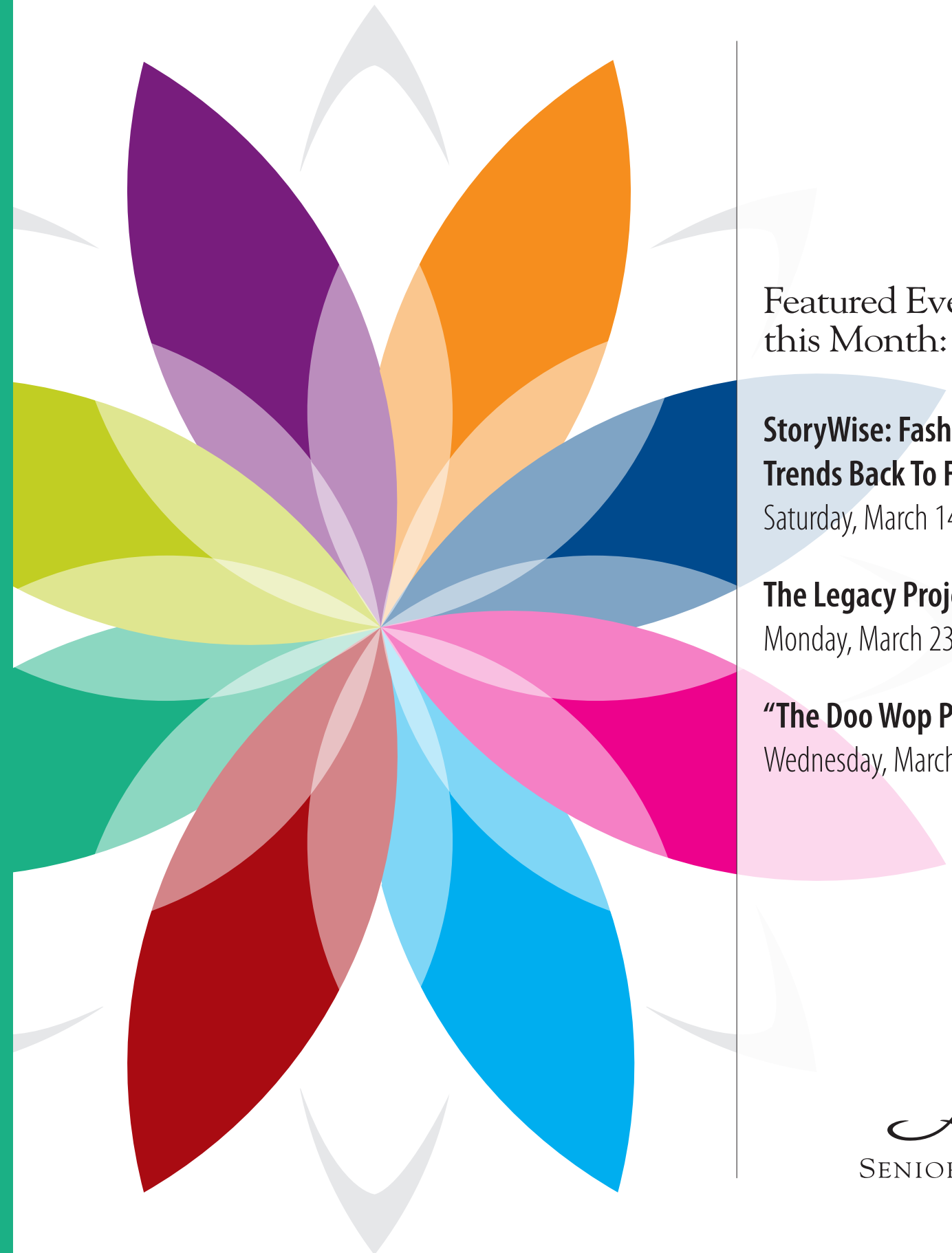


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**StoryWise: Fashion
Trends Back To Future**
Saturday, March 14, 2:00 PM

The Legacy Project with Scott
Monday, March 23, 1:00 PM

"The Doo Wop Project" Playhouse
Wednesday, March 25, 7:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

MARCH 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9:00 Church Run (Lob) (DR)
10:00 **HF** Strength and Balance Class (ELC) (OI)
11:00 **C** Men's Club (Caf) (ELD)
1:00 **LL** World Topics with Scott
2:00 **HF** Fitness Walking (Lob) (ELD)
3:00 **PA** Library Committee meeting (Lib) (ELD)
6:30 Black & White Sunday Cinema (MT) (ELD)

2
10:00 **HF** Tai Chi (ELC) (OI)
11:00 What's in a Word? (ELC) (ELD)
1:00 **LL** Ted Talk: iPad® (ELC) (ELD)
2:00 **CV** Knitting for a Cause (Lib) (ELD)
3:00 **HF** Fitness Walking (Lob) (ELD)
4:00 **C** Meet the Artist (Lob) (ELD)
6:30 Monday Night Movie (MT) (ELD)

3
10:00 **HF** Zumba® (ELC) (OI)
11:00 **CE** Community Art Walk (Lob) (ELD)
1:00 **LL** Book Club (MT) (ELD)
2:00 **HF** Fitness Walking (Lob) (ELD)
3:00 **IS** Love on a leash (Lob) (OI)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Action Movie Tuesday (MT) (ELD)

