

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Sports Talk**
Thursday, February 4, 6:30 PM
- Mardi Gras Happy Hour**
Tuesday, February 16, 3:00 PM
- Fine Art Miracles**
Monday, February 22, 2:00 PM



FEBRUARY 2021

ATRIA McCANDLESS
engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

7 Super Bowl® Sunday
10:00 HF Cross Trainer Cycle Class (FC)
10:00 IS Mass Diocese of Pittsburgh - Live Stream (IR)
11:00 Scrabble® GO Club (IR)
11:00 IS WV United Methodist - Live Stream (IR)
2:00 LL The Louvre HD (MT)
3:00 EF Super Bowl® Happy Hour (L)
4:00 HF Total Body Conditioning (FC) (ELD)
6:30 EF Movie Night Snack Cart (MT)
6:30 EF Super Bowl® LV Kickoff (CBS)

14 New York Fashion Week Valentine's Day
10:00 HF Cross Trainer Cycle Class (FC) (ELD)
10:00 IS Mass Diocese of Pittsburgh - Live Stream (IR)
11:00 Scrabble® GO Club (IR)
11:00 IS WV United Methodist - Live Stream (IR)
2:00 EF NYT Crossword Puzzle (ELC)
3:00 EF Choco Raspberry Milkshakes (L)
4:00 HF Total Body Conditioning (FC) (ELD)
6:30 EF Movie Night Snack Cart (MT)

21
10:00 HF Cross Trainer Cycle Class (FC) (ELD)
10:00 IS Mass Diocese of Pittsburgh - Live Stream (IR)
11:00 Scrabble® GO Club (IR)
11:00 IS WV United Methodist - Live Stream (IR)
2:00 EF Tea 4 Two (FS)
4:00 HF Total Body Conditioning (FC) (ELD)
6:30 EF Movie Night Snack Cart (MT)

28
10:00 HF Cross Trainer Cycle Class (FC) (ELD)
10:00 IS Mass Diocese of Pittsburgh - Live Stream (IR)
11:00 Scrabble® GO Club (IR)
11:00 IS WV United Methodist - Live Stream (IR)
2:00 EF Shuffleboard Competition (BR)
4:00 HF Total Body Conditioning (FC)
6:30 EF Movie Night Snack Cart (MT)

1
10:00 HF Functional Fitness (FC)
11:00 News To Me (ELC) (ELD)
1:30 EF Monday Matinee (MT)
2:00 CE Creative Writing (ELC)
4:00 LL One Day University (MT)
4:00 EF Caramel Snickerdoodle Martini (L)
6:30 HF Stretch and Flex (FC) (ELD)

8
10:00 HF Functional Fitness (FC)
11:00 News To Me (ELC) (ELD)
2:00 C Veterans Club (FS)
3:00 Atria StoryWise™ (ELC)
4:00 LL One Day University (MT)
4:00 EF Coco Colada (L)
6:30 HF Stretch and Flex (FC) (ELD)

15 Presidents' Day
10:00 HF Functional Fitness (FC)
11:00 News to Me (ELC) (ELD)
2:00 LL Coffee with the Composers (FS)
3:00 C Men's Club (FS) (ELD)
4:00 EF Hurricane Cocktail (L)
4:00 LL One Day University: Why Fashion Matters (MT)
6:30 HF Stretch and Flex (FC) (ELD)

22
10:00 HF Functional Fitness (FC)
11:00 News to Me (ELC) (ELD)
2:00 CE Fine Art Miracles (AS)
4:00 EF Gin & Tonic (L)
4:00 LL One Day University (MT)
6:30 HF Stretch and Flex (FC) (ELD)

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

2 Groundhog Day
10:00 HF Strength and Balance (FC) (ELD)
11:00 LL Stock Market Watch (ELC)
2:00 CE North Hills Art Center (AS)
3:00 LL Air Pano - iPad® (MT)
4:00 EF Jeopardy!® (ELC)
6:30 HF Chair Yoga (FC)

