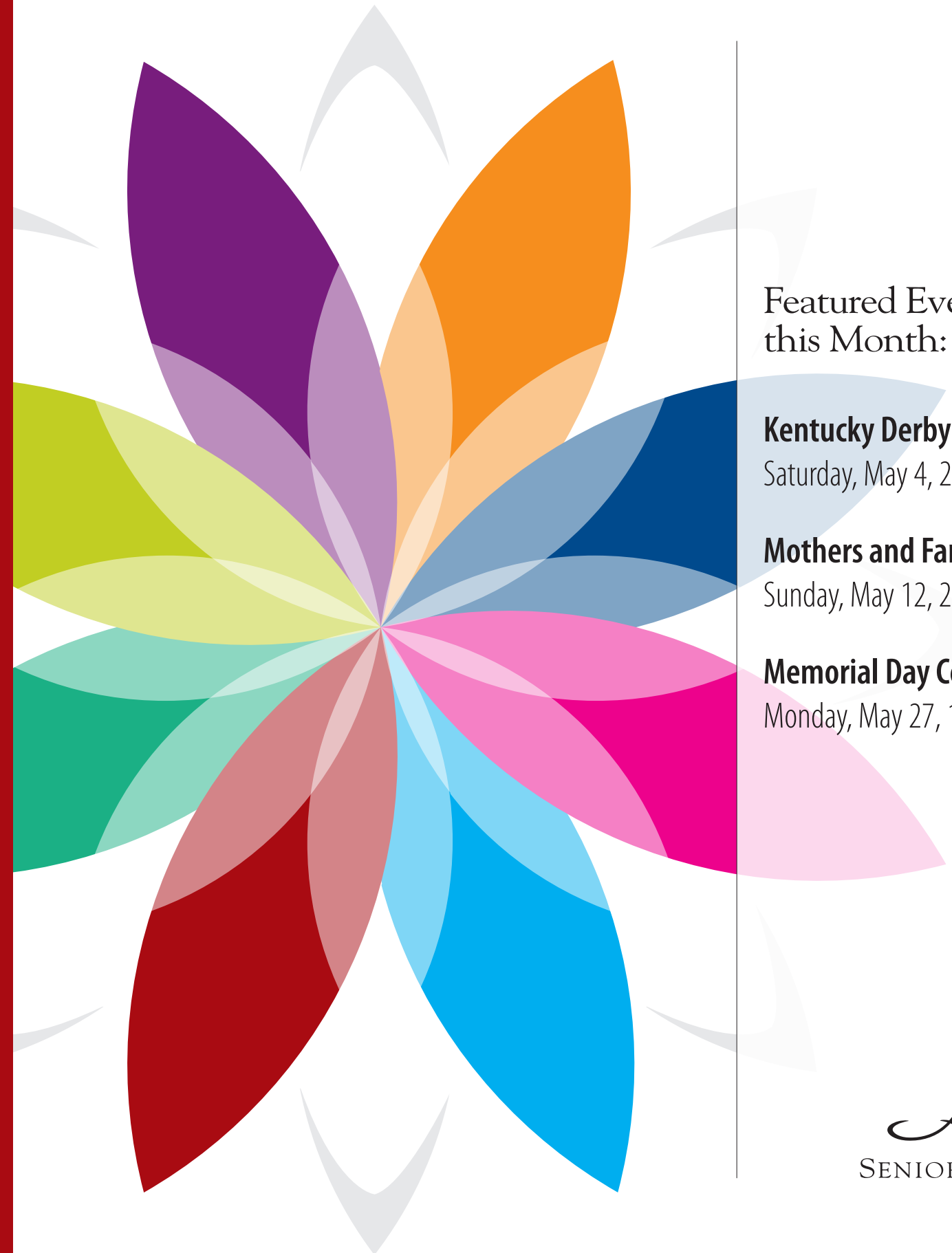


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Kentucky Derby Party
Saturday, May 4, 2:00 PM

Mothers and Family Photo Shoot
Sunday, May 12, 2:00 PM

Memorial Day Celebration
Monday, May 27, 1:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:

