

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Outing: Carnegie Museum of Art

**"Breakfast at Tiffany's"
Ladies Brunch**

Adventurous Eaters Club



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SAMPLE CALENDAR

ATRIA McCANDLESS
engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



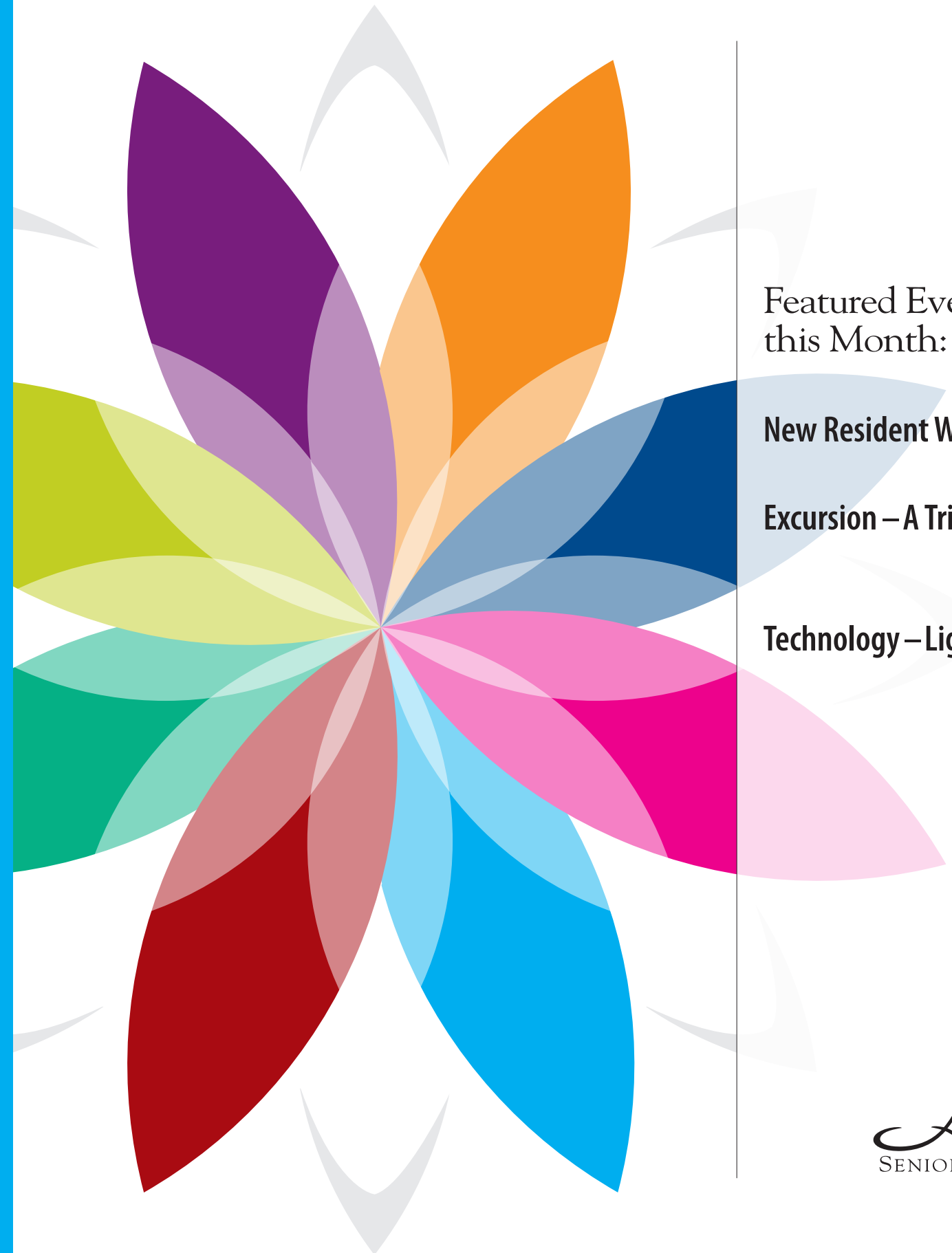
- PA Personal Achievement
- HF Health & Fitness
- EF Entertainment & Fun
- CV Civic Engagement
- LL Lifelong Learning
- CE Creative Expression
- IS Inspiration & Spirituality
- C Connection
- A Atria StoryWise

