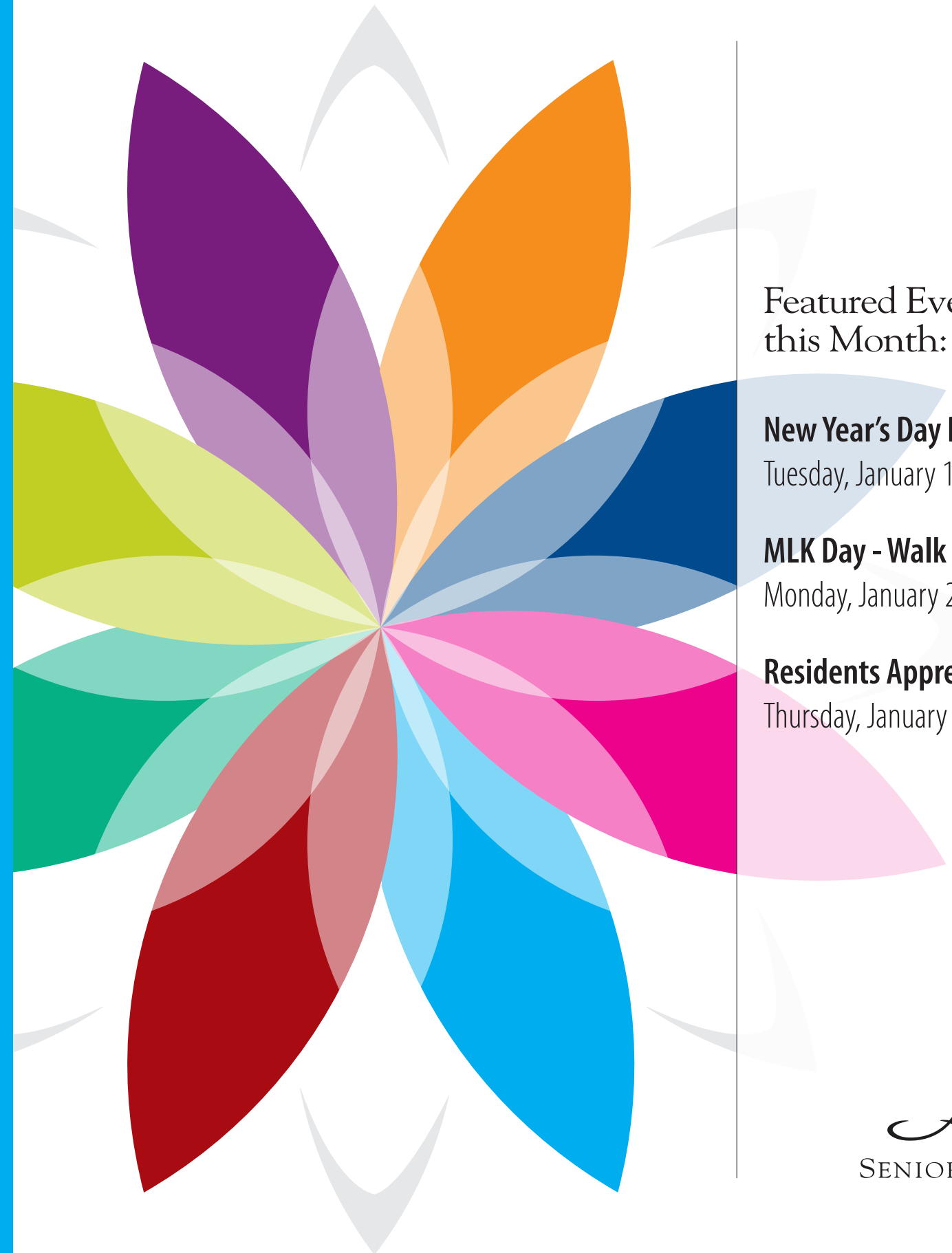


LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

New Year's Day Brunch
Tuesday, January 1, 11:00 AM

MLK Day - Walk for Freedom
Monday, January 21, 10:00 AM

Residents Appreciation Toast
Thursday, January 24, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

