

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

- Atria Ambassador Meeting**
- Tai Chi & Chai Tea**
- Wines of the World**



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**

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<p><b>4</b></p> <p>9:30 <b>IS</b> Church Outings 10:30 <b>HF</b> Charity Miles Challenge 11:00 <b>IS</b> Nondenominational Service 1:30 <b>EF</b> Bridge Group 1:30 <b>CV</b> Helping Our Neighbors 2:30 <b>HF</b> Tai Chi &amp; Chai Tea 3:30 <b>C</b> Family Social 6:00 <b>EF</b> Scrabble Tournament 7:00 <b>EF</b> PBS Series</p>	<p><b>5</b></p> <p>10:00 <b>HF</b> Mindfulness Stretch 10:30 <b>C</b> Words with Friends 11:00 <b>EF</b> Mahjong 1:00 <b>LL</b> Learn Italian - iPad 1:00 <b>EF</b> Shopping Trip to Manhattan 1:30 <b>EF</b> Bridge Group 1:30 <b>HF</b> Jazz Tap Class 2:30 <b>LL</b> Cooking Demo with Chef 4:00 <b>EF</b> Margarita Monday 6:30 <b>LL</b> Book Club "The Help"</p>	<p><b>6</b></p> <p>10:00 <b>HF</b> Fitness Station Rotation 10:45 <b>LL</b> Surfing Pinterest 11:30 <b>EF</b> Lunch at Nellie's Place 1:30 <b>CE</b> Canvas &amp; Watercolor 1:30 <b>IS</b> Rosary &amp; Communion 2:00 <b>HF</b> YMCA Aqua Fitness 3:00 <b>EF</b> Live Music 4:00 <b>HF</b> Strength &amp; Relaxation 6:00 <b>EF</b> Classic Movie &amp; Review</p>	<p><b>7</b></p> <p>10:00 <b>HF</b> Strength &amp; Balance 10:45 <b>LL</b> Health Lecture 11:00 <b>CE</b> Musicians' Corner 11:15 <b>PA</b> Atria Ambassador Meeting 1:30 <b>CE</b> Writers' Corner 2:30 <b>IS</b> Bible Study 2:30 <b>CV</b> Cards for Troops 3:15 <b>HF</b> Yoga for Relaxation 4:00 <b>EF</b> Happy Hour 6:00 <b>LL</b> Lecture Series: Waldwick History</p>	<p><b>8</b></p> <p>10:00 <b>HF</b> Energy Boost Fitness Class 10:30 <b>EF</b> Fruit Smoothie Bar 10:45 <b>HF</b> Putting Green 11:30 <b>LL</b> Mystery Tour 1:00 <b>CV</b> Charity Knitters 2:00 <b>HF</b> Fitness Orientation 3:15 <b>CE</b> Quilters' Group 4:00 <b>EF</b> CSI Puzzle Challenge 5:00 <b>EF</b> Dinner &amp; a Show 7:00 <b>LL</b> Yelp Review</p>	<p><b>9</b></p> <p>10:00 <b>HF</b> Flexibility &amp; Fall Reduction 10:45 <b>LL</b> iPad® Tune-Up 11:00 <b>EF</b> Lunch at Limoncello Italian 1:00 <b>HF</b> Chair Boxing 1:00 <b>C</b> Men's Club Meeting, Brews &amp; Views 2:00 <b>CE</b> Bell Choir Practice 3:00 <b>Atria StoryWise™</b> Live 3:00 <b>EF</b> Blackjack 4:00 <b>EF</b> Wines of the World 6:30 <b>IS</b> Shabbat Services</p>	<p><b>3</b></p> <p>10:00 <b>HF</b> Circuit Training 10:45 <b>LL</b> World News Update 12:30 <b>LL</b> Learning to Skype™ 1:00 <b>IS</b> Aromatherapy 2:00 <b>HF</b> Tap Dance Class 2:30 <b>EF</b> Family Ice Cream Social 2:30 <b>C</b> Therapy Dogs Visit 3:30 <b>LL</b> Cocktail Hour &amp; Trivia 6:30 <b>EF</b> Netflix® Viewers' Choice 6:30 <b>EF</b> Scrabble® Tournament</p>