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|---|--|---|---|--|---|---|
| | | | | | <p>10:00 HF Flexibility & Balance</p> <p>10:30 EF Fruit Smoothie Bar</p> <p>10:45 LL iPad 101</p> <p>1:00 C Men's Club: World Brews</p> <p>1:00 HF Veterans Rowing Club</p> <p>2:00 CE Bell Choir Practice</p> <p>4:00 EF Resident Welcome Social</p> <p>6:30 C Robotics Club</p> | <p>2</p> <p>10:00 HF Circuit Training</p> <p>10:45 C Facebook® Friends</p> <p>1:00 IS Aromatherapy</p> <p>2:00 HF Tap Dance Class</p> <p>2:30 EF Outing: Carnegie Museum of Art</p> <p>3:30 LL Cocktail Hour & Trivia</p> <p>4:00 IS Walking Meditation</p> <p>6:30 EF Netflix® Viewers' Choice</p> |
| <p>3</p> <p>9:30 IS Church Outings</p> <p>10:30 HF Charity Miles Challenge</p> <p>11:00 IS Nondenominational Service</p> <p>1:30 CV Community Philanthropy</p> <p>1:30 EF Bridge Group</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>4:30 CV Trivia for Charity</p> <p>7:00 EF Culinary Cinema: "Fried Green Tomatoes"</p> | <p>4</p> <p>10:00 HF Aqua Fitness for Flexibility</p> <p>10:30 C Words with Friends</p> <p>11:00 HF Kale Smoothie Bar</p> <p>1:00 EF Pottery Class at Clayful Pottery</p> <p>1:30 HF Jazz Tap Class</p> <p>1:30 EF Bridge Group</p> <p>4:00 EF Margarita Monday</p> <p>6:30 LL Book Club – "The Devil in the White City"</p> | <p>5</p> <p>10:00 HF Fitness Station Rotation</p> <p>10:45 LL Surfing Pinterest®</p> <p>11:30 EF Lunch at North Park Lounge</p> <p>1:30 IS Rosary & Communion</p> <p>2:00 IS Laughter Yoga</p> <p>3:00 HF Strength & Relaxation</p> <p>4:00 EF Gin & Jazz</p> <p>6:00 EF Classic Movie & Review</p> <p>7:15 PA Ambassador-Hosted Mixer</p> | <p>6</p> <p>10:00 HF Strength & Balance</p> <p>11:15 PA Atria Ambassador Meeting</p> <p>1:30 CE Writer's Corner</p> <p>2:30 IS Religious Study Group</p> <p>2:30 CV Supporting the Troops</p> <p>3:15 HF Yoga for Relaxation</p> <p>4:00 EF Starbucks® Coffee Bar</p> <p>6:30 LL Lecture Series: The Growth of a Nation</p> | <p>7</p> <p>10:00 HF Energy Boost Fitness Class</p> <p>11:30 LL Mystery Outing</p> <p>1:00 CV Charity Knitters</p> <p>2:00 HF Fitness Orientation</p> <p>3:15 CE Art Class: Oil Painting</p> <p>4:00 EF CSI Puzzle Challenge</p> <p>5:00 EF Dinner & a Show</p> <p>7:00 LL Yelp Reviewers</p> | <p>8</p> <p>10:00 HF Strength Training</p> <p>10:45 LL Current World Topics</p> <p>1:00 HF Fitbit® Challenge: Setup and Q&A</p> <p>1:00 C Student Mentorship</p> <p>2:00 PA Civic Engagement Committee</p> <p>3:00 A Atria StoryWise™ Live</p> <p>3:00 EF Blackjack</p> <p>6:30 IS Nature Walk</p> | <p>9</p> <p>10:00 HF Power Pedal Cycle Class</p> <p>10:45 C Intergenerational Skype™ Sessions</p> <p>11:00 EF "Breakfast at Tiffany's" Ladies Brunch</p> <p>1:30 CE Watercolor Landscapes</p> <p>2:00 HF Tap Dance Class</p> <p>3:30 C Community Pet Social Hour</p> <p>4:00 IS Walking Meditation</p> <p>5:30 C Family Pizza Night</p> |
