

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**"Beyond Organic"
Gardening Lecture**

Gin and Jazz

**Henry Cowell Redwoods
State Park**



SAMPLE CALENDAR

ATRIA ALMADEN
engage life®

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
- AW** Atria StoryWise

- 1**
- 10:00 **HF** Fitness Station Rotation
 - 11:30 **EF** Lunch at Mint & Basil
 - 1:30 **CE** Pottery Class: Beginners/Level 1
 - 1:30 **IS** Rosary & Communion
 - 2:00 **HF** Aqua Fitness: Level 1
 - 3:00 **HF** Strength & Relaxation
 - 4:00 **EF** Gin and Jazz
 - 7:15 **PA** Ambassador Hosted Mixer

- 2**
- 10:00 **HF** Strength & Balance
 - 10:30 **LL** Stock Market Watch
 - 11:00 **CE** Photography Class: Portraits
 - 11:15 **PA** Atria Ambassador Meeting
 - 1:30 **CE** Writer's Corner
 - 2:30 **IS** Religious Study Group
 - 3:15 **HF** Yoga for Relaxation
 - 6:30 **LL** Lecture Series: California Missions

- 3**
- 10:00 **HF** Energy Boost Fitness Class
 - 10:30 **EF** Fruit Smoothie Bar
 - 11:30 **LL** San Jose Museum of Art
 - 1:00 **CV** Charity Knitters
 - 2:00 **HF** Fitness Orientation
 - 3:15 **CE** Art Class: Oil Painting
 - 4:00 **EF** CSI Puzzle Challenge
 - 5:00 **EF** Dinner & Theater

- 4**
- 10:00 **HF** Flexibility & Balance
 - 10:45 **LL** iPad® 101
 - 11:00 **HF** Japanese American Museum of San Jose
 - 1:00 **C** Men's Club: World Brews
 - 2:00 **CE** Bell Choir Practice
 - 3:00 **AW** Atria StoryWise™ Live
 - 4:00 **EF** Resident Welcome Social
 - 6:30 **IS** Shabbat Services

- 5**
- 10:00 **HF** Circuit Training
 - 10:45 **C** Facebook® Friends
 - 1:00 **IS** Aromatherapy
 - 2:00 **HF** Tap Dance Class
 - 2:30 **EF** Family Soda Shop Ice Cream Social
 - 3:30 **LL** Cocktail Hour & Trivia
 - 4:00 **IS** Walking Meditation
 - 6:30 **EF** Scrabble® Tournament

- 6**
- 9:30 **IS** Church Outings
 - 10:30 **HF** Charity Miles Challenge
 - 11:00 **IS** Nondenominational Service
 - 1:30 **EF** Bridge Group
 - 1:30 **CV** Community Philanthropy
 - 2:30 **HF** Tai Chi & Chai Tea
 - 3:30 **AW** Family Atria StoryWise Social
 - 4:30 **CV** Free Rice: Trivia for Charity
 - 6:30 **EF** Scrabble Tournament
 - 7:00 **EF** Food Through Film: "Fried Green Tomatoes"

- 7**
- 10:00 **HF** Mindfulness Stretch
 - 10:30 **C** Words with Friends
 - 1:00 **EF** Shopping at boutiques
 - 1:30 **EF** Bridge Group
 - 1:30 **HF** Jazz Tap Class
 - 2:30 **LL** Cooking Demo with Chef
 - 4:00 **EF** Margarita Monday
 - 6:30 **LL** Book Club – "Last Bus to Wisdom"

- 8**
- 10:00 **HF** Fitness Orientation
 - 10:45 **LL** You Can YouTube®
 - 11:15 **EF** Municipal Rose Garden
 - 1:30 **CE** Pottery Class: Level 2
 - 1:30 **IS** Rosary & Communion
 - 2:00 **HF** Aqua Fitness: Level 1
 - 3:00 **IS** Breathe & Relax
 - 4:00 **EF** Swigs and Swing
 - 6:00 **EF** Poker
 - 7:00 **CE** Theater Masterclass

- 9**
- 10:00 **HF** Salsa Dancing Class
 - 10:30 **LL** Stock Market Watch
 - 11:00 **CE** Photography Class: Nature Walk
 - 2:30 **CV** Animal Advocacy
 - 3:00 **CE** "Beyond Organic" Gardening Lecture
 - 3:15 **HF** Zumba®
 - 4:00 **EF** Mixology 101
 - 6:30 **LL** Lecture Series: History of San Jose

- 10**
- 10:00 **HF** Energy Boost Fitness Class
 - 11:00 **LL** Google™ Expeditions
 - 11:15 **EF** Trip to Winchester Mystery House
 - 12:00 **LL** Chef's Demonstration: Farm to Table
 - 1:30 **HF** Aqua Fitness: Level 2
 - 2:00 **CE** Bonsai Garden Club
 - 3:15 **CE** Art Class: Watercolors
 - 4:00 **LL** Space Observatory – iPad
 - 6:30 **LL** Music Appreciation: Opera