<p><b>11</b></p> <p>9:30 <b>IS</b> Church Outings 10:30 <b>HF</b> Weekend Warrior Fitness 11:00 <b>IS</b> Nondenominational Service 1:30 <b>EF</b> Bridge Group 1:30 <b>LL</b> NY Times Crossword - iPad 2:30 <b>HF</b> Tai Chi &amp; Chai Tea 3:30 <b>C</b> Family Social 6:00 <b>EF</b> Mahjong 7:00 <b>EF</b> PBS Series</p>	<p><b>12</b></p> <p>10:00 <b>HF</b> Strength Training 10:45 <b>LL</b> Art Authority 11:00 <b>EF</b> Mahjong 11:15 <b>EF</b> Broadway Matinee Outing 1:30 <b>HF</b> Rhythm &amp; Rides Cycling 2:30 <b>LL</b> Wisdom of Curiosity 3:30 <b>CE</b> Creative Arts 3:45 <b>EF</b> Mojito Monday 6:30 <b>LL</b> Book Club "The Help"</p>	<p><b>13</b></p> <p>10:00 <b>HF</b> Fitness Orientation 10:45 <b>LL</b> You Can YouTube® 11:15 <b>EF</b> Picnic Lunch 1:30 <b>IS</b> Aromatherapy 1:30 <b>IS</b> Rosary &amp; Communion 2:00 <b>HF</b> YMCA Aqua Fitness 3:00 <b>EF</b> Live Music 4:00 <b>IS</b> Breathe &amp; Relax 6:00 <b>EF</b> Poker Night 7:15 <b>PA</b> This Is Your Life!</p>	<p><b>14</b></p> <p>10:00 <b>HF</b> Salsa Dancing 10:45 <b>LL</b> Health Lecture 11:00 <b>CE</b> Waldwick Voices Choir 1:30 <b>CE</b> You Can Haiku 2:30 <b>IS</b> Bible Study 2:30 <b>CV</b> Helping Hands for Waldwick 3:15 <b>HF</b> Zumba® 4:00 <b>LL</b> Frozen Cocktail Class 5:30 <b>C</b> Family Pizza Night 6:30 <b>C</b> Family Movie Night</p>	<p><b>15</b></p> <p>10:00 <b>HF</b> Low-Impact Fitness Class 10:45 <b>EF</b> Shopping Outing 11:00 <b>LL</b> Google Expeditions i-Pad 12:30 <b>CE</b> Garden Club 1:00 <b>CV</b> Charity Knitters 1:30 <b>HF</b> Fitbit Challenge 2:00 <b>LL</b> Recycling Project 3:15 <b>CE</b> Quilters' Group 4:00 <b>LL</b> Brain Challenges i-Pad 6:30 <b>EF</b> PBS Series</p>	<p><b>16</b></p> <p>10:00 <b>HF</b> Conditioning 10:00 <b>HF</b> Flexibility &amp; Fall Reduction 10:45 <b>LL</b> Current World Topics 11:00 <b>EF</b> Lunch at Amster's Prospect Tavern 1:00 <b>HF</b> Chair Boxing 1:00 <b>EF</b> Yelp Restaurant Review Club 2:00 <b>CE</b> Bell Choir Practice 3:00 <b>Atria StoryWise Live</b> 3:00 <b>EF</b> Blackjack 4:00 <b>EF</b> Kentucky Bourbon Tasting 6:30 <b>IS</b> Shabbat