4
10:00 **HF** Pilates (ELC) (OI)
11:00 **LL** Women's History Month (ELC) (ELD)
1:00 Trip to Stop and Shop (Lob) (DR)
2:00 **EF** Mahjong (Lib) (RL)
2:00 **CE** Painting with Kathleen (ELC) (KF)
3:00 **HF** Fitness Walking (Lob) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Big Stories From the Small Screen (MT) (ELD)

5
10:00 **HF** Matter of Balance Class (MOB) (ELC) (OI)
11:00 **C** Veterans Coffee (Vol)
2:00 **PA** Food For Thought (MDR) (Ch)
2:30 **HF** Rowing (FC) (ELD)
3:00 **IS** Guided Meditation (MT) (KF)
4:00 **C** Cocktails with friends (Caf) (KF)
6:30 RomCom Thursday Cinema (MT) (ELD)
6:30 **LL** West Con Connection (ELC) (OI)

6
10:00 **HF** Strength Training (FC) (OI)
1:00 **CE** Digital Photography with Kathleen (ELC) (KF)
2:00 **HF** Fitness Walking (Lob) (KF)
4:00 **IS** Shabbat (PDR) (RL)
4:00 **C** Cocktails with friends (Caf) (KF)
6:30 Friday Fright Night (MT) (KF)

7
10:00 **HF** Strength and Balance Program (ELC) (KF)
11:00 **CE** Jewelry Making with Kathleen (ELC) (KF)
1:00 Main Street Shopping (Lob) (KF)
2:00 **EF** Cards with friends (Lib) (RL)
3:00 **HF** "Naturehood" Walk (Lob) (KF)
4:00 **C** Cocktails With Friends (Caf) (KF)
6:30 Popcorn and an Oscar winner (MT) (KF)

8
9:00 Church Run (Lob) (DR)
10:00 **HF** Strength and Balance Class (ELC) (OI)
11:00 **C** Men's Club (Caf) (ELD)
1:00 **LL** World Topics with Scott (ELC) (ELD)
2:00 **HF** Fitness Walking (Lob) (ELD)
3:00 **C** Invite a friend to tea (Caf) (ELD)
6:30 Black & White Sunday Cinema (MT) (ELD)

9
10:00 **HF** Tai Chi (ELC) (OI)
11:00 **C** Dog Party: Yappy Hour (LGC) (ELD)
1:00 **LL** Contemporary Art with the Aldrich (ELC) (OI)
2:00 **CV** Knitting for a cause (Lib) (ELD)
3:00 **HF** Open Gym with Scott (FC) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Monday Night Movie (MT) (ELD)

10
10:00 **HF** Zumba® (ELC) (OI)
11:00 **PA** Residents' Council Meeting (ELC) (RL)
1:00 **EF** Prospector Matinee (Lob) (DR)
2:00 **HF** Fitness Walking (Lob) (ELD)
3:00 **CE** Story Performance with Scott (ELC) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 **LL** West Con Connection (ELC) (OI)
6:30 Action Movie Tuesday (MT) (ELD)

11
10:00 **HF** Pilates (ELC) (OI)
11:00 **LL** Women's History Month (ELC) (ELD)
1:00 Trip to Stop and Shop (Lob) (DR)
2:00 **EF** Mahjong (Lib) (RL)
3:00 **CE** Painting with Kathleen (KF)
3:00 **HF** Fitness Walking (Lob) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Big Stories From the Small Screen (MT) (ELD)

12
10:00 **HF** Matter of Balance Class (MOB) (ELC) (OI)
11:00 **LL** World Wildlife Foundation: iPad® (ELC) (KF)
11:00 **CE** Drama Club (ELC) (ELD)
1:00 **CE** Poetry (ELC) (ELD)
2:00 **HF** Rowing (FC) (ELD)
3:00 **IS** Guided Meditation (MT) (KF)
4:00 **C** Cocktails with friends (KF)
6:30 RomCom Thursday Cinema (MT) (ELD)

13
10:00 **HF** Strength Training (FC) (OI)
12:00 **EF** Lunch in the Village (DR)
1:00 **HF** "Naturehood" Walk (Lob) (KF)
3:00 **CE** Digital Photography with Kathleen (ELC) (KF)
4:00 **IS** Shabbat (PDR) (RL)
4:00 **C** Cocktails with friends (Caf) (KF)
6:30 Friday Fright Night (MT) (KF)

14
10:00 **HF** Strength and Balance Program (ELC) (KF)
11:00 **CE** Jewelry Making with Kathleen (KF)
1:00 **HF** Fitness Walking (Lob) (KF)
2:00 **StoryWise™**: Fashion Trends Back To Future (ELC) (KF)
4:00 **C** Cocktails With Friends (Caf) (KF)
6:30 Popcorn and an Oscar winner (MT) (KF)

15
9:00 Church Run (Lob) (DR)
10:00 **HF** Strength and Balance Class (ELC) (OI)
11:00 **C** Men's Club (Caf) (ELD)
1:00 **LL** World Topics with Scott (ELC) (ELD)
2:30 **HF** Fitness Walking (Lob) (ELD)
3:30 **C** Invite a friend to tea (Caf) (ELD)
6:30 Black & White Sunday Cinema (MT) (ELD)

