

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Gin & Jazz Happy Hour

Wednesday, September 1, 3:00 PM

Oktoberfest Kick-Off Happy Hour

Wednesday, September 15, 3:00 PM

September Birthday Celebration

Monday, September 27, 12:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

<p>10:00 ■ Online Church Service (MT) 5</p> <p>10:15 ■ Sit & Be Fit Fitness (DK)</p> <p>11:00 ■ Sunday Comics & Coffee (DK)</p> <p>2:30 ■ Long Distance Walk (LB1)</p> <p>3:15 ■ Enriching Documentary (MT)</p> <p>3:30 ■ Floriography: The Language Of Flowers (DK)</p> <p>6:00 ■ Oldies But Goodies (MT)</p>	<p>Labor Day & Rosh Hashanah 6</p> <p>10:00 ■ Movin' to the Music Workout (DK)</p> <p>11:30 ■ Significance & History of Rosh Hashanah (MT)</p> <p>12:00 ■ Labor Day Lunch (R6)</p> <p>1:30 ■ American Film Series: The American Dream (MT)</p> <p>2:00 ■ Short Distance Walk (LB1)</p> <p>2:45 ■ Reminiscing: A Day At Work (L2)</p> <p>4:00 ■ Afternoon Lawn Game Fun (OP1)</p>	<p>Beer Lovers Day! 7</p> <p>10:00 ■ Lower Body Conditioning (DK)</p> <p>11:30 ■ Trivia & History of Beer (MT)</p> <p>2:00 ■ Blind Beer Tasting (DK)</p> <p>2:30 ■ Long Distance Walk (LB1)</p> <p>3:00 ■ Spirituality & Aging Women's Group</p> <p>6:30 ■ Rockies vs. Giants Baseball Game (MT)</p>	<p>National Letter Writing Day 1</p> <p>10:00 ■ Sit & Be Fit Fitness (DK)</p> <p>11:15 ■ Dear Past Self, Love Future Self (DK)</p> <p>1:30 ■ Food for Thought Meeting (MT)</p> <p>2:30 ■ Short Distance Walk (LB1)</p> <p>3:00 ■ Gin & Jazz Happy Hour</p>	<p>2</p> <p>10:00 ■ Low-Impact Aerobic Fitness (DK)</p> <p>11:15 ■ Dealers Choice Poker Tournament (CR6)</p> <p>1:15 ■ Small Group Prayer (MT)</p> <p>2:15 ■ Long Distance Walk (LB1)</p> <p>3:00 ■ Creative Origami Shapes (EL4)</p> <p>4:00 ■ Men's Club with Shane</p>	<p>3</p> <p>10:00 ■ Yoga (DK)</p> <p>11:15 ■ Musical Journaling Club (EL4)</p> <p>1:30 ■ Resident Led Program</p> <p>2:15 ■ Long Distance Walk (LB1)</p> <p>3:00 ■ Movie Matinee (MT)</p> <p>6:00 ■ Musical Madness (MT)</p>	<p>4</p> <p>National Newspaper Day</p> <p>10:00 ■ Balance & Mobility (DK)</p> <p>11:00 ■ Creative Newspaper Art Project (EL4)</p> <p>1:15 ■ Flower Arrangements (DK)</p> <p>1:15 ■ Pretty Nails (DK)</p> <p>2:30 ■ Short Distance Walk (LB1)</p> <p>3:15 ■ Newspaper Column Writing (EL4)</p> <p>4:00 ■ One Day University: What's the News? (MT)</p> <p>5:30 ■ College Football: Clemson vs Georgia (MT)</p>