Bistro B
Engage Life Center ELC
Fitness Center FC
Great Room GR
Life Guidance LG
Outing O
Theater/Chapel T
Library L
Restaurant R

STAFF KEY:

Janelle Schuppner ELD

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Zumba® is a registered trademark of Zumba Fitness, LLC

5
9:30 Global News
10:30 HF Yoga (FC)
11:15 IS Reflection & Prayer Service (T)
1:00 Rummikub®
2:00 HF Fitness Dance Class (ELC)
3:00 EF Sunday Matinee Movie (T)
6:30 StoryWise™ Connection (GR)

6
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 C Words with Friends (ELC)
1:00 PA Seniors.Com w/ Christian (ELC)
2:00 HF Afternoon Stretch (FC)
2:00 C Cinco De Mayo Party (B)
3:30 EF Cocktail Hour (B)
6:30 EF Game Night (ELC)

7
10:30 IS Faith, Hope, & Peace Church Service (T)
11:30 EF Lunch: Lou Malnati's Pizza (O)
2:00 HF Strength & Relaxation (FC)
2:30 Shopping Trip (O)
3:00 CE Artistic expressions
4:00 HF Low-Impact Aerobic
6:00 LL iPad® Games (ELC)

8
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 EF Marvelous Milkshakes (B)
1:00 HF Fitness with Stretch Straps (FC)
2:00 Bingo (LG)
3:30 CV Community Project (ELC)
6:30 LL Nature Documentary (T)

9
10:00 HF Fitness Training w/ Coach Mike (FC)
11:00 EF Fabulous Fruit Smoothie (B)
1:00 IS Catholic Communion Service (LG)
1:30 LL Bolingbrook Library (B)
2:00 HF Afternoon Stretch
3:30 C Happy Hour (B)
4:00 PA EL Program Meeting (B)
6:30 LL Music Appreciation: Lawrence Welk (T) (ELD)

10
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 EF Yummy Yogurt (B)
1:00 HF Stretch & Relaxation (FC)
2:00 EF Poker Club (ELC)
3:00 Coffee Break Outing (O)
7:00 EF "The Cool Kids" Viewing (R)

11
9:30 IS Our Daily Bread Devotions (L)
10:00 HF Walking Club (O)
11:00 EF Groovy Games (ELC)
1:00 HF Circuit Training (FC)
3:00 CE Crafter's Corner (ELC)
7:00 C Family Movie Night (T)

Happy Mother's Day!! 12
9:30 Global News
10:00 HF Yoga (FC)
11:15 IS Reflection & Prayer Service (T)
1:00 HF Zumba® (ELC)
1:00 EF Rummikub® (L)
2:00 C Mothers and Family Photo Shoot (GR)
3:00 EF Sunday Matinee Movie (T)
6:30 StoryWise™ Connection (GR)

13
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 LL Words with Friends (ELC)
1:00 HF Rhythm & Rides Cycling (FC)
2:00 LL Book Club (L)
3:30 EF Cocktail Hour (B)
6:30 LL World Culture- Mexico (T)

14
10:30 IS Faith, Hope, & Peace Church Service (T)
11:30 EF Picnic Lunch and tour of Lilacia Park
2:00 HF Circuit Training (FC)
2:30 Shopping Trip (O)
3:00 PA Food for Thought Meeting w/ the Chef (B)
4:00 HF Nutrition Class (FC)
6:00 LL iPad® Games (ELC)

15
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 EF Marvelous Milkshakes (B)
1:00 HF Fitness with Stretch Straps (FC)
2:00 Bingo (LG)
3:30 CV Community Service Project (ELC)
6:30 LL Nature Documentary (T)

16
10:00 HF Fitness Training (FC)
11:00 EF Fabulous Fruit Smoothie (B)
1:00 IS Catholic Communion Service (LG)
1:30 EF Movie Theater outing (O)
2:00 HF Circuit Training (FC)
3:00 PA Resident Council Meeting (ELC)
3:30 C Happy Hour (B)
6:00 C Family Night (T) (ELD)