| <p>10</p> <p>9:30 IS Church Outings</p> <p>10:30 HF Fitness Stations Challenge</p> <p>11:00 IS Nondenominational Service</p> <p>1:30 LL New York Times Crossword – iPad</p> <p>1:30 EF Bridge Group</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>4:30 CV World Wildlife Federation</p> <p>6:00 EF Mahjong</p> | <p>11</p> <p>10:00 HF Aqua Fitness for Flexibility</p> <p>10:30 LL Art Authority: Picasso</p> <p>11:15 EF Lunch at Totin's Diner</p> <p>1:30 HF Rhythm & Rides Cycling</p> <p>2:30 LL Wonders of Science</p> <p>3:30 CE Cupcake Décor Wars</p> <p>3:45 EF Mojito Monday</p> <p>6:30 LL Book Club – "The Poisonwood Bible"</p> | <p>12</p> <p>10:00 HF Fitness Orientation</p> <p>10:45 LL You Can YouTube®</p> <p>11:30 EF Lunch at Tomato Pie Cafe</p> <p>1:30 IS Communion</p> <p>2:00 HF Circuit Training</p> <p>3:00 IS Breathe & Relax</p> <p>4:00 EF Swigs & Swing</p> <p>7:00 CE Theater Master Class</p> | <p>13</p> <p>10:00 HF Salsa Dancing Class</p> <p>11:00 CE Photography Class: Nature Walk</p> <p>1:30 CE You Can Haiku</p> <p>2:30 IS Religious Study Group</p> <p>2:30 CV Animal Advocacy</p> <p>3:15 HF Zumba®</p> <p>4:00 EF Mixology 101</p> <p>6:30 LL Lecture Series: Your Mind with Music</p> | <p>14</p> <p>10:00 HF Energy Boost Fitness Class</p> <p>10:45 EF Boutique Shopping Outing</p> <p>11:00 LL Google™ Expeditions – iPad</p> <p>12:00 LL Chef's Table: Exploration of Greece</p> <p>1:30 HF Aqua Fitness 101</p> <p>3:15 CE Art Class: Watercolors</p> <p>4:00 IS Inspirational TED Talks</p> <p>6:30 LL Music Appreciation: Opera</p> | <p>15</p> <p>10:00 HF Flexibility & Balance</p> <p>10:45 LL Current World Topics</p> <p>1:00 HF Veterans Rowing Club</p> <p>2:00 PA Civic Engagement Committee</p> <p>2:00 CE Bell Choir Practice</p> <p>3:00 C Speed Relating</p> <p>4:00 EF Kentucky Bourbon Tasting</p> <p>6:30 IS Relaxation Meditation</p> | <p>16</p> <p>10:00 HF New You NuStep®</p> <p>10:45 LL Surfing Pinterest</p> <p>1:00 IS Aromatherapy</p> <p>2:00 LL Learn Bridge</p> <p>2:30 C Therapy Dogs Visit</p> <p>3:30 EF Sports Happy Hour</p> <p>4:00 IS Walking Meditation</p> <p>6:45 EF Scrabble® Tournament</p> |
| <p>17</p> <p>9:30 IS Church Outings</p> <p>10:30 HF Charity Miles Challenge</p> <p>11:00 IS Nondenominational Service</p> <p>1:30 CV Community Philanthropy</p> <p>1:30 EF Bridge Group</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>4:30 CV Trivia for Charity</p> <p>7:00 EF Culinary Cinema: "Julie & Julia"</p> | <p>18</p> <p>10:00 HF Aqua Fitness for Flexibility</p> <p>10:30 LL Engage Your Brain – iPad</p> <p>1:00 EF Antique Mall Shopping</p> <p>1:30 HF Cardio Drumming</p> <p>2:30 IS Motivational Reading</p> <p>2:30 EF Outing: Afternoon Movie Matinee</p> <p>4:00 EF Margarita Monday</p> <p>6:30 LL Book Club – "The Great Gatsby"</p> | <p>19</p> <p>10:00 HF Fitness Station Rotation</p> <p>10:45 LL Surfing the Net</p> <p>11:15 EF Picnic Lunch & Boating at North Park</p> <p>1:30 IS Rosary & Communion</p> <p>2:00 HF Charity Miles Challenge</p> <p>3:00 CE Garden Lecture: Bonsai</p> <p>4:00 EF Martini Tuesday</p> <p>6:00 EF Poker</p> | <p>20</p> <p>10:00 HF Strength & Balance</p> <p>10:30 LL Stock Market Watch</p> <p>12:00 PA Atria Ambassador Recruitment</p> <p>1:30 LL McCandless Heritage Center</p> <p>2:30 IS Religious Study Group</p> <p>2:30 CV Baking for a Soup Kitchen</p> <p>3:15 