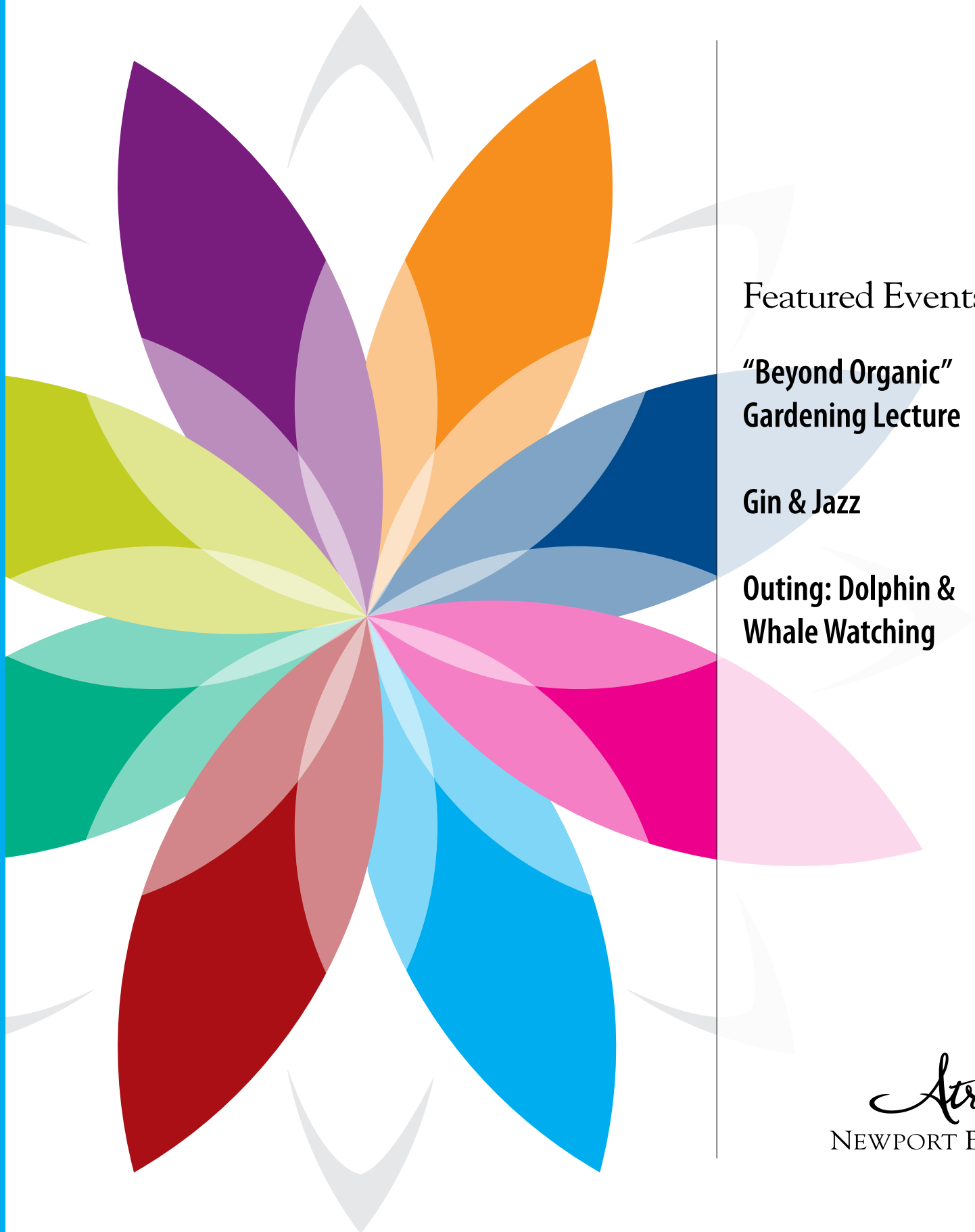


ENGAGE LIFE[®]

Monthly Calendar of Events and Programs



Featured Events:

"Beyond Organic"
Gardening Lecture

Gin & Jazz

**Outing: Dolphin &
Whale Watching**

Atria NEWPORT BEACH

Atria
NEWPORT BEACH

SAMPLE CALENDAR

ATRIA NEWPORT BEACH
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
- A** Atria StoryWise
- J** Legato®