17
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 IS Faith, Hope, & Peace Good Friday Service (T)
10:30 EF Yummy Yogurt (B)
11:00 CE Sweet Reminder at White Fence Farm (O)
1:00 HF Stretch and Relaxation (LG)
2:00 EF Poker Club (ELC)
7:00 EF "The Cool Kids" Viewing (T)

18
9:30 IS Our Daily Bread Devotions (L)
10:00 HF Walking Club (FC)
11:00 EF Glorious Games (ELC)
1:00 HF Circuit Training (FC)
2:00 PA Creative Cooking: Deviled eggs (ELC)
3:00 CE Crochet/Needlepoint Class (ELC)
7:00 C Family Movie Night (T)

19
9:30 Global News
11:00 HF Yoga (FC)
11:15 IS Reflection & Prayer Service (T)
1:00 EF Dominoes group (L)
2:00 HF Fitness Dance Class (ELC)
3:00 EF Sunday Matinee Movie (T)
6:30 StoryWise™ Connection (GR)

20
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 LL Words with Friends (ELC)
1:00 PA Seniors.com with Christian (ELC) (ELD)
2:00 HF Engage Your Brain (EYB) (FC)
3:30 EF Cocktail Hour (B)
6:30 EF Game Night (B)

21
10:30 IS Faith, Hope, & Peace Church Service (T)
11:30 EF Lunch: Maggiano's (O)
2:00 HF Strength and Relaxation (FC)
2:30 Shopping Trip (O)
3:00 CE Artistic Expressions (ELC)
4:00 HF Engage Your Brain (EYB) (ELC)
6:00 LL iPad® Games (ELC)

22
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 EF Marvelous Milkshakes (B)
1:00 HF Fitness with Stretch Straps (FC)
2:00 Bingo (LG)
3:30 CV Community Service Project (ELC)
5:00 EF Dinner: Boston Market (Prime Rib) (O)
6:30 LL Nature Documentary (T)

23
10:00 HF Fitness Training w/ Coach Mike (FC)
11:00 EF Fabulous Fruit Smoothie (B)
1:00 IS Catholic Communion Service (LG)
1:30 LL Bolingbrook Library (B)
1:30 PA Bowling at Brunswick Zone (O)
2:00 HF Tai Chi & Chai Tea
3:30 C Happy Hour (B)
6:30 PA Virtual Reality (T) (ELD)

24
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 EF Yummy Yogurt (B)
1:00 HF Stretch and Relaxation (LG)
2:00 IS Poker Club (ELC)
3:00 Coffee Break Outing (O)
7:00 EF "The Cool Kids" Viewing (T)

25
9:30 IS Our Daily Bread Devotions (L)
10:00 HF Walking Club (FC)
11:00 EF Glorious Games (ELC)
1:00 HF Circuit Training (FC)
2:00 PA May Birthday Party (B)
7:00 C Family Movie Night (T)

26
9:30 Global News
10:30 HF Yoga (FC)
11:15 IS Reflection & Prayer Service (T)
1:00 EF Rummikub® (L)
2:00 HF Zumba® (ELC)
3:00 EF Sunday Matinee Movie (T)
6:30 StoryWise™ Connection (GR)

Memorial Day 27
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 LL Words with Friends (ELC)
1:00 EF Memorial Day Celebration (B)
2:30 HF Rhythm & Cycling (FC)
3:30 EF Cocktail Hour (B)
6:30 LL World Culture- Australia (T)

28
10:30 IS Faith, Hope, & Peace Church Service (T)
11:00 HF Circuit Training (FC)
1:30 EF Rummikub® (ELC)
2:00 HF Strength and Balance Program (FC)
2:30 Shopping Trip (O)
3:00 CE Artistic Expressions (ELC)
4:30 EF Gourmet Dinner Club: Pappadeaux (O)

29
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 EF Marvelous Milkshakes (B)
1:00 HF Fitness with Stretch Straps (FC)
2:00 Bingo (LG)
3:30 CV Community Service Project (ELC)
6:30 LL Nature Documentary (T)