HF Yoga for Relaxation</p> <p>6:30 CE Poetry Hour</p> | <p>21</p> <p>10:00 HF Low-Impact Fitness Class</p> <p>11:00 LL Google Expeditions – iPad</p> <p>1:00 CV Dance-Off for Charity</p> <p>1:30 HF Circuit Training</p> <p>2:00 CV Recycling Project</p> <p>3:15 CE Art Class: Paint & Sip</p> <p>4:00 LL Brain Challenges – iPad</p> <p>6:30 LL Music Appreciation: Swing Music</p> | <p>22</p> <p>10:00 HF Strength Training</p> <p>10:45 LL Current World Topics</p> <p>11:00 EF Outing: The Andy Warhol Museum</p> <p>1:00 HF Fitbit Challenge: Leaderboard Awards</p> <p>2:30 EF Poker</p> <p>3:00 A Atria StoryWise Live</p> <p>4:00 EF Speakeasy: Drinks of the Prohibition Era</p> <p>6:30 EF Sports Night</p> | <p>23</p> <p>10:00 HF Circuit Training</p> <p>10:45 C Family Skype Sessions</p> <p>1:00 IS Aromatherapy</p> <p>2:00 LL Learn Bridge</p> <p>2:00 HF Ballroom Dance Class</p> <p>3:30 EF Karaoke Happy Hour</p> <p>5:30 EF Dinner at Blue North Restaurant</p> <p>6:30 C Family Movie Night</p> |
| <p>24</p> <p>9:30 IS Church Outings</p> <p>10:30 HF Mindfulness Stretch</p> <p>11:00 IS Nondenominational Service</p> <p>1:30 LL New York Times Crossword – iPad</p> <p>1:30 EF Bridge Group</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>4:30 CV World Wildlife Federation</p> <p>6:00 EF Mahjong</p> | <p>25</p> <p>10:00 HF Aqua Fitness for Flexibility</p> <p>10:45 LL Art Authority: Monet</p> <p>11:00 EF Mahjong</p> <p>1:30 HF Rhythm & Rides Cycling</p> <p>2:30 LL Engage Your Brain – iPad</p> <p>3:30 HF Fitness Dance Class</p> <p>4:00 EF Mojito Monday</p> <p>6:30 LL Book Review Club – Your Top Five Books</p> | <p>26</p> <p>10:00 HF Fitness Orientation</p> <p>10:45 LL Today in History</p> <p>1:30 IS Rosary & Communion</p> <p>2:00 CE Pottery Class</p> <p>3:00 HF Circuit Training</p> <p>5:30 EF Dinner at Taj Mahal</p> <p>6:00 EF Poker</p> <p>7:00 EF Employee Talent Show</p> | <p>27</p> <p>10:00 HF Salsa Dancing Class</p> <p>11:00 CE Photography Class: Photo Booth</p> <p>1:30 CE Writer's Corner</p> <p>2:00 PA Atria Ambassador Meeting</p> <p>2:30 IS Religious Study Group</p> <p>3:30 HF Zumba</p> <p>4:00 EF Mixology 101</p> <p>6:30 EF Dinner at Burgatory</p> | <p>28</p> <p>10:00 HF Weight Training</p> <p>10:30 EF Fruit Smoothie Bar</p> <p>11:00 LL Google Expeditions – iPad</p> <p>12:30 EF Adventurous Eaters Club</p> <p>1:30 HF Aqua Fitness 101</p> <p>2:00 IS Laughter Yoga</p> <p>3:15 CE Art Class: Crafts & Cocktails</p> <p>6:30 LL Music Appreciation: Folk Music</p> | <p>29</p> <p>10:45 LL Current World Topics</p> <p>11:00 HF The Benefits of Tea</p> <p>1:30 CE Poetry Hour</p> <p>2:30 C Intergenerational Photo Booth</p> <p>3:00 A Atria StoryWise Live</p> <p>3:30 HF Strength & Balance</p> <p>4:00 LL Space Observatory – iPad</p> <p>6:30 EF Dinner at Sushi Tomo</p> | <p>30</p> <p>10:00 HF Power Pedal Cycle Class</p> <p>10:45 C Intergenerational Skype Sessions</p> <p>11:00 EF Make Your Own Omelet Brunch</p> <p>1:30 CE Sculpting for Hand Exercise</p> <p>2:00 HF Tap Dance Class</p> <p>3:30 EF Invite a Friend for Wine</p> <p>4:00 IS Walking Meditation</p> <p>6:45 EF Mahjong</p> |