16
10:00 **HF** Tai Chi (ELC) (OI)
11:00 What's in a Word? (ELC) (ELD)
2:00 **CV** Knitting for a cause (Lib) (ELD)
3:00 **HF** Fitness Walking (Lob) (ELD)
4:00 **C** Welcome Cocktails and Special Toast (Caf) (ELD)
6:30 Monday Night Movie (MT) (ELD)
6:30 **LL** West Con Connection (ELC) (OI)

17
10:00 **HF** Zumba® (ELC) (OI)
11:00 Founders Club Coffee (Caf) (ELD)
1:00 **LL** Book Club (MT) (ELD)
3:00 **C** Pet Therapy (Lob) (OI)
3:00 **CE** Story Performance with Scott (ELC) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 **EF** March Madness begins (Caf) (RL)
6:30 Action Movie Tuesday (MT) (ELD)

18
10:00 **HF** Pilates (ELC) (OI)
11:00 **LL** Celebrate Women's History Month (ELC) (ELD)
1:00 Trip to Stop and Shop (Lob) (DR)
2:00 **HF** "Naturehood" Walk (Lob) (ELD)
2:00 **EF** Mahjong (Lib) (RL)
3:00 **CE** Painting with Kathleen (ELC) (KF)
4:00 **C** cocktails with friends (Caf) (ELD)
6:30 Big Stories From the Small Screen (MT) (ELD)

19
10:00 **HF** Matter of Balance Class (MOB) (ELC) (OI)
11:00 **EF** March Madness Basketball Tournament (Caf) (RL)
11:00 **LL** Ted Talk: iPad® (ELC) (KF)
11:00 **CE** Drama Club (ELC) (ELD)
1:00 **IS** Spring Fling (ELC) (OI)
2:30 **PA** EL Resident Programming Meeting (ELC) (ELD)
3:30 **HF** Rowing (FC) (ELD)
4:00 **C** Cocktails with friends (Caf) (KF)
6:30 RomCom Thursday Cinema (MT) (ELD)

20
10:00 **HF** Strength Training (FC) (OI)
10:30 **EF** March Madness Basketball Tournament (Caf) (RL)
12:00 **EF** Lunch in the Village (Lob) (DR)
1:00 **HF** Fitness Walking (Lob) (KF)
3:00 **CE** Digital Photography with Kathleen (ELC) (KF)
4:00 **IS** Shabbat (PDR) (RL)
4:00 **C** Cocktails with friends (Caf) (KF)
6:30 Friday Fright Night (MT) (KF)

21
10:00 **EF** March Madness Basketball Tournament (Caf) (RL)
10:00 **HF** Strength and Balance Program (ELC) (ELD)
11:00 **CE** Jewelry Making with Kathleen (ELC) (KF)
1:00 Main Street Shopping (Lob) (KF)
2:00 **EF** Cards with Friends (Lib) (RL)
3:00 **HF** Fitness Walking (Lob) (KF)
4:00 **C** Cocktails With Friends (Caf) (KF)
6:30 Popcorn and an Oscar winner (MT) (KF)

22
9:00 Church Run (Lob) (DR)
10:00 **HF** Strength and Balance Class
11:00 **C** Men's Club (Caf) (ELD)
1:00 **LL** World Topics with Scott (ELC) (ELD)
2:30 **HF** Fitness Walking (Lob) (ELD)
3:30 **C** Invite a friend to tea (Caf) (ELD)
6:30 Black & White Sunday Cinema (MT) (ELD)

23
10:00 **HF** Tai Chi (OI)
11:00 What's in a Word? (ELC) (ELD)
1:00 **PA** The Legacy Project with Scott (MT) (ELD)
2:00 **CV** Knitting for a Cause (Lib) (ELD)
3:00 **HF** Open Gym with Scott (FC) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Movie Night Movie (MT) (ELD)

24
10:00 **HF** Zumba® (ELC) (OI)
10:30 **EF** Trip to the Ridgefield Library (Lob) (DR)
12:00 **PA** Birthday Luncheon (PDR) (ELD)
1:00 **EF** Prospector Matinee (Lob) (DR)
2:30 **HF** "Naturehood" Walk (Lob) (ELD)
3:00 **CE** Story Performance with Scott (ELC) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Action Movie Tuesday (MT) (ELD)

25
10:00 **HF** Pilates (ELC) (OI)
11:00 **LL** Women's History Month (ELC) (ELD)
1:00 Trip to Stop and Shop (Lob) (DR)
2:00 **HF** Fitness Walking (Lob) (ELD)
2:00 **EF** Mahjong (Lib) (RL)
3:00 **CE** Painting with Kathleen (ELC) (KF)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Big Stories From the Small Screen (MT) (ELD)
7:00 **EF** "The Doo Wop Project" Playhouse (Lob) (DR)

26
10:00 **HF** Matter of Balance Class (MOB) (ELC) (OI)
11:00 **LL** World Wildlife Foundation: iPad® (ELC) (KF)
11:00 **CE** Drama Club (ELC) (ELD)
1:00 **LL** Art talk with the Guild of Artists (ELC) (OI)
2:00 **HF** Rowing (FC) (ELD)
3:00 **IS** Guided Meditation (MT) (ELD)
4:00 **C** Cocktails with friends (Caf) (KF)
6:30 RomCom Thursday Cinema (MT) (ELD)

