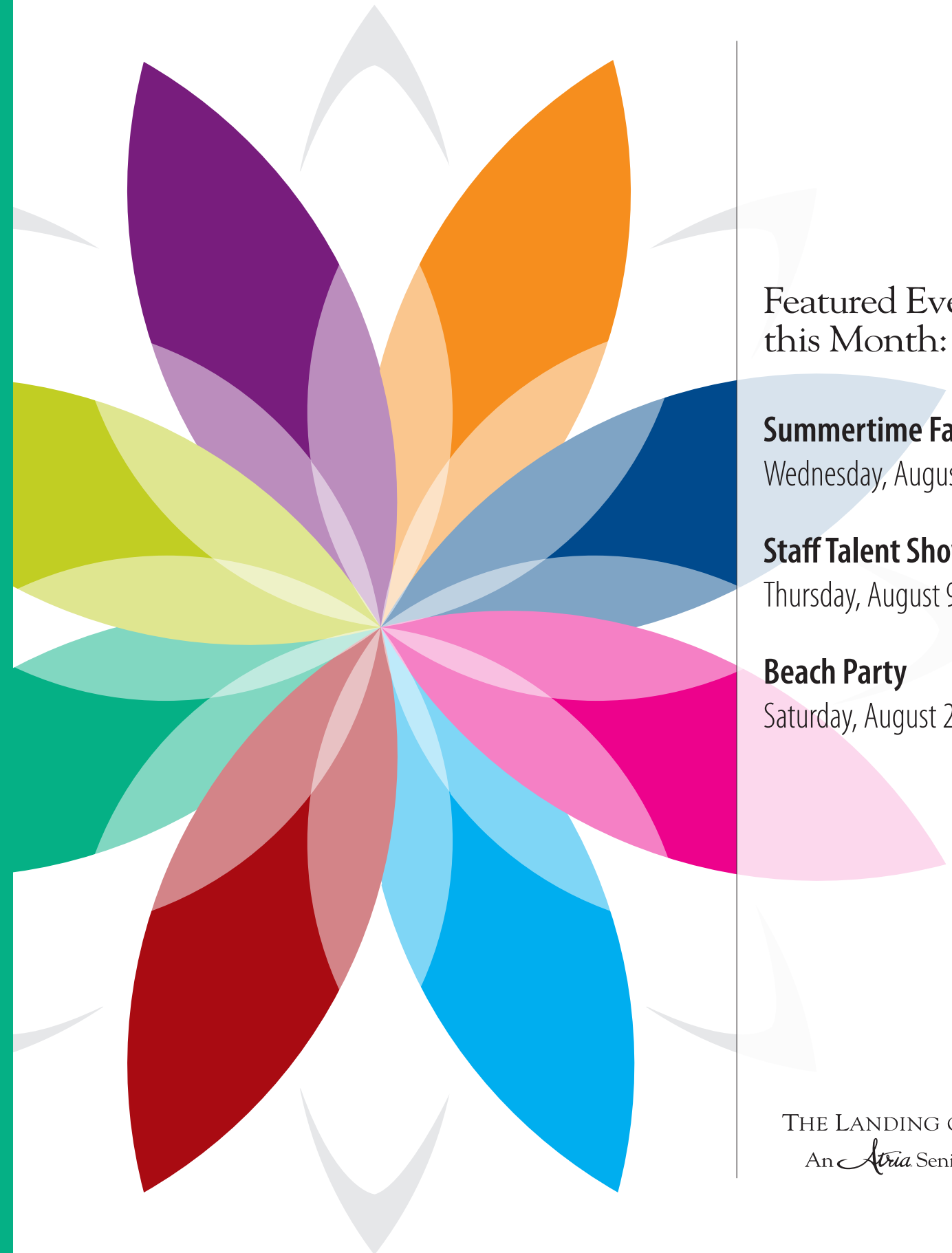
National Eat Outside Day!National Trai **31**
9:45 Monday AM Errands (L) (ELI)
11:00 HF Zumba® with Aiyannah (C) (VI)
1:30 HF Chair Tap Dancing with Laura (C) (DH)
1:30 HF Chair Yoga (C) (ELI)
4:00 Your Happy Beverage Hour (C) (ELI)
4:15 EF Rec: JOHNNY DELL & NITE LIFE (B) (BD)
6:45 IS Meditation for Mind Body & Soul (PTR) (V)
7:15 Friday Night at the Movies (MR) (RSA)

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

THE LANDING OF POUGHKEEPSIE
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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Summertime Fashion Show

Wednesday, August 8, 1:30 PM

Staff Talent Show

Thursday, August 9, 1:30 PM

Beach Party

Saturday, August 25, 1:30 PM

THE LANDING OF POUGHKEEPSIE
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