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

New Resident Welcome Party

Excursion – A Trip to Germantown

Technology – Light Bulb Evolution



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

10:00 **HF** Walking for Charity
 10:30 **LL** Brain Fitness – Finish the Line
 11:00 **EF** Competitive Club – Pictionary™
 1:00 **LL** iPad® – Let's Travel to Yellowstone
 2:00 **J** Musical Instrument Play-Along
 3:00 **CE** Photography Club – Nature Photos
 3:30 **HF** Laughter Yoga
 4:00 **PA** Reminiscing – Favorite Traditions
 6:30 **IS** Captivating Stories



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

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 iPad® is a registered trademark of Apple Inc.
 Pictionary™ is a trademark of Hasbro, Inc.
 Yahtzee™ is a trademark of Hasbro, Inc.

1

10:00 **HF** Light Weight Workout
 10:30 **LL** Cultural Studies – Mexico
 11:00 **CE** Crafts – Watercolors & Landscapes
 1:00 **C** Social Media – Making Family Connections
 2:00 **HF** Line Dancing Class
 3:00 **EF** Ice Cream Social – “Good Humor”
 3:30 **J** Karaoke: Fun with Oldies
 4:00 **LL** iPad – Trip to Paris
 6:30 **CE** Garden Club – Succulents

2

10:00 **HF** Walking for Charity
 10:30 **LL** Collectibles – All About Stamps
 11:00 **IS** Nondenominational Services
 1:00 **HF** Tai Chi Workout
 2:00 **A** Atria StoryWise™ Sharing
 3:00 **J** Movement to Music
 3:30 **CE** Crafts – Patriotic-Themed Collages
 4:00 **HF** Laughter Yoga
 6:30 **EF** Theater – “Chef” Movie

3

10:00 **HF** Mindfulness Stretch
 10:30 **LL** Brain Fitness – Word Challenge
 11:00 **CV** Volunteerism – Baking Treats for Pets
 1:00 **LL** iPad – Let's Travel to the Grand Canyon
 2:00 **J** Bell Choir Practice
 3:00 **CE** Crafts – Pottery Creations
 3:30 **HF** Bowling Challenge
 4:00 **PA** Reminiscing – Sharing Favorite Photos
 6:30 **IS** Captivating Stories

4

10:00 **HF** Yoga
 10:30 **EF** Culinary Corner – Make a Seasonal Salad
 11:00 **LL** Brain Fitness – Word Scramble
 1:00 **LL** Science – Plant Seeds & Development
 2:00 **HF** Nature Walk
 3:00 **J** Sing-Along Favorites
 4:00 **CE** Poets' Corner – Emily Dickinson
 6:30 **J** Famous Violinists' Works

