

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- High Tea Happy Hour**
Wednesday, January 6, 3:30 PM
- Bottles and Boards**
Wednesday, January 13, 3:30 PM
- Presidential Happy Hour**
Wednesday, January 20, 3:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
 9:30 **IS** Church Outing (CR) (PI)
 10:30 Coffee Chat (C) (PI)
 11:15 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:00 **HF** Movement to Music (FC) (PI)
 2:30 **C** Pet Therapy (IR) (PI)
 3:00 **EF** Grammy Party (MT) (PI)



- 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**

ROOM LOCATION KEY:
 Café C
 Club Room CR
 Engage Life Center ELC
 Fitness Center FC
 In-Room IR
 Library Lib
 Movie Theater MT

STAFF KEY:
 Engage Life Program Instructor PI
 Matthew Werner MW
 Resident Res
 Tiffany del Fierro TDF
 Vendor V

New Year's Day
 9:45 **HF** Chair Yoga (FC) (V)
 10:30 **IS** Meditation (ELC) (V)
 1:30 **HF** Walking Club (CR) (TDF)
 2:30 **EF** Happy 'New Year' Hour (ELC) (TDF)
 3:30 **IS** New Year's Concert (ELC) (V)
 6:30 Movie: "The Apartment" (MT)

2
 9:45 **HF** Walking Club (CR) (TDF)
 10:30 **HF** Smoothie Bar & Health Chat (ELC) (TDF)
 1:15 **HF** Zumba® (FC) (V)
 2:00 **IS** Musical Concert (ELC) (V)
 3:15 **C** Welcome Ice Cream Social (ELC) (TDF)
 6:30 Ted Talk (MT)

3
 9:30 **IS** Church Outing (CR)
 10:45 Coffee Chat (ELC) (PI)
 11:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:30 **HF** Movement to Music (FC) (PI)
 2:30 **C** Pet Therapy (IR) (PI)
 3:15 **CE** StoryWise™ (ELC) (PI)

4
 10:45 **HF** Walking Club (CR) (PI)
 11:00 **IS** Transitions As We Age (MT)
 1:15 **HF** Dance With Me (FC) (PI)
 2:15 Trivia (ELC) (PI)
 3:00 **EF** Movie & Popcorn: "Midnight in Paris" (MT) (PI)
 6:30 **LL** Lecture: (ELC) (V)

5
 9:30 **EF** Shopping Trip to Target (CR) (TDF)
 10:30 **LL** Cooking Demonstration (C)
 10:45 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:30 **HF** Walking Club (CR) (PI)
 2:30 **LL** Debate and Discussion (ELC) (V)
 6:30 **CE** Crafts & Cocktails (ELC) (TDF)

6
 9:45 **HF** Walking Club (CR) (TDF)
 10:30 **CE** Beading (ELC) (TDF)
 11:30 **LL** World Culture: Greece (MT) (PI)
 1:30 **HF** Stretch and Breathe (FC) (PI)
 2:30 **C** Men's Club (ELC)
 3:30 **EF** High Tea Happy Hour (PI)
 3:30 **PA** Knit for a Cause (ELC) (Res)

7
 9:45 **HF** Walking Club (CR) (TDF)
 10:30 **CV** Resident Council (ELC) (Res)
 1:30 **EF** Museum Trip- Edward Hopper House (CR) (TDF)
 1:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 2:30 **LL** Learning the Computer (Lib) (PI)
 6:30 Bingo (ELC) (PI)

8
 9:45 **HF** Chair Yoga (FC) (V)
 10:30 **IS** Meditation (ELC) (V)
 1:30 **HF** Walking Club (CR) (TDF)
 2:30 **CE** Open Art Studio (ELC) (TDF)
 3:30 **IS** Shabbat Shalom (ELC) (V)
 6:30 Movie (MT)

9
 9:45 **HF** Walking Club (CR) (TDF)
 10:30 **HF** Smoothie Bar & Health Chat (ELC) (TDF)
 1:15 **HF** Zumba® (FC) (V)
 2:00 **EF** Happy Hour (ELC) (TDF)
 2:45 **IS** Musical Concert (ELC) (V)
 6:30 Ted Talk (MT)