		<p>10:00 HF Fitness Station Rotation</p> <p>10:45 LL Surfing Pinterest</p> <p>11:30 EF Lunch at The Dock</p> <p>1:30 CE Pottery Class: Beginners/Level 1</p> <p>1:30 IS Rosary & Communion</p> <p>2:00 HF Jazz Tap Class</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>2</p> <p>10:00 HF Strength & Balance</p> <p>10:30 LL Stock Market Watch</p> <p>11:00 CE Photography Class: Portraits</p> <p>11:15 PA Atria Ambassador Meeting</p> <p>1:30 CE Writers' 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 Mixology 101</p> <p>6:30 LL Lecture Series: California Missions</p>	<p>3</p> <p>10:00 HF Energy Boost Fitness Class</p> <p>10:30 EF Fruit Smoothie Bar</p> <p>11:30 EF Outing: Balboa Performing Arts Theater</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>4</p> <p>10:00 HF Flexibility & Balance</p> <p>10:45 LL iPad® 101</p> <p>11:00 EF Ferry Ride to Balboa Island</p> <p>1:00 C Men's Club: World Brews</p> <p>2:00 CE Bell Choir Practice</p> <p>3:00 A Atria StoryWise™ Live</p> <p>3:00 EF Blackjack</p> <p>4:00 EF New Resident Welcome Social</p> <p>6:30 IS Shabbat Services</p>	<p>5</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 Family "Soda Shop" Ice Cream Social</p> <p>2:30 C Kids Zone Arcade Challenge</p> <p>3:30 LL Cocktail Hour & Trivia</p> <p>4:00 IS Walking Meditation</p> <p>6:30 EF Scrabble® Tournament</p> <p>6:30 EF Netflix® Viewers' Choice</p>
<p>6</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 EF Bridge Group</p> <p>1:30 CV Community Philanthropy</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>3:30 A Atria StoryWise Family Social</p> <p>4:30 CV Free Rice: Trivia for Charity</p> <p>6:30 EF Scrabble Tournament</p> <p>7:00 EF Food Through Film: "Fried Green Tomatoes"</p>	<p>7</p> <p>10:00 HF Mindfulness Stretch</p> <p>10:30 C Words with Friends</p> <p>11:00 HF Organic Kale Smoothie Bar</p> <p>1:00 EF Shopping at Fashion Island</p> <p>1:00 LL Learn Italian – iPad</p> <p>1:30 EF Bridge Group</p> <p>1:30 HF Jazz Tap Class</p> <p>2:30 LL Cooking Demo with Chef</p> <p>4:00 EF Margarita Monday</p> <p>6:30 LL Book Club – "The Help"</p>	<p>8</p> <p>10:00 HF Fitness Orientation</p> <p>10:45 LL You Can YouTube®</p> <p>11:30 EF Lunch at Bear Flag Fish Company</p> <p>1:30 CE Pottery Class: Level 2</p> <p>1:30 IS Rosary & Communion</p> <p>2:00 HF Yoga for Relaxation</p> <p>3:00 IS Breathe & Relax</p> <p>4:00 EF Swigs & Swing</p> <p>6:00 EF Poker Night</p> <p>7:00 CE Theater Master Class</p>	<p>9</p> <p>10:00 HF Salsa Dancing Class</p> <p>10:30 LL Stock Market Watch</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>3:00 CE "Beyond Organic" Gardening Lecture</p> <p>3:15 HF Zumba®</p> <p>4:00 EF Mixology 101</p> <p>6:30 LL Lecture Series: History of Newport Beach</p>	<p>10</p> <p>10:00 HF Energy Boost Fitness Class</p> <p>10:45 EF Shopping Outing</p> <p>11:00 LL Google™ Expeditions</p> <p>11:15 EF Outing: Costa Mesa Playhouse</p> <p>12:00 LL Chef's Demonstration: Farm to Table</p> <p>1:30 HF Flexibility & Balance</p> <p>2:00 CE Bonsai Garden Club</p> <p>3:15 CE Art Class: Watercolors</p> <p>4:00 LL Space Observatory – iPad</p> <p>6:30 LL Music Appreciation: Opera</p>	<p>11</p> <p>10:00 HF Strength Training</p> <p>10:45 LL Current World Topics</p> <p>11:00 LL Sailing Academy</p> <p>1:00 C Student Mentorship</p> <p>1:00 HF Fitbit® Challenge: Set-up and Q&A</p> <p>2:00 PA Civic Engagement Committee</p> <p>3:00 EF Poker</p> <p>3:00 A Atria StoryWise™ Live</p> <p>4:00 C Speed Relating</p> <p>6:30 IS Shabbat Services</p>	<p>12</p> <p>10:00 HF Power Pedal Cycle Class</p> <p>10:45 C Intergenerational Skype™ Sessions</p> <p>11:00 EF "Breakfast at Tiffanys" Ladies Brunch</p> <p>1:00 HF Juicing Bar</p> <p>1:30 CE Watercolor Landscapes</p> <p>2:00 HF Tap Dance Class</p> <p>3:30 C Community Pet Social: Yappy Hour</p> <p>4:00 IS Walking Meditation</p> <p>5:30 C Family Pizza Night</p> <p>6:45 EF Mahjong</p>