<p>National Grandparents Day 12</p> <p>10:00 ■ Online Church Service (MT)</p> <p>10:15 ■ Flow Yoga (DK)</p> <p>11:15 ■ Competitive Dominoes (EL4)</p> <p>2:00 ■ Art History (MT)</p> <p>2:15 ■ Broncos vs. Giants Football Game (MT)</p> <p>3:00 ■ Short Distance Walk (LB1)</p> <p>6:15 ■ Sunday Night Football (MT)</p>	<p>13</p> <p>10:00 ■ Movin' with the Music Workout (DK)</p> <p>11:00 ■ Community Service Project</p> <p>1:30 ■ American Film Series: Social Justice (MT)</p> <p>2:00 ■ Long Distance Walk (LB1)</p> <p>3:00 ■ International Tasting Club (DK)</p> <p>6:00 ■ Monday Movie Madness (MT)</p>	<p>14</p> <p>10:00 ■ Gentle Fitness (DK)</p> <p>11:00 ■ Dealers Choice Poker Tournament (CR6)</p> <p>2:00 ■ Short Distance Walk (LB1)</p> <p>2:30 ■ New Perspectives on Famous Art (EL4)</p> <p>3:30 ■ Cocktails with a Curator (MT)</p>	<p>Yom Kippur 15</p> <p>10:00 ■ Boxing with RightFit Fitness (DK)</p> <p>11:30 ■ Understanding Yom Kippur (MT)</p> <p>1:30 ■ Resident Council Meeting (MT)</p> <p>2:30 ■ Short Distance Walking Club (LB1)</p> <p>3:00 ■ Oktoberfest Kick-Off Happy Hour</p>	<p>16</p> <p>International Country Music Day</p> <p>10:00 ■ Strength & Balance (DK)</p> <p>11:30 ■ Country Music Hall of Fame (MT)</p> <p>1:15 ■ Small Group Prayer (MT)</p> <p>2:30 ■ Short Distance Walk (LB1)</p> <p>3:00 ■ Chef Demonstration Extravaganza (DK)</p> <p>4:30 ■ Country Music Bingo! (MT)</p> <p>6:00 ■ Thursday Night Football (MT)</p>	<p>17</p> <p>10:00 ■ Strength & Balance (DK)</p> <p>11:00 ■ Resident Led Program</p> <p>1:30 ■ Billiards (CR6)</p> <p>2:30 ■ Long Distance Walking Club (LB1)</p> <p>3:00 ■ Movie Matinee (MT)</p> <p>4:00 ■ Creative Art Project (EL4)</p>	<p>18</p> <p>10:00 ■ Yoga (DK)</p> <p>11:00 ■ Coffee & Chat (DK)</p> <p>1:00 ■ Floral Arrangements (DK)</p> <p>1:00 ■ Pretty Nails (DK)</p> <p>1:30 ■ Alabama vs Florida College Football (MT)</p> <p>2:30 ■ Long Distance Walking Club (LB1)</p> <p>4:30 ■ Fragrant Sachet Making (EL4)</p>
<p>National Batman Day 19</p> <p>10:00 ■ Online Church Service (MT)</p> <p>10:15 ■ Gentle Fitness (DK)</p> <p>11:00 ■ Broncos vs Jaguars Football Game (MT)</p> <p>1:30 ■ Long Distance Walking Club (LB1)</p> <p>2:30 ■ Super Hero Party</p> <p>4:00 ■ Super Hero Art Project</p> <p>6:00 ■ Sunday Night Football (MT)</p>	<p>20</p> <p>10:00 ■ Movin' with the Music Workout (DK)</p> <p>11:00 ■ Informative Documentary Viewing (MT)</p> <p>1:15 ■ Resident Choice: Competitive Games (EL4)</p> <p>2:15 ■ Short Distance Walk (LB1)</p> <p>3:00 ■ Stand Up Comedy (MT)</p> <p>4:00 ■ American Film Series: War (MT)</p> <p>6:00 ■ Monday Movie Madness: The Avengers</p>	<p>National Mini-Golf Day 21</p> <p>10:00 ■ Total Body Conditioning (DK)</p> <p>11:30 ■ Technology Class (MT)</p> <p>2:00 ■ History & Trivia of Golf (MT)</p> <p>3:00 ■ Movie Matinee (MT)</p> <p>3:30 ■ Long Distance Walking Club (LB1)</p> <p>6:30 ■ Rockies versus Dodgers Baseball (CR6)</p>	<p>World Rhino Day 22</p> <p>10:00 ■ Boxing with RightFit Fitness (DK)</p> <p>11:00 ■ Virtual Safari Tour (MT)</p> <p>1:30 ■ Atria's Ambassador Meeting (MT)</p> <p>2:30 ■ Short Distance Walk (LB1)</p> <p>3:00 ■ Safari Adventure Happy Hour</p>	<p>23</p> <p>10:00 ■ Posture & Stretching Exercise (DK)</p> <p>11:00 ■ Music History: Jazz (MT)</p> <p>1:15 ■ Prayer Small Group (MT)</p> <p>2:00 ■ Long Distance Walking Club (LB1)</p> <p>3:00 ■ Cocktails With A Curator (MT)</p> <p>6:00 ■ Thursday Night Football Madness (MT)</p>	<p>24</p> <p>10:00 ■ Strength & Balance (DK)</p> <p>11:00 ■ Resident Led Activity</p> <p>1:30 ■ One Day University (MT)</p> <p>2:00 ■ Short Distance Walking Club (LB1)</p> <p>3:00 ■ Musical Matinee (MT)</p> <p>4:00 ■ Competitive Games</p>	<p>25</p> <p>10:00 ■ Small Group Fitness (DK)</p> <p>11:00 ■ Coffee Talks: Roasts & Rhymes (DK)</p> <p>1:00 ■ Creating Flower Arrangements (DK)</p> <p>1:00 ■ Pretty Nails (DK)</p> <p>2:30 ■ Long Distance Walking Club (LB1)</p> <p>4:00 ■ Billiards (CR6)</p> <p>6:00 ■ Musical Showing (MT)</p>
<p>National Johnny Appleseed Day 26</p> <p>10:00 ■ Online Church Service (MT)</p> <p>10:15 ■ Easy Stretching (DK)</p> <p>11:00 ■ Donuts & Dialogue (DK)</p> <p>2:00 ■ Broncos vs Jets Football Game</p> <p>2:30 ■ Short Distance Walking Club (LB1)</p> <p>4:00 ■ Creative Apple Art (EL4)</p> <p>6:00 ■ Sunday Night Football (MT)</p>	<p>27</p> <p>10:00 ■ Movin with the Music Workout (DK)</p> <p>11:00 ■ One Day University (MT)</p> <p>12:00 ■ September Birthday Celebration (R6)</p> <p>2:30 ■ Long Distance Walking Club (LB1)</p> <p>3:00 ■ American Film Series: The Underdogs (MT)</p> <p>6:00 ■ Monday Movie Madness (MT)</p>	<p>28</p> <p>10:00 ■ Total Body Conditioning: Advanced (DK)</p> <p>11:00 ■ Virtual Tour: China (MT)</p> <p>1:30 ■ Competitive Card Games (EL4)</p> <p>2:30 ■ Short Distance Walking Club (LB1)</p> <p>3:15 ■ Travel Day: China</p> <p>6:30 ■ Rockies versus Nationals Baseball (MT)</p>	<p>National Coffee Day 29</p> <p>10:00 ■ Long Distance Walking Club (LB1)</p> <p>10:45 ■ Coffee Tasting (DK)</p> <p>1:30 ■ Creative Coffee Art (EL4)</p> <p>2:30 ■ Low-Impact Aerobic (DK)</p> <p>3:00 ■ It's A Latte Happy Hour</p>	<p>30</p> <p>National Hot Cider Day</p> <p>10:00 ■ Strength & Balance (DK)</p> <p>10:45 ■ Cider & Conversation (DK)</p> <p>1:15 ■ Small Group Prayer (MT)</p> <p>3:00 ■ Short Distance Walking Club (LB1)</p> <p>4:00 ■ Fall Themed Art Project (EL4)</p> <p>6:00 ■ Thursday Night Football Viewing (CR6)</p>	<p>ROOM LOCATION KEY:</p> <p>Club Room CR6</p> <p>Demo Kitchen DK</p> <p>Engage Life Center EL4</p> <p>Library L2</p> <p>Lobby LB1</p> <p>Movie Theater MT</p> <p>Restaurant R6</p> <p>Outdoor Patio OP1</p>	