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			<p>10:00 HF Movin' and Groovin'</p> <p>10:30 LL iPad® Morning News</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL Did you know?</p> <p>1:00 J LEGATO- Eldersong Sing Along</p> <p>1:30 CV Field Trip</p> <p>2:00 CE You be the Judge</p> <p>3:00 C Social Club & Snacks</p> <p>4:00 PA Bingo/Puzzle Time</p> <p>6:00 EF Evening Movie</p>	<p>2 Ice cream Soda Day</p> <p>10:00 HF Wake Up & Get Movin'</p> <p>10:30 LL iPad®: News & Views</p> <p>11:00 C Snacks & Chat</p> <p>11:30 PA Finish the Line Trivia</p> <p>1:00 J Legato Music Program</p> <p>2:00 CE Group Discussion</p> <p>4:00 EF Pet therapy</p> <p>6:00 EF Evening Movie</p>	<p>3 National Watermelon Day</p> <p>10:00 HF Sit and Be Fit</p> <p>10:30 CV Music Exploration</p> <p>11:00 C Music Therapy</p> <p>11:30 LL News & Views</p> <p>1:00 HF After Lunch Stretch</p> <p>2:00 IS 50s Karaoke</p> <p>3:00 C Happy Hour</p> <p>3:30 HF Zumba®</p> <p>4:00 PA Puzzle Time</p> <p>6:00 EF Evening Movie</p>	<p>4 Chocolate Chip Cookie Day</p> <p>10:00 HF Get Fit</p> <p>10:30 LL iPad® Fun</p> <p>11:00 HF Snack and Chat</p> <p>11:30 IS Religious Services</p> <p>2:00 HF Stretch and Flex</p> <p>2:45 C Snack & Chat</p> <p>3:00 J Wind Down Music</p> <p>4:00 PA BINGO</p> <p>6:00 EF Evening Movie: Comedy</p>
<p>5 Friendship Day</p> <p>10:00 HF Stand Up and Be Fit</p> <p>10:30 LL Morning News & Views</p> <p>11:00 C Snacks & Chat</p> <p>11:00 IS Church Run</p> <p>1:00 HF Legato Music Program</p> <p>2:00 HF Afternoon Exercise</p> <p>2:30 C Sunday Sundaes</p> <p>3:30 CE Craft & Fun</p> <p>6:00 EF Evening Movie</p>	<p>6 Sister Day</p> <p>10:00 HF Wake and Stretch</p> <p>10:30 LL iPad®: News & Views</p> <p>11:00 C Snack and Chat</p> <p>11:30 HF Zumba®</p> <p>1:00 J Legato Music Program</p> <p>2:00 HF Ball Toss</p> <p>2:45 C Snacks & Songs</p> <p>3:30 LL Short Stories Reading</p> <p>6:00 EF Evening Movie</p>	<p>7 National Lighthouse Day</p> <p>10:00 HF Chair Dancing</p> <p>10:30 C Spa Time</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL iPad®: The Morning Facts</p> <p>1:00 J Legato-Music Program</p> <p>2:00 HF Stretch & Flex</p> <p>3:00 EF Puzzles/Outdoor Games</p> <p>6:00 EF Evening Movie</p>	<p>8</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL Fun & Facts</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL The News of the Day</p> <p>1:00 CV Field Trip</p> <p>1:00 J Legato Music Program- 40's music</p> <p>1:30 PA Summertime Fashion Show</p> <p>2:00 HF Stretch and Flex</p> <p>2:30 C Music & Memories</p> <p>4:00 CE Color the Page</p> <p>6:00 EF Movie Night</p>	<p>9 Book Lovers Day</p> <p>10:00 HF MOVIN' AND GROOVIN'</p> <p>10:30 LL iPad®: Today In History</p> <p>11:00 C Snacks & Songs</p> <p>1:00 J Legato Music Program- 50's Music</p> <p>1:30 EF Staff Talent Show</p> <p>2:00 HF Stretch and Flex</p> <p>2:30 PA Puzzle Fun</p> <p>6:00 EF Evening Movie</p>	<p>10 National Smoes Day</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL iPad® News and Views</p> <p>11:00 CV Snack And Chat</p> <p>1:00 J Legato Music and Dancing</p> <p>2:30 HF Music and Dancing</p> <p>3:00 C Happy Hour</p> <p>3:30 HF Zumba®</p> <p>4:00 PA BINGO</p> <p>6:00 EF Evening Movie</p>	<p>11 Son And Daughter Day</p> <p>10:00 HF Toss and Turn</p> <p>10:30 LL iPad® News and Views</p> <p>11:00 C Snacks & Chat</p> <p>11:30 IS Religious Services</p> <p>1:00 J Legato Music Program-70's Hits</p> <p>2:00 HF Afternoon Exercise</p> <p>2:30 C Snack & Chat</p> <p>3:00 LL Facts & Fun</p> <p>4:00 PA Bingo</p> <p>6:00 EF Evening Movie</p>
