

# Atria Enhanced Care Programs & Events

A curated selection of social events to stimulate lifelong learning.

## SUNDAY

### Communion & Rosary

11 AM / ENGAGE LIFE CENTER

### Community Random Acts of Kindness

2 PM / ENGAGE LIFE CENTER

### Balance & Stretch

5 PM / FITNESS CENTER

## MONDAY

### Current Events & News Today

9 AM / LIBRARY

### Aromatherapy

11 AM / ENGAGE LIFE CENTER

### Intro to Static Boxing

2 PM / FITNESS CENTER

### Exploring Literature

4 PM / LIBRARY

## TUESDAY

### Chair Yoga

10 AM / FITNESS CENTER

### Resistance Band Training

11 AM / FITNESS CENTER

### Quilting Showcase

2 PM / ENGAGE LIFE CENTER

### Theater Group Meeting

4 PM / LIBRARY

## WEDNESDAY

### Hand & Grip Strengthening

10 AM / FITNESS CENTER

### Toy Making for Humane Society

1 PM / ENGAGE LIFE CENTER

### Shopping Excursion

2 PM / MEET IN LOBBY

### Lower Body Conditioning

4 PM / FITNESS CENTER

## THURSDAY

### Well-Being Partnership Day

10 AM / FITNESS CENTER

### Succulent Terrarium Workshop

11 AM / ENGAGE LIFE CENTER

### Meditation

3 PM / FITNESS CENTER

### Evening Film Watch Party

7:45 PM / THEATER

## FRIDAY

### Posture & Balance

10 AM / FITNESS CENTER

### Painting Class

11 AM / ENGAGE LIFE CENTER

### Laugh Therapy: Comics

3 PM / ENGAGE LIFE CENTER

### Tour of Greece: The Mediterranean Diet

4 PM / BISTRO

## SATURDAY

### Breath Work for Stress Relief

10 AM / FITNESS CENTER

### Celebrating Women in History

11 AM / LIBRARY

### Opera Appreciation

3 PM / LIVING ROOM

## A LIFE IN MOTION

Studies show that exercise is critical for preventing mental and physical decline. We offer daily instructor-led fitness classes to help residents maintain strength and balance.

## Atria's dimensions of engagement

Using our Resident Discovery Survey, the Engage Life Director plans events that are inspired by resident interests and informed by these six scientifically established dimensions of engagement.

- Health & Physical Fitness
- Creative Expression & the Arts
- Social Connection & Entertainment
- Lifelong Learning & Intellectual Stimulation
- Civic & Professional Involvement
- Religious & Spiritual Fellowship



## What We Know About the Brain

DATE / TUESDAY 4.9

TIME / 1 PM

LOCATION / LIBRARY

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



## Olive Oil Tasting

DATE / THURSDAY 4.18

TIME / 3 PM

LOCATION / BISTRO

Fruity. Robust. Nutty. Tour the world through olive oil and learn to taste the unique notes of each region and type.



## Resident Talent Showcase

DATE / SATURDAY 4.27

TIME / 4 PM

LOCATION / ENGAGE LIFE CENTER

Join us as we celebrate resident talent. From individual performances to group showcases, everyone will have an opportunity to shine.