

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Drury Lane Theater-
"Beauty & the Beast"**

Tuesday, December 4, 11:00 AM

**A Not So Blue
Christmas Presentation**

Thursday, December 6, 7:00 PM

**Virtual Reality Tour to
The Great Wall**

Wednesday, December 19, 6:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

DECEMBER 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

10:30 **HF** Yoga
 11:00 **IS** Reflection & Prayer Service
 1:30 **EF** Dominoes Group
 2:30 **HF** Fitness Dance Class
 3:00 **EF** Football fan tailgate social
 7:00 **EF** Holiday Movie: "Elf"

31

New Year's Eve

10:00 **HF** Mindfulness Stretch
 10:30 **C** Words with Friends
 1:00 **HF** Cardio Drumming
 2:00 **C** New Year's Eve Party
 7:00 **EF** New Year's Eve around the World



- 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

1

9:30 **IS** Our Daily Bread devotions
 10:00 **EF** Scenic Tour with Amine
 10:00 **HF** Walking Club
 11:00 **LL** Glorious Games
 1:00 **HF** Circuit Training
 2:00 **C** High Tea
 4:00 **CE** Musical bells
 7:00 **C** Family Movie Night

2

Hanukkah begins

10:30 **HF** Yoga
 11:00 **IS** Reflection & Prayer Service
 1:30 **EF** Dominoes Group
 2:30 **HF** Fitness Dance Class
 3:00 **EF** Football fan tailgate social
 7:00 **EF** Holiday Movie: "White Christmas"

3

10:00 **HF** Mindfulness Stretch
 10:30 **C** Words with Friends
 1:00 **HF** Cardio Drumming
 1:30 **EF** Card games and cookies
 2:00 **PA** Resident Support Group
 4:00 **EF** Cocktail Hour
 6:30 **PA** Resident Lecture Series

4

10:00 **HF** Fitness Station Rotation
 10:30 **IS** Faith, Hope, & Peace Church Service
 11:00 **EF** Drury Lane Theater- "Beauty & the Beast"
 1:30 **CE** You Can Haiku
 2:00 **HF** Strength & Relaxation
 3:00 **CV** Holiday baskets for kids
 6:30 **LL** Amazing Art

5

10:00 **HF** Fitness with Paxxon Healthcare
 11:00 **CE** Crafter's Corner
 1:30 Two Rivers Plaza Shopping trip
 2:00 **HF** Fitness with Stretch Straps
 3:00 **AW** StoryWise™ Ice Breaker
 4:00 **PA** Civic Engagement Committee
 7:00 **EF** Classic Movie & Review

6

10:00 **CE** Levy Center Caroling group
 10:00 **HF** Fitness Training w/ Coach Mike
 11:00 **EF** Fruit Smoothie Bar
 12:30 **EF** Bingo at Riverwalk Community Center
 1:00 **IS** Catholic Communion Service
 2:00 **HF** Cardio Drumming
 4:00 **C** Happy Hour
 7:00 **HF** A Not So Blue Christmas presentation

7

10:00 **HF** Fitness with Paxxon Healthcare
 11:00 **LL** Crazy Mad Libs
 1:00 **HF** Stretch and Relaxation
 1:30 **EF** Bolingbrook Library trip
 2:00 **CE** Stampalicious!
 3:00 **EF** Starbucks Coffee break
 4:00 **IS** Zentangles
 6:30 **EF** Game Night

8

9:30 **IS** Our Daily Bread devotions
 10:00 **HF** Walking Club
 11:00 **EF** Chinese Checkers
 1:00 **HF** Circuit Training
 2:00 **C** High Tea
 4:00 **IS** Art Activities
 7:00 **C** Family Movie Night

9

10:30 **HF** Fitness Stations Challenge
 11:00 **IS** Reflection & Prayer Service
 1:30 **EF** Rummikub®
 2:30 **HF** Zumba®
 3:00 **EF** Football Fan Tailgate Social
 6:30 **EF** Left, Right, Center

10

9:00 **EF** Breakfast out at Juicy-O Pancake House
 11:00 **HF** Strength Training
 1:30 **HF** Rhythm & Rides Cycling
 2:30 **LL** Academic Challenge- iPad®
 3:30 **CE** Poetry Hour
 4:00 **EF** Cocktail Hour
 6:30 **LL** Music Appreciation: Big Band