JANUARY 2019

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
- A** Atria StoryWise
- J** Legato

<p>9:00 IS Sunday Services - Nondenominational</p> <p>10:00 HF Fitness - Walking Club</p> <p>10:30 LL Collectables - Porcelain Dolls</p> <p>11:00 CE Crafts Collage - Winter Theme</p> <p>1:00 C NFL Football Fan Club (PL)</p> <p>2:00 A Atria Sharing - StoryWise™</p> <p>2:30 EF High Tea</p> <p>3:00 J Legato/Fitness - Movement to Music</p> <p>4:00 HF Fitness - Laughter Yoga</p> <p>6:30 EF Popcorn, Candy & a Movie</p>	<p>10:00 HF Fitness - Mindfulness Stretch</p> <p>11:00 EF Gardening- Orchid club</p> <p>1:00 CV Volunteerism - Baking Treats For Pets</p> <p>1:00 CE Jewelry Making (AS)</p> <p>2:00 J Legato - Winter Songs</p> <p>2:30 LL Brain Fitness - Word Challenge</p> <p>3:30 HF Fitness - Movement with Scarves</p> <p>4:00 PA Reminiscing - Sharing Favorite Photos</p> <p>6:30 IS Captivating Stories - Inspirational</p>	<p>10:00 CE Art Class - Mixed Media</p> <p>11:00 EF New Year's Day Brunch</p> <p>11:30 HF Fitness - Yoga In The Morning</p> <p>1:00 LL Science - Photosynthesis</p> <p>2:00 HF Fitness - Strength and Balance</p> <p>3:00 A Sharing Stories - Inspirational</p> <p>4:00 C Top of the World Cocktail Hour (Top)</p> <p>6:30 J Legato - Opera Appreciation</p>	<p>10:00 HF Fitness - AM Strength & Balance</p> <p>10:30 LL Excursion - A Trip To The Art Museum</p> <p>11:00 CE Gardening</p> <p>11:00 J Legato - Famous Composers</p> <p>1:30 HF Zumba® Gold Aerobics (SCR)</p> <p>2:00 CV Volunteerism - Making Cards For A Cause</p> <p>3:00 CE Photography Club - Photo Booth</p> <p>4:00 C Karaoke For Prizes: Sinatra Tunes</p> <p>6:30 EF From Book to the Big Screen Movie (T)</p>	<p>10:00 HF Fitness - Stretching In The Morning</p> <p>10:30 EF iPad® - Trip To The Zoo (Zoo Cam)</p> <p>11:00 A Around Town</p> <p>1:00 CE Confectionary Creations (AS)</p> <p>2:00 CE Crafts - Colorful Sun Catchers</p> <p>3:00 PA Reminiscing - Sharing Fav Traditions</p> <p>4:00 HF Fitness - Light & Lively Workout</p> <p>6:30 J Legato - Barbara Streisand Concert</p>	<p>10:00 HF Fitness - Morning Meditation</p> <p>10:30 J Legato - Musical Instrument Play A Long</p> <p>11:00 CE Gardening</p> <p>1:00 LL Fashion Club -1960's</p> <p>1:30 CV Charity Knitters (TC)</p> <p>2:00 HF Fitness - Aerobics Workout</p> <p>3:00 A Atria Sharing - StoryWise™</p> <p>3:30 C Happy Hour - Refreshment Mixer</p> <p>4:00 LL The Historian Club -Julia Childs</p> <p>6:30 EF Legato - Sing Along To The Lyrics</p>	<p>10:00 HF Fitness - Light Weight Workout</p> <p>10:30 LL Cultural Studies - France</p> <p>11:00 CE Garden Club - Succulents</p> <p>1:00 CE Crafts - Watercolors Landscapes</p> <p>2:00 C Social Club - Cards</p> <p>3:00 HF Zumba® Gold</p> <p>3:30 J Legato - Dean Martin</p> <p>4:00 LL iPad® - Trip To Paris</p> <p>6:30 C Social Media - Making Family Connections</p>																																										
