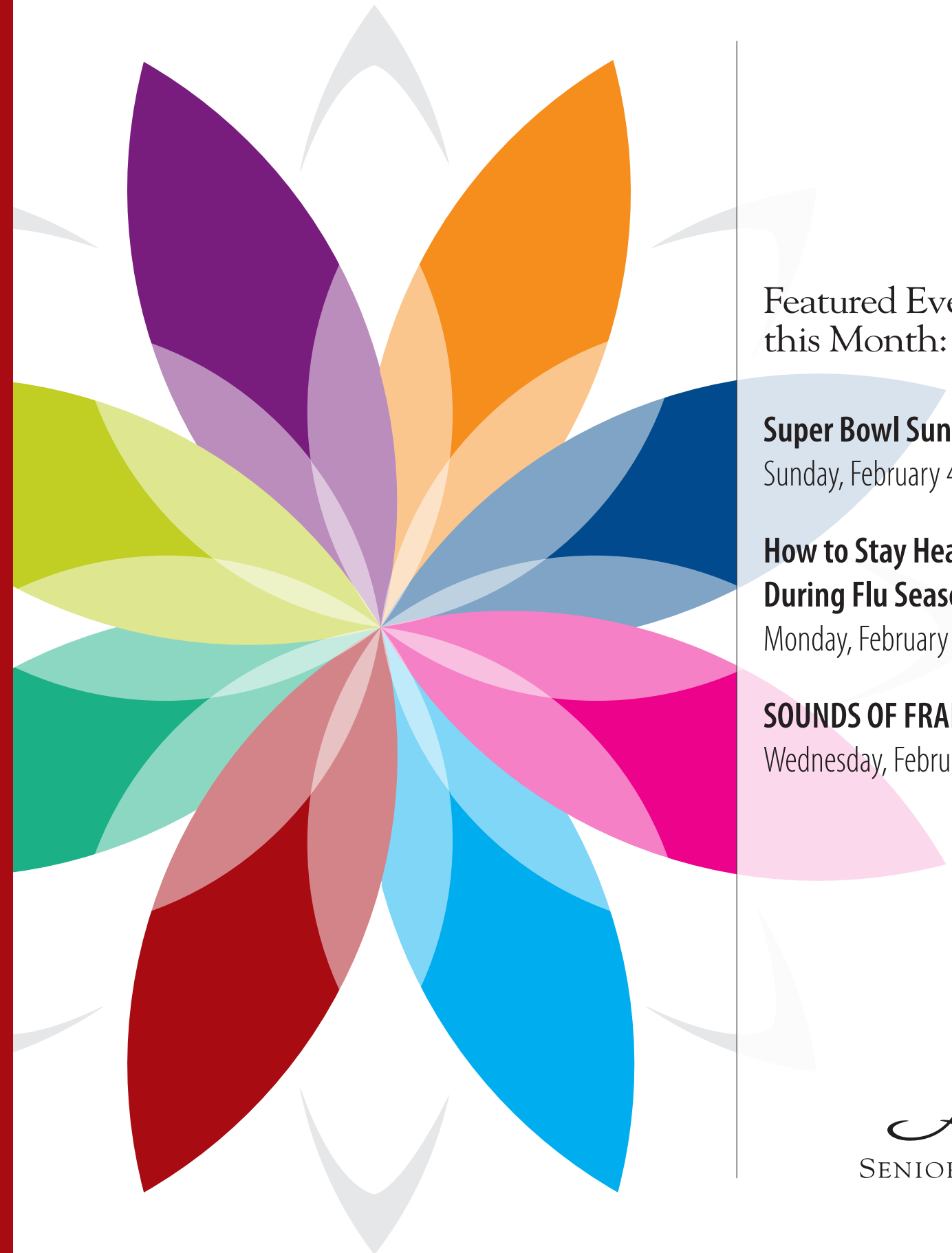


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Super Bowl Sunday Celebration**