27
10:00 **HF** Strength Training (FC) (OI)
12:00 **EF** Lunch in the Village
1:00 **HF** Fitness Walking (Lob) (KF)
3:00 **CE** Digital Photography with Kathleen (ELC) (KF)
4:00 **IS** Shabbat (PDR) (RL)
4:00 **C** Cocktails with friends (Caf) (KF)
6:30 **EF** Women's March Madness begins (Caf) (RL)
6:30 Friday Fright Night (MT) (KF)

28
10:00 **HF** Strength and Balance Program (ELC) (KF)
11:00 **CE** Jewelry making with Kathleen (ELC) (KF)
2:00 **EF** Cards with Friends (Lib) (RL)
3:00 **HF** Fitness Walking (Lob) (KF)
4:00 **C** Cocktails With Friends (Caf) (KF)
6:30 Popcorn and an Oscar winner (MT) (KF)

29
9:00 Church Run (Lob) (DR)
10:00 **HF** Yoga (ELC) (OI)
11:00 **C** Men's Club (Caf) (ELD)
1:00 **LL** World Topics with Scott (ELC) (ELD)
2:00 **PA** Atria Ambassador Meeting (ELD)
3:00 **CE** Story Performance with Scott (ELC) (ELD)
4:00 **HF** "Naturehood" Walk (Lob) (ELD)
6:30 Black & White Sunday Cinema (MT) (ELD)

30
10:00 **HF** Tai Chi (ELC) (OI)
11:00 What's in a Word? (ELC) (ELD)
2:00 **CV** Knitting for a Cause (Lib) (ELD)
3:00 **HF** Fitness Walking (Lob) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Monday Night Movie (MT) (ELD)

31
10:00 **HF** Zumba® (FC) (OI)
10:30 **EF** Trip to the Ridgefield Library (Lob) (DR)
1:30 **LL** Book Club (MT) (ELD)
2:30 **HF** Strength and Balance (FC) (ELD)
4:00 **C** Cocktails with friends (Caf) (ELD)
6:30 Action Movie Tuesday (MT) (ELD)



ROOM LOCATION KEY:

Cafe Caf
Engage Life Center ELC
Fitness Center FC
LG Courtyard LGC
Library Lib
Lobby Lob
Main Dining Room MDR
Movie Theater MT
Private Dining Room PDR

STAFF KEY:

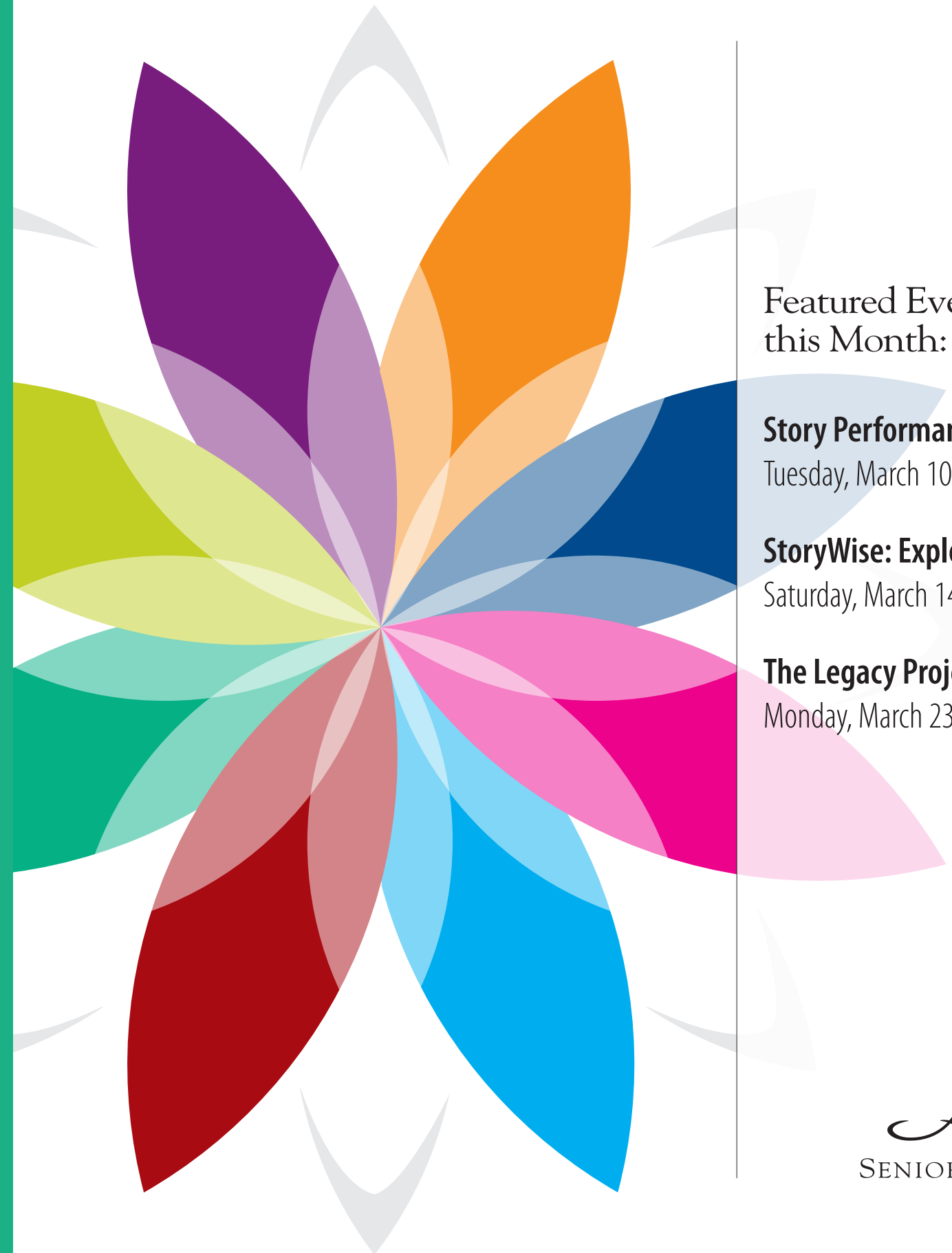
Chef Ch
Driver DR
Engage Life Director ELD
Kathleen Fay KF
Outside Instructor OI
Resident Leader RL
Volunteer Vol