9
10:00 HF Strength and Balance (FC) (ELD)
11:00 LL TED Talks (MT)
2:00 CE DIY Valentine Gnome
4:00 EF Wine Tasting (L)
6:00 LL Today in History (ELC)
6:30 HF Chair Yoga (FC)

16 Mardi Gras
10:00 HF Strength and Balance (FC) (ELD)
11:00 LL Google™ Expedition - iPad® (MT)
2:00 CE North Hills Art Center (AS)
3:00 EF Mardi Gras Happy Hour (L)
4:00 EF Wheel of Fortune® - iPad® (ELC) (DR)
6:30 HF Chair Yoga (FC)

23
10:00 HF Strength and Balance (FC) (ELD)
11:00 LL Air Pano - iPad® (MT)
2:00 CE Arranging with Roses (ELC)
3:00 EF Global Grounds: Chicory Coffee (L)
4:00 EF NY Times Crossword Puzzle (ELC)
6:30 HF Chair Yoga (FC)

ROOM LOCATION KEY:
Art Studio AS
Engage Life Center ELC
Family Suite FS
Fitness Center FC
Library LIB
Lounge L
Movie Theater MT
Billiards Room BR
Patio P
In-Room IR

3
10:00 HF Upper Body Conditioning (FC)
11:00 Ten Things You Need to Know Today
2:00 HF Body and Soul Fitness (FC) (HG)
3:00 CV Celebrate Black History Month
4:00 C Explore Pinterest Trends (ELC)
6:30 LL Today in History (ELC)

10
10:00 HF Upper Body Conditioning (FC)
11:00 CE DIY Woodworking (AS)
11:00 IS Meditation of the Day (ELC)
2:00 HF Body and Soul Fitness (FC) (HG)
3:00 Ten Things You Need to Know Today (ELC)
4:00 EF Valentine's/Palentine's Happy Hour
6:30 EF Bocce Tournament (FC)

17 Ash Wednesday
10:00 HF Upper Body Conditioning (FC)
11:00 EF CSI Puzzle Challenge (ELC)
2:00 HF Body and Soul Fitness (FC) (HG)
4:00 LL Evening Sky Star Gazer (MT)
6:30 EF The Reel Deal: Coco Before Chanel (MT)

24
10:00 HF Upper Body Conditioning (FC)
11:00 IS Words To Live By (ELC)
11:00 CE DIY Woodworking (AS)
2:00 HF Body and Soul Fitness (FC) (HG)
4:00 EF Taco 'Bout a Guac Party
6:00 Atria StoryWise™ Club (ELC)

STAFF KEY:
Donna Canovali, Engage Life Director ELD
Engage Life Program Instructor ELP
Heather Gerlach, Certified Fitness Instructor HG
Legion of Mary LOM
Destiny Reber, ELPI DR
Donnie Holl, Volunteer DH

4 Rosa Parks Day
10:00 HF Matter of Balance (MOB) (FC)
11:00 HF Brain Health (ELC)
2:00 PA Ambassador Club Sign Up (ELC) (ELD)
3:00 HF To Your Health: Immune Boosters (ELC)
6:30 HF Silver Sneakers Work Out (FC)
6:30 EF Sports Talk (L) (DH)

11
10:00 HF Matter of Balance Class (MOB) (FC)
11:00 IS The Holy Rosary (ELC) (LOM)
2:00 PA Engage Life® Planning Meeting (ELC)
3:00 Atria StoryWise™ Club (LIB)
4:00 CV Intro to SAY Charity (ELC)
4:00 Scrabble® GO Club (IR)
6:30 HF Silver Sneakers Work Out (FC)