Sunday, February 4, 2:00 pm

**How to Stay Healthy  
During Flu Season**

Monday, February 5, 2:00 pm

**SOUNDS OF FRANK V-Day Dance**

Wednesday, February 14, 5:00 pm

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# FEBRUARY 2018

# ATRIA FARMINGTON 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
- AW** Atria StoryWise

<p><b>4</b></p> <p><b>Super Bowl® Sunday!</b></p> <p>9:15 Church Services, Farmington, Bristol, CT</p> <p>9:30 <b>IS</b> Eucharistic Catholic Communion (LG) [VL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> Fitness Basics w/ Betty (FS)</p> <p>12:00 <b>IS</b> Channel 17 Catholic Mass (TH) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>EF</b> Bingo w/ Betty (CAS)</p> <p>2:00 <b>EF</b> Super Bowl® Sunday Celebration (TH)</p> <p>2:30 <b>PA</b> Set Back Club (CR)</p> <p>3:00 <b>LL</b> Sunday Documentary Series (TH)</p> <p>3:00 Sunday Spa: Hand Massages (C)</p>	<p><b>5</b></p> <p><b>Happy Birthday Red Buttons! World Nutella Day!</b></p> <p>9:00 <b>EF</b> Bridge Club in the Café! (C) [RL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Fitness Class w/ Julie (FS) [S]</p> <p>11:30 <b>AW</b> Atria StoryWise Resident Gift (C) [S]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>HF</b> How to Stay Healthy During Flu Season (FS)</p> <p>3:00 <b>HF</b> Beltone Hearing Aide Clinic (FS) [VL]</p> <p>3:00 <b>IS</b> Prayer Group Rosary w/ Constance (CAS)</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [S]</p> <p>4:00 <b>C</b> Nutella Social Hour (C) [ELD]</p>	<p><b>6</b></p> <p><b>Happy Birthday Zsa Zsa Gabor!</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:15 <b>HF</b> Forever Fit w/ John (FS) [T]</p> <p>11:00 <b>EF</b> New Britain Museum of Art OUT TRIP (OUT)</p> <p>11:15 <b>HF</b> Engage Your Brain (EYB) Games! (C)</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>HF</b> Ballroom Dancing w/ Frank (FS)</p> <p>3:00 <b>EF</b> Rummikub® in the Card Room! (CR)</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [L]</p> <p>3:30 <b>LL</b> TED Talks (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [ELD]</p> <p>5:30 <b>EF</b> Professor Burinskas Piano Hour (DR)</p>	<p><b>7</b></p> <p><b>NATIONAL SINGING DAY!</b></p> <p>9:30 <b>HF</b> Blood Pressure Check w/ Encompass (DR) [VL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Balance and Energy w/ Linda (FS) [L]</p> <p>11:15 <b>CE</b> Chorus Unlimited w/ Mr. Venne (L) [L]</p> <p>12:45 <b>EF</b> Bingo @ the Farmington Senior Center (OUT) [ELD]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>EF</b> Musical Entertainment w/ Rebecca Swett (L)</p> <p>3:00 <b>EF</b> Pool Club in the Game Room (GR)</p> <p>3:00 <b>EF</b> Scrabble® in the Card Room (CR)</p> <p>4:00 <b>C</b> Social Hour (C) [S]</p> <p>6:30 <b>EF</b> Classic Movie Night! (TH) [ELD]</p>	<p><b>8</b></p> <p><b>Potato Lovers Day!</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Get in Tip Top Shape w/ Tom (FS) [ELD]</p> <p>11:15 <b>LL</b> Book Club (TH) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>CE</b> Poetry w/ Andy Weil (CAS) [VL]</p> <p>3:00 <b>EF</b> Rummikub® in the Card Room! (CR)</p> <p>3:00 <b>IS</b> Support Group w/ LSW Lisa Navarra (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p> <p>6:30 <b>CE</b> Theater Thoughts w/ Linda (TH) [ELD]</p>	<p><b>9</b></p> <p><b>Winter Olympics Begin Today!</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:00 Out &amp; About Shopping Trip (OUT) [T]</p> <p>10:00 <b>IS</b> Rosary w/ LGD Vicki (LG) [LGD]</p> <p>10:30 <b>HF</b> Sittercise w/ Samantha (FS) [ELD]</p> <p>11:30 <b>C</b> A Visit with Diva the Therapy Dog (L) [L]</p> <p>1:30 <b>HF</b> Walking Club (L) [L]</p> <p>2:00 <b>C</b> Historical Tidbits w/ Tom (TH) [T]</p> <p>3:00 <b>EF</b> Bridge Club in the Café! (C)</p> <p>3:00 <b>HF</b> Friday Chair Yoga w/ Linda (FS) [ELD]</p> <p>3:00 <b>PA</b> Bountiful Boutique Resident Store (GR) [L]</p> <p>4:00 <b>C</b> iPad Social Hour (C) [L]</p>	<p><b>10</b></p> <p><b>Ice Cream for Breakfast Day!</b></p> <p>9:30 <b>EF</b> Gin Rummy Club in the Café! (C)</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> CrossFit for Active Adults w/ Pete (FS) [L]</p> <p>11:15 <b>C</b> Reminisce w/ Me (C)</p> <p>1:00 <b>HF</b> Walking Club (L) [L]</p> <p>2:00 <b>PA</b> the Landing Singers Practice! (TH) [L]</p> <p>3:00 <b>LL</b> A &amp; E Biography (CAS)</p> <p>3:00 <b>CE</b> Peaceful Meditation (CAS) [L]</p> <p>3:00 UCONN Women's B-Ball @ Houston (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p> <p>6:30 NEW RELEASE: Movie Night &amp; Popcorn! (TH) [ELD]</p>																																																							