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

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Zumba® is a registered trademark of Zumba Fitness, LLC

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Story Performance
Tuesday, March 10, 3:00 PM

StoryWise: Exploring Fashion
Saturday, March 14, 3:00 PM

The Legacy Project
Monday, March 23, 1:15 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

MARCH 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:30 **IS** Catholic Mass
10:30 **HF** Strength & Balance (LG) (LGD)
11:00 **IS** Sunday Services -
Nondenominational (MPR) (LGD)
12:00 **HF** Tai Chi Workout (LG) (LGD)
2:00 **EF** StoryWise™ (MPR) (LGD)
3:00 **HF** Movement to Music (MPR) (LGD)
3:30 **CE** Creative Crafting -
Shamrock Theme (MPR) (LGD)
4:00 **LL** Famous Folks Trivia (MPR) (LGD)
6:30 **EF** Sunday Night Movie (MR) (LGD)

1

10:00 **HF** Mindfulness Stretch (MPR) (LGD) **2**
10:30 **LL** Brain Fitness - Word
Challenge (MPR) (LGD)
11:00 **C** You Be the Judge (MPR) (LGD)
12:00 **LL** Google™ Expedition -
Statue of Liberty (MPR) (LGD)
2:00 **LL** Lecture: Long Island
and Whaling (MPR) (LGD)
3:30 **HF** Circuit Training (MPR) (LGD)
4:00 **PA** Musical Interest -
Bell Choir Practice (MPR) (LGD)
6:30 **EF** Monday Night Movies (MR) (LGD)

10:00 **HF** Yoga Stretch (MPR) (LGD) **3**
10:30 **LL** Culinary Corner -
Healthy Shakes (MPR) (LGD)
11:00 **LL** Brain Fitness - Word Games (MPR) (LGD)
12:00 **LL** Science - Anatomy-
The Skeletal System (MPR) (LGD)
2:00 **EF** Musical Interest - Favorites
3:00 **HF** Range of Motion (MPR) (LGD)
4:00 **CE** Poets Corner - Lord Byron (LG) (LGD)
6:30 **EF** Tuesday Showtime (MR) (LGD)

10:00 **HF** Strength & Balance (MPR) (LGD) **4**
10:30 **EF** Competitive Club - Bingo (LGD)
11:00 **CE** Musical Interest-
Showtunes (MPR) (LGD)
12:00 **LL** Notable People - Elvis Presley (MPR) (LGD)
2:00 **CV** Volunteerism - Veteran
TY Cards (MPR) (LGD)
3:00 **CE** Photography Club -
50's Fads & Fashions (MPR) (LGD)
4:00 **HF** Stretch Challenge (MPR) (LGD)
6:30 **EF** Wednesday Motion Picture (MR) (LGD)

10:00 **HF** Aerobic Workout (MPR) (LGD) **5**
10:30 **LL** Technology - Cell Phones (MPR) (LT)
11:00 **EF** Out & About Through
Lynbrook (MPR) (LGD)
12:00 **EF** iPad® - Trip To The Zoo
(Zoo Cam) (MPR) (LGD)
2:00 **LL** Trivia Time- This and That (MPR) (LT)
3:00 **PA** Reminiscing - Favorite Songs (MPR) (LT)
3:30 **CE** Sensory Sensation - Salt Tray (MPR) (LT)
4:00 **HF** Light & Lively Workout (MPR) (LT)
6:30 **EF** Frank Sinatra Concert (LR) (LGD)

10:00 **HF** Natures Meditation (MPR) (LT) **6**
10:30 **CE** Musical Interest - Love
& Marriage (MPR) (LT)
11:00 **LL** The Historians - California
Gold Rush (MPR) (LT)
12:00 **PA** The Art of Napkin Folding (MPR) (LT)
2:00 **C** Sports Fans - Touchdown Trivia (MPR) (LT)
3:00 **HF** Aerobics Workout (MPR) (LT)
3:30 **CE** Sensory Sculpturing -
Clay Creations (MPR) (LT)
4:00 **LL** Brain Fitness - Finishing
Lines/ Lyrics (MPR) (LT)
6:30 **EF** Friday Night Flick (MR) (LT)