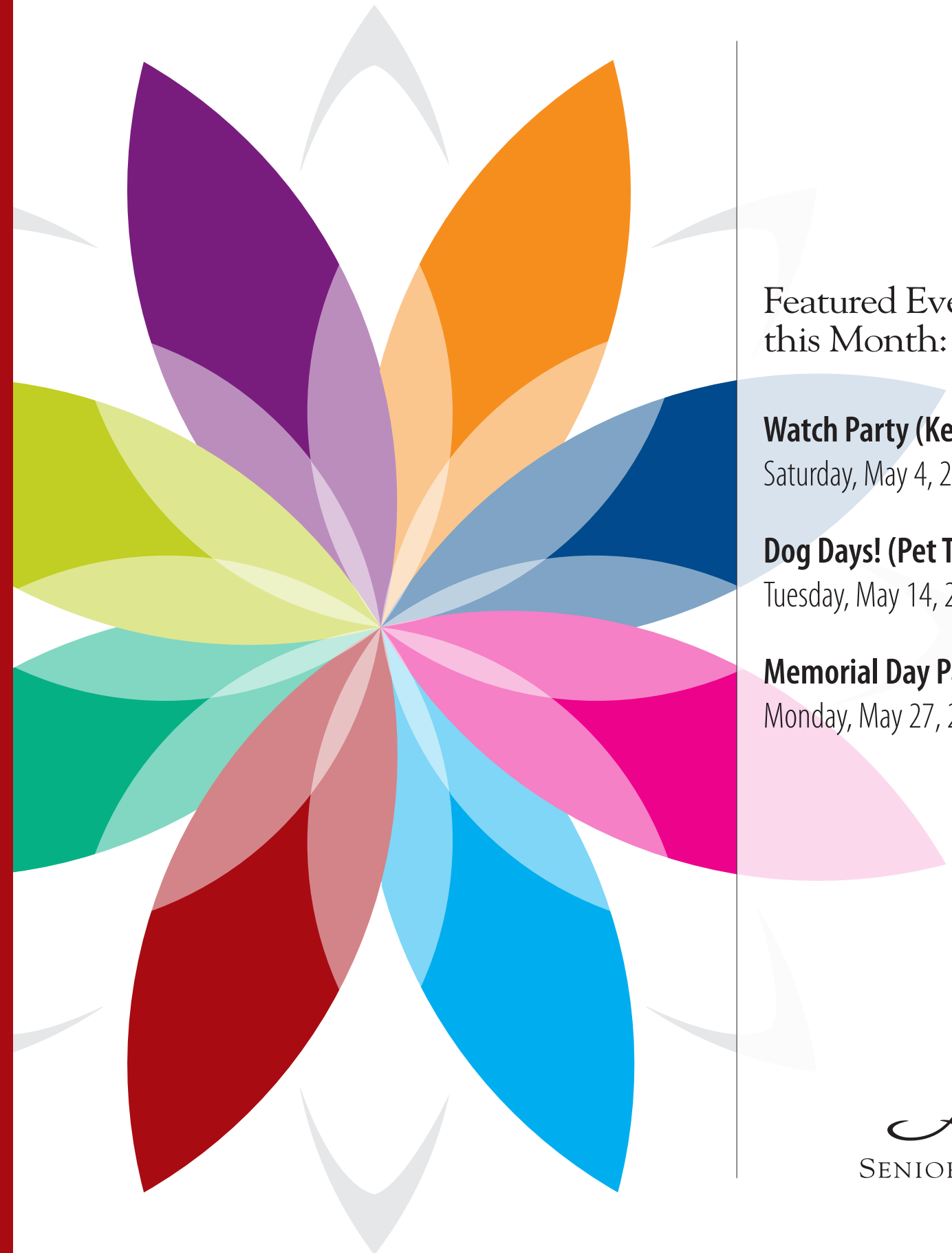
30
9:30 EF Harrah's Casino (O)
10:00 HF Fitness Training w/ Coach Mike (FC)
11:00 EF Fabulous Fruit Smoothie (B)
1:00 HF Afternoon Stretch (FC)
1:00 IS Catholic Communion Service (LG)
3:30 C Happy Hour
6:30 LL Music Appreciation: Jazz (T) (ELD)