<p><b>11</b></p> <p><b>Happy Birthday Thomas Edison!</b></p> <p>9:15 Church Services, Farmington, Bristol, CT</p> <p>9:30 <b>IS</b> Eucharistic Catholic Communion (LG)</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> Fitness Basics</p> <p>11:15 Sunday Spa: Hand Massages w/ Betty (C)</p> <p>12:00 <b>IS</b> Channel 17 Catholic Mass (TH)</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>EF</b> Bingo w/ Betty (C)</p> <p>2:30 <b>PA</b> Set Back Club (CR)</p> <p>3:00 <b>LL</b> Sunday Documentary Series (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p>	<p><b>12</b></p> <p><b>Happy Birthday Charles Darwin!</b></p> <p>9:00 <b>EF</b> Bridge Club in the Café! (C)</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Fitness Class w/ Julie (FS) [S]</p> <p>10:30 <b>HF</b> Silver Sneakers @ HealthTrax Bristol (OUT)</p> <p>11:30 <b>AW</b> Atria StoryWise Resident Gift (C) [S]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>CE</b> Jeff the Plant Guy! (CAS) [ELD]</p> <p>3:00 <b>IS</b> Prayer Group Rosary w/ Constance (CAS)</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [S]</p> <p>4:00 <b>C</b> Wine &amp; Cheese Social (C) [ELD]</p> <p>6:30 <b>CV</b> Knitting Club for a Cause (C) [RL]</p>	<p><b>13</b></p> <p><b>Happy Birthday Tennessee Ernie Ford!</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:15 <b>HF</b> Forever Fit w/ John (FS) [T]</p> <p>11:00 Shopping Trip: Plainville Kohl's, DSW (OUT)</p> <p>11:15 <b>HF</b> Engage Your Brain (EYB) Games (C) [S]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>EF</b> Drumming for Health w/ Tracey (L)</p> <p>3:00 <b>EF</b> Rummikub® in the Card Room! (GR) [S]</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [L]</p> <p>3:30 <b>LL</b> TED Talks (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [S]</p> <p>5:00 <b>C</b> New Resident Welcome Dinner! (DR)</p>	<p><b>14</b></p> <p><b>Happy Valentine's Day!</b></p> <p>9:30 <b>HF</b> Blood Pressure Check w/ Encompass (CAS) [VL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Balance and Energy (FS) [L]</p> <p>11:15 <b>CE</b> Chorus Unlimited w/ Mr. Venne (L) [L]</p> <p>12:45 <b>EF</b> Bingo @ the Farmington Senior Center (OUT) [ELD]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>PA</b> Food for Thought (C)</p> <p>2:00 <b>CE</b> Valentine's Day Themed Craft (CAS)</p> <p>3:00 <b>EF</b> Pool Club in the Game Room! (GR)</p> <p>3:00 <b>EF</b> Scrabble® in the Card Room (CR) [RL]</p> <p>4:00 <b>C</b> Social Hour (GR) [S]</p>	<p><b>15</b></p> <p><b>Happy Birthday Joyce C.!</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Get in Tip Top Shape w/ Tom (FS) [ELD]</p> <p>11:00 <b>IS</b> Non-Denominational Church Service (TH)</p> <p>11:15 <b>LL</b> Book Club (TH) [T]</p> <p>1:15 <b>PA</b> Learn to Play Mexican Train (CR) [VL]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>LL</b> Educational Presentation By Encompass (FS) [VL]</p> <p>3:00 <b>EF</b> Music Therapy w/ Maggie (L) [VL]</p> <p>3:00 <b>EF</b> Rummikub® in the Card Room! (CR) [RL]</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p> <p>6:30 <b>CE</b> Theater Thoughts w/ Linda (CAS) [L]</p>	<p><b>16</b></p> <p><b>Happy Birthday Otis Blackwell!</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:00 Out &amp; About Shopping Trip (OUT) [T]</p> <p>10:00 <b>IS</b> Rosary w/ LGD Vicki (LG) [LGD]</p> <p>10:30 <b>HF</b> Sittercise w/ Samantha (FS) [ELD]</p> <p>11:30 <b>C</b> A Visit with Diva the Therapy Dog (L) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>C</b> Historical Tidbits w/ Tom (TH)</p> <p>3:00 <b>EF</b> Bridge Club in the Café! (C)</p> <p>3:00 Farmington Public Library Out Trip (OUT)</p> <p>3:00 <b>HF</b> Friday Chair Yoga w/ Linda (FS) [ELD]</p> <p>3:00 <b>PA</b> Bountiful Boutique Resident Store (GR) [L]</p>	<p><b>17</b></p> <p><b>Happy Birthday Edith M.!</b></p> <p>9:00 <b>EF</b> Gin Rummy Club in the Café! (C)</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> CrossFit for Active Adults w/ Pete (FS) [L]</p> <p>11:15 <b>C</b> Reminisce with Me (C)</p> <p>1:30 <b>HF</b> Walking Club (FS) [L]</p> <p>2:00 <b>PA</b> the Landing Singers Practice! (TH) [L]</p> <p>3:00 <b>LL</b> A&amp;E Biography (TH) [L]</p> <p>3:00 <b>CE</b> Peaceful Meditation (CAS) [L]</p> <p>4:00 <b>C</b> Cheese Themed Social Hour (C) [L]</p> <p>6:30 NEW RELEASE: Movie Night &amp; Popcorn! (TH) [ELD]</p>																																																							