<p>12 National Senior Citizen Day</p> <p>10:00 HF Movin' and Groovin'</p> <p>10:30 LL iPad®: Sunday News</p> <p>11:00 C Snacks & Chat</p> <p>11:00 IS Church Run</p> <p>1:00 J Legato Music Program- Sing Along</p> <p>2:00 HF Ball Toss</p> <p>2:30 C Sunday Sundaes</p> <p>4:00 C Music Mash up</p> <p>6:00 EF Evening Movie</p>	<p>13 Left Handers Day</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL iPad®: What is Happening Today?</p> <p>11:00 CV Snack and Chat</p> <p>11:30 LL Zumba®</p> <p>1:00 J Legato Music Program</p> <p>2:00 HF Stretch and Flex</p> <p>2:30 IS Inspirational Quotes</p> <p>3:00 C Snacks and Open Mic Night</p> <p>4:00 PA Bingo</p> <p>6:00 EF Evening Movie</p>	<p>14 National Creamsicle Day</p> <p>10:00 HF Chair Dancing</p> <p>10:30 C SPA TIME</p> <p>11:00 C Snacks & Chat</p> <p>1:00 LL Brain Stretching</p> <p>1:30 J Legato Music - Eldersong Sing Along</p> <p>2:00 HF Stretch & Flex</p> <p>3:45 EF Music Mash Up</p> <p>6:00 EF Classic Movie Night</p>	<p>15 National Trail Mix Day</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL iPad® : Juggling Videos</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL Views on the News</p> <p>1:00 J Legato Music Program- Sing Along</p> <p>1:30 CV Field Trip</p> <p>2:00 HF Get in Shape</p> <p>2:30 C Snack & Board Games</p> <p>3:45 PA Name Ten</p> <p>6:00 EF Evening Movie</p>	<p>16 National Tell a Joke Day</p> <p>10:00 HF Sit and Be Fit</p> <p>10:30 LL iPad®: Monday Paper</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL Inspirational Stories</p> <p>1:00 HF Early Afternoon Stretch</p> <p>1:30 J Legato Music Program</p> <p>2:00 HF Fun Fitness</p> <p>3:00 C Snack & Chit Chat</p> <p>6:00 EF Evening Movie</p>	<p>17 Daughter Day</p> <p>10:00 HF Commit to be Fit</p> <p>10:30 CV News And Views</p> <p>11:00 C Music Therapy</p> <p>1:00 J Legato Music Program</p> <p>2:00 C Happy Hour</p> <p>3:30 HF Zumba®</p> <p>4:00 IS Musical Wind Down</p> <p>6:00 EF Evening Movie</p>	<p>18 Wizard of OZ Day</p> <p>10:00 HF Wake & Stretch</p> <p>10:30 LL Fun & Facts</p> <p>11:00 C Snacks & Chat</p> <p>11:30 IS Religious Service</p> <p>1:00 J Concert with Len</p> <p>1:30 LL The Good News Hour</p> <p>2:30 HF Fun Fitness</p> <p>3:00 C Share a Story</p> <p>4:00 PA Bingo</p> <p>6:00 EF Evening Movie: The Wizard Of Oz</p>
<p>19 National Potato Day</p> <p>10:00 HF Movin' and Groovin'</p> <p>10:30 LL iPad®: Sunday Paper</p> <p>11:00 IS Church Run</p> <p>11:00 CE Chocolate Covered Strawberry Making</p> <p>1:00 J Legato Music Program</p> <p>1:45 HF Strength and Balance Program</p> <p>2:30 C Sunday Sundaes</p> <p>3:15 PA Board Games</p> <p>6:00 EF Evening Movie: Titanic</p>	<p>20 National Radio Day</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL Morning Facts & Fun</p> <p>11:00 HF Snack and Chat</p> <p>11:30 LL Zumba®</p> <p>1:00 J Legato Music Program</p> <p>1:30 HF Stretch and Flex</p> <p>1:30 LL Trivia Time</p> <p>2:30 HF Walking Club</p> <p>3:00 C Snack & Puzzle Fun</p> <p>4:00 CE Color the Page</p> <p>6:00 EF Evening Movie</p>	<p>21 Senior Citizen Day</p> <p>10:00 HF Wake Up & Go</p> <p>10:30 C SPA TIME</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL What is going on?