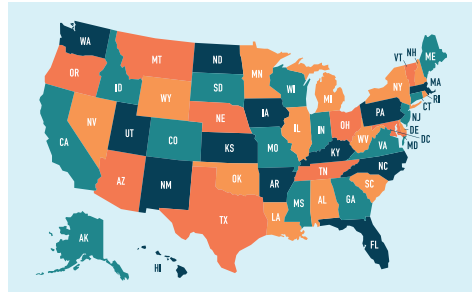


Looking Forward

SAMPLE

Atria Senior Living Programs + Events

A curated selection of social events to stimulate lifelong learning.



Sing Across America

DATE / SATURDAY 2.12
TIME / 2:30 PM
LOCATION / MEDIA ROOM

Residents will take a virtual trip across America to learn about all 50 states' songs and symbols. We'll reminisce and reflect on what makes each state a great place to live or visit.



Mardi Gras Celebration

DATE / TUESDAY 2.15
TIME / 2 PM
LOCATION / MEDIA ROOM

Together, we'll find out about the history of New Orleans' legendary Mardi Gras celebration. After the presentation we'll enjoy French Quarter-themed beignets and traditional chicory coffee.



Reminiscing: Railway Adventures

DATE / FRIDAY 2.18
TIME / 11 AM
LOCATION / LIBRARY

From transportation to delivery service, the rail system changed how America traveled and received goods. Residents will be invited to climb aboard and share memories about the roles trains have played in their lives.



Flow Yoga

DATE / SUNDAY 3.6
TIME / 10:50 AM
LOCATION / FITNESS CENTER

This will be a gentle, relaxing yoga class that can help improve mobility, range of motion, flexibility, balance and coordination.



Floriography: The Language of Flowers – Easter Edition

DATE / THURSDAY 3.17
TIME / 3:30 PM
LOCATION / LIBRARY

Flowers displayed throughout the Easter season have special meanings. With the holiday right around the corner, residents will enjoy the chance to learn all about it then create their own floral corsage or boutonniere.



Travel Day to Russia: Nesting Dolls

DATE / THURSDAY 3.24
TIME / 3:30 PM
LOCATION / MEDIA ROOM

Nesting dolls are a traditional form of Russian folk art. Residents will learn the history of these clever toys and make their own to donate to the local children's hospital.

Reminiscing: Fashion and Fabric

DATE / SATURDAY 1.11
TIME / 2 PM
LOCATION / MEDIA ROOM

Residents will enjoy reminiscing about fashions through the decades by passing around fabric swatches and flipping through old catalogs. We'll encourage them to get in the spirit by wearing their favorite garment or accessory and by bringing photos of themselves decked out in their best outfits over the years.



- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS

- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP



Music History Series: Classical

DATE / THURSDAY 1.16
TIME / 3 PM
LOCATION / MEDIA ROOM

From arias to symphonies, classical music has endured throughout the ages. Residents will enjoy a discussion of the history of classical music, then we'll reminisce while listening to a few of the most famous pieces that have withstood the test of time.



Creating Art from the Scents We Smell: Cinnamon

DATE / WEDNESDAY 1.22
TIME / 2:30 PM
LOCATION / ENGAGE LIFE CENTER

By combining sense of smell with taste and sight, we can create a powerful, multi-sensory experience that has the potential to evoke memories. This month's scent is cinnamon. Before the scent is revealed, residents will learn where it gets its aroma then paint or draw any impressions the scent inspires. The program will end with individuals sharing stories and artwork sparked by the experience.

Weekly Sample Events

- Daily** | **MUSIC THEMES**
DAILY / 10 AM / FITNESS CENTER
- STRENGTH TRAINING CHALLENGE**
DAILY / 4:30 PM / FITNESS CENTER
- EVENING FILM WATCH PARTY**
DAILY / 7:45 PM / MOVIE THEATER
- Sun.** | **YOGA FLOW**
SUNDAYS / 10 AM / FITNESS CENTER
- HISTORY AND ORIGIN OF HOLIDAYS**
SUNDAYS / 11 AM / ENGAGE LIFE® CENTER
- LIVE ENTERTAINMENT: JAZZ**
SUNDAYS / 3:30 PM / LIVING ROOM
- Mon.** | **LOWER BODY CONDITIONING**
MONDAYS / 11 AM / FITNESS CENTER
- WORK WISDOM SERIES**
MONDAYS / 2 PM / LIVING ROOM
- HISTORY OF THE STAR-SPANGLED BANNER**
MONDAYS / 3 PM / LIBRARY
- WORD WONDERS: NATURE IDIOMS**
MONDAYS / 4:30 PM / LIBRARY
- Tue.** | **UPPER BODY CONDITIONING**
TUESDAYS / 10 AM / FITNESS CENTER
- SUCCULENT TERRARIUM WORKSHOP**
TUESDAYS / 11 AM / ENGAGE LIFE CENTER
- LITERARY APPRECIATION: POETRY**
TUESDAYS / 12:30 PM / LIVING ROOM
- A NEW PERSPECTIVE ON FAMOUS ART**
TUESDAYS / 2:30 PM / LIVING ROOM
- Wed.** | **AMERICAN HISTORY LECTURE**
WEDNESDAYS / 2 PM / LIBRARY
- READERS' THEATRE**
WEDNESDAYS / 4 PM / LIBRARY
- TOY MAKING FOR HUMANE SOCIETY**
WEDNESDAYS / 5 PM / ENGAGE LIFE CENTER
- POUR ART: CANVAS REPURPOSING**
1ST & 3RD WEDNESDAY / 11 AM / ENGAGE LIFE CENTER
- BIBLE STUDY AND READING**
2ND & 4TH WEDNESDAY / 11 AM / ENGAGE LIFE CENTER
- Thu.** | **LAUGHTER THERAPY**
THURSDAYS / 10 AM / FITNESS CENTER
- GIFTING LIVE GARDENS**
THURSDAYS / 11 AM / ENGAGE LIFE CENTER
- WATERCOLOR WORKSHOP**
THURSDAYS / 3:30 PM / ENGAGE LIFE CENTER
- TAI CHI**
THURSDAYS / 6:45 PM / FITNESS CENTER
- VETERANS' CLUB**
1ST & 3RD THURSDAY / 2 PM / LIBRARY
- Fri.** | **A NOVEL NEWSLETTER**
FRIDAYS / 9 AM / LIVING ROOM
- WALKING CLUB**
FRIDAYS / 10 AM / MEET IN LOBBY
- MINDFULNESS AND MEDITATION**
FRIDAYS / 11 AM / LIBRARY
- SHARING HEALTH TIPS**
FRIDAYS / 2 PM / GAME ROOM
- Sat.** | **THE HISTORY AND SCIENCE OF FOOD: MAKING BISCUITS**
SATURDAYS / 11 AM / ENGAGE LIFE CENTER
- DANCE AND MOVEMENT: THE MAMBO**
SATURDAYS / 2 PM / FITNESS CENTER
- LIVE ENTERTAINMENT: CLASSICAL**
SATURDAYS / 3:30 PM / LIVING ROOM

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS

- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP