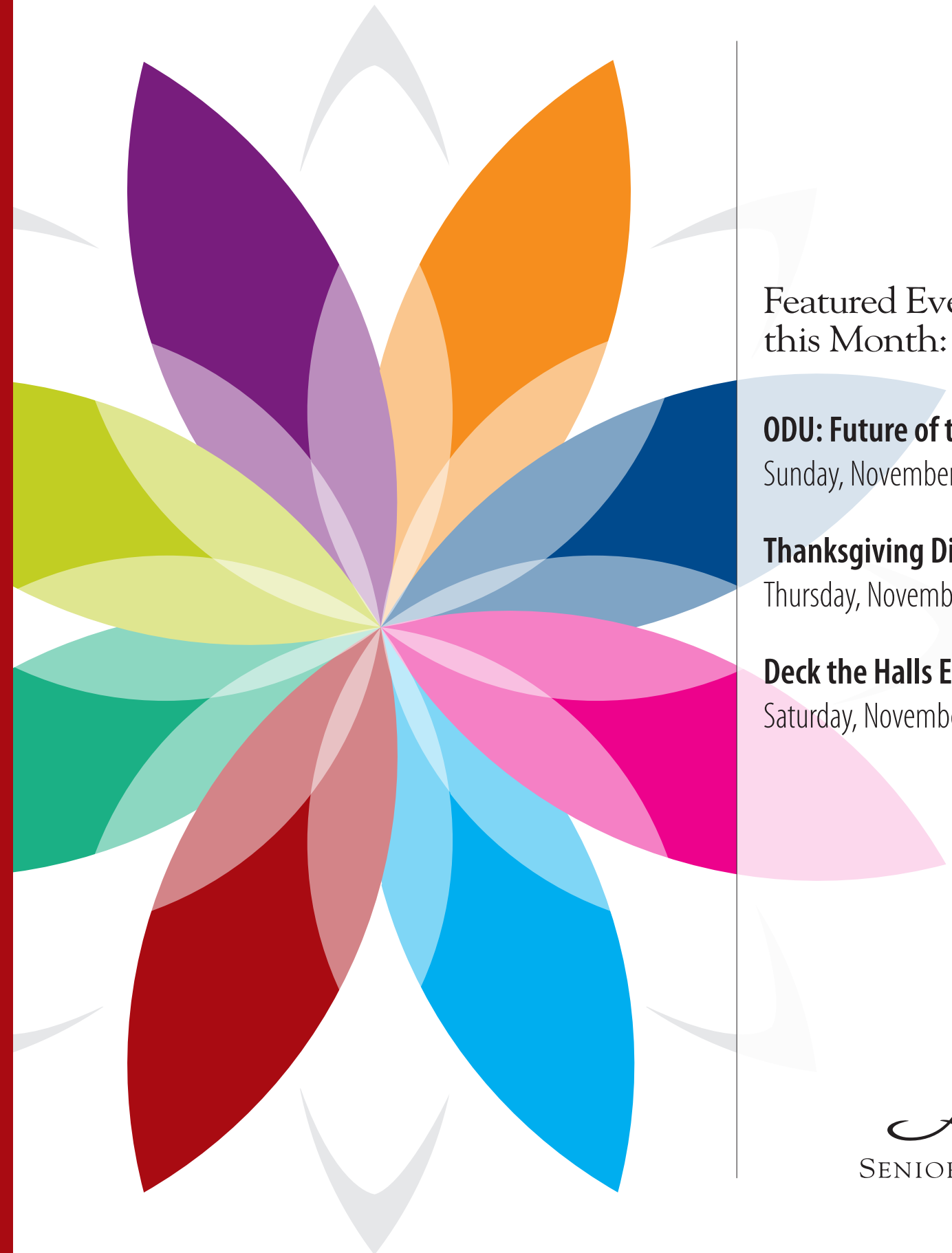


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

ODU: Future of the Presidency

Sunday, November 10, 10:30 AM

Thanksgiving Dinner

Thursday, November 14, 5:00 PM

Deck the Halls Event

Saturday, November 30, 9:00 AM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

NOVEMBER 2019

ATRIA NEWELL CREEK 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
- A** Atria StoryWise

- ROOM LOCATION KEY:**
- Dining Room DR
 - Front Lobby FL
 - Craft Room CR
 - Cafe C
 - Theater T
 - Outing OUT
 - Life Guidance LG
 - Puzzle Room PR
 - Lower Patio LP
 - Bocce Court BC

- STAFF KEY:**
- Resident Led RL
 - Tiffany Bazan ELD
 - Volunteer VOL
 - Entertainer ENT
 - Fitness Instructor FIT
 - Front Desk FD
 - Resident Ambassador RA
 - Luci Remchick LR
 - Walter Moreland WM

Food/Supply Drive Starts

- 9:00 **HF** Morning Fitness (C) (WM)
- 10:00 What's in a Word? (FL) (WM)
- 11:00 **EF** Lunch Bunch: (Sign Up) (OUT)
- 1:30 **IS** Grace Church (T) (VOL)
- 2:30 **HF** Strength Building with Karen (C) (FIT)
- 3:00 **C** Mixology 101 (C) (WM)
- 6:00 Friday Night Flick: The Big Chill (T)
- 6:15 **PA** Poker Night (C) (RA)
- 6:30 **HF** Atria Moves Walking Club (FL) (RL)

1

Happy Birthday Kim McQuaid!

2

- 9:00 **HF** Morning Workout (C) (LR)
- 9:30 **C** Hot Cocoa and Friends (FL) (LR)
- 10:00 **PA** Crosswords (FL) (RL)
- 10:30 **LL** Today in History (FL) (LR)
- 11:00 **IS** Sing with Me (FL) (LR)
- 1:30 **HF** Afternoon Exercise (C) (LR)
- 2:00 **C** Victor Breeler Performs! (LG) (ENT)
- 3:15 Prize Bingo (CR) (WM)
- 6:00 **PA** Rummikub® (PR) (RL)

- 9:00 **HF** Atria Moves Walking Club (FL) (RL)
- 9:30 **IS** Trip to St. Mary's (Sign Up) (OUT)
- 10:30 **IS** Trip to Mentor Methodist (Sign Up) (OUT)
- 1:30 **EF** Sunday Sundaes (C) (WM)
- 2:30 **HF** Afternoon Fitness (C) (WM)
- 3:00 **CV** New Resident Orientation (C) (WM)
- 4:00 **C** Lemonade Social (FL)
- 4:30 **EF** Sports Fans: Browns vs Broncos (PR)
- 6:00 Sunday Cinema: Grumpy Old Men (T)

3

- 9:00 **HF** Morning Fitness with Tiffany! (C) (ELD)
- 10:00 **LL** iPad®: Art Appreciation (T) (LR)
- 11:00 **IS** Mentor Methodist: Spiritual Reflections (LG) (VOL)
- 1:15 Great Lakes Movie Trip (Sign Up) (OUT)
- 1:30 **HF** Tai Chi (C) (FIT)
- 3:00 **EF** Root Beer Floats (C)
- 4:00 **IS** Hand/Neck Relaxation & Meditation (CR) (LR)
- 6:00 **LL** Evening Documentary Series (T)
- 6:15 **PA** Poker Night (C) (RA)
- 6:30 **HF** Atria Moves Walking Club (FL) (RL)

4

- Happy Birthday Margaret Filuta!**
- 9:00 **HF** Atria Moves Walking Club (FL) (RL)
 - 10:30 **CV** Charity Miles Challenge (FL) (WM)
 - 11:00 **C** Nails & Tales (CR) (WM)
 - 1:30 **PA** Rosary with Dre (T) (RA)
 - 2:00 **HF** Hula Hoop Exercise (C) (WM)
 - 2:30 **C** Apple Cider & Doughnuts (FL) (WM)
 - 3:30 5 Cent Bingo (CR)
 - 3:45 Cruise the Boulevard (Sign Up) (OUT)
 - 6:00 **EF** Roasted Marshmallows & S'mores (LP) (WM)

5

- 9:00 **HF** Strength Building Class (C) (VOL)
- 10:00 **C** Pinochle Club (C) (LR)
- 11:00 **UNO**® (C) (LR)
- 1:30 **CE** BakeShop: (C) (LR)
- 2:00 **IS** Count Your Blessings: Devotional (LG) (LR)
- 2:30 **HF** Strength Building with Karen (C) (FIT)
- 3:00 **CE** Artisan Workshop: (CR)
- 4:30 **EF** Bocce Ball Tournaments (BC) (LR)
- 6:00 **HF** Atria Moves Walking Club (FL) (LR)
- 6:15 **PA** Poker Night (C) (RA)

6

- 9:00 **HF** Morning Fitness (C) (WM)
- 10:00 **C** StoryWise™: Common Ground (FL) (WM)
- 11:00 **CE** Sing Along with Engage Life® (LG) (WM)
- 1:30 **EF** Balloon Volleyball (C) (WM)
- 2:00 **J** Legato: Music Therapy (LG) (VOL)
- 2:30 **HF** Afternoon Exercise (C) (WM)
- 3:00 **PA** Resident Council (T) (RL)
- 3:30 5 Cent Bingo (CR)
- 6:00 **C** Annette Keys Performs! (DR) (ENT)

7

- 9:00 **HF** Morning Fitness (C) (WM)
- 10:00 What's in a Word? (FL) (WM)
- 10:30 **LL** Historic Kirtland Tour (Sign Up) (OUT)
- 1:30 **IS** Grace Church (T) (VOL)
- 2:30 **HF** Strength Building with Karen (C) (FIT)
- 3:00 **C** Mixology 101 (C) (WM)
- 6:00 Friday Night Flick: Dutch (T)
- 6:15 **PA** Poker Night (C) (RA)
- 6:30 **HF** Atria Moves Walking Club (FL) (RL)

8

- 9:00 **HF** Morning Workout (C) (LR)
- 9:30 **C** Hot Cocoa and Friends (FL) (LR)
- 10:00 **PA** Puzzle Corner (PR) (RL)
- 10:30 **LL** Today in History (FL) (LR)
- 11:00 **IS** Sing with Me (FL) (LR)
- 1:30 **HF** Afternoon Exercise (C) (LR)
- 2:00 **C** Fred Schneider Performs! (FL) (ENT)
- 3:15 Prize Bingo (CR) (LR)
- 6:00 **PA** Rummikub® (PR) (RL)

9

- 9:00 **HF** Morning Fitness (C) (WM)
- 10:30 **LL** ODU: Future of the Presidency (T) (VOL)
- 1:00 **EF** Sports Fans: Browns vs Bills (T)
- 1:30 **EF** Sunday Sundaes (C) (WM)
- 2:30 **HF** Afternoon Fitness (C) (WM)
- 3:00 **CV** New Resident Orientation (C) (WM)
- 4:00 **C** Lemonade Social (FL)
- 6:00 Sunday Cinema: The House of Yes (T)

10

- Veterans Day**
- 9:00 **HF** Morning Fitness with Tiffany! (C) (ELD)
 - 10:00 **EF** iPad®: Heads Up! (FL) (LR)
 - 10:30 **EF** USO Dance (DR)
 - 1:30 **HF** Tai Chi (C) (FIT)
 - 2:30 **LL** Computer Basics & Assistance (PR)
 - 3:30 **LL** Atria's Book Club (T)
 - 4:00 **IS** Hand/Neck Relaxation & Meditation (CR) (LR)
 - 6:00 **LL** Evening Documentary Series (T)
 - 6:15 **PA** Poker Night (C) (RA)
 - 6:30 **HF** Atria Moves Walking Club (FL) (RL)

11

- 9:00 **HF** Atria Moves Walking Club (FL) (RL)
- 10:30 **CV** Charity Miles Challenge (FL) (WM)
- 11:00 **C** Nails & Tales (CR) (WM)
- 1:15 Food For Thought Meeting (DR)
- 2:00 **HF** Hula Hoop Exercise (C) (WM)
- 2:30 **PA** Rosary with Dre (T) (RA)
- 2:30 **C** Apple Cider & Cookies (FL) (WM)
- 3:00 **IS** Communion (T) (VOL)
- 3:30 5 Cent Bingo (CR)
- 3:45 Cruise the Boulevard (Sign Up) (OUT)
- 6:00 **C** Judy Brown Performs! (DR) (ENT)

12

- Happy Birthday Millie Guernsey!**
- 9:00 **HF** Strength Building Class (C) (VOL)
 - 10:00 **C** Pinochle Club (C) (LR)
 - 11:00 **UNO**® (C) (LR)
 - 1:30 5 Cent Left, Right, Center (C) (LR)
 - 2:00 **IS** Count Your Blessings: Devotional (LG) (LR)
 - 2:30 **HF** Strength Building with Karen (C) (FIT)
 - 3:00 **CE** Artisan Workshop: (C)
 - 4:30 **EF** Cornhole Tournament (BC) (LR)
 - 6:00 **HF** Atria Moves Walking Club (FL) (LR)
 - 6:15 **PA** Poker Night (C) (RA)

13

- 9:00 **HF** Morning Fitness (C) (ELD)
- 10:00 **C** StoryWise™: Common Ground (FL) (WM)
- 11:00 **CE** Sing Along with Engage Life® (LG) (WM)
- 1:30 **PA** Ambassador Meet & Greet (T)
- 2:30 **HF** Afternoon Exercise (C) (WM)
- 3:00 Grievance Council (T)
- 3:30 5 Cent Bingo (CR)
- 5:00 **EF** Thanksgiving Dinner
- 8:15 **EF** Sports Fans: Browns vs Steelers (T)

14

- 9:00 **HF** Morning Fitness (C) (WM)
- 10:00 What's in a Word? (FL) (WM)
- 11:00 **EF** Lunch Bunch: (Sign Up) (OUT)
- 1:30 **IS** Grace Church (T) (VOL)
- 2:30 **HF** Strength Building with Karen (C) (FIT)
- 3:00 **C** Mixology 101 (C) (WM)
- 6:00 Friday Night Flick: You've Got Mail (T)
- 6:15 **PA** Poker Night (C) (RA)
- 6:30 **HF** Atria Moves Walking Club (FL) (RL)

15

- Happy Birthday Mike Skinner!**
- 9:00 **HF** Morning Workout (C) (LR)
 - 9:30 **C** Hot Cocoa and Friends (FL) (LR)
 - 10:00 **PA** Crosswords (FL) (RL)
 - 10:30 **LL** Today in History (FL) (LR)
 - 11:00 **IS** Sing with Me (FL) (LR)
 - 1:30 **HF** Afternoon Exercise (C) (LR)
 - 2:00 **C** Judy Crawford Performs! (LG) (ENT)
 - 3:15 Prize Bingo (CR) (LR)
 - 6:00 **PA** Rummikub® (PR) (RL)

16

- 9:00 **HF** Atria Moves Walking Club (FL) (RL)
- 9:30 **IS** Trip to St. Mary's (Sign Up) (OUT)
- 10:30 **IS** Trip to Mentor Methodist (Sign Up) (OUT)
- 11:00 **LL** iPad®: Exploring the Pyramids (T) (LR)
- 12:00 **PA** Ambassador Luncheon (DR) (WM)
- 1:30 **EF** Sunday Sundaes (C) (WM)
- 2:30 **HF** Afternoon Fitness (C) (WM)
- 3:00 **CV** New Resident Orientation (C) (WM)
- 4:00 **C** Lemonade Social (FL)
- 6:00 Sunday Cinema: Rocky (T)

17

- 9:00 **HF** Morning Fitness with Tiffany! (C) (ELD)
- 10:00 **IS** Catholic Mass (T) (VOL)
- 10:15 **PA** Rosary with Dre (T) (RA)
- 11:00 **EF** iPad®: Heads Up! (FL) (LR)
- 11:00 **IS** Mentor Methodist: Spiritual Reflections (LG) (VOL)
- 1:30 **HF** Tai Chi (C) (FIT)
- 2:30 **EF** Root Beer Floats (C)
- 3:30 **LL** Atria's Book Club (T)
- 4:00 **IS** Hand/Neck Relaxation & Meditation (CR) (LR)
- 6:00 **LL** Evening Documentary Series (T)
- 6:15 **PA** Poker Night (C) (RA)
- 6:30 **HF** Atria Moves Walking Club (FL) (RL)

18

- 9:00 **HF** Atria Moves Walking Club (FL) (RL)
- 10:30 **CV** Charity Miles Challenge (FL) (WM)
- 11:00 **C** Nails & Tales (CR) (WM)
- 1:00 **PA** Rosary with Dre (T) (RA)
- 1:30 **IS** Communion (T) (VOL)
- 2:00 **HF** Hula Hoop Exercise (C) (WM)
- 2:30 **C** Apple Cider & Doughnuts (FL) (WM)
- 3:30 5 Cent Bingo (CR)
- 3:45 Cruise the Boulevard (Sign Up) (OUT)
- 6:00 **C** Tunes with a Twist! (DR) (ENT)

19

- 9:00 **HF** Strength Building Class (C) (VOL)
- 10:00 5 Cent Left, Right, Center (C) (LR)
- 11:00 **UNO**® (C) (LR)
- 12:30 **C** Red Hat's Club (FL) (LR)
- 2:30 **HF** Strength Building with Karen (C) (FIT)
- 3:00 **CE** Artisan Workshop: (CR)
- 4:30 **EF** Bocce Ball Tournament (BC) (LR)
- 6:00 **HF** Atria Moves Walking Club (FL) (LR)
- 6:15 **PA** Poker Night (C) (RA)

20

- 9:00 **HF** Morning Fitness with Tiffany! (C) (ELD)
- 10:00 **C** StoryWise™: Common Ground (FL) (WM)
- 11:00 **LL** Garfield House Presentation (T) (VOL)
- 1:30 **EF** Balloon Volleyball (C) (WM)
- 2:00 **J** Legato: Music Therapy (LG) (ENT)
- 2:30 **HF** Afternoon Exercise (C) (WM)
- 3:30 5 Cent Bingo (CR)
- 6:00 **C** Bennie Meyer Performs! (DR) (ENT)

21

- 9:00 **HF** Morning Fitness (C) (WM)
- 10:00 **PA** Resident Activity Meeting (T)
- 10:30 **EF** Jack's Casino Trip (Sign Up) (OUT)
- 1:30 **IS** Grace Church (T) (VOL)
- 2:30 **HF** Strength Building with Karen (C) (FIT)
- 3:00 **C** Mixology 101 (C) (WM)
- 6:00 Friday Night Flick: Home Alone (T)
- 6:15 **PA** Poker Night (C) (RA)
- 6:30 **HF** Atria Moves Walking Club (FL) (RL)

22

- 9:00 **HF** Morning Workout (C) (LR)
- 9:30 **C** Hot Cocoa and Friends (FL) (LR)
- 10:00 **PA** Puzzle Corner (PR) (RL)
- 10:30 **LL** Today in History (FL) (LR)
- 11:00 **IS** Sing with Me (FL) (LR)
- 1:30 **HF** Afternoon Exercise (C) (LR)
- 2:00 **C** Dan Maloney Performs! (DR) (ENT)
- 3:15 Prize Bingo (CR) (LR)
- 6:00 **PA** Rummikub® (PR) (RL)

23

- 9:00 **HF** Morning Fitness (C) (WM)
- 10:00 **LL** iPad®: Google™ Earth (T) (LR)
- 11:00 **LL** Lecture Series with Tom O! (T) (RA)
- 1:00 **EF** Sports Fans: Browns vs Dolphins (T)
- 1:30 **EF** Sunday Sundaes (C) (WM)
- 2:30 **HF** Afternoon Fitness (C) (WM)
- 3:00 **CV** New Resident Orientation (C) (WM)
- 4:00 **C** Lemonade Social (FL)
- 6:00 Sunday Cinema: Home for the Holidays (T)

24

- 9:00 **EF** Holiday Shopping Trip (Sign Up) (OUT) (LR)
- 9:00 **HF** Morning Fitness with Tiffany! (C) (ELD)
- 10:00 **EF** iPad®: Heads Up! (FL) (LR)
- 11:00 **EF** Dominoes (C) (LR)
- 1:30 **HF** Tai Chi (C) (FIT)
- 2:30 **LL** Computer Basics & Assistance (PR)
- 3:30 **LL** Atria's Book Club (T)
- 4:00 **IS** Hand/Neck Relaxation & Meditation (CR) (LR)
- 6:00 **LL** Evening Documentary Series (T)
- 6:15 **PA** Poker Night (C) (RA)
- 6:30 **HF** Atria Moves Walking Club (FL) (RL)

25

- 9:00 **HF** Atria Moves Walking Club (FL) (RL)
- 10:30 **CV** Charity Miles Challenge (FL) (WM)
- 11:00 **C** Nails & Tales (CR) (WM)
- 1:30 **PA** Rosary with Dre (T) (RA)
- 2:00 **HF** Hula Hoop Exercise (C) (WM)
- 2:30 **C** Apple Cider & Cookies (FL) (WM)
- 3:30 5 Cent Bingo (CR)
- 3:45 Cruise the Boulevard (Sign Up) (OUT)
- 6:00 **C** Cruizin' with Katie Performs! (LG) (ENT)

26

- 9:00 **HF** Strength Building Class (C) (VOL)
- 10:00 **LL** Presentation with Pizzazz! (T) (ENT)
- 10:00 **CV** Adult Girl Scouts (CR) (VOL)
- 10:30 5 Cent Left, Right, Center (C) (LR)
- 11:30 **UNO**® (C) (LR)
- 1:30 **CE** BakeShop: (C) (LR)
- 2:00 **IS** Count Your Blessings: Devotional (LG) (LR)
- 2:30 **HF** Strength Building with Karen (C) (FIT)
- 3:30 5 Cent Bingo (CR)
- 6:00 **HF** Atria Moves Walking Club (C) (LR)
- 6:15 **PA** Poker Night (C) (RA)

27

- Thanksgiving**
- 9:00 **HF** Morning Fitness (C) (LR)
 - 10:00 **C** StoryWise™: Common Ground (FL) (WM)
 - 11:00 **CE** Sing Along with Engage Life® (LG) (WM)
 - 2:30 **HF** Atria Moves Walking Club (C) (RL)
 - 3:30 Movie: Miracle on 34th Street (T)

28

- Food/Supply Drive**
- 9:00 **HF** Morning Fitness (C) (ELD)
 - 10:00 What's in a Word? (FL) (WM)
 - 11:00 **EF** Lunch Bunch: (Sign Up) (OUT)
 - 1:30 **IS** Grace Church (T) (VOL)
 - 2:30 **HF** Strength Building with Karen (C) (FIT)
 - 3:00 **C** Mixology 101 (C)
 - 6:00 Friday Night Flick: It's A Wonderful Life (T) (FD)
 - 6:15 **PA** Poker Night (C) (RA)
 - 6:30 **HF** Atria Moves Walking Club (FL) (RL)

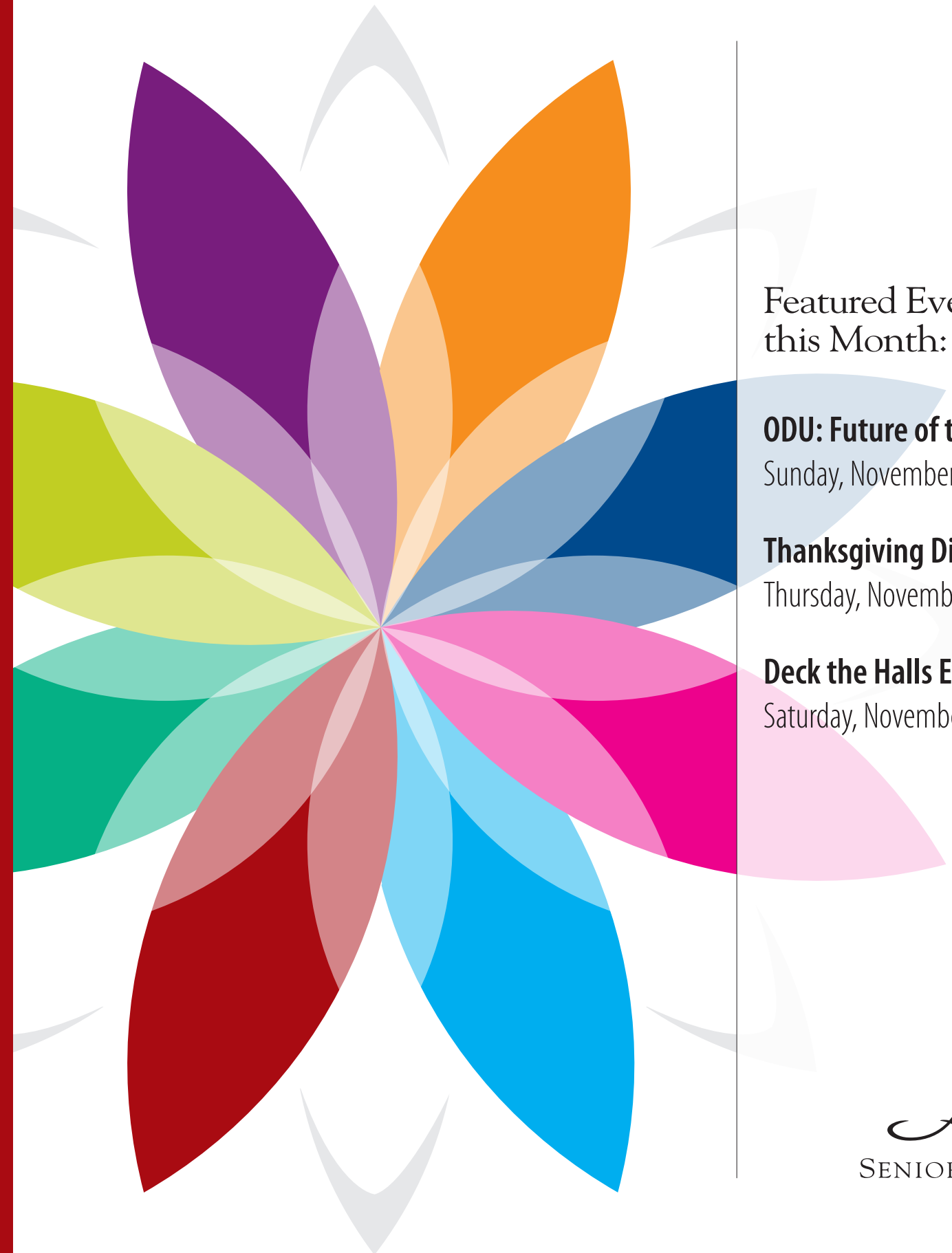
29

- 9:00 **HF** Morning Workout (C) (LR)
- 9:00 **EF** Deck the Halls Event
- 9:30 **C** Hot Cocoa Station (FL)
- 10:00 **CE** Stocking Decorating (CR) (LR)
- 11:00 **CE** Christmas Cookie Decorating (C) (LR)
- 12:00 **EF** Sports Fans: OSU vs Michigan State (T)
- 1:30 **HF** Afternoon Fitness (C) (LR)
- 2:00 **C** Ilya Performs! (LG) (ENT)
- 2:00 **CE** Christmas Caroling (FL) (LR)
- 2:30 **C** StoryWise™: Holiday Traditions (FL) (LR)
- 3:15 Prize Bingo (CR) (LR)
- 6:00 **PA** Rummikub® (PR) (RA)

30

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

ODU: Future of the Presidency

Sunday, November 10, 10:30 AM

Thanksgiving Dinner

Thursday, November 14, 5:00 PM

Deck the Halls Event

Saturday, November 30, 9:00 AM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

NOVEMBER 2019

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**
- **Legato**

ROOM LOCATION KEY:

- Cafe C
- Dining Room DR
- Front Lobby FL
- Life Guidance LG
- Outing OUT
- Theater T

STAFF KEY:

- Entertainer ENT
- Fitness Instructor FIT
- Volunteer VOL
- Resident Service Assistant RSA
- Luci Remchick LR
- Walter Moreland WM

Welcome, November!

- 10:30 ■ Morning Fitness
- 11:00 ■ News and Views
- 1:30 ■ Grace Church (T) (VOL)
- 2:00 ■ Iced Tea on the Patio
- 3:00 ■ Exercise with Karen (FIT)
- 3:30 ■ Mixology 101
- 4:30 ■ My Life Story
- 5:00 ■ Legato: Classical Composers
- 6:15 ■ Helping Hands

1

- 10:30 ■ Morning Fitness
- 11:00 ■ Coffee and Friends
- 1:30 ■ Parachute Workout
- 2:00 ■ Victor Breeler Performs! (LG) (ENT)
- 3:00 ■ Artisan Workshop
- 4:00 ■ Legato: Hand Bell Choir
- 6:00 ■ Atria Moves Walking Club

2

- Happy Birthday Alice Monahan!** 3
- 9:30 ■ Trip to St. Mary's (OUT)
 - 10:30 ■ Morning Fitness
 - 11:00 ■ Sunday Paper
 - 1:30 ■ Sunday Sundaes (C)
 - 1:30 ■ Helping Hands
 - 2:30 ■ Volleyball Workout
 - 3:00 ■ Coups for Troops
 - 4:00 ■ Legato: Calming Sounds & Relaxation
 - 6:00 Sunday Cinema: Home Alone (RSA)

- 4**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Spiritual Reflections (VOL)
 - 1:15 Great Lakes Movie Trip (OUT)
 - 1:30 ■ Tai Chi (C) (FIT)
 - 2:30 ■ Legato: Name That Tune
 - 3:00 ■ Musical Manicures
 - 4:00 ■ Funny Bones & Silly Sayings
 - 6:15 ■ Helping Hands

- 5**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Legato: Ragtime
 - 1:30 ■ Apple Cider on the Patio
 - 2:00 ■ Book Club
 - 2:30 ■ Workout with Music
 - 3:00 ■ Astronomy Class
 - 6:00 ■ Night Owls

