

# Looking Forward

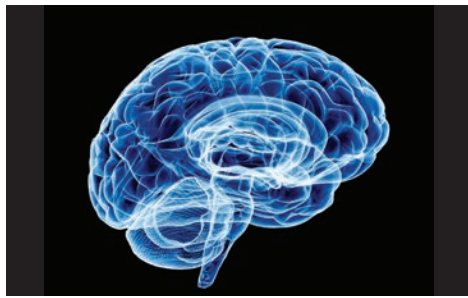
SAMPLE



## Luau Celebration

**DATE /** FRIDAY 5.7  
**TIME /** 6 PM  
**LOCATION /** COURTYARD

We're headed to the islands for an evening filled with tiki cocktails, mouthwatering Hawaiian dishes, an imu pig ceremony and fire dancers.



## What We Know About the Brain (And What We Don't)

**DATE /** SATURDAY 5.8  
**TIME /** 11 AM  
**LOCATION /** LIVING ROOM

Journey deep into the brain, the mind and the self during this online lecture, which will reveal startling and exciting recent findings from the world of neuroscience.



## The Language of Flowers: Boutonniere and Corsage Making

**DATE /** SUNDAY 5.9  
**TIME /** 11 AM  
**LOCATION /** LIVING ROOM

Learn about floriography and the tradition of gifting flowers to others, and then create your own unique arrangement.



## Beer Tasting

**DATE /** SUNDAY 6.20  
**TIME /** NOON  
**LOCATION /** COURTYARD

Gather with your neighbors to sample a variety of local craft brews. From lagers and fruit beers to IPAs and stouts, there's something for every palate.



## Festival of Languages: Cultures Around the World

**DATE /** THURSDAY 6.24  
**TIME /** 3:30 PM  
**LOCATION /** GAME ROOM

Learn to say your name in Arabic, American Sign Language, Japanese, Russian and more while exploring culinary tastings from cultures around the world.



## Poetry Writing and Sharing

**DATE /** WEDNESDAY 6.30  
**TIME /** 7:30 PM  
**LOCATION /** LIBRARY

Let's get creative by reading, writing and interpreting poems. Famous poetry will be read, and writing prompts will be used to help you create a unique poem to share with neighbors or the social dial-in program.

# Atria Senior Living Programs + Events

A curated selection of social events to stimulate lifelong learning.

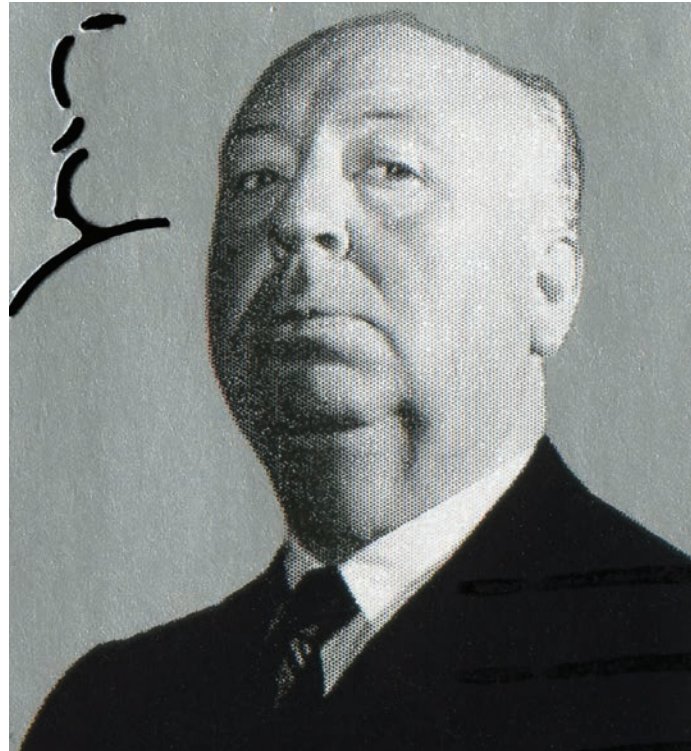


**Salsa Dance Class**  
**DATE /** SATURDAY 4.3  
**TIME /** 3 PM  
**LOCATION /** FITNESS CENTER

From avid dancers to those looking for a new way to exercise, all are welcome to attend. Don't miss this unique opportunity that's a dance lesson, history session and workout – all rolled into one.

- 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





### Behind Hitchcock's Curtain of Suspense

**DATE** / THURSDAY 4.8  
**TIME** / 3 PM  
**LOCATION** / THEATER

Legendary filmmaker Alfred Hitchcock shocked, thrilled and delighted moviegoers throughout his directing career. The meticulous planning in his productions resulted in tension-filled films that continue to grip audiences today. Gather with your neighbors for this suspense-laden program about Hitchcock's life and career.