<p><b>18</b></p> <p><b>Happy Birthday Enzo Ferrari!</b></p> <p>9:15 Church Services, Farmington, Bristol, CT</p> <p>9:30 <b>IS</b> Eucharistic Catholic Communion (LG) [VL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> Fitness Basics w/ Betty (FS)</p> <p>11:15 <b>EF</b> BINGO w/ Betty (CAS)</p> <p>12:00 <b>IS</b> Channel 17 Catholic Mass (TH) [L]</p> <p>1:00 UCONN Women's B-Ball @ Temple (TH)</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>EF</b> Musical Entertainment by Rod Ives (L)</p> <p>2:30 <b>PA</b> Set Back Club (CR)</p> <p>3:00 <b>LL</b> Sunday Documentary Series (TH)</p>	<p><b>19</b></p> <p><b>Happy Birthday Roger V.!</b></p> <p><b>Presidents' Day!</b></p> <p>9:00 <b>EF</b> Bridge Club in the Café! (C)</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Fitness Class w/ Julie (FS) [S]</p> <p>10:30 <b>HF</b> Silver Sneakers @ HealthTrax Bristol (OUT)</p> <p>11:30 <b>AW</b> Atria StoryWise Resident Gift (C) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>LL</b> Celebrating Our Presidents (TH)</p> <p>3:00 <b>IS</b> Prayer Group Rosary w/ Constance (CAS) [RL]</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [S]</p> <p>4:00 <b>C</b> Social Hour! (C) [L]</p>	<p><b>20</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:15 <b>HF</b> Forever Fit w/ John (FS) [T]</p> <p>11:00 <b>EF</b> Restaurant Out Trip! (OUT)</p> <p>11:15 <b>HF</b> Engage Your Brain (EYB) Games (C) [S]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>LL</b> Computer Technology Class w/ Samantha (IC)</p> <p>3:00 <b>EF</b> Rummikub® in the Card Room! (CR)</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [RL]</p> <p>3:30 <b>LL</b> TED Talks (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [S]</p> <p>5:30 <b>EF</b> Professor Burinskas Piano Hour (DR) [L]</p> <p>6:30 <b>EF</b> Ritchie's Choice Movie (TH) [VL]</p>	<p><b>21</b></p> <p>9:30 <b>HF</b> Blood Pressure Check w/ Encompass (CAS) [VL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Balance and Energy (FS) [L]</p> <p>11:15 <b>CE</b> Chorus Unlimited w/ Mr. Venne (L) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>EF</b> Musical Entertainment w/ Tom Sansone (L) [ELD]</p> <p>2:15 <b>CV</b> Exploration Play @ Noah Wallace School (OUT) [ELD]</p> <p>3:00 <b>EF</b> Pool Club in the Game Room! (GR)</p> <p>3:00 <b>EF</b> Scrabble® in the Card Room (CR) [RL]</p> <p>4:00 <b>C</b> Social Hour (C) [S]</p> <p>6:30 <b>EF</b> Classic Movie Night! (TH) [ELD]</p> <p>6:30 <b>HF</b> Meet and Greet w/ LSW Lisa Navarra (FS)</p>	<p><b>22</b></p> <p><b>Happy Birthday George Washington!</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Get in Tip Top Shape w/ Tom (FS) [ELD]</p> <p>11:15 <b>LL</b> Book Club (TH) [T]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>CE</b> Fresh Flower Arranging (CAS) [L]</p> <p>3:00 <b>EF</b> Rummikub® in the Card Room! (CR) [RL]</p> <p>3:00 <b>PA</b> Tea Talk w/ ED Ann Zak (C)</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p> <p>6:30 <b>CV</b> Alzheimer's Support Group w/ LGD Vicki (TH) [LGD]</p> <p>6:30 <b>CE</b> Theater Thoughts w/ Linda (CAS)</p>	<p><b>23</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:00 Out &amp; About Shopping Trip (OUT) [T]</p> <p>10:00 <b>IS</b> Rosary w/ LGD Vicki (LG) [LGD]</p> <p>10:30 <b>HF</b> Sittercise w/ Samantha (FS) [ELD]</p> <p>11:30 <b>C</b> A Visit with Diva the Therapy Dog (L) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>1:30 <b>C</b> Historical Tidbits w/ Tom (DR) [T]</p> <p>2:00 <b>EF</b> Resident Birthday Party w/ Jonathan (DR) [L]</p> <p>3:00 <b>EF</b> Bridge Club in the Café! (C) [RL]</p> <p>3:00 <b>HF</b> Friday Chair Yoga w/ Linda (FS) [ELD]</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [L]</p> <p>4:00 <b>C</b> iPad Social Hour (C) [L]</p>	<p><b>24</b></p> <p>9:00 <b>EF</b> Gin Rummy Club in the Café! (C)</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> CrossFit for Active Adults w/ Pete (FS) [L]</p> <p>11:15 <b>C</b> Reminisce w/ Me (C)</p> <p>12:00 UCONN Women's B-Ball vs. Tulane (TH)</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>PA</b> the Landing Singers Practice! (TH) [L]</p> <p>3:00 <b>CE</b> Peaceful Meditation (CAS) [L]</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p> <p>6:30 NEW RELEASE: Movie Night &amp; Popcorn! (TH) [ELD]</p>																																																							
