

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Outing: Carnegie Museum of Art**

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

**Adventurous Eaters Club**

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

# SAMPLE CALENDAR

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

# MEMORY CARE NEIGHBORHOOD

Monthly Calendar of Events and Programming



Featured Events  
This Month:

**New Resident Welcome Party**

**Excursion – A Trip to Fort McIntosh**

**Technology – Light Bulb Evolution**



# SAMPLE CALENDAR

# ATRIA AT CRANBERRY WOODS

## memory care

### 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
- J** Legato

**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 Fort McIntosh  
 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

**29**

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

**30**

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

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