### Guided Meditation Workshop

**DATE** / TUESDAY 4.13  
**TIME** / 1 PM  
**LOCATION** / FITNESS CENTER

Guided meditation can relax your mind, reduce stress and anxiety, improve sleep, and bring more mindfulness to every aspect of your life. Join us to learn how to calm your thinking with breathing exercises that will enhance your mind-body connection. Please wear comfortable clothing.

## Weekly Sample Events

- Daily** | **CARDIO EXPRESS**  
DAILY / 10 AM / FITNESS CENTER

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- WINE TASTING**  
DAILY / 4:30 PM / GAME ROOM

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- EVENING FILM WATCH PARTY**  
DAILY / 7:45 PM / THEATER

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- Sun.** | **YOGA**  
SUNDAYS / 10 AM / FITNESS CENTER

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- HISTORY AND ORIGIN OF HOLIDAYS**  
SUNDAYS / 11 AM / ENGAGE LIFE® CENTER

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- LIVE ENTERTAINMENT**  
SUNDAYS / 3:30 PM / LIVING ROOM

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- Mon.** | **AROMATHERAPY**  
MONDAYS / 11 AM / FITNESS CENTER

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- STOCK MARKET WATCH**  
MONDAYS / 2 PM / LIVING ROOM

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- LITERARY APPRECIATION SERIES**  
MONDAYS / 3 PM / LIBRARY

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- SHOPPING EXCURSION**  
MONDAYS / 4:30 PM / MEET IN LOBBY

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- Tue.** | **SUCCULENT TERRARIUM WORKSHOP**  
TUESDAYS / 11 AM / ENGAGE LIFE CENTER

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- TRUE STORIES IN 100 WORDS**  
TUESDAYS / 12:30 PM / LIVING ROOM

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- A NEW PERSPECTIVE ON FAMOUS ART**  
TUESDAYS / 2:30 PM / LIVING ROOM

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- Wed.** | **AMERICAN HISTORY LECTURE**  
WEDNESDAYS / 2 PM / LIBRARY

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- BRIDGE GAMES**  
WEDNESDAYS / 3 PM / GAME ROOM

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- THEATER GROUP MEETING**  
WEDNESDAYS / 4 PM / LIBRARY

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- TOY MAKING FOR HUMANE SOCIETY**  
WEDNESDAYS / 5 PM / ENGAGE LIFE CENTER

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- POUR ART: CANVAS REPURPOSING**  
1<sup>ST</sup> & 3<sup>RD</sup> WEDNESDAY / 11 AM / ENGAGE LIFE CENTER

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- COMMUNION & ROSARY**  
2<sup>ND</sup> & 4<sup>TH</sup> WEDNESDAY / 11 AM / ENGAGE LIFE CENTER

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- Thu.** | **YOGA**  
THURSDAYS / 10 AM / FITNESS CENTER

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- CROCHETING FOR A CAUSE**  
THURSDAYS / 11 AM / ENGAGE LIFE CENTER

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- WATERCOLOR WORKSHOP**  
THURSDAYS / 3:30 PM / ENGAGE LIFE CENTER

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- LEARNING A NEW LANGUAGE: MORSE CODE**  
THURSDAYS / 6:45 PM / LIBRARY

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- POKER TOURNAMENT**  
1<sup>ST</sup> & 3<sup>RD</sup> THURSDAY / 2 PM / GAME ROOM

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- MEN'S CLUB**  
2<sup>ND</sup> & 4<sup>TH</sup> THURSDAY / 11:30 AM / GAME ROOM

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- Fri.** | **CURRENT EVENTS & GLOBAL NEWS TODAY**  
FRIDAYS / 9 AM / LIVING ROOM

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- WALKING CLUB**  
FRIDAYS / 10 AM / MEET IN LOBBY

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- MUSIC WITH AN AL**  
FRIDAYS / 11 AM / ENGAGE LIFE CENTER

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- LIFESTYLE AND WELLNESS: SLEEP HYGIENE**  
FRIDAYS / 2 PM / GAME ROOM

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- Sat.** | **COFFEE TALK: ROASTS & RHYTHMS**  
SATURDAYS / 11 AM / ENGAGE LIFE CENTER

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- FOOD SCIENCE SERIES**  
SATURDAYS / 2 PM / ENGAGE LIFE CENTER

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- LIVE ENTERTAINMENT**  
SATURDAYS / 3:30 PM / LIVING ROOM

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