5

10:00 **HF** Strength & Balance Class
 10:30 **LL** Excursion – A Trip to the Museum
 11:00 **J** Drumming Circle
 1:00 **LL** Notable People – Ronald Reagan
 2:00 **CV** Volunteerism – Making Cards for a Cause
 3:00 **CE** Photography Club – Photo Booth
 4:00 **HF** Volleyball Challenge
 6:30 **CE** Crafts – Floral Designs

6

10:00 **HF** Stretching in the Morning
 10:30 **LL** Technology – Phone Evolution
 11:00 **EF** Competitive Club – Dominoes
 1:00 **EF** iPad – Trip to the Zoo (Zoo Cam)
 2:00 **CE** Crafts – Colorful Suncatchers
 3:00 **PA** Reminiscing – Sharing Traditions
 4:00 **HF** Light & Lively Workout
 6:30 **J** Dean Martin Concert Series

7

10:00 **HF** Morning Meditation
 10:30 **J** Musical Instrument Play-Along
 11:00 **LL** Historian Club – Pennsylvania
 1:00 **HF** Aerobics Workout
 2:00 **LL** Fashion Club – Coco Chanel
 2:00 **C** Sports Club – Golf Greats
 3:00 **A** Atria StoryWise™ Sharing
 3:30 **C** Happy Hour – Refreshment Mixer
 4:00 **LL** Brain Fitness – U.S. Trivia
 6:30 **EF** Sing-Along to the Lyrics

8

10:00 **HF** Light Weight Workout
 10:30 **LL** Cultural Studies – Japan
 11:00 **CE** Crafts – Watercolors & Seascapes
 1:00 **C** New Resident Welcome Party
 2:00 **HF** Nature Walk
 3:00 **EF** Ice Cream Social – Banana Splits
 3:30 **J** Karaoke: Country Favorites
 4:00 **LL** iPad – Trip to New York City
 6:30 **CE** Garden Club – Herbs

9

10:00 **HF** Mindfulness Stretching
 10:30 **LL** Collectibles – All About Coins
 11:00 **IS** Nondenominational Services
 1:00 **HF** Aerobics Workout
 2:00 **A** Atria StoryWise Sharing
 3:00 **J** R. Strauss Music Appreciation
 3:30 **HF** Volleyball Challenge
 4:00 **CE** Crafts – Beach-Related Collages
 6:30 **EF** Theater – “Julie and Julia” Movie

10

10:00 **HF** Walking for Charity
 10:30 **LL** Brain Fitness – Finish the Line
 11:00 **EF** Competitive Club – Pictionary
 1:00 **LL** iPad – Let's Travel to Yosemite
 2:00 **J** Musical Instrument Play-Along
 3:00 **CE** Photography Club – Nature Photos
 3:30 **HF** Laughter Yoga
 4:00 **PA** Reminiscing – Sharing Favorite Vacations
 6:30 **IS** Captivating Stories

11

10:00 **HF** Light & Lively Workout
 10:30 **EF** Culinary Corner – Make a Dessert
 11:00 **LL** Brain Fitness – Word Scramble
 1:00 **LL** Science – Astronomy & the Planets
 2:00 **HF** Aerobics Workout
 3:00 **CV** Volunteerism – Making Blankets for the Needy
 4:00 **CE** Poets' Corner – Robert Frost
 6:30 **J** Line Dancing

12

10:00 **HF** Light Weight Workout
 10:30 **LL** Excursion – A Trip to Germantown
 11:00 **J** Bell Choir Practice
 1:00 **LL** Notable People – Nancy Reagan
 2:00 **A** Atria StoryWise Sharing
 3:00 **HF** Movement to Scarves
 4:00 **J** iPad Musical Play-Along
 6:30 **CE** Crafts – Floral Designs

13

10:00 **HF** Morning Stretch
 10:30 **LL** Technology – Radio Evolution
 11:00 **EF** Competitive Club – Yahtzee®
 1:00 **EF** iPad – Trip to the Zoo (Zoo Cam)
 2:00 **LL** Historian Club – U.S. Flags
 3:00 **PA** Reminiscing – Sharing Awards Won
 4:00 **HF** Nature Walk
 6:30 **J** Frank Sinatra Concert Series