<p>13</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 EF Bridge Group</p> <p>1:30 LL New York Times Crossword – iPad</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>3:30 A Atria StoryWise Family Social</p> <p>4:30 CV World Wildlife Federation</p> <p>6:00 EF Mahjong</p> <p>7:00 EF Food Through Film: "Mamma Mia"</p>	<p>14</p> <p>10:00 HF Strength Training</p> <p>10:30 LL Art Authority: Picasso</p> <p>11:00 EF Mahjong</p> <p>11:15 EF Lunch at Nobu</p> <p>12:30 LL Learn Italian – iPad</p> <p>1:30 HF Rhythm & Rides Cycling</p> <p>2:30 LL Wonders of Science</p> <p>3:30 CE Cupcake Decor Wars</p> <p>3:45 EF Mojito Monday</p> <p>6:30 LL Book Club – "The Help"</p>	<p>15</p> <p>10:00 HF Fitness Station Rotation</p> <p>10:45 LL Surfing the Net</p> <p>11:15 EF Outing: Museum & Lunch</p> <p>1:30 CE Pottery Class: Beginners/Level 1</p> <p>1:30 IS Rosary & Communion</p> <p>2:00 HF Strength & Balance Class</p> <p>4:00 EF Gin & Jazz</p> <p>4:00 HF Charity Miles Challenge</p> <p>6:00 EF Poker Night</p> <p>7:00 CE Stage Master Class</p> <p>7:00 EF Employee Talent Show</p>	<p>16</p> <p>10:00 HF Strength & Balance</p> <p>10:30 LL Stock Market Watch</p> <p>11:00 CE Photography Class: Missions</p> <p>12:00 PA Atria Ambassadors Recruitment</p> <p>1:30 CE Poetry Hour</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>4:00 EF Mixology 101</p> <p>6:30 LL Lecture Series: Newport Beach Conservation</p>	<p>17</p> <p>10:00 HF Low-Impact Fitness Class</p> <p>11:00 LL Google Expeditions – iPad</p> <p>12:30 CE Succulent Garden Club</p> <p>1:00 CV Dance-Off for Charity</p> <p>1:30 HF Yoga for Relaxation</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>18</p> <p>10:00 HF Flexibility & Balance</p> <p>10:45 LL Current World Topics</p> <p>11:00 EF Outing: Dolphin & Whale Watching</p> <p>1:00 HF Ballet Barre</p> <p>1:00 EF Yelp Restaurant Review Club</p> <p>2:00 CE Bell Choir Practice</p> <p>3:00 A Atria StoryWise Live</p> <p>3:00 EF Blackjack</p> <p>4:00 EF Kentucky Bourbon Tasting</p> <p>6:30 IS Shabbat Services</p>	<p>19</p> <p>10:00 HF New You NuStep®</p> <p>10:45 LL World News Update</p> <p>12:30 LL Surfing Pinterest</p> <p>1:00 IS Aromatherapy</p> <p>2:00 HF Ballroom Dancing</p> <p>2:00 LL Learn Bridge</p> <p>2:30 C Therapy Dogs Visit</p> <p>3:30 EF Invite a Friend for Cocktails</p> <p>4:00 IS Walking Meditation</p> <p>6:30 EF Blockbuster Movie Night</p> <p>6:45 EF Scrabble Tournament</p>
<p>20</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 EF Bridge Group</p> <p>1:30 CV Community Philanthropy</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>3:30 A Atria StoryWise Family Social</p> <p>4:30 CV Free Rice: Trivia for Charity</p> <p>6:00 EF Scrabble Tournament</p> <p>7:00 EF Food Through Film: "Julie and Julia"</p>	<p>21</p> <p>10:00 HF Mindfulness Stretch</p> <p>10:30 LL Engage Your Brain</p> <p>11:00 HF The Benefits of Tea</p> <p>1:00 EF Outing: Balboa Library</p> <p>1:30 HF Cardio Drumming</p> <p>2:30 EF Outing: Afternoon Movie Matinee</p> <p>2:30 IS Motivational Reading</p> <p>3:30 HF Yoga & Relaxation</p> <p>4:00 EF Margarita Monday</p> <p>6:30 LL Book Club – "The Help"</p>	<p>22</p> <p>10:00 HF Fitness Center Orientation</p> <p>10:45 LL Today in History</p> <p>11:30 EF Outing: The Irvine