Services</p>	<p><b>17</b></p> <p>10:00 <b>HF</b> New You NuStep 10:45 <b>LL</b> World News Update 12:30 <b>LL</b> Surfing Pinterest 1:00 <b>HF</b> Juicing Bar 2:00 <b>LL</b> Learn Bridge 2:00 <b>CE</b> Tap Class 2:30 <b>C</b> Therapy Dogs Visit 3:30 <b>EF</b> Invite a Friend for Cocktails 6:30 <b>EF</b> Blockbuster Movie Night 6:45 <b>EF</b> Scrabble Tournament</p>
<p><b>18</b></p> <p>9:30 <b>IS</b> Church Outings 10:30 <b>HF</b> Family Fitness Challenge 11:00 <b>IS</b> Nondenominational Service 1:30 <b>EF</b> Bridge Group 1:30 <b>CV</b> Helping Our Neighbors 2:30 <b>HF</b> Tai Chi &amp; Chai Tea 3:30 <b>C</b> Family Social 6:00 <b>EF</b> Scrabble Tournament 7:00 <b>EF</b> PBS Series</p>	<p><b>19</b></p> <p>10:00 <b>HF</b> Mindfulness Stretch 10:45 <b>LL</b> Brain Teasers 11:00 <b>EF</b> Mahjong 12:30 <b>LL</b> Learn Italian - iPad 1:00 <b>EF</b> Antique Mall Shopping 1:30 <b>HF</b> Cardio Drumming 2:30 <b>EF</b> Afternoon Matinee Outing 2:30 <b>IS</b> Motivational Reading 3:30 <b>HF</b> Yoga &amp; Relaxation 4:00 <b>EF</b> Margarita Monday 6:30 <b>LL</b> Book Club "The Help"</p>	<p><b>20</b></p> <p>10:00 <b>HF</b> Fitness Station Rotation 10:45 <b>LL</b> Surfing the Net 11:15 <b>EF</b> Outing: Museum &amp; Lunch 1:30 <b>CE</b> Canvas &amp; Watercolor 1:30 <b>IS</b> Rosary &amp; Communion 2:00 <b>HF</b> YMCA Aqua Fitness 3:00 <b>EF</b> Live Music 4:00 <b>HF</b> Charity Miles Challenge 6:00 <b>EF</b> Poker Night 7:15 <b>EF</b> Nightcap Happy Hour</p>	<p><b>21</b></p> <p>10:00 <b>HF</b> Strength &amp; Balance 10:45 <b>LL</b> Health Lecture 11:00 <b>CE</b> Waldwick Voices Choir 1:30 <b>CE</b> Poetry Hour 2:30 <b>CV</b> Baking for Soup Kitchen 2:30 <b>IS</b> Bible Study 3:15 <b>HF</b> Yoga for Relaxation 4:00 <b>LL</b> Cocktail Class 6:30 <b>EF</b> Grandkids Movie Night</p>	<p><b>22</b></p> <p>10:00 <b>HF</b> Weight Training 10:45 <b>HF</b> Putting Green 11:00 <b>LL</b> Google™ Expeditions - iPad 12:30 <b>EF</b> Adventurous Eaters Club 1:30 <b>HF</b> Fitbit Challenge 2:00 <b>LL</b> History Lecture 2:45 <b>CE</b> Crafts &amp; Cocktails 4:00 <b>EF</b> Word Games - iPad 6:30 <b>EF</b> Pizza at Circolo Cucina di Napoli</p>	<p><b>23</b></p> <p>10:00 <b>HF</b> Strength Training 10:45 <b>LL</b> Current World Topics 11:30 <b>EF</b> Restaurant Trip 1:00 <b>HF</b> Chair Boxing 2:00 <b>PA</b> Civic Engagement Committee 3:00 <b>Atria StoryWise Live</b> 3:00 <b>EF</b> Poker 4:00 <b>LL</b> Drinks of the Prohibition