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Ice Cream Bar Happy Hour

Wednesday, September 8, 2:00 PM

Shambalah Alpaca Ranch

Friday, September 10, 2:30 PM

World Safari Happy Hour

Wednesday, September 22, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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<p>5</p> <p>9:30 SCE Cocoa and Comics 10:00 HPF Tai Chi: Balance & Posture 11:00 CEA Annette Funicello Movies 2:00 RSF Online Bible Studies 3:00 LIS What's So Great About Dogs? 4:00 HPF Strength Training Bingo Session 1 6:00 CEA Beach Blanket Music: Annette Funicello</p>	<p>6</p> <p>LABOR DAY ROSH HASHANAH</p> <p>9:30 SCE Coffee Talk & Current Events 10:00 HPF Walking Challenge Launch 11:00 LIS Rosh Hashanah Discussion 11:30 CEA Music Reminiscing: A Day at Work 2:30 CEA UV SUN ART PROJECT 4:00 HPF Lower Body Conditioning 6:00 LIS ODU: What Makes a Great Jewish Leader?</p>	<p>7</p> <p>BEER LOVER'S DAY</p> <p>9:00 SCE Tea & Talk 10:00 HPF Yoga Flow 10:30 LIS Virtual Tours Beer Brewery 11:30 CEA 1964 Music: Dancing in the Streets 2:00 CPI Work Wisdom: Part 1 3:00 HPF Dance & Movement: The Macarena 6:00 SCE Movie</p>	<p>8</p> <p>LETTER WRITING DAY</p> <p>9:00 LIS Dear Past Self, Love Future Self 10:00 HPF Upper Body Conditioning 10:30 SCE Word Games and Brain Challenges 2:00 SCE Gin & Jazz 3:00 HPF Work On Well Being 4:00 HPF Tai Chi: Balance and Posture 6:00 CEA Music History: Piano</p>	<p>9</p> <p>TEDDY BEAR DAY</p> <p>9:30 SCE Tea and Talk 10:00 HPF Total Body Conditioning- Beginner 1:30 RSF Virtual Bible Study 3:30 CPI History Lesson Teddy Bear History 4:00 HPF Dance & Movement: Cupid Shuffle 6:00 CEA 1956 Music The Ed Sullivan Show</p>	<p>10</p> <p>ALPACA DAY</p> <p>9:00 RSF Bible Study Series Part II 10:00 HPF Walking Challenge: Moving for Memory 11:00 LIS Learn a new Language: Spanish 11:30 CEA Biblical Music: The Byrds 2:30 SCE Shambalah Alpaca Ranch 4:00 HPF Total Body Conditioning- Advanced 6:00 SCE Name that Product</p>	<p>11</p> <p>NEWSPAPER CARRIER DAY</p> <p>9:00 LIS ODU: What Happened to the News? 10:00 HPF Strength Training Bingo: Session III 11:00 LIS Newseum.com News Museum ONLINE 2:00 CEA Newspaper Crafts 4:00 HPF Posture and Stretch Fitness Class 6:00 CEA Dance & Movement: The Hustle</p>
<p>12</p> <p>GRANDPARENTS DAY</p> <p>9:30 SCE Cocoa and Comics 10:00 HPF Tai Chi: Balance and Posture 11:30 CEA Music Trivia Frank Sinatra 1:00 CEA Music Journaling Club Session 1 2:00 RSF Online Bible Studies 4:00 HPF Strength Training Bingo: Session IV 6:00 CEA Movie: Broadway Musicals</p>	<p>13</p> <p>NATIONAL PEANUT DAY</p> <p>9:00 LIS Newsletter Highlight: Book Lovers 10:00 HPF Walking Challenge: Moving for Memory 11:00 CEA Satchels 1:00 SCE Literary Appreciation: Short Stories 3:30 LIS World Travel: Rio de Janeiro 4:00 HPF Lower Body Conditioning 6:00 CEA Music Composer: Gabriel Charpentier</p>	<p>14</p> <p>9:30 SCE Tea and Talk 10:00 HPF Yoga Flow 11:30 CEA Patriotic Music: Star-Spangled Banner 1:00 LIS ODU: Eight Books Changed the World 3:00 HPF Dance & Movement: Cupid Shuffle 4:00 SCE Yahtzee 6:30 LIS Documentary: Lions</p>	<p>15</p> <p>YOM KIPPUR</p> <p>9:30 SCE Coffee Talk & Current Events 10:00 HPF Upper Body Conditioning 10:30 CEA Music Playlist: John Fogerty 2:00 SCE Oktoberfest 3:00 HPF Work On Wellbeing 4:00 HPF Tai Chi: Balance and Posture 6:00 LIS Art History</p>	<p>16</p> <p>9:30 SCE Tea and Talk 10:00 HPF Total Body Conditioning- Beginner 11:00 CPI Work Wisdom: Part II 1:30 RSF Virtual Bible Study 2:00 SCE Reminiscing: Air Travel 4:00 HPF Dance & Movement: Papa Loves Mambo 6:00 CEA Blues Music: B. B. King</p>	<p>17</p> <p>INTERNATIONAL COUNTRY MUSIC DAY</p> <p>9:00 RSF Bible Study Series Part III 10:00 HPF Walking Challenge: Moving for Memory 10:30 CEA International Country Music 1:30 SCE StoryWise™ 3:30 LIS Trivia 4:00 HPF Total Body Conditioning- Advanced 6:00 RSF Chicken Soup For The Soul</p>	<p>18</p> <p>FIRST LOVE DAY</p> <p>10:00 HPF Strength Training Bingo: Session VII 1:00 SCE Up for Discussion: Senior Citizenship 2:00 LIS One Day University: The Art of Aging 3:00 CEA Dance Movement: Papa Loves Mambo 4:00 HPF Posture and Stretch Fitness Class 6:00 SCE Movie Madness: Bright Star on (TUBI)</p>