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<p>9:00 IS Sunday Services - Nondenominational</p> <p>10:00 HF Fitness - Yoga</p> <p>11:00 C Social Media- Family and Friends</p> <p>1:00 C NFL Football Fan Club (PL)</p> <p>2:00 CE Baking- Making Bread</p> <p>2:30 EF High Tea</p> <p>3:00 J Legato - Big Band Appreciation</p> <p>3:30 HF Fitness - Zumba® Gold</p> <p>6:30 EF Popcorn, Candy & a Movie</p>	<p>10:00 HF Fitness - Walking For Charity</p> <p>10:30 CE Photography Club - Nature Photos</p> <p>11:00 EF Gardening- Orchid Club</p> <p>1:00 CE Glass Jewelry Making (AS)</p> <p>2:00 J Legato - Musical Instrumental Play Along</p> <p>2:30 LL Brain Fitness - Finish The Line</p> <p>3:30 HF Fitness - Laughter Yoga</p> <p>4:00 PA Reminiscing - Sharing Family Traditions</p> <p>6:30 IS Captivating Stories - Inspirational</p>	<p>10:00 CE Art Class - Stencils</p> <p>10:30 HF Fitness - Yoga In The Morning</p> <p>11:00 LL Brain Fitness - Naming The 50 States</p> <p>1:00 EF Competitive Club - The Game Of Boggle™</p> <p>2:00 CE Poets Corner - Emily Dickens</p> <p>2:30 HF Fitness - Chair Yoga</p> <p>3:00 CE Culinary Creations - Chef's Table</p> <p>4:00 C Top of the World Cocktail Hour</p> <p>6:30 J Legato Perry Como Concert Series</p>	<p>10:00 HF Fitness -AM Strength & Balance</p> <p>10:30 LL Excursion - To The Human Society</p> <p>11:00 LL Notable People- Hollywood Stars</p> <p>2:00 J Legato - Drumming Circle</p> <p>3:00 CE Photography Club - Nature Photos</p> <p>4:00 HF Fitness - Zumba® Gold</p> <p>6:30 EF Popcorn, Candy & a Movie</p>	<p>10:00 HF Fitness - AM Morning Stretch</p> <p>10:30 LL Technology - Television Evolution</p> <p>11:00 EF Culinary Corner - Making Ice Cream</p> <p>1:00 CE Artisan Baking Class (AS)</p> <p>2:00 CE Crafts - Painting Flower Pots</p> <p>3:00 PA Reminiscing - Sharing Funny Moments</p> <p>4:00 HF Fitness - Light & Lively Workout</p> <p>6:30 J Legato - Making Music Song Writing</p>	<p>10:00 HF Fitness - Yoga In The Morning</p> <p>10:30 J Legato - Berlin Music Apperication</p> <p>11:00 CE Crafts - Pottery Creations</p> <p>1:00 HF Fitness - Meditation In The Afternoon</p> <p>2:00 C Sports Club - All About Surfing</p> <p>2:00 LL Fashion Club - 1960's</p> <p>2:00 EF Food Thru Film Midday Matinee</p> <p>3:00 CV Volunteerism - Making Blankets</p> <p>4:00 LL Brain Fitness - Baseball Trivia</p> <p>6:30 EF Legato - Twisting To The 1960's Tunes</p>	<p>10:00 HF Fitness - AM Strength & Balance</p> <p>10:30 LL Cultural Studies - Persia</p> <p>11:00 CE Crafts - Watercolors And Florals</p> <p>1:00 C Social Media - Making Family Connections</p> <p>3:00 HF Fitness - Tai Chi Workout</p> <p>3:30 J Legato - Karaoke With Malt Shop Tunes</p> <p>4:00 LL iPad® - Trip To Washington D.C.</p> <p>6:30 CE Garden Club - Flowers</p>																																										