31
10:00 HF Fitness with Paxxon Healthcare (FC)
10:30 EF Yummy Yogurt (B)
1:00 HF Stretch & Relaxation (LG)
2:00 CE Poker Club (ELC)
3:00 Coffee Break Outing (O)
7:00 EF "The Cool Kids" Viewing (T)

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

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Watch Party (Kentucky Derby)

Saturday, May 4, 2:00 PM

Dog Days! (Pet Therapy)

Tuesday, May 14, 2:30 PM

Memorial Day Party

Monday, May 27, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



ROOM LOCATION KEY:
Bistro B
Engage Life Center ELC
Theater/Chapel T
Library L

Atria ENGAGE LIFE

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<p>5</p> <p>10:30 HF Walking Club 11:15 IS Sunday Morning Church Service (T) 1:45 EF Cinco De Mayo Party (B) 2:00 Coffee Chat 2:30 LL Book Club-Favorite Novel 4:30 HF Pre-Dinner Stretch 6:30 C Old Time TV</p>	<p>6</p> <p>10:30 HF Get Movin' with Gilbert 11:00 PA iPad®-Learning about Gardens 1:15 Movie & Snacks (L) 2:00 Showing "Mrs. Doubtfire" 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:00 C Support Group</p>	<p>7</p> <p>BEAUTY/BARBER SHOP</p> <p>10:00 HF Patio Walk 10:30 IS Church Service (ELC) 10:45 C Smoothies 2:00 CE Art Classes 3:15 IS Foot Massages 4:30 HF Pre-Dinner Stretch 6:30 ST StoryWise™</p>	<p>8</p> <p>10:30 HF Get Movin' with Gilbert 11:00 EF Wheel of Fortune® 11:00 CV Recycling Bags for Homeless Mats 2:00 Bingo 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 Board Games</p>	<p>9</p> <p>10:00 HF Stay Fit with Coach Mike 10:30 C Smoothies (B) 11:15 LL Short Stories w/ Melissa 1:00 IS Catholic Communion Service 1:30 Mother's Day Outing 3:15 IS Foot Massages 4:30 HF Pre-Dinner Stretch 6:30 ST StoryWise™</p>	<p>10</p> <p>10:00 HF Stepping Out on the Patio 10:30 C Social Club 2:00 Golf 2:30 EF Golf Discussion 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST Relax with Music</p>	<p>11</p> <p>10:00 HF Workout with Weights 10:30 ST Count Basie & Jazz 2:00 LL Playing Scrabble® 2:30 C Fellowship 4:30 HF Pre-Dinner Stretch 6:30 LL Current Events</p>
<p>Happy Mothers Day!</p> <p>12</p> <p>10:30 HF Sit & Be Fit 11:00 C Mother's Day Memories 11:15 IS Sunday Morning Church Service (T) 2:00 EF Movie - Steel Magnolias 2:30 EF Tea & Cookies 4:30 HF Pre-Dinner Stretch 6:30 ST Soothing Music</p>	<p>13</p> <p>10:30 HF Get Movin' with Gilbert 11:00 ST StoryWise™ 2:00 CE Coloring Club 3:00 EF Color & Scratch Art 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST Relax with Music</p>	<p>14</p> <p>BEAUTY/BARBER SHOP</p> <p>10:00 HF Strength & Balance 10:30 IS Church Service (ELC) 10:45 C Smoothies 2:30 PA Dog Days! (Pet Therapy) 3:15 IS Foot Massages 4:30 HF Pre-Dinner Stretch 6:30 ST StoryWise™</p>	<p>15</p> <p>10:30 HF Get Movin' with Gilbert 11:00 CV Recycle Plastic Bags 2:00 Bingo 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST Relax with Music</p>	<p>16</p> <p>10:00 HF Stay Fit W/ Coach Mike (ELC) 10:30 C Smoothies (B) 11:00 Scenic Drive 1:00 IS Catholic Communion Services 1:15 EF Movie & Popcorn 1:45 EF The Strange Love Of Martha Ivers 4:30 HF Pre-Dinner Stretch 6:30 LL Current Events</p>	<p>17</p> <p>10:00 HF Patio Workout 10:30 Coffee Chat 1:30 Spa Day (Nails) 2:30 ST StoryWise™ 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST Relax with Music</p>	<p>18</p> <p>10:00 HF Nutrition Class 10:30 LL Did You Know....? (iPad®) 2:00 Balloon Toss 2:30 ST Puzzles 4:30 HF Pre-Dinner Stretch 6:30 EF Music Time</p>