<p>19</p> <p>BATMAN DAY</p> <p>9:00 SCE Cocoa and Comics 10:00 HPF Tai Chi: Balance and Posture 11:30 CEA Music Reminiscing: School Days 2:00 RSF Online Bible Studies 2:00 SCE Super Hero Party 4:00 HPF Strength Training Bingo: Session VI 6:30 CEA Movie: The Avengers</p>	<p>20</p> <p>9:30 SCE Coffee Talk & Current Events 10:00 HPF Walking Challenge: Moving for Memory 1:00 SCE Laughter Therapy 2:00 LIS One Day University: Philosophy of Humor 3:00 CEA Cartoon Music History: The Archies 4:00 HPF Lower Body Conditioning 6:00 SCE Baseball</p>	<p>21</p> <p>MINIATURE GOLF DAY</p> <p>9:30 SCE Tea & Talk 10:00 HPF Yoga Flow 11:00 SCE Board Games 2:30 CPI Work Wisdom: Part III 3:00 HPF Dance & Movement: Papa Loves Mambo 4:30 LIS Mini Golf 6:00 CEA Country Music Hall of Fame</p>	<p>22</p> <p>WORLD RHINO DAY</p> <p>9:30 SCE Coffee Talk & Current Events 10:00 HPF Upper Body Conditioning 10:30 CEA Music Playlist: Season of Autumn 2:00 SCE World Safari Happy Hour 3:00 HPF Work on Wellbeing 4:00 HPF Tai Chi: Balance and Posture 6:00 CEA Broadway Musical: Hamilton</p>	<p>23</p> <p>9:30 SCE Tea and Talk 10:00 HPF Total Body Conditioning- Beginner 12:00 CPI Lunch with Shane 1:30 RSF Virtual Bible Study 3:00 CEA Creating Art from the Scents You Smell 4:00 HPF Dance & Movement: The Git Up Line Dance 6:00 CEA Defining Music Genre: Classical Music</p>	<p>24</p> <p>CHERRIES JUBILEE DAY</p> <p>9:00 RSF Bible Study Series Part IV 10:00 CEA Cherries Jubilee making 10:30 HPF Walking Challenge: Moving for Memory 1:30 SCE Scrabble® 3:00 CEA Sing Across Canada: Gordon Lightfoot 4:00 HPF Total Body Conditioning- Advanced 6:00 CEA Movie: If You Could Read My Mind</p>	<p>25</p> <p>9:30 SCE Tea and Talk 10:00 HPF Strength Training Bingo: Session IX 11:00 CEA Language of Flowers: Asters 1:30 SCE Radio Commercials (Online Versions) 4:00 HPF Posture and Stretch Fitness Class 4:30 CEA Music: The Porter Wagoner Show 6:00 SCE Ball games</p>
<p>26</p> <p>JOHNNY APPLESEED</p> <p>9:30 SCE Cocoa and Comics 10:00 HPF Tai Chi: Balance and Posture 11:00 CEA Apple Art 2:00 RSF Online Bible Studies 3:00 CPI Who am I? 4:00 HPF Strength Training Bingo: Session VIII 6:30 CEA Music Advertisement</p>	<p>27</p> <p>ANCESTOR DAY</p> <p>9:30 SCE Coffee Talk & Current Events 10:00 HPF Walking Challenge: Moving for Memory 11:00 SCE Group Puzzles 2:00 LIS ODU: The Women Who Ruled The World 4:00 HPF Lower Body Conditioning 4:30 CEA Music Journaling Program: John Denver 6:30 SCE Movie:</p>	<p>28</p> <p>BISCOTTI DAY</p> <p>9:30 SCE Tea & Talk 10:00 HPF Yoga Flow 11:00 SCE Coffee and Biscotti Tasting 2:00 LIS American Film Series & Discussion 3:00 HPF Dance & Movement: The Git Up Line Dance 4:30 CEA Defining Music Genres: The Beatles 6:00 SCE Baseball</p>	<p>29</p> <p>NATIONAL COFFEE DAY</p> <p>9:00 SCE Coffee Talk & Current Events 10:00 HPF Upper Body Conditioning 10:30 LIS ODU: Coffee Chemistry 2:00 SCE Coffee Bar It's A Latte 3:00 HPF Work On Well Being 4:00 HPF Tai Chi: Balance and Posture 6:00 CEA Reminiscing: Bing Crosby & Dixie Lee</p>	<p>30</p> <p>HOT CIDER DAY</p> <p>9:30 SCE Cider and Conversation 10:00 HPF Total Body Conditioning- Beginner 11:00 CEA Broadway Music: Julie Andrews 1:30 RSF Virtual Bible Study 2:00 SCE This or That Connection Exercise 4:00 HPF Dance & Movement: The Macarena 6:00 SCE Movie Madness: Darling Lili</p>		