<p><b>25</b></p> <p>9:15 Church Services, Farmington, Bristol, CT</p> <p>9:30 <b>IS</b> Eucharistic Catholic Communion (LG) [VL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> Fitness Basics w/ Betty (FS)</p> <p>11:15 Sunday Spa: Hand Massages w/ Betty (C)</p> <p>12:00 <b>IS</b> Channel 17 Catholic Mass (TH) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [L]</p> <p>2:00 <b>EF</b> BINGO w/ Betty! (CAS)</p> <p>2:30 <b>PA</b> Set Back Club (CR) [RL]</p> <p>3:00 <b>LL</b> Sunday Documentary Series (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p> <p>6:30 <b>EF</b> Grammy Awards (TH)</p>	<p><b>26</b></p> <p><b>Happy Birthday Tony Randall!</b></p> <p>9:00 <b>EF</b> Bridge Club in the Café! (C)</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:30 <b>HF</b> Fitness Class w/ Julie (FS)</p> <p>11:30 <b>AW</b> Atria StoryWise Resident Gift (C) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>CE</b> Café Creations w/ Mary (C)</p> <p>3:00 <b>PA</b> Engage Life® Planning Meeting (TH) [ELD]</p> <p>3:00 <b>IS</b> Prayer Group Rosary w/ Constance (CAS) [RL]</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [S]</p> <p>4:00 <b>C</b> Social Hour (C) [ELD]</p> <p>6:30 <b>CV</b> Knitting Club for a Cause (C) [RL]</p>	<p><b>27</b></p> <p>10:00 <b>LL</b> Daily Chronicle (L) [L]</p> <p>10:15 <b>HF</b> Forever Fit w/ John (FS) [S]</p> <p>11:00 Plainville Movie Theater (OUT)</p> <p>11:15 <b>HF</b> Engage Your Brain (EYB) (C) [ELD]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>CE</b> Chef's Table! (C) [K]</p> <p>3:00 <b>PA</b> Resident Council Meeting (FS) [RL]</p> <p>3:00 <b>EF</b> Rummikub® in the Card Room! (CR) [RL]</p> <p>3:00 <b>PA</b> the Bountiful Boutique Resident Store (GR) [L]</p> <p>3:30 <b>LL</b> TED Talks (TH)</p> <p>4:00 <b>C</b> Social Hour (C) [S]</p> <p>5:30 <b>EF</b> Professor Burinskas Piano Hour (DR) [VL]</p>	<p><b>28</b></p> <p>9:30 <b>HF</b> Blood Pressure Clinic w/ Encompass (DR) [VL]</p> <p>10:00 <b>LL</b> Daily Chronicle (L) [ELD]</p> <p>10:30 <b>HF</b> Balance and Energy (FS) [T]</p> <p>11:15 <b>CE</b> Chorus Unlimited w/ Mr. Venne (L) [L]</p> <p>1:30 <b>HF</b> Afternoon Stroll (L) [S]</p> <p>2:00 <b>EF</b> Musical Entertainment w/ Country Duo (LG)</p> <p>3:00 <b>EF</b> Pool Club in the Game Room! (GR) [RL]</p> <p>3:00 <b>EF</b> Scrabble® in the Card Room (CR)</p> <p>4:00 <b>C</b> Social Hour (C) [L]</p> <p>6:30 <b>EF</b> Classic Movie Night! (TH) [ELD]</p>	<p><b>ROOM LOCATION KEY:</b></p> <table border="0"> <tr><td>Lobby</td><td>L</td><td>Reading Room</td><td>RR</td></tr> <tr><td>Fitness Studio</td><td>FS</td><td>Internet Cafe</td><td>IC</td></tr> <tr><td>Theater</td><td>TH</td><td></td><td></td></tr> <tr><td>Card Room</td><td>CR</td><td></td><td></td></tr> <tr><td>Cafe</td><td>C</td><td></td><td></td></tr> <tr><td>Out Trip</td><td>OUT</td><td></td><td></td></tr> <tr><td>Life guidance</td><td>LG</td><td></td><td></td></tr> <tr><td>Game Room</td><td>GR</td><td></td><td></td></tr> <tr><td>Creative Arts Studio</td><td>CAS</td><td></td><td></td></tr> <tr><td>Dining Room</td><td>DR</td><td></td><td></td></tr> </table> <p><b>STAFF KEY:</b></p> <table border="0"> <tr><td>Engage Life Director</td><td>ELD</td></tr> <tr><td>Volunteer</td><td>VL</td></tr> <tr><td>Linda</td><td>L</td></tr> <tr><td>Resident Led</td><td>RL</td></tr> <tr><td>Tom</td><td>T</td></tr> <tr><td>Life Guidance Director</td><td>LGD</td></tr> <tr><td>Sydney</td><td>S</td></tr> <tr><td>Chef Gary</td><td>K</td></tr> </table>		Lobby	L	Reading Room	RR	Fitness Studio	FS	Internet Cafe	IC	Theater	TH			Card Room	CR			Cafe	C			Out Trip	OUT			Life guidance	LG			Game Room	GR			Creative Arts Studio	CAS			Dining Room	DR			Engage Life Director	ELD	Volunteer	VL	Linda	L	Resident Led	RL	Tom	T	Life Guidance Director	LGD	Sydney	S	Chef Gary	K
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# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Valentine Dinner Dance  
Sounds of Frank**