11

10:00 **HF** Nutrition Class
 10:30 **IS** Faith, Hope, & Peace Church Service
 11:00 **EF** Sweet Reminders Lunch Matinee
 1:30 **EF** Pictionary™
 2:00 **HF** Circuit Training
 3:00 **PA** Food for Thought Meeting w/ the Chef
 4:00 **CV** Blankets for animal shelter
 6:30 **C** Pictionary™

12

10:00 **HF** Fitness with Paxxon Healthcare
 1:00 **EF** Bunco
 1:30 Dollar Tree Shopping Trip
 2:00 **HF** Fitness with Stretch Straps
 3:00 **LL** New York Times Crossword – iPad®
 4:00 **C** Social Hour
 7:00 **EF** Classic Movie & Review

13

10:00 **HF** Fitness Training w/ Coach Mike
 11:00 **EF** Fruit Smoothie Bar
 1:00 **IS** Catholic Communion Service
 1:30 **EF** Afternoon at the movies
 2:00 **HF** Tai Chi & Chai Tea
 4:00 **C** Happy Hour
 6:30 **PA** Christmas Lights Viewing Trip

14

10:00 **HF** Fitness with Paxxon Healthcare
 11:00 **LL** Brain Teasers
 1:00 **HF** Stretch and Relaxation
 2:00 **EF** Giant Jenga
 3:00 **EF** McDonald's coffee break
 4:00 **AW** Puzzles & StoryWise™
 6:30 **EF** Game Night

15

9:30 **IS** Our Daily Bread devotions
 10:00 **HF** Walking Club
 11:00 **LL** Glorious Games
 1:00 **HF** Circuit Training
 2:00 **C** High Tea
 4:00 **CE** Recorders for beginners
 7:00 **C** Family Movie Night

16

10:30 **HF** Yoga
 11:00 **IS** Reflection & Prayer Service
 1:30 **CE** DuPage Symphony- Joy to the Holidays
 2:30 **HF** Fitness Dance Class
 3:00 **EF** Football Fan Tailgate Social
 7:00 **EF** Holiday Movie: "Miracle on 34th Street"

17

10:00 **HF** Mindfulness Stretch
 10:30 **LL** Travelogue-iPad®
 1:30 **HF** Cardio Drumming
 2:00 **PA** Resident Support Group
 3:30 **CE** Poetry Hour
 4:00 **EF** Cocktail Hour
 6:30 **PA** Resident Lecture Series

18

10:00 **HF** Strength & Balance
 10:30 **IS** Faith, Hope, & Peace Church Service
 11:30 **EF** Lunch at Ted's Montana Grill
 1:30 **CE** You Can Haiku
 2:00 **HF** Strength and Relaxation
 3:00 **CV** Holiday cards for our troops
 6:30 **LL** Amazing Art

19

10:00 **HF** Fitness with Paxxon Healthcare
 1:00 **EF** Rummikub®
 1:30 Walmart Shopping Trip
 2:00 **HF** Fitness with Stretch Straps
 3:00 **AW** StoryWise™ & Scones
 4:00 **PA** Atria Ambassador Meeting
 6:30 **EF** Virtual Reality Tour to The Great Wall

20

10:00 **HF** Fitness Training w/ Coach Mike
 11:00 **EF** Fruit Smoothie Bar
 12:30 **EF** Bingo at Riverwalk Community Center
 1:00 **IS** Catholic Communion Service
 2:00 **HF** Cardio drumming
 4:00 **C** Holiday Family Dinner
 4:00 **PA** EL Program Meeting
 6:30 **C** Card Games

21

10:00 **HF** Fitness with Paxxon Healthcare
 11:00 **LL** Crazy Mad Libs
 1:00 **HF** Stretch and Relaxation
 2:00 **CE** Stampalicious!
 3:00 **EF** Dunkin Donuts Coffee break
 4:00 **IS** Zentangles
 6:30 **EF** Game Night

22

9:30 **IS** Our Daily Bread devotions
 10:00 **HF** Walking Club
 11:00 **EF** Chinese Checkers
 1:00 **HF** Circuit Training
 2:00 **C** December Birthday Party
 4:00 **IS** Art Activities
 7:00 **C** Family Movie Night

23

10:30 **HF** Mindfulness Stretch
 11:00 **IS** Reflection & Prayer Service
 1:30 **EF** Rummikub®
 2:30 **HF** Zumba®
 3:00 **EF** Football Fan Tailgate Social
 6:30 **EF** Left, Right, Center

24

10:00 **HF** Strength Training
 10:30 **IS** Faith, Hope, & Peace Church Service
 1:30 **HF** Rhythm & Cycling
 2:30 **LL** Christmas around the World
 4:00 **EF** Coffee & Kahlua Social
 6:30 **C** Hot chocolate & carols by the fire

25

Merry Christmas!!