Era 6:30 <b>IS</b> Shabbat Services</p>	<p><b>24</b></p> <p>10:00 <b>HF</b> Circuit Training 10:45 <b>LL</b> World News Update 12:30 <b>LL</b> Navigating Email 1:00 <b>IS</b> Aromatherapy 2:00 <b>HF</b> Ballroom Dancing 2:00 <b>LL</b> Learn Bridge 2:30 <b>C</b> Therapy Dogs Visit 3:30 <b>EF</b> Karaoke Happy Hour 6:30 <b>EF</b> Blockbuster Movie Night 6:45 <b>EF</b> Mahjong</p>
<p><b>25</b></p> <p>9:30 <b>IS</b> Church Outings 10:30 <b>HF</b> Mindfulness Stretch 11:00 <b>IS</b> Nondenominational Service 1:30 <b>EF</b> Bridge Group 1:30 <b>LL</b> NY Times Crossword - iPad 2:30 <b>HF</b> Tai Chi &amp; Chai Tea 3:30 <b>C</b> Family Social 6:00 <b>EF</b> Mahjong 7:00 <b>EF</b> PBS Series</p>	<p><b>26</b></p> <p>10:00 <b>HF</b> Strength Training 10:45 <b>LL</b> Brain Teasers 11:00 <b>EF</b> Mahjong 12:30 <b>LL</b> Learn Italian i-Pad 1:00 <b>EF</b> Casino Outing 1:30 <b>HF</b> Rhythm &amp; Cycling 2:30 <b>LL</b> Brain Challenges - iPad 3:30 <b>CE</b> Creative Arts 3:30 <b>HF</b> Fitness Dance Class 6:30 <b>LL</b> Book Club Movie "The Help"</p>	<p><b>27</b></p> <p>10:00 <b>HF</b> Fitness Center Orientation 10:45 <b>LL</b> Today in History 11:30 <b>EF</b> Outing: Museum &amp; Lunch 1:30 <b>IS</b> Aromatherapy 1:30 <b>IS</b> Rosary &amp; Communion 2:30 <b>HF</b> YMCA Aqua Fitness 3:00 <b>EF</b> Live Music 4:00 <b>EF</b> Bocce Ball 6:00 <b>EF</b> Poker Night 7:00 <b>EF</b> Employee Talent Show</p>	<p><b>28</b></p> <p>10:00 <b>HF</b> Salsa Aerobics 10:45 <b>LL</b> Health Lecture 11:00 <b>CE</b> Waldwick Voices Choir 12:30 <b>CE</b> Garden Club 1:30 <b>CE</b> Writers' Corner 2:00 <b>PA</b> Atria Ambassador Club Meeting 2:30 <b>IS</b> Bible Study 3:30 <b>HF</b> Zumba 4:00 <b>LL</b> Brain Challenges i-Pad 6:30 <b>EF</b> PBS Series</p>	<p><b>29</b></p> <p>10:00 <b>HF</b> Energy Boost Fitness Class 10:30 <b>EF</b> Fruit Smoothie Bar 11:00 <b>LL</b> Outing: Mystery Tour &amp; Lunch 1:30 <b>HF</b> Fitbit Challenge 2:30 <b>CV</b> Volunteering at Animal Shelter 3:15 <b>CE</b> Knitters' Nook 4:00 <b>EF</b> Old-Fashioned Milkshakes 6:00 <b>EF</b> Outing: Blue Moon Mexican Café</p>	<p><b>30</b></p> <p>10:00 <b>HF</b> Flexibility &amp; Fall Reduction 10:45 <b>LL</b> Current World Topics 11:00 <b>EF</b> Lunch at the Red Bowl 1:00 <b>HF</b> Chair Boxing 1:00 <b>C</b> Men's Club 2:00 <b>CE</b> Bell Choir Performance 3:00 <b>Atria StoryWise Live</b> 4:00 <b>EF</b> Wines of the World 6:30 <b>IS</b> Shabbat Services</p>	