18
10:00 HF Matter of Balance Class (MOB) (FC)
11:00 EF Name That Era: Fashion (ELC)
11:00 CV Animal Advocacy (ELC)
2:00 C Get To Know You Chat (FS)
3:00 C V.I.P. Birthday Party (FS)
4:00 LL Famous February Birthdays and More! (ELC)
6:30 HF Silver Sneakers Work Out (FC)

25
10:00 HF Matter of Balance Class (MOB) (FC)
11:00 IS The Holy Rosary (ELC) (LOM)
2:00 C Facetime Chat (FS)
2:00 CV Resident Council (ELC)
4:00 C New Resident Meet 'n Greet (L) (ELD)
6:30 HF Silver Sneakers Work Out (FC)

5
10:30 HF On-the-Go Fitness (ELC) (DR)
11:00 IS The Holy Rosary
2:00 C Explore Pinterest Trends (ELC)
3:00 HF Fitness Forward (FC)
4:00 EF Buttered Rum (L)
6:00 Pub Trivia (L) (DR)

12 Chinese New Year Lincoln's Birthday
10:30 HF Couch Potato Fitness (FC)
11:00 HF Smoothie Bar: Pomegranate & Oat (FS)
2:00 IS Laughter Yoga (ELC)
3:00 LL Winter Bird Watching (P)
4:00 HF Fitness Forward (FC)
6:00 Pub Trivia (L)

19
10:30 HF On-the-Go Fitness (FC)
11:00 IS The Holy Rosary
2:00 IS Mood Makeover: Fashion Coloring (AS)
4:00 EF Red Carpet Cocktail (L)
6:00 HF Fitness Forward (FC)
6:30 EF The Met Opera (MT)

26
10:30 HF Couch Potato Fitness (FC)
11:00 IS Poetry Club (LIB)
2:00 IS Laughter Yoga (ELC)
4:00 HF Fitness Forward (FC)
6:00 Pub Trivia (L)

6
10:30 HF Lower Body Conditioning (FC)
11:00 C FaceTime Chat (FS)
2:00 Ten Things You Need to Know Today (ELC)
4:00 EF NY Times Crossword Puzzle (ELC)
6:00 HF Keep Movin' (FC)
6:30 EF Broadway HD (MT)
6:30 IS Allegheny Alliance Church - Live Stream (IR)

13
10:30 HF Lower Body Conditioning (FC)
11:00 C FaceTime Chat (FS)
2:00 LL Ladies Book Club (LIB) (ELP)
3:00 Atria StoryWise™ Club (ELC) (ELP)
4:00 HF Keep Movin' (FC)
6:00 IS Allegheny Alliance Church - Live Stream (IR)
6:30 EF Movie Night Snack Cart (MT)

20
10:30 HF Lower Body Conditioning (FC)
11:00 C FaceTime Chat (FS)
2:00 EF Broadway HD (MT)
3:00 C Explore Pinterest: Fashion Trends (ELC)
6:00 HF Keep Movin' (FC)
6:00 IS Allegheny Alliance Church - Live Stream (IR)

27
10:30 HF Lower Body Conditioning (FC)
11:00 C FaceTime Chat (FS)
2:00 LL Ladies Book Club (LIB) (ELP)
4:00 HF Keep Movin' (FC)
6:00 IS Allegheny Alliance Church - Live Stream (IR)
6:30 EF Movie Night Snack Cart (MT)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Super Bowl Tailgating
Sunday, February 7, 3:30 PM

Mardi Gras Masquerade
Wednesday, February 17, 3:30 PM

Taco 'Bout a Party?
Wednesday, February 24, 3:30 PM



FEBRUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

7 Super Bowl® Sunday
10:00 IS Catholic Mass Streaming
10:30 HF Fitness: Yoga Stretching
11:00 IS Sunday Services - Nondenominational
1:00 C Family Zoom Calls
3:00 HF Fitness: Dancing through the Decades
3:30 EF Super Bowl® Tailgating
6:30 EF The Super Bowl® on CBS
6:30 EF Groundhog Day