- 6**
- 10:30 ■ Strength Building Class (VOL)
 - 11:00 ■ Lunch Bunch (OUT)
 - 11:00 ■ News and Views
 - 1:30 ■ StoryWise™: Common Ground
 - 2:00 ■ Count Your Blessings: Devotional (LR)
 - 2:30 ■ Legato: Musical Bingo
 - 3:00 ■ Exercise with Karen (FIT)
 - 6:00 Mid-Week Movie: Home Alone 2
 - 6:15 ■ Helping Hands

- 7**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Sing Along (WMM)
 - 1:30 ■ Lemonade Social
 - 2:00 ■ Legato: Music Therapy (VOL)
 - 3:00 ■ Move and Groove
 - 3:30 ■ Welcome to the Neighborhood!
 - 4:00 ■ Book Club
 - 6:00 ■ Lotions & Potions
 - 6:00 ■ Annette Keys Performs! (DR) (ENT)

- Happy Birthday Judy Ward!** 8
- 10:30 ■ Morning Fitness
 - 11:00 ■ News and Views
 - 1:30 ■ Grace Church (T) (VOL)
 - 2:00 ■ Iced Tea on the Patio
 - 3:00 ■ Exercise with Karen (FIT)
 - 3:30 ■ Mixology 101
 - 4:30 ■ My Life Story
 - 5:00 ■ Legato: Classical Composers
 - 6:15 ■ Helping Hands

- 9**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Coffee and Friends
 - 1:30 ■ Parachute Workout
 - 2:00 ■ Fred Schneider Performs! (FL) (ENT)
 - 3:00 ■ Artisan Workshop
 - 4:00 ■ Legato: Hand Bell Choir
 - 6:00 ■ Atria Moves Walking Club

- 10**
- 10:30 ■ Morning Fitness
 - 10:30 ■ ODU: Future of the Presidency (T) (VOL)
 - 11:00 ■ Sunday Paper
 - 1:30 ■ Sunday Sundaes (C)
 - 1:30 ■ Helping Hands
 - 2:30 ■ Volleyball Workout
 - 3:00 ■ Coups for Troops
 - 4:00 ■ Legato: Calming Sounds & Relaxation
 - 6:00 Sunday Cinema: Home Alone 3 (RSA)

- 11**
- 10:30 ■ Morning Fitness
 - 10:30 ■ USO Dance
 - 11:00 ■ Coffee Chat
 - 1:30 ■ Tai Chi (C) (FIT)
 - 2:30 ■ Legato: Name That Tune
 - 3:00 ■ Musical Manicures
 - 4:00 ■ Greek Mythology
 - 6:15 ■ Helping Hands

- Happy Birthday Helen Boylan!** 12
- 10:30 ■ Morning Fitness
 - 11:00 ■ LG Science Squad
 - 1:30 ■ Apple Cider on the Patio
 - 2:00 ■ Book Club
 - 2:30 ■ Workout with Music
 - 3:00 ■ Communion (T) (VOL)
 - 4:00 ■ Legato: The Birth of Jazz
 - 6:00 ■ Judy Brown Performs! (DR) (ENT)

- 13**
- 10:30 ■ Strength Building Class
 - 11:00 ■ News and Views
 - 1:30 ■ StoryWise™: Common Ground
 - 2:00 ■ Count Your Blessings: Devotional (LR)
 - 2:30 ■ Legato: Musical Bingo
 - 3:00 ■ Exercise with Karen (FIT)
 - 6:30 ■ Night on Broadway: Little Shop of Horror

- 14**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Sing Along (WMM)
 - 1:30 ■ Lemonade Social
 - 2:30 ■ Hula Hoop Exercise
 - 3:00 ■ Legato: Dixieland Jazz
 - 3:30 ■ Cruise the Boulevard (OUT)
 - 4:00 ■ Book Club
 - 5:00 ■ Thanksgiving Dinner

- 15**
- 10:30 ■ Morning Fitness
 - 11:00 ■ News and Views
 - 1:30 ■ Grace Church (T) (VOL)
 - 2:00 ■ Iced Tea on the Patio
 - 3:00 ■ Exercise with Karen (FIT)
 - 3:30 ■ Mixology 101
 - 4:30 ■ My Life Story
 - 5:00 ■ Legato: Classical Composers
 - 6:15 ■ Helping Hands

- 16**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Coffee and Friends
 - 1:30 ■ Parachute Workout
 - 2:00 ■ Judy Crawford Performs! (LG) (ENT)
 - 3:00 ■ Artisan Workshop
 - 4:00 ■ Legato: Hand Bell Choir
 - 6:00 ■ Atria Moves Walking Club

- 17**
- 9:30 ■ Trip to St. Mary's (OUT)
 - 10:30 ■ Morning Fitness
 - 11:00 ■ Sunday Paper
 - 1:30 ■ Sunday Sundaes (C)
 - 1:30 ■ Helping Hands
 - 2:30 ■ Volleyball Workout
 - 3:00 ■ Coups for Troops
 - 4:00 ■ Legato: Calming Sounds & Relaxation
 - 6:00 Sunday Cinema: Home Alone 4 (RSA)