10:00 **HF** Light Weight Workout (MPR) (LT) **7**
10:30 **LL** Cultural Studies - Ireland (LG) (LT)
11:00 **CE** Origami Art (MPR) (LT)
12:00 **C** Social Media - Making
Family Connections (MPR) (LT)
2:00 **HF** Stretch & Dance Class (MPR) (LT)
3:00 **EF** Ice Cream Saturday Sundaes (MPR) (LT)
3:30 **PA** Name that Tune
4:00 **LL** Google™ Expedition -
Trip To Boston (MPR) (LT)
6:30 **EF** Saturday Night Cinema and Snack (MR) (LT)

9:30 **IS** Catholic Mass **8**
10:30 **HF** Low-Impact Aerobic (MPR) (LGD)
11:00 **IS** Sunday Services -
Nondenominational (LGD)
12:00 **HF** Movement Scarves (MPR) (LGD)
2:00 **EF** Celebrity Chat - Judy Garland (MPR) (LGD)
3:00 **EF** StoryWise™ (MPR) (LGD)
3:30 **HF** Dance Challenge (LGD)
4:00 **CE** Creative Collage - Colors (MPR) (LGD)
6:30 **EF** Silver Screen Sunday (MR) (LGD)

8

10:00 **HF** Zumba® (MPR) (LGD) **9**
10:30 **LL** Brain Fitness - Finish
The Line (MPR) (LGD)
11:00 **C** You Be the Judge (LG) (LGD)
12:00 **LL** Google™ Expedition -
Coastal Oregon (MPR) (LGD)
2:00 **EF** Musical Instrumental
Play Along (MPR) (LGD)
3:00 **CE** Photography Club -
Everyday Life (MPR) (LGD)
3:30 **HF** Laughter Yoga (MPR) (LGD)
4:00 **EF** UNO® and other Card Games (MPR) (LGD)
6:30 **EF** Monday Night Movies (MR) (LGD)

10:00 **HF** Light & Lively **10**
Workout (MPR) (LGD)
10:30 **LL** Culinary Corner -
Cupcakes (MPR) (LGD)
11:00 **LL** Brain Fitness - US Presidents (MPR) (LGD)
12:00 **LL** Science - The Sun (MPR) (LGD)
1:30 **HF** Aerobics Workout
2:00 **PA** Puzzle Challenge (MPR) (IN)
2:30 **PA** Reminiscing - Sharing
Favorite Vacations (MPR) (LGD)
3:00 **C** Story Performance
4:00 **CE** Poets Corner - Robert Frost (MPR) (LGD)
6:30 **EF** Barbra Streisand Concert Series (LG) (LGD)

10:00 **HF** Light Weight **11**
Workout (MPR) (LGD)
10:30 **EF** Competitive Club -
Scrabble® (MPR) (LGD)
11:00 **PA** Musical Interest - Bell
Choir Practice (MPR) (LGD)
12:00 **LL** Notable People -
Johnny Appleseed (MPR) (LGD)
2:00 **EF** Hand Massage Therapy (MPR) (LGD)
3:00 **HF** Movement to Scarves (MPR) (LGD)
4:00 **EF** Musical Interest - Musical
Play Along (MPR) (LGD)
6:30 **EF** Wednesday Motion Picture (MR) (LGD)

10:00 **HF** Stretch & Balance (MPR) (LGD) **12**
10:30 **LL** Kitchen Corner - Homemade
Butter (MPR) (LT)
11:00 **EF** Lets Take a Ride to... (LGD)
12:00 **EF** iPad® - The Great Barrier Reef (MPR) (LT)
2:00 **EF** Violin Concert (MPR) (IN)
3:00 **PA** Reminiscing - Life Milestones (MPR) (LT)
3:30 **C** Social Club - Spring Things (MPR) (LT)
4:00 **HF** Nature Walk (MPR) (LGD)
6:30 **EF** Liberace Concert Series (LG) (LT)

10:00 **HF** Aerobics Workout (MPR) (LT) **13**
10:30 **EF** Musical Interest -
Irish Songs (MPR) (LT)
11:00 **LL** The Historians - Old
Bethpage Village (MPR) (LT)
12:00 **HF** Meditation In The Afternoon (MPR) (LT)
2:00 **EF** Hollywood Glamour Portrait (MPR) (LT)
3:00 **"GOLD"** Bingo (MPR) (LT)
3:30 **PA** Magnetic Puzzles (MPR) (LT)
4:00 **LL** Brain Fitness - This & That Trivia (MPR) (LT)
6:30 **EF** Friday at the Movies (MR) (LT)

10:00 **HF** Light Weight Workout (MPR) (LT) **14**
10:30 **LL** Cultural Studies -
Saint Patrick (MPR) (LT)
11:00 **CE** Color Creation - Watercolors (MPR) (LT)
12:00 **C** New Resident Welcome
To Lynbrook Party (MPR) (LT)
2:00 **HF** Saturday Stroll (MPR) (LT)
3:00 **EF** StoryWise™: Exploring Fashion
3:30 **EF** Saturday Songs of the Heart
4:00 **LL** Google™ Expedition -
Bay Area California (MPR) (LT)
6:30 **EF** Weekend Feature Film (MR) (LT)

9:30 **IS** Catholic Mass Our Lady **15**
Of Peace Church (MPR)
10:30 **HF** Walking Club (MPR) (LGD)
11:00 **IS** Sunday Services -
Nondenominational (MPR) (LGD)
12:00 **PA** Bell Choir Practice (MPR) (LGD)
2:00 **EF** Piano Concert with
Stacey Warmbrand (MPR) (IN)
3:00 **EF** StoryWise™ (MPR) (LGD)
3:30 **HF** Bowling Challenge (MPR) (LGD)
4:00 **CE** Creative Collage - Nature (MPR) (LGD)
6:30 **EF** Sunday Cinema & Snacks (MPR) (LGD)