10:00 **HF** Strength and Balance Program
 1:00 **CV** Holiday cards and snacks
 2:00 **HF** Circuit Training
 3:00 **EF** Rummikub®
 4:00 **C** Cocktails and cookies Social
 6:30 **C** Reminiscing by the fire

26

10:00 **HF** Fitness with Paxxon Healthcare
 1:00 **EF** Dominoes
 2:00 **HF** Fitness with Stretch Straps
 3:00 **CE** Crafts & Cocktails
 4:30 **EF** Gourmet Dinner at White Chocolate Grill

27

10:00 **EF** Harrah's Casino
 10:00 **HF** Fitness Training w/ Coach Mike
 10:30 **EF** Fruit Smoothie Bar
 1:00 **IS** Catholic Communion Service
 1:30 **PA** Resident Council Meeting
 2:00 **HF** Fitness Orientation
 4:00 **C** Happy Hour
 7:00 **EF** Holiday Movie

28

10:00 **HF** Fitness with Paxxon Healthcare
 11:00 **LL** Brain Teasers
 1:00 **HF** Stretch and Relaxation
 1:30 **EF** Bolingbrook Library
 3:00 **EF** Coffee Break at Panera
 6:30 **EF** Game Night

29

9:30 **IS** Our Daily Bread devotions
 10:00 **HF** Walking Club
 11:00 **LL** Glorious Games
 1:00 **HF** Circuit Training
 2:00 **C** High Tea
 4:00 **CE** Musical bells
 7:00 **C** Family Movie Night

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Movie & Popcorn 'It's a Wonderful Life'

Sunday, December 9, 1:00 PM

Christmas Lights in the City

Friday, December 21, 6:45 PM

Resident Christmas Party

Monday, December 24, 1:00 PM

Atria
SENIOR LIVING

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30
10:30 **IS** Sunday Morning Church Service
11:00 **IS** Christian Music
1:00 **C** Planning News Years Eve Party
2:00 **CE** New Years Craft
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** Tic Tac Toe

31
10:00 **HF** Working Out to the 60's
10:30 iPad® 1960's Cars
11:00 Car Trivia
1:00 **CE** Reminiscing- Cars
2:00 **CE** Car Craft
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:45 **C** New Year's Eve Party



PA Personal Achievement
HF Health & Fitness
EF Entertainment & Fun
CV Civic Engagement
LL Lifelong Learning
CE Creative Expression
IS Inspiration & Spirituality
C Connection
StoryWise
Legato

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1
10:00 **HF** Workout with Weights
10:30 **J** The Music of Judy Garland
11:00 **LL** All About Judy Garland
1:00 **EF** Card Games
2:00 **StoryWise™**
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **LL** Trivia

2
10:30 **IS** Sunday Morning Church Service
11:00 "Twas the Night Before Christmas"
1:00 **LL** Baking Christmas Cookies
2:00 **C** What Did You Bake...?
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** Dick Van Dyke Show

3
10:00 **HF** Morning Workout
11:00 **EF** Scattogories
1:00 **CE** Make Christmas Cards
2:00 **CV** Christmas Cards to Our Troops
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **HF** Aroma Therapy

4
10:00 **HF** Sit & Be Fit
10:30 **IS** Church Service
11:00 **EF** Wheel of Fortune®
1:00 Spa Day-Nails
2:00 Hand Massages
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **IS** Captivating Stories

5
10:00 **HF** Scarf Workout
10:30 **EF** Boggle™
11:00 The Lucy Show
1:00 **CE** Decorating Our Christmas Tree
2:00 **J** Perry Como's Christmas Music
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **CE** Creative Writing

6
10:00 **IS** Catholic Communion Service
10:30 Coffee Chat
11:00 **HF** Stay Fit with Coach Mike
1:00 **EF** Bingo
2:00 Bingo Continued
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **LL** Scrabble®

7
9:30 **EF** Meijer Shopping Trip
11:00 **StoryWise™**
1:00 **CE** Making Christmas Ornaments
2:30 **LL** Ornament History
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **J** Famous Saxophone Players

8
10:00 **HF** Low-Impact Aerobic
10:30 **EF** Bunco
11:00 **J** Legato - Jazz Songs
1:00 Animal Planet
2:00 **PA** Discussion on Whales
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** Yahtzee™

9
10:30 **IS** Sunday Morning Church Service
11:00 **CE** Poetry Hour
1:00 **EF** Movie & Popcorn 'It's a Wonderful Life'
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **StoryWise™**