Wednesday, February 14, 5:00 pm

**Memory Support Group**

Thursday, February 22, 6:30 pm

**New Resident Welcome Dinner**

Tuesday, February 13, 5:00 pm

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SENIOR LIVING

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# FEBRUARY 2018

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**

<p><b>4</b></p> <p>9:30 <b>IS</b> Communion (LA)          10:00 <b>IS</b> Catholic Mass (FR)          10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Trivia Time (LA)          11:45 <b>PA</b> What's On The Menu (DR)          1:30 <b>CV</b> Coupon Clipping (SA) [RSA]          1:30 <b>J</b> LEGATO Musical Bingo (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>LL</b> REMEMBER WHEN (FR)          6:00 <b>LL</b> Book Club (FR) [RSA]          7:00 <b>LL</b> It's Showtime &amp; Snacks (FR) [RSA]</p>	<p><b>5</b></p> <p>10:00 <b>HF</b> Volley For Serve (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Brain Exercises (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CE</b> Creative Time (LA)          1:30 <b>EF</b> Happy News (SA) [RSA]          2:30 <b>LL</b> It's Puzzling (SA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Use it or Lose it (FR)          6:00 <b>EF</b> STOP AND SMELL THE ROSES (FR) [RSA]          7:00 <b>LL</b> Watching The Stars &amp; Snack (FR) [RSA]</p>	<p><b>6</b></p> <p>10:00 <b>HF</b> Morning Stretch (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Word Games (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>HF</b> A DAY AT THE SPA (LA) [RSA]          1:30 <b>CE</b> What's Cooking (DR)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Sing Along (FR)          5:00 <b>C</b> Dinner Club (DR)          6:00 <b>C</b> LAUGH ALONG WITH ME (FR) [RSA]          7:00 <b>LL</b> Movie Night &amp; Snack (FR) [RSA]</p>	<p><b>7</b></p> <p>10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>C</b> Chorus Group in AL (L)          11:00 <b>J</b> LEGATO Move it or Lose it (LA)          11:45 <b>PA</b> What's On The Menu          1:00 <b>HF</b> Bowling (LA)          1:30 <b>LL</b> SPELLING BEE (FR) [RSA]          2:00 <b>EF</b> Rebecca Swett (L)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>C</b> Wisdom of Curiosity (FR)          6:00 <b>EF</b> Card &amp; Game Night (LA) [RSA]          7:00 <b>LL</b> Classic TV &amp; Munchie Mania (FR) [RSA]</p>	<p><b>8</b></p> <p>10:00 <b>HF</b> Chair Yoga (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> WHO, WHAT, WHERE (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>LL</b> History Lesson (FR) [RSA]          3:00 <b>C</b> Happy Hour (FR) [RSA]          3:30 <b>J</b> LEGATO Music Lessons (FR)          4:00 <b>LL</b> REMINISCE WITH ME (FR)          7:00 <b>C</b> Munchie Mania (FR) [RSA]          7:00 <b>C</b> Relax Along With Me (FR) [RSA]</p>	<p><b>9</b></p> <p>10:00 <b>IS</b> Rosary (LA)          10:30 <b>HF</b> Morning Stretch (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Pet Therapy with Diva (FR)          11:45 <b>PA</b> What's On The Menu          1:30 <b>EF</b> Bingo (LA) [RSA]          2:00 <b>CE</b> RECYCLED ART (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          3:30 <b>J</b> LEGATO &amp; Moving (LA)          4:00 <b>C</b> Puzzles &amp; Games (LA)          6:00 <b>J</b> LEGATO Karaoke (FR) [RSA]          7:00 <b>LL</b> Friday Night At the Movies &amp; Popcorn (FR) [RSA]</p>	<p><b>10</b></p> <p>10:00 <b>HF</b> GROUP EXERCISE (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Holiday Shopping Showcase (C)          11:00 <b>LL</b> Mind Stretch (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CE</b> Writing Group (SA) [RSA]          2:30 <b>C</b> Comedy Club (SA) [RSA]          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO &amp; Dancing (FR)          6:00 <b>EF</b> Jeopardy!® Fun! (FR) [RSA]          7:00 <b>C</b> Munchie Mania (FR) [RSA]          7:00 <b>C</b> Unwind With Me (FR) [RSA]</p>