Museum</p> <p>1:30 CE Pottery Class: Level 2</p> <p>1:30 IS Rosary & Communion</p> <p>2:30 HF Weight Training</p> <p>3:00 HF Balance for Fall Reduction</p> <p>4:00 EF Swigs & Swing</p> <p>6:00 EF Poker Night</p>	<p>23</p> <p>10:00 HF Salsa Dancing Class</p> <p>10:30 LL Stock Market Watch</p> <p>11:00 CE Photography Class: Photo Booth</p> <p>1:30 CE Writers' Corner</p> <p>2:00 PA Atria Ambassador Meeting</p> <p>2:30 IS Religious Study Group</p> <p>3:00 CE Compost Gardening Workshop</p> <p>3:30 HF Zumba</p> <p>4:00 EF Mixology 101</p> <p>6:30 LL Lecture Series: Odd California History</p>	<p>24</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 Strength & Balance Class</p> <p>2:00 IS Laughter Yoga</p> <p>3:15 CE Art Class: Crafts & Cocktails</p> <p>4:00 EF Word Games – iPad</p> <p>6:30 LL Music Appreciation: Folk Music</p>	<p>25</p> <p>10:00 HF Strength Training</p> <p>10:45 LL Current World Topics</p> <p>11:30 EF Lunch at The Alley</p> <p>1:00 HF Fitbit Challenge: Leaderboard Awards</p> <p>2:00 PA Civic Engagement Committee</p> <p>3:00 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 IS Shabbat Services</p>	<p>26</p> <p>10:00 HF Circuit Training</p> <p>10:45 LL World News Update</p> <p>12:30 C Family Skype Sessions</p> <p>1:00 IS Aromatherapy</p> <p>2:00 HF Ballroom Dancing</p> <p>2:00 LL Learn Bridge</p> <p>2:30 C Intergenerational Photo Booth</p> <p>3:30 EF Karaoke Happy Hour</p> <p>6:30 EF Family Movie Night</p> <p>6:45 EF Mahjong</p>
<p>27</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 EF Bridge Group</p> <p>1:30 LL New York Times Crossword – iPad</p> <p>2:30 HF Tai Chi & Chai Tea</p> <p>3:30 A Atria StoryWise Family Social</p> <p>4:30 CV World Wildlife Federation</p> <p>6:00 EF Mahjong</p> <p>7:00 EF Food Through Film: "Gone with the Wind"</p>	<p>28</p> <p>10:00 HF Strength Training</p> <p>10:45 LL Art Authority: Monet</p> <p>11:00 EF Mahjong</p> <p>12:30 LL Learn Italian – iPad</p> <p>1:00 EF Outing: Orange County Museum of Art</p> <p>1:30 HF Rhythm & 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 Club Movie – "The Help"</p>	<p>29</p> <p>10:00 HF Fitness Station Rotation</p> <p>10:45 LL Surfing the Net</p> <p>11:15 EF Outing: Museum & Lunch</p> <p>1:30 CE Pottery Class: Beginners/Level 1</p> <p>1:30 IS Rosary & Communion</p> <p>2:00 HF Mindfulness Stretch</p> <p>3:00 HF Charity Miles Challenge</p> <p>4:00 EF Gin & Jazz</p> <p>6:00 EF Poker Night</p> <p>7:15 EF Karaoke Night</p>	<p>30</p> <p>10:00 HF Strength & Balance</p> <p>10:30 LL Stock Market Watch</p> <p>11:00 CE Photography Class: Pet Sitings</p> <p>1:30 CE Poetry Hour</p> <p>2:30 IS Religious Study Group</p> <p>2:30 CV Baking for the Soup Kitchen</p> <p>3:15 HF Yoga for Relaxation</p> <p>4:00 EF Mixology 101</p> <p>6:30 LL Lecture Series: The Irvine Family History</p>	<p>31</p> <p>10:00 HF Energy Boost Fitness Class</p> <p>11:00 EF Picnic Lunch at Sunset Ridge Park</p> <p>12:30 EF Sushi & Sake Bar</p> <p>1:30 HF Strength & Balance</p> <p>2:30 CV Volunteering at Animal Shelter</p> <p>3:15 CE Knitters' Nook</p> <p>4:00 EF Old-Fashioned Milkshakes</p> <p>6:00 EF Dinner at Sol Grill</p>		

Fitbit® is a registered trademark of Fitbit, Inc.
Google™ is a registered trademark of Google, Inc.
iPad® is a registered trademark of Apple, Inc.
Netflix® is a registered trademark of Netflix, Inc.
NuStep® is a trademark of NuStep, Inc.
Scrabble® is a registered trademark of Hasbro, Inc.
Skype™ is a registered trademark of Microsoft Corp.
YouTube® is a registered trademark of Google, Inc.
Zumba® is a registered trademark of Zumba Fitness, LLC.