- Happy Birthday Lillian Hruska!** 18
- 10:00 ■ Catholic Mass (VOL)
 - 10:30 ■ Morning Fitness
 - 11:00 ■ Spiritual Reflections (VOL)
 - 1:30 ■ Tai Chi (C) (FIT)
 - 2:00 ■ Count Your Blessings: Devotional (LR)
 - 2:30 ■ Legato: Name That Tune
 - 3:00 ■ Musical Manicures
 - 4:00 ■ Aromatherapy Through Color
 - 6:15 ■ Helping Hands

- 19**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Legato: Big Band Jazz
 - 1:30 ■ Communion (T) (VOL)
 - 2:00 ■ Book Club
 - 2:30 ■ Workout with Music
 - 3:00 ■ Astronomy Class
 - 6:00 ■ Tunes with a Twist! (DR) (ENT)

- 20**
- 10:30 ■ Strength Building Class (VOL)
 - 11:00 ■ News and Views
 - 1:30 ■ StoryWise™: Common Ground
 - 2:30 ■ Legato: Musical Bingo
 - 3:00 ■ Exercise with Karen (FIT)
 - 6:00 Mid-Week Movie: Miracle on 34th Street
 - 6:15 ■ Helping Hands

- 21**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Garfield House Presentation (T) (VOL)
 - 2:00 ■ Legato: Music Therapy (VOL)
 - 3:00 ■ Lemonade Social
 - 4:00 ■ Book Club
 - 6:00 ■ Bennie Meyer Performs! (DR) (ENT)

- 22**
- 10:30 ■ Morning Fitness
 - 11:00 ■ News and Views
 - 1:30 ■ Grace Church (T) (VOL)
 - 2:00 ■ Iced Tea on the Patio
 - 3:00 ■ Exercise with Karen (FIT)
 - 3:30 ■ Mixology 101
 - 4:30 ■ My Life Story
 - 5:00 ■ Legato: Classical Composers
 - 6:15 ■ Helping Hands

- 23**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Coffee and Friends
 - 1:30 ■ Parachute Workout
 - 2:00 ■ Dan Maloney Performs! (DR) (ENT)
 - 3:00 ■ Artisan Workshop
 - 4:00 ■ Legato: Hand Bell Choir
 - 6:00 ■ Atria Moves Walking Club

- 24**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Sunday Paper
 - 1:30 ■ Sunday Sundaes (C)
 - 1:30 ■ Helping Hands
 - 2:30 ■ Volleyball Workout
 - 3:00 ■ Coups for Troops
 - 4:00 ■ Legato: Calming Sounds & Relaxation
 - 6:00 Sunday Cinema: Home for the Holidays (RSA)

- 25**
- 10:30 ■ Morning Fitness
 - 11:00 ■ Coffee Chat
 - 1:30 ■ Tai Chi (C) (FIT)
 - 2:30 ■ Legato: Name That Tune
 - 3:00 ■ Musical Manicures
 - 4:00 ■ Ten Pin: Wii® Bowling
 - 6:15 ■ Helping Hands

- 26**
- 10:30 ■ Morning Fitness
 - 11:00 ■ LG Science Squad
 - 1:30 ■ Apple Cider on the Patio
 - 2:00 ■ Book Club
 - 2:30 ■ Workout with Music
 - 3:00 ■ Astronomy Class
 - 4:00 ■ Legato: Benny Goodman
 - 6:00 ■ Cruizin' with Katie Performs! (LG) (ENT)

- 27**
- 10:00 ■ Presentation with Pizzazz! (T) (ENT)
 - 10:30 ■ Strength Building Class (VOL)
 - 11:00 ■ Lunch Bunch (OUT)
 - 11:00 ■ News and Views
 - 1:30 ■ StoryWise™: Common Ground
 - 2:00 ■ Count Your Blessings: Devotional (LR)
 - 2:30 ■ Legato: Musical Bingo
 - 3:00 ■ Exercise with Karen (FIT)
 - 6:00 Mid-Week Movie: It's a Wonderful Life
 - 6:15 ■ Helping Hands

- Thanksgiving Happy Birthday William Nobble!** 28
- 10:30 ■ Morning Fitness
 - 11:00 ■ Sing Along (WMM)
 - 1:30 ■ Lemonade Social
 - 2:30 ■ Hula Hoop Exercise
 - 3:00 ■ Legato: Dizzy Gillespie
 - 4:00 ■ Book Club

- 29**
- 10:30 ■ Morning Fitness
 - 11:00 ■ News and Views
 - 1:30 ■ Grace Church (T) (VOL)
 - 2:00 ■ Iced Tea and Friends
 - 3:00 ■ Exercise with Karen (FIT)
 - 3:30 ■ Mixology 101
 - 5:00 ■ Legato: Classical Composers
 - 6:15 ■ Helping Hands

- 30**
- 9:00 ■ Deck the Halls Event
 - 9:30 ■ Hot Cocoa Station
 - 10:30 ■ Morning Fitness
 - 11:00 ■ Stocking Decorating
 - 1:30 ■ Christmas Cookie Decorating
 - 2:00 ■ Ilya Performs! (LG) (ENT)
 - 3:00 ■ Legato: Christmas Caroling
 - 3:30 ■ StoryWise™: Holiday Traditions
 - 6:00 ■ Atria Moves Walking Club