14 St. Valentine's Day
10:00 IS Catholic Mass Streaming
10:30 HF Fitness: Do the Cupid Shuffle
11:00 IS Sunday Services - Nondenominational
1:00 C Virtual Family Time
2:30 EF Daytona 500 on FOX
3:00 HF Fitness: Low Impact Workout
3:30 EF Valentine Be Mine
6:30 EF I'll See You in My Dreams

21
10:00 IS Catholic Mass Streaming
10:30 HF Fitness: Yoga Recharge
11:00 IS Sunday Services - Nondenominational
1:00 J It's your Playlist
3:00 HF Fitness: Movement to Music
3:30 C Facetime Family
6:30 EF Marley and Me

28
10:00 IS Catholic Mass Streaming
10:30 HF Fitness: Mind and Body
11:00 IS Sunday Services - Nondenominational
1:00 CE Flower Designs
3:00 HF Fitness: Drumming Along
3:30 C Virtual Family Visits
6:30 EF Show Time Sunday

1
10:00 C February Happenings
10:30 HF Fitness: Balance It Out
11:00 C Welcome to Black History Month
1:00 LL What's That State? California!
3:00 HF Fitness Inspiration
3:30 EF Scattergories®
6:30 EF Lincoln

8
10:00 C Good Morning Atria
10:30 HF Exercise to Relieve Stress
11:00 EF Pictionary™
1:00 LL All About Colorado
3:00 HF Fitness: Lower Body Conditioning
3:30 CE Creating Corsages and Boutonnieres
6:30 LL Dog Show Traditions

15 Presidents' Day
10:00 C Weekend Recap
10:30 HF Fitness: Morning Meditation
11:00 EF Name That President
1:00 LL State Feature: Connecticut
3:00 HF Fitness: Resistance Band Workout
3:30 CE Spice up your Painting
6:30 EF I Spy

22
10:00 C Monday Wake Up
10:30 HF Fitness: Motivation Monday
11:00 LL Watercolor Art Studio
1:00 LL Highlighting Delaware
3:00 HF Everyday Fitness
3:30 CE Creative Winter Collage
6:30 PA Shopping at the Five and Dime

- 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
- J Music

2 Groundhog Day
10:00 C Ask Phil
10:30 HF Fitness: Neighborhood Stroll
11:00 LL Winter's Other Half
1:00 C A Time for Love
3:00 HF Step One Step Two
3:30 CV Zoom Daycare Storytime
6:30 LL Groundhog Trivia

9
10:00 C Today's Headlines
10:30 HF Fitness: Mindful Moving
11:00 LL The History of Candy Hearts
1:00 CV Crochet Connection
3:00 HF Fitness: Virtual Hiking Adventure
3:30 CE Uncorked Artwork
6:30 J Beatlemania

16 Mardi Gras
10:00 C Good News Network
10:30 HF Fitness: Step it up
11:00 StoryWise™ Sharing
1:00 CV Caring Cards
3:00 HF Fitness: Stretch and Flex
3:30 EF Horse Races
6:30 EF Fat Tuesday Traditions

23
10:00 C Today's Headlines
10:30 HF Fitness: Tai Chi
11:00 PA Name That Scent
1:00 IS African Safari
3:00 HF Fitness: Walk this Way
3:30 CV Dog Biscuit for Shelter Pups
6:30 C Cozy Café

3
10:00 C The Day at a Glance
10:30 HF Fitness: Face Yoga
11:00 IS Praying the Rosary
1:00 CE Feed the Birds Day
3:00 HF Fitness: Twist and Shout
3:30 EF Super Bowl® Bash
6:30 LL The Day the Music Died

10
10:00 C Today in the News
10:30 HF Fitness: Wednesday Warm up
11:00 IS Chicken Soup for the Soul
1:00 J Musically Engaged: Country & Western
3:00 HF Fitness: Do Si Do
3:30 EF Will you be my "Palentine?"
6:30 LL Word Puzzles