- 11**
- 10:00 **HF** Strength Training
 - 11:00 **LL** St. James Park
 - 1:00 **C** Student Mentorship
 - 1:00 **HF** Fitbit® Challenge: Set-up and Q&A
 - 2:00 **PA** Civic Engagement Committee
 - 3:00 **EF** Poker
 - 4:00 **C** Speed Relating
 - 6:30 **IS** Shabbat Services

- 12**
- 10:00 **HF** Power Pedal Cycle Class
 - 10:45 **C** Intergenerational Skype™ Sessions
 - 11:00 **EF** "Breakfast at Tiffany's" Ladies Brunch
 - 1:30 **CE** Watercolor Landscapes
 - 2:00 **HF** Tap Dance Class
 - 3:30 **C** Community Pet Social: Yappy Hour
 - 4:00 **IS** Walking Meditation
 - 5:30 **C** Family Pizza Night

- 13**
- 9:30 **IS** Church Outings
 - 10:30 **HF** Fitness Stations Challenge
 - 11:00 **IS** Nondenominational Service
 - 1:30 **EF** Bridge Group
 - 2:30 **HF** Tai Chi & Chai Tea
 - 3:30 **AW** Family Atria StoryWise Social
 - 4:30 **CV** World Wildlife Fund
 - 7:00 **EF** Food Through Film: "Mamma Mia"

- 14**
- 10:00 **HF** Strength Training
 - 10:30 **LL** Art Authority: Picasso
 - 11:15 **EF** Lunch at The Table
 - 12:30 **LL** Learn Italian – iPad
 - 1:30 **HF** Rhythm & Rides Cycling
 - 3:30 **CE** Cupcake Decor Wars
 - 3:45 **EF** Mojito Monday
 - 6:30 **LL** Book Club – "East of Eden"

- 15**
- 10:00 **HF** Fitness Station Rotation
 - 10:45 **LL** Surfing the Net
 - 11:15 **EF** Outing: Museum & Lunch
 - 1:30 **CE** Pottery Class: Beginners/Level 1
 - 1:30 **IS** Rosary & Communion
 - 2:00 **HF** Aqua Fitness: Level 1
 - 4:00 **EF** Gin and Jazz
 - 6:00 **EF** Poker
 - 7:00 **CE** Stage Masterclass

- 16**
- 10:00 **HF** Strength & Balance
 - 10:30 **LL** Stock Market Watch
 - 11:00 **CE** Photography Class: Missions
 - 1:30 **CE** Poetry Hour
 - 2:30 **IS** Religious Study Group
 - 3:15 **HF** Yoga for Relaxation
 - 4:00 **EF** Mixology 101
 - 6:30 **LL** Lecture Series: San Jose Conservation

- 17**
- 10:00 **HF** Low-Impact Fitness Class
 - 11:00 **LL** Google Expeditions – iPad
 - 12:30 **CE** Succulent Garden Club
 - 1:30 **HF** Aqua Fitness: Level 2
 - 2:00 **CV** Recycling Project
 - 3:15 **CE** Art Class: Paint and Sip
 - 4:00 **LL** Brain Challenges – iPad
 - 6:30 **LL** Music Appreciation: Swing Music

- 18**
- 10:00 **HF** Flexibility & Balance
 - 11:00 **EF** Henry Cowell Redwoods State Park
 - 1:00 **HF** Ballet Barre
 - 1:00 **EF** Yelp® Restaurant Review Club
 - 2:00 **CE** Bell Choir Practice
 - 3:00 **AW** Atria StoryWise Live
 - 4:00 **EF** Kentucky Bourbon Tasting
 - 6:30 **IS** Shabbat Services

- 19**
- 10:00 **HF** New You NuStep®
 - 10:45 **LL** World News Update
 - 1:00 **IS** Aromatherapy
 - 2:00 **HF** Tap Dance Class
 - 2:00 **LL** Learn Bridge
 - 3:30 **EF** Invite a Friend for Cocktails
 - 4:00 **IS** Walking Meditation
 - 6:30 **EF** Blockbuster Movie Night

- 20**
- 9:30 **IS** Church Outings
 - 10:30 **HF** Charity Miles Challenge
 - 11:00 **IS** Nondenominational Service
 - 1:30 **CV** Community Philanthropy
 - 2:30 **HF** Tai Chi & Chai Tea
 - 3:30 **AW** Family Atria StoryWise Social
 - 4:30 **CV** Trivia for Charity
 - 7:00 **EF** Food Through Film: "Julie & Julia"