10
 9:30 **IS** Church Outing (CR) (PI)
 10:45 Coffee Chat (ELC) (PI)
 11:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:30 **HF** Movement to Music (FC) (PI)
 2:30 **C** Pet Therapy (IR) (PI)
 3:15 **PA** January Birthday Party (ELC) (PI)

11
 10:45 **HF** Walking Club (CR) (PI)
 11:30 Card Games (ELC) (PI)
 1:30 **HF** Dance With Me (FC) (PI)
 2:15 **LL** ODU Lecture (MT) (PI)
 3:30 **EF** Milk & Cookies (IR) (PI)
 6:30 Movie: Viewer's Choice (MT)

12
 9:30 **EF** Shopping Trip to Kohl's (CR) (TDF)
 10:45 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:30 **HF** Walking Club (CR) (PI)
 2:30 **LL** Book Club (Lib) (PI)
 3:30 **CV** Animal Advocacy (ELC) (PI)
 6:30 **CE** Crafts & Cocktails (ELC) (TDF)

13
 9:45 **HF** Walking Club (CR) (TDF)
 10:45 **CE** Hat Making (ELC) (PI)
 11:30 **LL** World Culture: Portugal (MT) (PI)
 1:30 **HF** Stretch and Breathe (ELC) (PI)
 2:30 **C** Women's Group (ELC) (PI)
 3:30 **EF** Bottles and Boards (PI)
 6:30 **IS** Musical Concert (ELC) (V)

14
 10:00 **CV** Program Planning (ELC) (TDF)
 10:45 **HF** Walking Club (CR) (PI)
 11:30 **EF** Restaurant Lunch Trip to Norcina (CR) (PI)
 2:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 3:30 **EF** Afternoon Musical : "42nd St" (MT) (PI)
 6:30 Bingo (ELC) (PI)

15
 9:45 **HF** Chair Yoga (FC) (V)
 10:30 **IS** Meditation (ELC) (V)
 1:30 **HF** Walking Club (CR) (TDF)
 2:30 **EF** Hat Day - Happy Hour (TDF)
 3:30 **IS** Shabbat Shalom (ELC) (V)
 6:30 Movie: "Judy" (MT)

16
 9:45 **HF** Walking Club (CR) (TDF)
 10:30 **HF** Smoothie Bar & Health Chat (ELC) (TDF)
 1:15 **HF** Zumba® (FC) (V)
 2:00 **IS** Musical Concert (ELC) (V)
 3:30 **PA** Knit for a Cause (ELC) (Res)
 6:30 Ted Talk (MT)

17
 9:30 **IS** Church Outing (CR) (PI)
 10:45 Coffee Chat (C) (PI)
 11:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:30 **HF** Movement to Music (FC) (PI)
 2:30 **C** Pet Therapy (IR) (PI)
 3:15 **EF** Wine & Cheese (ELC) (PI)

18 MLK Day
 10:45 **HF** Walking Club (CR) (PI)
 11:15 What's in a Word? (ELC) (PI)
 1:30 **HF** Dance With Me (FC) (PI)
 2:30 **LL** ODU Lecture (ELC) (V)
 3:30 **CV** Day of Service (ELC) (PI)
 6:30 Movie: "Selma" (MT)

19
 9:30 **EF** Shopping Trip to CVS (CR) (TDF)
 10:45 **HF** Stretch and Strengthen Exercise (FC) (PI)
 11:15 **LL** What's in the News (ELC) (PI)
 1:30 **HF** Walking Club (CR) (PI)
 2:30 **EF** Scenic Drive: 7 Lakes Drive (CR)
 3:30 **LL** Learning the Computer (Lib) (PI)
 6:30 **CE** Crafts & Cocktails (ELC) (TDF)

20 Inauguration Day
 10:00 **CE** Painting (ELC) (TDF)
 10:45 **HF** Walking Club (CR) (TDF)
 11:00 **EF** Inauguration Watch (MT)
 1:30 **HF** Stretch and Breathe (FC) (PI)
 2:30 **LL** History Appreciation (ELC) (MW)
 3:30 **EF** Presidential Happy Hour (PI)
 6:30 **IS** Patriotic Musical Concert (ELC) (V)