10
10:00 **HF** Engage Your Brain (EYB)
10:30 **PA** Christmas Around the World
11:00 **StoryWise™** Favorite Christmas Songs
1:00 Bowling
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** A Charlie Brown Christmas

11
10:00 **HF** Strength & Balance
10:30 **IS** Church Service
11:00 **LL** Family Feud™
1:00 **CE** Christmas Craft-Door Hanger
2:00 **J** Legato - Instrumental Christmas
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **HF** Aroma Therapy

12
10:00 **HF** Beach Ball Workwork
10:30 **LL** All About Frank Sinatra
11:00 **J** Music by Frank
1:00 Coloring Club
2:00 **CE** Christmas Color Pages
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **StoryWise™**

13
10:00 **IS** Catholic Communion Service
11:00 **HF** Stay Fit with Coach Mike
1:30 **J** Entertainer-Violin Music
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **LL** The Violin and how it works

14
10:00 **HF** Working Out to the 50's
10:30 iPad® - Pizza
11:30 **EF** Home Run Inn Pizza for Lunch
2:15 **EF** Bingo
3:15 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **C** What are your Hobbies?

15
10:00 **HF** Scarf Dance
10:30 **EF** Wacky Words
11:00 **J** Soothing Music
1:00 Spa Day - Nails
2:00 Hand Massages
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 Checkers

16
10:30 **IS** Sunday Morning Church Service
11:00 **IS** Gospel Music Favorites
1:00 **LL** The Game of Golf Discussion
2:00 Indoor Golf
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** The Waltons Christmas

17
10:00 **HF** Sit & be Fit
10:30 **EF** Christmas 'Finish that Line' Game
11:00 **C** Sharing Funny Christmas Stories
1:00 **CE** Christmas Crafts
2:00 **CV** Wrapping Christmas Gifts
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 LRC Dice Game

18
10:00 **HF** Light Workout
10:30 **IS** Church Service
11:00 **IS** Prayer Requests
1:00 **EF** Miracle on 34th Street
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **J** Music of Christmas

19
10:00 **HF** Walking Club
10:30 **PA** Reminiscing Christmas Traditions
11:00 **StoryWise™**
1:00 **J** Holiday Name That Tune
2:00 Christmas Bingo
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** Andy Griffith Show

20
10:00 **IS** Catholic Communion Service
11:00 **HF** Stay Fit with Coach Mike
1:00 **EF** Bingo
2:00 Bingo Continued
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **LL** Short Stories

21
10:00 **HF** Stretching to Christmas Songs
10:30 **IS** Bible Trivia
1:00 Coloring Club
2:00 **IS** Bible Stories
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:45 **EF** Christmas Lights in the City

22
10:00 **HF** Engage Your Brain (EYB)
10:30 What's in a Word?
11:00 **LL** Pictionary™
1:30 **J** Entertainment-Christmas Carolers
2:00 Christmas Carolers Continued
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** Puzzles

23
10:30 **IS** Sunday Morning Church Service
11:00 **StoryWise™**
1:00 Spa Day - Nails
2:00 Hand Massages
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **CE** Poetry

24
10:00 **HF** Light Weight Workout
10:30 **C** Decorating for Party
11:00 **CE** Pumpkin Muffins
1:00 **EF** Resident Christmas Party
4:00 **HF** Pre-Dinner Stretch
6:30 **PA** What was Great about Today?

25
10:00 **HF** Scarf Workout
10:30 **IS** Christmas Morning Church Service
1:00 **EF** Christmas Movie
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** Connect the Dots

26
10:00 **HF** Walking Club
10:30 **EF** Wheel of Fortune®
11:00 **EF** Old Time Tv
1:00 **CE** News Years Resolution
2:00 **LL** New Years History
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 Puzzles

27
10:00 **IS** Catholic Communion Service
11:00 **HF** Stay Fit with Coach Mike
1:00 **EF** Bingo
2:00 Bingo Continued
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 Coffee Chat

28
10:00 **HF** Strength and Balance Program
10:30 **EF** Boggle™
11:00 Singing those Oldies
1:00 **EF** Scenic Drive
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch
6:30 **EF** Yahtzee™

29
10:00 **HF** Beach Ball Workout
10:30 **EF** Trivia Game
11:00 **StoryWise™**
2:00 **LL** iPad® Trip to Alaska
3:00 **C** Afternoon Refreshments
4:00 **HF** Pre-Dinner Stretch