<p>19</p> <p>11:15 IS Sunday Morning Church Service (T) 11:15 HF Low-Impact Aerobic (T) 2:00 CE Poetry 2:30 EF Short Stories 4:30 HF Pre-Dinner Stretch 6:30 C Old Time TV</p>	<p>20</p> <p>10:00 LL Word Search 10:30 HF Get Movin' with Gilbert 2:00 Balloon Toss 2:30 IS Positive Feeling 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST Relax with Music</p>	<p>21</p> <p>BEAUTY/BARBER SHOP</p> <p>10:30 IS Church Service (ELC) 11:00 C Smoothies 2:00 CV Recycling Bags for Homeless Mats 3:15 IS Foot Massages 4:30 HF Pre-Dinner Stretch 6:30 EF Checkers</p>	<p>22</p> <p>10:30 HF Get Movin' with Gilbert 11:00 EF Scattergories® 2:00 Bingo 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST Music to Relax</p>	<p>23</p> <p>10:00 HF Stay Fit with Coach Mike 11:00 Dairy Queen 1:00 IS Catholic Communion Service 2:00 LL Check out a Book from the Library 3:15 IS Foot Massages 4:30 HF Pre-Dinner Stretch 6:30 C Reading a Good Book</p>	<p>24</p> <p>10:00 HF Patio Stroll 10:30 EF Guess Who? 2:00 Bowling 2:30 LL Learning a New Card Game 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST StoryWise™</p>	<p>25</p> <p>10:00 HF Low-Impact Aerobic 10:30 LL iPad®-Learn to Plant Vegetable Garden 2:00 C May Birthday Party (B) 4:30 HF Pre-Dinner Stretch 6:30 C Reminiscing</p>
<p>26</p> <p>10:30 HF AM Workout 11:15 IS Sunday Morning Church Service (T) 2:00 EF Classic Movie Sunday 4:30 HF Pre-Dinner Stretch 6:30 C Old Time TV</p>	<p>27</p> <p>10:00 Puzzles 10:30 HF Get Movin' with Gilbert 2:00 EF Memorial Day Party (B) 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 EF UNO®</p>	<p>28</p> <p>BEAUTY/BARBER SHOP</p> <p>10:00 HF Walking on the Patio 10:30 IS Church Service (ELC) 10:45 C Smoothies 2:00 CE Cooking/Baking 3:15 IS Foot Massages 4:30 HF Pre-Dinner Stretch 6:30 IS Ocean Sounds</p>	<p>29</p> <p>10:30 HF Get Movin' with Gilbert 11:00 CV Recycling Bags for Homeless Mats 2:00 Bingo 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 IS Meditation</p>	<p>30</p> <p>10:00 HF Stay Fit w/ Coach Mike (ELC) 11:00 Outing - Residents Choice 11:45 C Smoothies (B) 1:00 IS Catholic Communion Service 1:30 CE Art Classes 3:15 IS Foot Massages 4:30 HF Pre-Dinner Stretch 6:30 EF Match Game Show</p>	<p>31</p> <p>10:30 HF Walking Club 11:00 Boggle™ 2:00 EF Air Hockey 2:30 Spa Day (Nails) 3:15 IS Hand Massages 4:30 HF Pre-Dinner Stretch 6:30 ST Relax with Music</p>	<p>PA Personal Achievement HF Health & Fitness EF Entertainment & Fun CV Civic Engagement LL Lifelong Learning CE Creative Expression IS Inspiration & Spirituality C Connection ST Atria StoryWise</p>