21
 10:45 **HF** Walking Club (CR) (PI)
 12:00 **PA** Ambassador Program Luncheon (C) (TDF)
 1:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 2:30 **CV** Community Service Group (ELC) (TDF)
 3:30 **EF** Afternoon Musical: "Hamilton" (MT) (PI)
 6:30 Bingo (ELC) (PI)

22
 9:45 **HF** Chair Yoga (FC) (V)
 10:30 **IS** Meditation (ELC) (V)
 1:30 **HF** Walking Club (CR) (TDF)
 2:30 **EF** Paint & Sip (ELC) (TDF)
 3:30 **IS** Shabbat Shalom (ELC) (V)
 6:30 Movie: "Lincoln" (MT)

23
 9:45 **HF** Walking Club (CR) (TDF)
 10:30 **HF** Smoothie Bar & Health Chat (ELC) (TDF)
 1:30 **HF** Zumba® (FC) (V)
 2:30 **EF** Happy Hour (ELC) (TDF)
 3:30 **PA** Knit for a Cause (ELC) (Res)
 6:30 Ted Talk (MT)

24
 9:30 **IS** Church Outing (CR) (PI)
 10:45 Coffee Chat (ELC) (PI)
 11:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:30 **HF** Movement to Music (FC) (PI)
 2:30 **C** Pet Therapy (IR) (PI)
 3:15 **EF** Wine & Cheese (ELC) (PI)

25
 10:45 **HF** Walking Club (CR) (PI)
 11:15 Mahjong (ELC) (PI)
 1:30 **HF** Dance With Me (FC) (PI)
 2:30 You Be the Judge (ELC) (PI)
 3:30 **EF** Movie & Popcorn: "Little Women" (MT) (PI)
 6:30 **LL** Lecture: (ELC) (V)

26
 9:30 **EF** Shopping Trip to Macy's (CR) (TDF)
 10:45 **HF** Stretch and Strengthen Exercise (FC) (PI)
 1:30 **HF** Walking Club (CR) (PI)
 2:30 **LL** Historical Society Class (ELC) (PI)
 3:30 **CV** Animal Advocacy (ELC) (PI)
 6:30 **CE** Crafts & Cocktails (ELC) (TDF)

27 Tu BiShvat
 10:00 **CE** Tiling (ELC) (TDF)
 10:45 **HF** Stretch and Breathe (ELC) (PI)
 11:30 **LL** World Culture: Italy (MT) (PI)
 1:30 **HF** Walking Club (CR) (PI)
 2:30 **C** Women's Group (ELC) (PI)
 3:30 **EF** Coffee Bar Happy Hour (PI)
 6:30 **IS** Musical Concert (ELC) (V)

28 Tu BiShvat
 10:00 **EF** Movie Trip (CR) (TDF)
 10:30 **CV** Food for Thought (C)
 11:15 **HF** Walking Club (CR) (PI)
 1:30 **HF** Stretch and Strengthen Exercise (FC) (PI)
 2:30 **CE** Horticulture: Terrarium Workshop (ELC)
 3:30 **EF** Afternoon Musical: "Funny Girl" (MT) (PI)
 6:30 Bingo (ELC) (PI)