<p>10:00 HF Drum Fitness</p> <p>10:30 LL Collectables - All About China</p> <p>11:00 IS Sunday Services - Nondenominational</p> <p>1:00 J Legato - The 1950s Name That Tune</p> <p>2:00 CE Crafts Collage - Cooking Themed</p> <p>2:30 EF High Tea</p> <p>3:30 HF Fitness - Laughter Yoga</p> <p>4:00 A Atria - StoryWise™ - Memories Of Siblings</p> <p>6:30 EF Popcorn, Candy & a Movie</p>	<p>10:00 CV MLK day - Walk for Freedom</p> <p>10:00 HF Fitness - Outdoor Walking Club</p> <p>10:30 LL Brain Fitness - Fill In The Blank</p> <p>11:00 CE Gardening - Orchid club</p> <p>1:00 LL iPad® - Let's Travel To San Fransico</p> <p>2:00 J Legato - Singing to the Oldies</p> <p>3:00 CV Volunteerism - Baking Treats For Pets</p> <p>4:00 HF Fitness - Aerobics Workout</p> <p>6:30 IS Captivating Stories - Inspirational</p>	<p>10:00 CE Art Class - Acrylics</p> <p>10:30 EF Culinary Corner - Creative Food Art</p> <p>11:00 HF Fitness - Light & Lively Workout</p> <p>1:00 LL Science - Ecology</p> <p>2:00 HF Fitness - Nature Walk</p> <p>2:30 LL Brain Fitness - Word Scramble</p> <p>3:00 CV Volunteerism - Making Blankets For Needy</p> <p>4:00 C Top of the World Cocktail Hour (Top)</p> <p>6:30 J Legato - Line Dancing</p>	<p>10:00 HF Fitness - Light Weight Workout</p> <p>10:30 LL Excursion - Dining Out</p> <p>11:00 J Legato -Karaoke</p> <p>1:00 LL Notable People- Greatest Inventors</p> <p>2:00 A Atria Sharing - StoryWise™</p> <p>3:00 HF Fitness - Movement to Scarves</p> <p>4:00 C Jetsetter Bits and Bites</p> <p>6:30 CE Crafts - Floral Designs</p>	<p>10:00 HF Fitness - AM Morning Stretch</p> <p>11:00 IS Choir Group</p> <p>1:00 EF iPad® - Google™ Earth</p> <p>2:00 A Residents Appreciation Toast</p> <p>2:00 CE Craft - Pottery Creations</p> <p>2:30 CV Knitting for a Cause</p> <p>3:00 PA Reminiscing Significant Life Event</p> <p>4:00 HF Fitness - Aerobics Workout</p> <p>6:30 J Legato- Elton John Concert Series</p>	<p>10:30 LL What's Trending</p> <p>10:30 HF Fitness - Aerobics Workout</p> <p>11:30 LL The Historian Club - Quilting</p> <p>1:00 HF Fitness - Meditation In The Afternoon</p> <p>2:00 CV Volunteerism - Making Cards For A Cause</p> <p>3:30 EF Happy Hour - Refreshment Mixer</p> <p>4:00 LL Brain Fitness - Presidential Trivia</p> <p>6:30 J Legato - Name That Tune</p>	<p>10:00 HF Fitness - Light Weight Workout</p> <p>10:30 LL Cultural Studies - Italy</p> <p>1:00 EF Competitive Club - Pictionary™ Challenge</p> <p>2:00 HF Fitness - Nature Walk</p> <p>3:00 EF Ice Cream Social Milk Shakes</p> <p>3:30 J Legato - Karaoke Fun With Oldies</p> <p>4:00 LL iPad® - Trip To Great Wall Of China</p> <p>6:30 CE Garden Club - Flowers</p>																																										
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