14

10:00 **HF** Aerobics Workout
 10:30 **J** Beethoven Music Appreciation
 11:00 **LL** Historian Club – National Parks
 1:00 **HF** Fitness – Meditation in the Afternoon
 2:00 **LL** Fashion Club – Christian Dior
 2:00 **C** Sports Club – All About Baseball
 3:00 **A** Atria StoryWise Sharing
 3:30 **EF** Happy Hour – Refreshment Mixer
 4:00 **LL** Brain Fitness – California Trivia
 6:30 **J** Musical Instrument Play-Along

15

10:00 **HF** Strength & Balance Class
 10:30 **LL** Cultural Studies – Ireland
 11:00 **CE** Crafts – Watercolors & Florals
 1:00 **C** Social Media – Making Family Connections
 2:00 **HF** Tai Chi Workout
 3:00 **EF** Ice Cream Social – Sundaes
 3:30 **J** Karaoke: Malt Shop Tunes
 4:00 **LL** iPad – Trip to Washington D.C.
 6:30 **CE** Garden Club – Flowers

16

10:00 **HF** Walking for Charity
 10:30 **LL** Collectibles – All About Baseball Cards
 11:00 **IS** Nondenominational Services
 1:00 **HF** Bowling Challenge
 2:00 **A** Atria StoryWise Sharing
 3:00 **J** 1950s Name That Tune
 3:30 **HF** Fitness – Laughter Yoga
 4:00 **CE** Crafts – Sports-Themed Collages
 6:30 **EF** Theater – “Father Knows Best” Movie

17

10:00 **HF** Mindfulness Stretch
 10:30 **LL** Brain Fitness – Fill in the Blank
 11:00 **CV** Volunteerism – Baking Treats for Pets
 1:00 **LL** iPad – Let's Travel to San Francisco
 2:00 **J** Bell Choir Practice
 3:00 **CE** Crafts – Pottery Creations
 3:30 **HF** Aerobics Workout
 4:00 **PA** Reminiscing – Sharing Celebrations
 6:30 **IS** Captivating Stories

18

10:00 **HF** Yoga
 10:30 **EF** Competitive Club – Boggle®
 11:00 **LL** Brain Fitness – Naming the 50 States
 1:00 **LL** Science – Astronomy & the Stars
 3:00 **HF** Movement to Scarves
 3:00 **CE** Culinary Creations – Chef's Table
 4:00 **CE** Poets' Corner – Walt Whitman
 6:30 **J** Perry Como Concert Series

19

10:00 **HF** Strength & Balance Class
 10:30 **CV** Excursion – A Trip to the Humane Society
 11:00 **J** Drumming Circle
 1:00 **LL** Notable People – John F. Kennedy
 2:00 **A** Atria StoryWise Sharing
 3:00 **CE** Photography Club – Nature Photos
 4:00 **HF** Volleyball Challenge
 6:30 **CE** Crafts – Floral Designs

20

10:00 **HF** Morning Stretch
 10:30 **LL** Technology – Television Evolution
 11:00 **EF** Culinary Corner – Making Ice Cream
 1:00 **EF** iPad – Trip to the Zoo (Zoo Cam)
 2:00 **CE** Crafts – Painting Flower Pots
 3:00 **PA** Reminiscing – Sharing Funny Moments
 4:00 **HF** Light & Lively Workout
 6:30 **J** Making Music & Songwriting

21

10:00 **HF** Yoga
 10:30 **J** Berlin Music Appreciation
 11:00 **CE** Crafts – Pottery Creations
 1:00 **HF** Meditation in the Afternoon
 2:00 **LL** Fashion Club – Jackie Kennedy
 2:00 **C** Sports Club – All About Surfing
 3:00 **CV** Volunteerism – Making Pet Toys
 3:30 **EF** Happy Hour – Refreshment Mixer
 4:00 **LL** Brain Fitness – Baseball Trivia
 6:30 **EF** Twisting to the 60s