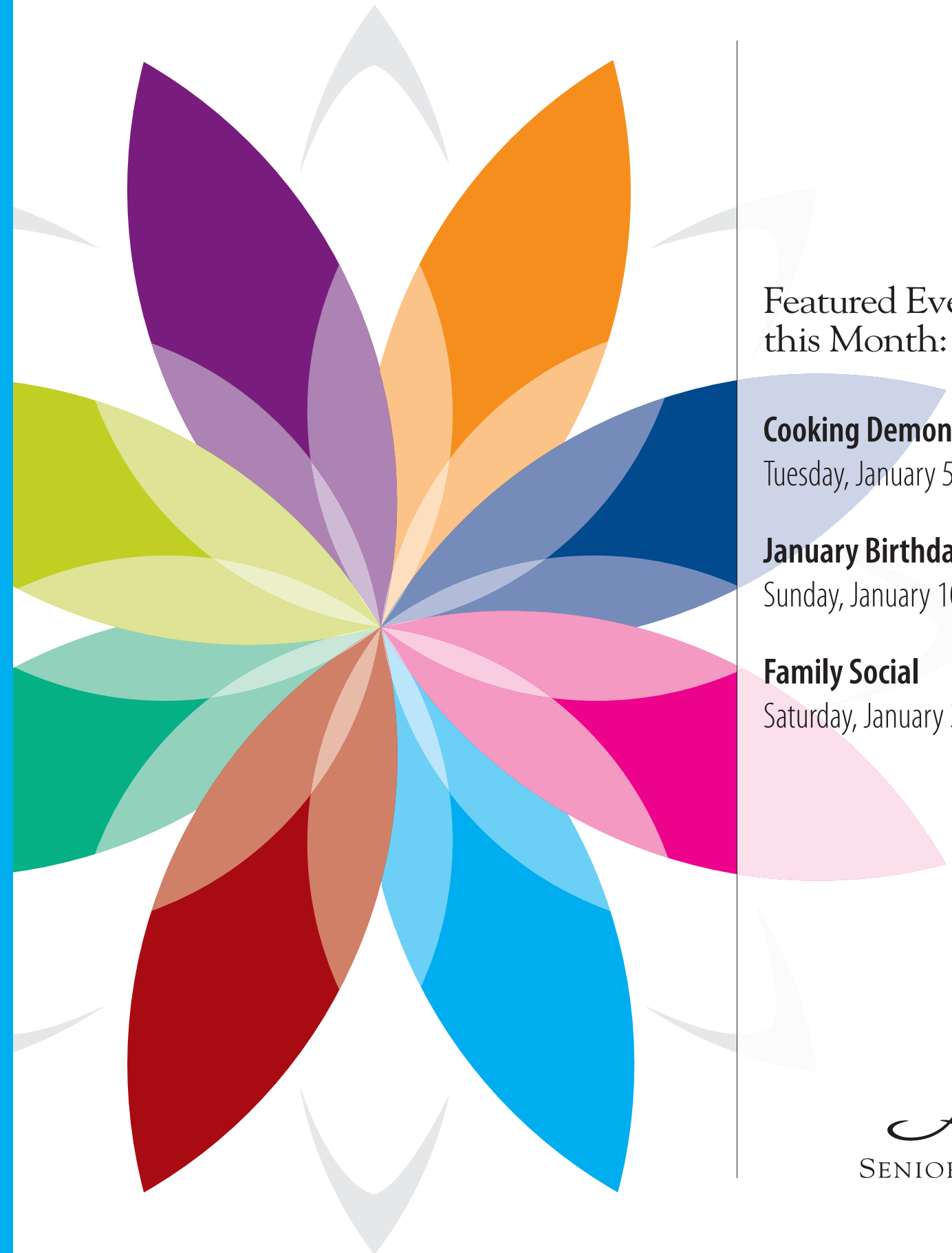
29
 9:45 **HF** Chair Yoga (FC) (V)
 10:30 **IS** Meditation (ELC) (V)
 1:30 **HF** Walking Club (CR) (TDF)
 2:30 **EF** Local Brewery Tasting (TDF)
 3:30 **IS** Shabbat Shalom (ELC) (V)
 6:30 Movie: "Marriage Story" (MT)

30
 9:45 **HF** Walking Club (CR) (TDF)
 10:30 **HF** Smoothie Bar & Health Chat (ELC) (TDF)
 1:30 **HF** Zumba® (CR) (V)
 2:30 **IS** Musical Concert (ELC) (V)
 3:30 **PA** Knit for a Cause (ELC) (Res)
 6:30 Ted Talk (MT)

Zumba® is a registered trademark of Zumba Fitness, LLC

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Cooking Demonstration
Tuesday, January 5, 11:15 AM

January Birthday Party!
Sunday, January 10, 2:30 PM

Family Social
Saturday, January 30, 1:00 PM

Atria
SENIOR LIVING

Atria
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **EF** Trip to Jill's Ceramics
 1:00 **IS** Armchair Travel: Morocco
 2:00 **IS** Pray the Rosary
 3:00 **PA** Try Something New!
 3:30 **EF** Snack Cart
 4:00 **HF** Light Weight Workout
 7:00 Movie Time!