17 Ash Wednesday
10:00 C The Day at a Glance
10:30 HF Fitness: Breathing Concentration
11:00 IS Praying the Rosary
1:00 PA Reminisce: Making Sacrifices
3:00 HF Make Time for Fitness
3:30 EF Mardi Gras Masquerade
6:30 CE Creative Coloring

24
10:00 C Today in the News
10:30 HF Fitness: Building Balance
11:00 IS Positive Reflections
1:00 C Pen Pals Club
3:00 HF Fitness: Dance the Polka
3:30 EF Taco 'Bout a Party?
6:30 LL Any Language Will Do

4 United Service Organization Day
10:00 C Atria Today
10:30 HF Fitness: Hey Macarena!
11:00 PA Remembering Winter Traditions
1:00 LL Birth of the USO
3:00 HF Fitness: Staying Active
3:30 CE Garland of Love: A Valentine Craft
6:30 C A Picture's Worth a Thousand Words

11
10:00 C Good News Network
10:30 HF Fitness: ElderGym
11:00 IS Satisfied with Being Single
1:00 IS Warm Aromas for the Cold Season
3:00 HF Fitness: Movement with Scarves
3:30 LL Science Experiment
6:30 J Silly Love Songs

18
10:00 C Atria Today
10:30 HF Fitness: Core Strengthening
11:00 EF What's in the Bag?
1:00 CE All Seasons Gardening
3:00 HF Fitness: Do the Macarena!
3:30 C February Birthday Fun
6:30 EF Sleepy Tea Time

25 Purim Begins
10:00 C Good News Network
10:30 HF Fitness: Pilates
11:00 PA Our Favorite Recipes
1:00 IS How we Celebrate Purim
3:00 HF Fitness: Select To Be Fit
3:30 LL Tour of Italy
6:30 EF Aww Nuts!

5
10:00 C Hello Neighbor!
10:30 HF Fitness: Energize your Day
11:00 LL Wear Red, It's Heart Month!
1:00 EF Sort it out
3:30 HF Fitness: Posture Practice
6:30 EF Friday Feature

12 Chinese New Year
10:00 C Roll out the Red Carpet
10:30 HF Fitness: Stretch and Flex
11:00 CE Chinese New Year Lanterns
1:00 LL Expedition: Festivals around the World
3:30 HF Fitness: Instrumental Movements
6:30 Cozy Corner Coffee Chat

19
10:00 C Weekly Welcome
10:30 HF Fitness: It's Leg Day
11:00 C Famous Fashions
1:00 LL Short Storytime
3:30 HF Fitness: Mind and Body
6:30 EF Friday Feature

26
10:00 C First Impressions
10:30 HF Fitness: Upper Body Conditioning
11:00 CE Celebrate Friends
1:00 EF Heads Up
3:30 HF Fitness Focus
6:30 LL The Man in Black

6
10:00 C The Daily Chronicles
10:30 HF Fitness: Aerobics Workout
11:00 HF Self Care Saturday
1:00 CE Colorful Creations
3:30 HF Fitness: Sit and be Fit
6:30 J Don't Worry Be Happy

13
10:00 C The Daily Chronicles
10:30 HF Fitness: Light and Lively Workout
11:00 LL Word Wonders: Radio Terms
1:00 PA Love and Valentine's Day
3:30 HF Fitness: Do the Electric Slide
6:30 EF Chocolate Kisses

20
10:00 C The Daily Chronicles
10:30 HF Fitness: Sunroom Meditation
11:00 EF Spring is in the Air
1:00 J Name that Tune!
3:30 HF Fitness: Get your Heart Beating
6:30 C Cuteness Overload

27
10:00 C The Daily Chronicles
10:30 HF Fitness: Morning Moves
11:00 EF Two by Two
1:00 LL Playing Polar Bears
3:30 HF Commit to be Fit
6:30 StoryWise™

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