- 21**
- 10:00 **HF** Mindfulness Stretch
 - 1:00 **EF** Trip to Japanese Friendship Garden
 - 1:30 **HF** Cardio Drumming
 - 2:30 **IS** Motivational Reading
 - 3:30 **HF** Yoga & Relaxation
 - 4:00 **EF** Margarita Monday
 - 6:30 **LL** Book Club – "The Poisonwood Bible"

- 22**
- 10:00 **HF** Fitness Center Orientation
 - 11:30 **EF** Outing: San Pedro Square Market
 - 1:30 **CE** Pottery Class: Level 2
 - 1:30 **IS** Rosary & Communion
 - 2:30 **HF** Aqua Fitness: Level 1
 - 3:00 **IS** Guided Meditation
 - 4:00 **EF** Swigs and Swing
 - 6:00 **EF** Poker

- 23**
- 7:00 **LL** Stock Market Watch
 - 10:00 **HF** Salsa Dancing Class
 - 11:00 **CE** Photography Class: Photo Booth
 - 1:30 **CE** Writer's Corner
 - 2:00 **PA** Atria Ambassador Club Meeting
 - 2:30 **IS** Religious Study Group
 - 3:30 **HF** Zumba
 - 6:30 **LL** Lecture Series: Odd California History

- 24**
- 10:00 **HF** Weight Training
 - 10:30 **EF** Fruit Smoothie Bar
 - 11:00 **LL** Google Expeditions – iPad
 - 12:30 **EF** Adventurous Eaters Club
 - 1:30 **HF** Aqua Fitness: Level 2
 - 2:00 **IS** Laughter Yoga
 - 3:15 **CE** Art Class: Crafts & Cocktails
 - 6:30 **LL** Music Appreciation: Folk Music

- 25**
- 10:00 **HF** Strength Training
 - 11:30 **EF** Lunch at The Province
 - 1:00 **HF** Fitbit® Challenge: Leaderboard Awards
 - 2:00 **PA** Civic Engagement Committee
 - 3:00 **EF** Poker
 - 3:00 **AW** Atria StoryWise Live
 - 4:00 **EF** Speakeasy: Drinks of the Prohibition Era
 - 6:30 **IS** Shabbat Services

- 26**
- 10:00 **HF** Circuit Training
 - 10:45 **LL** World News Update
 - 12:30 **C** Family Skype Sessions
 - 1:00 **IS** Aromatherapy
 - 2:00 **HF** Ballroom Dancing
 - 2:30 **C** Intergenerational Photo Booth
 - 3:30 **EF** Karaoke Happy Hour
 - 6:30 **EF** Family Movie Night

- 27**
- 9:30 **IS** Church Outings
 - 10:30 **HF** Mindfulness Stretch
 - 11:00 **IS** Nondenominational Service
 - 1:30 **EF** Bridge Group
 - 2:30 **HF** Tai Chi & Chai Tea
 - 3:30 **AW** Family Atria StoryWise Social
 - 4:30 **CV** World Wildlife Fund
 - 7:00 **EF** Food Through Film: "Gone with the Wind"

- 28**
- 10:00 **HF** Strength Training
 - 10:45 **LL** Art Authority: Monet
 - 11:00 **EF** Mahjong
 - 12:30 **LL** Learn Italian – iPad
 - 1:30 **HF** Rhythm & Cycling
 - 3:30 **HF** Fitness Dance Class
 - 4:00 **EF** Mojito Monday
 - 6:30 **LL** Book Club – "The Great Gatsby"

- 29**
- 10:00 **HF** Fitness Station Rotation
 - 10:45 **LL** Surfing the Net
 - 11:15 **EF** Outing: Museum & Lunch
 - 1:30 **CE** Pottery Class: Beginners/Level 1
 - 1:30 **IS** Rosary & Communion
 - 3:00 **HF** Charity Miles Challenge
 - 4:00 **EF** Gin and Jazz
 - 7:15 **EF** Karaoke

- 30**
- 10:00 **HF** Strength & Balance
 - 10:30 **LL** Stock Market Watch
 - 11:00 **CE** Photography Class: Pet Sitings
 - 1:30 **CE** Poetry Hour
 - 2:30 **CV** Baking for a Soup Kitchen
 - 3:15 **HF** Yoga for Relaxation
 - 4:00 **EF** Mixology 101
 - 6:30 **LL** Lecture Series: California Missions

- 31**
- 10:00 **HF** Energy Boost Fitness Class
 - 11:00 **LL** Outing: Mystery Tour & Lunch
 - 12:30 **EF** Sushi and Sake Bar
 - 1:30 **HF** Aqua Fitness: Level 2
 - 2:30 **CV** Volunteering at Animal Shelter
 - 3:15 **CE** Knitters' Nook
 - 4:00 **EF** Super Fruit Bar
 - 6:00 **EF** Dinner at The Grandview Restaurant

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