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

STAFF KEY:
 LGD LGD
 Vendor V

1

New Year's Day

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **LL** Arts & Crafts (LGD)
 1:00 **C** Pet Visits
 2:15 **EF** Snack Cart (LGD)
 3:30 **M** New Year's Day Concert
 4:00 **HF** Conductorcise®
 7:00 Movie Time!

2

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Trivia Fun
 1:00 **M** Sing-A-Long
 2:15 **HF** Zumba® (V)
 3:15 **EF** Concert (V)
 4:00 **C** Welcome Ice Cream Social
 7:00 Movie Time!

3

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Let's Play a Board Game
 1:00 **IS** Armchair Travel: Italy
 2:00 **IS** Pray the Rosary
 3:00 **PA** Try Something New!
 3:30 **EF** Snack Cart
 4:00 **HF** Light Weight Workout
 7:00 Movie Time!

4

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 A Walk Down Memory Lane
 1:00 **M** Name that Tune!
 2:00 **EF** Bingo
 3:00 **C** Pet Therapy
 3:15 **EF** Snack Cart
 4:00 **HF** Chair Yoga
 7:00 Movie Time!

5

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:15 **EF** Cooking Demonstration
 1:00 **M** The Songs of Yesterday
 2:00 **LL** Let's Read Together!
 3:15 **EF** Snack Cart
 4:00 **HF** Movin' And Groovin'
 7:00 Movie Time!

6

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Let's Work on a Puzzle!
 11:30 **CV** Thank You Notes!
 1:00 **M** Karaoke
 3:15 **EF** Juicing For The Soul!
 4:00 **HF** Aerobic Workout
 7:00 Movie Time!

7

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Tending to our Garden
 1:00 **M** Music Meditation
 2:00 **LL** Trivia Challenge
 3:15 **EF** Snack Cart
 4:00 **HF** Strength and Balance Program
 7:00 Movie Time!

8

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Words Within Words
 1:00 **M** Music Relaxation
 2:45 **IS** Shabbat Shalom
 3:15 **EF** Snack Cart
 4:00 **HF** Conductorcise®
 7:00 Movie Time!

9

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Paint to Music
 1:00 **M** Sing with me!
 2:15 **HF** Zumba®
 3:15 **EF** Snack Cart
 3:45 **EF** Concert
 7:00 Movie Time!

10

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Let's Create!
 1:00 **M** Songs of America
 2:00 **IS** Pray the Rosary
 2:30 **PA** January Birthday Party!
 3:15 **EF** Snack Cart
 4:00 **HF** Light Weight Workout
 7:00 Movie Time!

11

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Scrabble®
 1:00 **M** For the Love of Music
 2:00 **C** Pet Therapy
 3:15 **EF** Milk & Cookies Cart
 4:00 **HF** Chair Yoga
 7:00 Movie Time!

12

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Sensory Spa
 1:00 **M** Jazz & Games
 1:30 **CV** Animal Advocacy: Let's Make Treats!
 2:30 **LL** Let's Read Together!
 3:15 **EF** Snack Cart
 4:00 **HF** Movin' And Groovin'
 7:00 Movie Time!

13

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Arts & Crafts
 1:00 **M** The Songs of Tony Bennett
 2:30 **EF** Snack Cart
 4:00 **HF** Aerobic Workout
 6:00 **M** Concert
 7:00 Movie Time!

14

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Tending to Our Garden
 1:00 **M** Listening to Mother Earth
 2:00 Pretty Nails
 3:15 **EF** Snack Cart
 4:00 **HF** Strength and Balance Program
 7:00 Movie Time!