15

10:00 **HF** Mindfulness Stretch (MPR) (LGD) **16**
10:30 **LL** Brain Fitness - Finish
the Lyric (MPR) (LGD)
11:00 **Tune It Up Exercise**
12:00 **LL** Google™ Expedition -
Fisherman's Wharf (MPR) (LGD)
2:00 **EF** Samba Dance Using Scarves (LG) (LGD)
3:00 **CE** Sensory Sculpturing -
Food Creations (MPR) (LGD)
3:30 **HF** Aerobics Workout (MPR) (LGD)
4:00 **EF** Happy Hour (MPR) (LGD)
6:30 **EF** Monday Night Movies (MPR) (LGD)

10:00 **HF** Yoga In The Morning (MPR) (LGD) **17**
10:30 **EF** St. Patrick's Day History
& Fun Facts (MPR) (LGD)
11:00 **LL** Bakers Corner - Irish
Soda Bread (MPR) (LGD)
12:00 **LL** Science - Astronomy -
Constellations (MPR) (LGD)
2:00 **EF** St. Patrick's Day Party:
The Blue Heron (MPR) (LGD)
3:00 **HF** Light & Lively Workout (MPR) (LGD)
4:00 **CE** Poets Corner - Voltaire (MPR) (LGD)
6:30 **EF** Nat King Cole Concert Series (MPR) (LGD)

10:00 **HF** Strength & Balance (MPR) (LGD) **18**
10:30 **EF** Board Games (MPR) (LGD)
11:00 **CE** Photography Club -
Homework (MPR) (LGD)
12:00 **LL** Notable People -
Oprah Winfrey (MPR) (LGD)
2:00 **EF** Bingo (MPR) (LGD)
2:30 **EF** Hand Massage Therapy (MPR) (LGD)
3:00 **HF** Favorite Dance Movements (MPR) (LGD)
4:00 **HF** Puffer Ball Challenge (MPR) (LGD)
6:30 **EF** Wednesday Motion Picture (MR) (LGD)

10:00 **HF** Morning Stretch (MPR) (LGD) **19**
10:30 **LL** Technology - Gold
Mining (MPR) (LT)
11:00 **EF** Outing to Dunkin Donuts (LGD)
12:00 **EF** iPad® - Trip To The
Aquarium (Cam) (MPR) (LT)
2:00 **CE** Sensory Sculpture - Kinetic Sand (MPR) (LT)
3:00 **PA** Reminiscing - Remember
When.... (MPR) (LGD)
4:00 **HF** Light & Lively Workout (MPR) (LT)
6:30 **EF** Thursday Night Cinema (MR) (LGD)

10:00 **HF** Morning Movement **20**
with Scarves (MPR) (LT)
10:30 **EF** Music Interest - Rock & Roll (MPR) (LT)
11:00 **LL** Earth Day History and Fun Facts (MPR) (LT)
12:00 **CV** Volunteerism - SMILE Cards (MPR) (LT)
2:00 **C** Down Memory Lane (MPR) (LT)
3:00 **HF** Meditation In The Afternoon (MPR) (LT)
4:00 **LL** Brain Fitness - Name
10 Spring Theme (MPR) (LT)
6:30 **EF** Friday Night Film Festival (MR) (LT)

10:00 **HF** Strength & Balance (MPR) (LT) **21**
10:30 **LL** Cultural Studies - USA (MPR) (LT)
11:00 **CE** Art Class - Genius Gel (MPR) (LT)
12:00 **C** Social Media - Making
Family Connections (MPR) (LT)
2:00 **EF** Music Concert: Tom Peluso (MPR) (LT)
3:00 **EF** Ice Cream Sandwiches (MPR) (LT)
3:30 **HF** Saturday Afternoon Stroll (MPR) (LT)
4:00 **LL** Google™ Expedition -
Butchart Gardens (MPR) (LT)
6:30 **EF** Saturday Night Movie and Snack (MR) (LT)

9:30 **IS** Catholic Mass **22**
10:30 **HF** Mindfulness Stretch (MPR) (LGD)
11:00 **IS** Sunday Services -
Nondenominational (MPR) (LGD)
12:00 **HF** Ten Pin Bowling Challenge (MPR) (LGD)
2:00 **EF** StoryWise™ (MPR) (LGD)
3:00 **EF** Musical Interest - Billie Holiday (MPR) (LGD)
3:30 **HF** Olympic Challenge
4:00 **CE** Creative Crafting -
Spring Things (MPR) (LGD)
6:30 **EF** Sunday Night Movie (MR) (LGD)

22

10:00 **HF** Strength and Balance **23**
Program (MPR) (LGD)
10:30 **LL** Brain Fitness - Presidential
Trivia (MPR) (LGD)
11:00 **IS** Captivating Stories -
Inspirational (MPR) (LGD)
1:15 **LL** The Legacy Project
2:00 **EF** Musical Instrumental
Play Along (MPR) (LGD)
3:00 **HF** Laughter Yoga (MPR) (LGD)
4:00 **CE** Photography Club - Homework (MPR) (LGD)
6:30 **EF** Monday Night Movies (MR) (LGD)