<p><b>11</b></p> <p>9:30 <b>IS</b> Communion &amp; Catholic Mass          10:00 <b>IS</b> Catholic Mass (FR)          10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Trivia Time (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CV</b> Coupon Clipping (SA) [RSA]          1:30 <b>J</b> LEGATO Musical Bingo (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>LL</b> REMEMBER WHEN (FR)          6:00 <b>LL</b> Book Club (FR) [RSA]          7:00 <b>LL</b> It's Showtime &amp; Snack (FR) [RSA]</p>	<p><b>12</b></p> <p>10:00 <b>HF</b> Volley For Serve (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Brain Exercises (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CE</b> Creative Time (LA)          1:30 <b>EF</b> Happy News (SA) [RSA]          2:30 <b>LL</b> It's Puzzling (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Use it or Lose it (FR)          6:00 <b>EF</b> STOP AND SMELL THE ROSES (FR) [RSA]          7:00 <b>LL</b> Watching The Stars &amp; Snack (FR) [RSA]</p>	<p><b>13</b></p> <p>10:00 <b>HF</b> Morning Stretch (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Word Games (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>HF</b> A DAY AT THE SPA (LA) [RSA]          1:30 <b>CE</b> What's Cooking (DR)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Sing Along (FR)          5:00 <b>C</b> New Resident Welcome Dinner (DR)          6:00 <b>C</b> LAUGH ALONG WITH ME (FR) [RSA]          7:00 <b>LL</b> Movie Night &amp; Snack (FR) [RSA]</p>	<p><b>14</b></p> <p>10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>C</b> Chorus Group in AL (L)          11:00 <b>J</b> LEGATO Move it or Lose it (LA) [RSA]          11:45 <b>PA</b> What's On The Menu          1:00 <b>HF</b> Bowling (LA)          1:30 <b>LL</b> SPELLING BEE (FR) [RSA]          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>C</b> Wisdom of Curiosity (FR)          5:00 <b>EF</b> Valentine Dinner Dance Sounds of Frank (DR)          6:00 <b>EF</b> Card &amp; Game Night (LA) [RSA]          7:00 <b>LL</b> Classic TV &amp; Munchie Mania (FR) [RSA]</p>	<p><b>15</b></p> <p>10:00 <b>HF</b> Chair Yoga (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> WHO, WHAT, WHERE (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>LL</b> History Lessons (FR) [RSA]          3:00 <b>C</b> Happy Hour (FR) [RSA]          3:30 <b>J</b> LEGATO Music Lessons (FR)          4:00 <b>LL</b> REMINISCE WITH ME (FR)          6:00 <b>C</b> Fun &amp; Games (FR) [RSA]          7:00 <b>C</b> Munchie Mania (FR) [RSA]          7:00 <b>C</b> Relax Along With Me (FR) [RSA]</p>	<p><b>16</b></p> <p>10:00 <b>IS</b> Rosary (LA)          10:30 <b>HF</b> Morning Stretch (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Pet Therapy with Diva (FR)          11:45 <b>PA</b> What's On The Menu          1:30 <b>EF</b> Bingo (LA) [RSA]          2:00 <b>CE</b> RECYCLED ART (SA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          3:30 <b>J</b> LEGATO &amp; Moving (LA)          4:00 <b>C</b> Puzzles &amp; Games (LA)          6:00 <b>J</b> LEGATO Karaoke (FR) [RSA]          7:00 <b>LL</b> Friday Night At the Movies &amp; Popcorn (FR) [RSA]</p>	<p><b>17</b></p> <p>10:00 <b>HF</b> GROUP EXERCISE (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Mind Stretch (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CE</b> Writing Group (SA) [RSA]          2:00 <b>C</b> Comedy Club (FR)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO &amp; Dancing (FR)          6:00 <b>EF</b> Jeopardy!® Fun! (FR) [RSA]          7:00 <b>C</b> Munchie Mania (FR) [RSA]          7:00 <b>C</b> Unwind With Me (FR) [RSA]</p>
<p><b>18</b></p> <p>9:30 <b>IS</b> Communion &amp; Catholic Mass (FR)          10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Trivia Time (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CV</b> Coupon Clipping (SA) [RSA]          2:00 <b>J</b> LEGATO: Rod Ives Sing Along (L)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>LL</b> REMEMBER WHEN (FR)          6:00 <b>LL</b> Book Club (FR) [RSA]          7:00 <b>LL</b> It's Showtime &amp; Snack (FR) [RSA]</p>	<p><b>19</b></p> <p>10:00 <b>HF</b> Volley For Serve (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Brain Exercises (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CE</b> Creative Time (LA)          1:30 <b>EF</b> Happy News (SA) [RSA]          2:00 <b>LL</b> It's Puzzling (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Use it or Lose it (FR)          6:00 <b>EF</b> STOP AND SMELL THE ROSES (FR) [RSA]          7:00 <b>LL</b> Watching The Stars &amp; Snack (FR) [RSA]</p>	<p><b>20</b></p> <p>10:30 <b>HF</b> Morning Stretch (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Word Games (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>HF</b> A DAY AT THE SPA (LA) [RSA]          1:30 <b>CE</b> What's Cooking (DR)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Sing Along (FR)          5:00 <b>C</b> Dinner Club (DR)          6:00 <b>C</b> LAUGH ALONG WITH ME (FR) [RSA]          7:00 <b>LL</b> Movie Night &amp; Snack (FR) [RSA]</p>	