15

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Jeopardy!®
 1:00 **M** Music Relaxation
 3:00 **IS** Shabbat Shalom
 3:15 **EF** Snack Cart
 4:00 **HF** Conductorcise®
 7:00 Movie Time!

16

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **EF** Hallway Bowling!
 1:00 **M** Musical Moments
 2:15 **HF** Zumba®
 3:15 **EF** Concert
 3:45 **EF** Snack Cart
 7:00 Movie Time!

17

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Buzz Words
 1:00 **M** The Sounds of the 50s
 2:00 **IS** Pray the Rosary
 3:00 **PA** Try Something New!
 3:30 **EF** Snack Cart
 4:00 **HF** Light Weight Workout
 7:00 Movie Time!

18

MLK Day

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Poetry
 1:00 **M** Songs of Liberation
 2:00 **C** Pet Therapy
 3:15 **EF** Snack Cart
 4:00 **HF** Chair Yoga
 7:00 Movie Time!

19

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Jewelry Making
 1:00 **M** Sing-A-Long
 1:30 **CV** Animal Advocacy: Let's Make Blankets!
 2:30 **LL** Let's Read Together!
 3:15 **EF** Snack Cart
 4:00 **HF** Movin' And Groovin'
 7:00 Movie Time!

20

Inauguration Day

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Act it Out!
 1:00 **M** Music Meditation
 2:00 **EF** Bingo
 3:15 **EF** Snack Cart
 4:00 **HF** Aerobic Workout
 6:00 **M** Patriotic Musical Stroll
 7:00 Movie Time!

21

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Tending to our Garden
 1:00 Reminiscing Collage
 2:00 **LL** Art History Appreciation
 3:15 **EF** Snack Cart
 4:00 **HF** Strength and Balance Program
 7:00 Movie Time!

22

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Card Games
 1:00 **M** Karaoke
 3:00 **IS** Shabbat Shalom
 3:15 **EF** Snack Cart
 4:00 **HF** Conductorcise®
 7:00 Movie Time!

23

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Yarn Crafts
 1:00 **M** The Sounds of the Season
 2:15 **HF** Zumba®
 3:15 **EF** Snack Cart
 7:00 Movie Time!

24

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **EF** Museum Trip: Edward Hopper House
 1:00 **IS** Armchair Travel: Greece
 2:00 **IS** Pray the Rosary
 3:00 **PA** Try Something New!
 3:30 **EF** Snack Cart
 4:00 **HF** Light Weight Workout
 7:00 Movie Time!

25

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **AW** StoryWise™
 1:00 **M** Music Relaxation
 2:00 **C** Pet Therapy
 3:15 **EF** Snack Cart
 4:00 **HF** Chair Yoga
 7:00 Movie Time!

26

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **PA** Who Am I?
 1:00 **M** Let's Sing: Musical Theater
 2:00 **LL** Let's Read Together!
 3:15 **EF** Juicing For The Soul!
 4:00 **HF** Movin' And Groovin'
 7:00 Movie Time!

27

Tu BiShvat

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Coffee & Tea Chat
 11:30 **CV** Thank You Notes!
 1:00 **EF** Bingo
 2:30 **EF** Snack Cart
 4:00 **HF** Aerobic Workout
 6:00 **M** Concert (V)
 7:00 Movie Time!

28

Tu BiShvat

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **CE** Terrarium Workshop
 1:00 **M** The Sounds of the 60s
 2:00 Trivia Games
 3:15 **EF** Snack Cart
 4:00 **HF** Strength and Balance Program
 7:00 Movie Time!

29

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 Jazz & Crafts
 1:00 **M** Music Meditation
 3:00 **IS** Shabbat Shalom
 3:15 **EF** Snack Cart
 4:00 **HF** Conductorcise®
 7:00 Movie Time!

30

10:00 **HF** Dynamic Warm-Up
 10:30 **LL** The Daily: Current Events
 11:00 **EF** Hallway Bowling!
 1:00 **C** Family Social
 2:15 **HF** Zumba®
 3:15 **EF** Snack Cart
 3:45 **M** Concert
 7:00 Movie Time!