10:00 **HF** Light & Lively **24**
Workout (MPR) (LGD)
10:30 **LL** Culinary Corner -
Smoothie Social (MPR) (LGD)
11:00 **LL** Brain Fitness - Word Games (MPR) (LGD)
12:00 **IS** Reading: Chicken Soup
for the Soul (MPR) (LGD)
2:00 **EF** Music Concert with Stan & Edie (MPR) (LGD)
3:00 **HF** Light Aerobic Workout (MPR) (LGD)
4:00 **CE** Poets Corner - W.B. Yeats (MPR) (LGD)
6:30 **EF** Concert Series - The Beatles (LG) (LGD)

10:00 **HF** Light Weight **25**
Workout (MPR) (LGD)
10:30 **EF** Musical Egg Shakers (MPR) (LGD)
11:00 **EF** Broadway Show Tunes (LG) (LGD)
12:00 **CE** Creativity and Relaxation (MPR) (LGD)
2:00 **EF** Hand Massage Therapy (MPR) (LGD)
3:00 **HF** Movement to Scarves (MPR) (LGD)
4:00 **PA** Musical Interest -
Bell Choir Practice (MPR) (LGD)
6:30 **EF** Motion Picture Wednesday (MR) (LGD)

10:00 **HF** Morning Stretch (MPR) (LGD) **26**
10:30 **EF** Get Up & Go Ride
Through Lynbrook (LGD)
11:00 **C** Green Thumb Club (PAT) (LGD)
12:00 **LL** Word Games (MPR) (LT)
2:00 **EF** Engage Musically - 1940's (MPR) (LT)
3:00 **HF** Yoga (MPR) (LGD)
3:30 **PA** Name Three
4:00 **CE** Sensory Sculpting - Playdough (MPR) (LT)
6:30 **EF** Thursday Night Cinema (MR) (LGD)

10:00 **HF** Aerobics Workout (MPR) (LT) **27**
11:00 **LL** Collaboration Short
Stories (MPR) (LT)
12:00 **Name Three**
2:00 **HF** Meditation & Exercise
In The Afternoon (MPR) (LT)
3:00 **CE** Spring Arts & Crafts -
Flower Power (MPR) (LT)
3:30 **EF** Reminiscing - Hollywood
Portraits (MPR) (LT)
4:00 **LL** Brain Fitness - Finishing Lines (MPR) (LT)
6:30 **EF** Friday Night Flick (MR) (LT)

10:00 **HF** Light Weight Workout (MPR) (LT) **28**
10:30 **CE** Creating and Classical
Music (MPR) (LT)
11:00 **LL** Cooking Class - Fruit Dip
& Fresh Fruit (MPR) (LT)
12:00 **PA** Competitive Club -
Pictionary™ Challenge (MPR) (LT)
2:00 **C** Sing - a - Long Social (MPR) (IN)
3:00 **EF** Ice Cream - Cones (MPR) (LT)
3:30 **HF** Sit and Dance Class (MPR) (LT)
4:00 **LL** Google™ Expedition -
Nova Scotia (MPR) (LT)
6:30 **EF** Saturday Cinema (MR) (LT)

9:30 **IS** Catholic Mass Our Lady **29**
of Peace Church (MPR) (IN)
10:30 **HF** Let's Get Fit (MPR) (LGD)
11:00 **IS** Sunday Services -
Nondenominational - (MPR) (LGD)
12:00 **LL** Scrabble® (MPR) (LGD)
2:00 **EF** Celebrity Chat - Shirley Temple (LR) (LGD)
3:00 **HF** Egg Shaker Fitness & Fun (MPR) (LGD)
4:00 **CE** Photography Club -
Picture Cards (MPR) (LGD)
6:30 **EF** Feature Film Sunday (MR) (LGD)

29

10:00 **HF** Move it, Groove it (MPR) (LGD) **30**
10:30 **IS** Make 'Em Smile (MPR) (LGD)
11:00 **PA** Bright Buttons (MPR) (LGD)
12:00 **CE** Down Memory Lane (MPR) (LGD)
2:00 **C** Snack & Chat (MPR) (LGD)
3:00 **HF** Afternoon Yoga Stretch (MPR) (LGD)
4:00 **LL** Trivia Time - Mind Joggers (MPR) (LGD)
6:00 **EF** Motion Picture Monday (MR) (LGD)

10:00 **HF** Morning Stretch **31**
& Flex (MPR) (LGD)
10:30 **PA** Bell Choir Practice (MPR) (LGD)
11:00 **LL** Celebrity Chat - Famous Folks (MPR) (LGD)
12:00 **CE** Music Using Tambourine's (MPR) (LGD)
2:00 **EF** Concert
3:00 **HF** Light & Lively Workout (MPR) (LGD)
3:30 **IS** Chicken Soup for the Soul (MPR) (LGD)
4:00 **PA** Puzzle Challenge (MPR) (LGD)
6:00 **EF** The Big Screen Tuesday (MR) (LGD)



ROOM LOCATION KEY:
Life Guidance Living Room LG
Living Room LR
Movie Room MR
Multi Purpose Room MPR
Patio PAT

STAFF KEY:
Donna Moore LGD
Instructor IN
Lori Tregila LT

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

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