<p><b>21</b></p> <p>10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>C</b> Chorus Group in AL (L)          11:00 <b>J</b> LEGATO Move it or Lose it (LA) [RSA]          11:45 <b>PA</b> What's On The Menu          1:00 <b>HF</b> Bowling (LA)          1:30 <b>LL</b> SPELLING BEE (FR) [RSA]          2:00 <b>EF</b> Tom Sansone (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>C</b> Wisdom of Curiosity (FR)          6:00 <b>EF</b> Card &amp; Game Night (LA) [RSA]          7:00 <b>LL</b> Classic TV &amp; Munchie Mania (FR) [RSA]</p>	<p><b>22</b></p> <p>10:00 <b>HF</b> Chair Yoga (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> WHO, WHAT, WHERE (LA)          11:45 <b>PA</b> What's On The Menu          2:00 <b>EF</b> James Michael (DR) [RSA]          3:00 <b>C</b> Happy Hour (FR) [RSA]          3:30 <b>J</b> LEGATO Music Lessons (FR)          3:45 <b>EF</b> Music Therapy (LG)          4:00 <b>LL</b> REMINISCE WITH ME (FR)          6:00 <b>C</b> Fun &amp; Games (FR) [RSA]          6:30 <b>IS</b> Memory Support Group          7:00 <b>C</b> Relax Along With Me &amp; Snack (FR) [RSA]</p>	<p><b>23</b></p> <p>10:00 <b>IS</b> Rosary (FR)          10:30 <b>HF</b> Morning Stretch (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>C</b> Pet Therapy with Diva (FR)          1:30 <b>EF</b> Bingo (LA) [RSA]          2:00 <b>EF</b> Birthday Bash (LA)          2:00 <b>CE</b> RECYCLED ART (SA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          3:30 <b>J</b> LEGATO &amp; Moving (LA)          4:00 <b>C</b> Puzzles &amp; Games (LA)          6:00 <b>J</b> LEGATO Karaoke (FR) [RSA]          7:00 <b>LL</b> Friday Night At the Movies &amp; Popcorn (FR)</p>	<p><b>24</b></p> <p>10:00 <b>HF</b> GROUP EXERCISE (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Mind Stretch (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CE</b> Writing Group (SA) [RSA]          2:00 <b>C</b> Comedy Club (FR)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO &amp; Dancing (FR)          6:00 <b>EF</b> Jeopardy!® Fun! (FR) [RSA]          7:00 <b>C</b> Munchie Mania (FR) [RSA]          7:00 <b>C</b> Unwind With Me (FR) [RSA]</p>
<p><b>25</b></p> <p>9:30 <b>IS</b> Communion (LA)          10:00 <b>IS</b> Catholic Mass (FR)          10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Trivia Time (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CV</b> Coupon Clipping (SA) [RSA]          1:30 <b>J</b> LEGATO Musical Bingo (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>LL</b> REMEMBER WHEN (FR)          6:00 <b>LL</b> Book Club (FR) [RSA]          7:00 <b>LL</b> It's Showtime &amp; Snack (FR) [RSA]</p>	<p><b>26</b></p> <p>10:00 <b>HF</b> Volley For Serve (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Brain Exercises (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>CE</b> Creative Time (LA)          1:30 <b>EF</b> Happy News (FR) [RSA]          2:30 <b>LL</b> It's Puzzling (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Use it or Lose it (FR)          6:00 <b>EF</b> STOP AND SMELL THE ROSES (FR) [RSA]          7:00 <b>LL</b> Watching The Stars &amp; Snack (FR) [RSA]</p>	<p><b>27</b></p> <p>10:00 <b>HF</b> Morning Stretch (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>LL</b> Word Games (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>HF</b> A DAY AT THE SPA (LA) [RSA]          1:30 <b>CE</b> What's Cooking (DR)          3:00 <b>C</b> Happy Hour (FR) [RSA]          4:00 <b>J</b> LEGATO Sing Along (FR)          5:00 <b>C</b> Dinner Club (DR)          6:00 <b>C</b> LAUGH ALONG WITH ME (FR) [RSA]          7:00 <b>LL</b> Movie Night &amp; Snack (FR) [RSA]</p>	<p><b>28</b></p> <p>10:00 <b>HF</b> Light Weights (LA)          10:45 <b>HF</b> Snack Attack (LA) [RSA]          11:00 <b>C</b> Chorus Group in AL (L)          11:00 <b>J</b> LEGATO Move it or Lose it (LA)          11:45 <b>PA</b> What's On The Menu          1:30 <b>HF</b> Bowling (LA)          1:30 <b>LL</b> SPELLING BEE (FR) [RSA]          2:00 <b>EF</b> Country Duo (LA)          3:00 <b>C</b> Happy Hour (FR) [RSA]          3:30 <b>C</b> Wisdom of Curiosity (FR)          6:00 <b>EF</b> Card &amp; Game Night (LA) [RSA]          7:00 <b>LL</b> Classic TV &amp; Munchie Mania (FR) [RSA]</p>	<p><b>ROOM LOCATION KEY:</b></p> <p>Large Activity Room LA          Family Room FR          Small Activity Room SA          Dining Room DR          Lobby L          Cafe C          Life guidance LG</p> <p><b>STAFF KEY:</b></p> <p>RSA RSA          Volunteer VL</p>		