</p> <p>1:00 J Legato Music Program</p> <p>2:00 HF Walking Group</p> <p>3:00 C Tea Time</p> <p>3:30 CE Name that Song</p> <p>4:00 EF BINGO</p> <p>6:00 EF Evening Movie</p>	<p>22 Be a Angel Day</p> <p>10:00 HF Happy Feet</p> <p>10:30 LL iPad®: Good News Network</p> <p>11:00 C Snacks & Chat</p> <p>11:30 C Feel Good Music</p> <p>1:00 J Legato Music Program- 70's Music</p> <p>1:30 CV Field Trip</p> <p>2:00 HF Afternoon Fitness</p> <p>3:00 C Cookies & Coffee</p> <p>4:00 CE Craft Hour</p> <p>6:00 EF Evening Movie</p>	<p>23</p> <p>10:00 HF Get in Shape</p> <p>10:30 LL iPad®: Today's News</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL You Be The Judge</p> <p>1:15 J Legato Music Program: 50s Style</p> <p>2:00 HF Get Up & Get Moving</p> <p>2:45 C About Canada & Chat</p> <p>4:00 EF Pet Therapy</p> <p>6:00 EF Evening Movie</p>	<p>24 National Waffle Day</p> <p>10:00 HF Get Up & Move</p> <p>10:30 LL Today's News</p> <p>11:00 CV Music Entertainment</p> <p>11:00 EF Red White Blue Watercoloring</p> <p>1:00 J Legato Music Program- 60's Sing Along</p> <p>1:30 CV Pet Therapy</p> <p>3:00 C Happy Hour</p> <p>3:30 HF Zumba®</p> <p>4:00 PA Bingo</p> <p>6:00 EF Evening Movie</p>	<p>25 Banana Spilt Day</p> <p>10:00 HF Morning Stretch</p> <p>10:30 LL iPad® News & Views</p> <p>11:00 C Snacks & Chat</p> <p>11:30 IS Religious Services</p> <p>1:00 J Legato Music Program</p> <p>1:30 EF Beach Party</p> <p>1:30 HF Dancing through the Decades</p> <p>2:00 C Snack & Chat</p> <p>6:00 EF Evening Movie</p>
<p>26 Women Equality Day</p> <p>10:00 HF Sunday Stretch</p> <p>10:30 LL iPad® Sunday Paper</p> <p>11:00 C Snacks & Chat</p> <p>11:00 IS Church Run</p> <p>1:00 J Legato-Eldersong Sing Along</p> <p>2:00 HF Afternoon Exercise</p> <p>3:00 C Welcome to the Neighborhood Sundaes</p> <p>6:00 EF Evening Movie</p>	<p>27</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL Monday Morning News</p> <p>11:00 HF Snack and Chat</p> <p>11:30 LL Zumba®</p> <p>1:00 C Let's Talk About It</p> <p>1:15 J Legato Music Program</p> <p>2:00 HF Afternoon Exercise</p> <p>3:30 LL Who Am I?</p> <p>6:00 EF Evening Movie</p>	<p>28 Bow Tie Day</p> <p>10:00 HF Morning Exercise</p> <p>10:30 C SPA TIME</p> <p>11:00 C Snacks & Chat</p> <p>11:30 LL Morning News</p> <p>1:00 HF Early Afternoon Fitness</p> <p>1:15 J Legato Music Program- Eldersong</p> <p>2:00 HF Walking Club</p> <p>2:45 CE Color the Page</p> <p>4:00 EF Pet Therapy</p> <p>6:00 EF Classic Movie Night</p>	<p>29</p> <p>10:00 HF Stretch the Body</p> <p>10:30 LL News & Views</p> <p>11:00 C Snack & Chit Chat</p> <p>1:00 J Legato Music Program</p> <p>2:00 CE Lace Coloring Day</p> <p>3:30 HF Walking Club</p> <p>4:00 C Puzzle Fun</p> <p>6:00 EF Evening Movie</p>	<p>30 Frankenstein Day</p> <p>10:00 HF Moving & Grooving</p> <p>10:30 LL All About Macaroons</p> <p>11:00 C Morning Snack</p> <p>1:15 J Legato Music Program</p> <p>2:00 CE Making Fruit kabobs</p> <p>4:00 EF Pet Therapy</p> <p>6:00 EF Evening Movie</p>	<p>31 National Trail Mix Day</p> <p>10:00 HF Stretch and Flex</p> <p>10:30 IS iPad®: Todays News</p> <p>11:00 HF Snack and Chat</p> <p>1:00 EF Legato Music Program</p> <p>2:00 CV Happy Hour</p> <p>3:00 HF Walking Club</p> <p>4:00 EF BINGO</p> <p>6:00 EF Evening Movie: Comedy</p>	<p>PA Personal Achievement</p> <p>HF Health & Fitness</p> <p>EF Entertainment & Fun</p> <p>CV Civic Engagement</p> <p>LL Lifelong Learning</p> <p>CE Creative Expression</p> <p>IS Inspiration & Spirituality</p> <p>C Connection</p> <p>IS Atria StoryWise</p> <p>J Legato</p>