22

10:00 **HF** Light Weight Workout
 10:30 **LL** Cultural Studies – Germany
 11:00 **CE** Crafts – Watercolors & Seascapes
 1:00 **EF** Competitive Club – Pictionary
 2:00 **HF** Nature Walk
 3:00 **EF** Ice Cream Social – Milkshakes
 3:30 **J** Karaoke: Fun with Oldies
 4:00 **LL** iPad – Trip to the Great Wall of China
 6:30 **CE** Garden Club – Flowers

23

10:00 **HF** Mindfulness Stretch
 10:30 **LL** Collectibles – All About Cars
 11:00 **IS** Nondenominational Services
 1:00 **HF** Nature Walk
 2:00 **A** Atria StoryWise Sharing
 3:00 **J** Tommy Dorsey Music Appreciation
 3:30 **HF** Volleyball Challenge
 4:00 **CE** Crafts – Fashion-Related Collages
 6:30 **EF** Theater – “Singin' in the Rain” Movie

24

10:00 **HF** Walking for Charity
 10:30 **LL** Brain Fitness – Spelling Challenge
 11:00 **IS** Captivating Stories
 1:00 **LL** iPad Travel – Trip to Hawaiian Islands
 2:00 **J** Musical Instrument Play-Along
 3:00 **CE** Photography Club – Nature Photos
 4:00 **PA** Reminiscing – Sharing Family Photos
 6:30 **HF** Laughter Yoga

25

10:00 **HF** Light & Lively Workout
 10:30 **EF** Culinary Corner – Creative Food Art
 11:00 **LL** Brain Fitness – Word Scramble
 1:00 **LL** Science – Meteorology Types of Clouds
 2:00 **HF** Nature Walk
 3:00 **CV** Volunteerism – Making Blankets for the Needy
 4:00 **CE** Poets' Corner – William Shakespeare
 6:30 **J** Line Dancing

26

10:00 **HF** Light Weight Workout
 10:30 **EF** Excursion – Dining Out
 11:00 **J** Bell Choir Practice
 1:00 **LL** Notable People – Eleanor Roosevelt
 2:00 **A** Atria StoryWise Sharing
 3:00 **HF** Movement to Scarves
 4:00 **J** iPad Garage Band Play-Along
 6:30 **CE** Crafts – Floral Designs

27

10:00 **HF** Morning Stretch
 10:30 **LL** Technology – Light Bulb Evolution
 11:00 **EF** Competitive Club – Yahtzee
 1:00 **EF** iPad – Trip to the Zoo (Zoo Cam)
 2:00 **CE** Craft – Pottery Creations
 3:00 **PA** Reminiscing – Significant Life Events
 4:00 **HF** Aerobics Workout
 6:30 **J** Tony Bennett Concert Series

28

10:30 **HF** Aerobics Workout
 10:30 **J** Mozart Music Appreciation
 11:00 **LL** Historian Club – Air Transportation
 1:00 **HF** Meditation in the Afternoon
 2:00 **LL** Fashion Club – Gloria Vanderbilt
 2:00 **CV** Volunteerism – Making Cards for a Cause
 2:00 **C** Sports Club – All About Water Polo
 3:30 **EF** Happy Hour – Refreshment Mixer
 4:00 **LL** Brain Fitness – Presidential Trivia
 6:30 **J** Name That Tune

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10:00 **HF** Strength & Balance Class
 10:30 **LL** Cultural Studies – Ireland
 11:00 **CE** Crafts – Watercolors & Naturescapes
 1:00 **EF** Competitive Club – Pictionary
 2:00 **HF** Tai Chi Workout
 3:00 **EF** Ice Cream Social – Ice Cream Cones
 3:30 **J** Karaoke: Malt Shop Tunes
 4:00 **LL** iPad – Trip to Boston
 6:30 **CE** Garden Club – Vegetables

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10:00 **HF** Mindfulness Stretching
 10:30 **LL** Collectibles – All About Hummels
 11:00 **IS** Nondenominational Services
 1:00 **HF** Aerobics Workout
 2:00 **A** Atria StoryWise Sharing
 3:00 **J** Berlin Music Appreciation
 3:30 **HF** Volleyball Challenge
 4:00 **CE** Crafts – Floral-Related Collages
 6:30 **EF** Theater – “Grease” Movie