

## LOOKING FORWARD



### GUIDED MEDITATION WORKSHOP

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



### WHAT WE KNOW ABOUT THE BRAIN (AND WHAT WE DON'T)

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



### MOTHER'S DAY BRUNCH

Invite your family and friends to join us in honoring all the mothers – and mothers at heart – with a lovely brunch and live entertainment.



### FATHER'S DAY BARBECUE

Gather the family for live music and a delicious barbecue lunch as we celebrate all dads and father figures.



### FESTIVAL OF LANGUAGES: CULTURES AROUND THE WORLD

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



### TREE PLANTING: A CELEBRATION OF OUR ENVIRONMENT

Let's come together for the common cause of improving our world by replenishing the earth's resources through planting trees.

# SAMPLE

## HOLIDAY BY ATRIA PROGRAMS + EVENTS

A selection of social events to stimulate connection and lifelong learning



### SALSA DANCE CLASS

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

CIVIC AND PROFESSIONAL INVOLVEMENT

CREATIVE EXPRESSION AND THE ARTS

RELIGIOUS AND SPIRITUAL FELLOWSHIP

SOCIAL CONNECTION AND ENTERTAINMENT

## SAMPLE PROGRAMS + EVENTS



### INDOOR CARNIVAL

Come one, come all! Join us under the “Big Top” for an event packed with thrilling games, carnival bites, and lots more surprises. Connect with other residents and employees as you revel in the sights and sounds of the Great American Midway. Step right up...and RSVP today.



### ART IN THE PARK

Let's celebrate our creative spirit. Grab a paintbrush and get set to mix and mingle with your friendly fellow residents and staff. Think you have no artistic ability? Think again! In the immortal words of TV artist Bob Ross, “There are no mistakes, just happy accidents.”

## WEEKLY SAMPLE EVENTS

|              |  |             |   |
|--------------|--|-------------|---|
| <b>DAILY</b> | <b>CARDIO EXPRESS</b><br>DAILY/10 AM/FITNESS CENTER                      | <b>THU.</b> | <b>POKER TOURNAMENT</b><br>1ST & 3RD THURSDAY/2 PM/GAME ROOM              |
|              | <b>LAUGHTER THERAPY: RIDDLES</b><br>DAILY/4:30 PM/GAME ROOM              |             | <b>MEN'S CLUB</b><br>2ND & 4TH THURSDAY/11:30 AM/GAME ROOM                |
|              | <b>EVENING FILM WATCH PARTY</b><br>DAILY/7:45 PM/THEATER                 |             | <b>YOGA</b><br>THURSDAYS/10 AM/FITNESS CENTER                             |
| <b>SUN.</b>  | <b>YOGA</b><br>SUNDAYS/10 AM/FITNESS CENTER                              |             | <b>CROCHETING FOR A CAUSE</b><br>THURSDAYS/11 AM/EVENTS CENTER            |
|              | <b>COMMUNITY RANDOM ACTS OF KINDNESS</b><br>SUNDAYS/11 AM/EVENTS CENTER  |             | <b>WATERCOLOR WORKSHOP</b><br>THURSDAYS/3:30 PM/EVENTS CENTER             |
|              | <b>LIVE ENTERTAINMENT</b><br>SUNDAYS/3:30 PM/LIVING ROOM                 |             | <b>CLASSIC SHORT STORIES</b><br>THURSDAYS/6:45 PM/LIBRARY                 |
| <b>MON.</b>  | <b>AROMATHERAPY</b><br>MONDAYS/11 AM/EVENTS CENTER                       | <b>FRI.</b> | <b>CURRENT EVENTS &amp; GLOBAL NEWS TODAY</b><br>FRIDAYS/9 AM/LIVING ROOM |
|              | <b>GIFTING LIVE GARDENS WORKSHOP</b><br>MONDAYS/2 PM/RESIDENT LOUNGE     |             | <b>WALKING CLUB</b><br>FRIDAYS/10 AM/MEET IN LOBBY                        |
|              | <b>STRENGTH TRAINING BINGO</b><br>MONDAYS/3 PM/FITNESS CENTER            |             | <b>WRITING WORKSHOP</b><br>FRIDAYS/11 AM/EVENTS CENTER                    |
|              | <b>SHOPPING EXCURSION</b><br>MONDAYS/4:30 PM/MEET IN LOBBY               |             | <b>CANASTA</b><br>FRIDAYS/2 PM/GAME ROOM                                  |
| <b>TUE.</b>  | <b>PAINTING CLASS</b><br>TUESDAYS/11 AM/EVENTS CENTER                    | <b>SAT.</b> | <b>POETS &amp; POETRY</b><br>SATURDAYS/11 AM/EVENTS CENTER                |
|              | <b>TRUE STORIES IN 100 WORDS</b><br>TUESDAYS/12:30 PM/LIVING ROOM        |             | <b>BOOK CLUB</b><br>SATURDAYS/2 PM/EVENTS CENTER                          |
|              | <b>MUSIC HISTORY: THE BEATLES</b><br>TUESDAYS/2:30 PM/LIVING ROOM        |             | <b>LIVE ENTERTAINMENT</b><br>SATURDAYS/3:30 PM/RESIDENT LOUNGE            |
| <b>WED.</b>  | <b>THE ART OF CLAY</b><br>1ST & 3RD WEDNESDAY/11 AM/EVENTS CENTER        |             |   |
|              | <b>COMMUNION &amp; ROSARY</b><br>2ND & 4TH WEDNESDAY/11 AM/EVENTS CENTER |             |   |
|              | <b>AMERICAN HISTORY LECTURE</b><br>WEDNESDAYS/2 PM/LIBRARY               |             |   |
|              | <b>BRIDGE GAMES</b><br>WEDNESDAYS/3 PM/GAME ROOM                         |             |   |
|              | <b>THEATER GROUP MEETING</b><br>WEDNESDAYS/4 PM/LIBRARY                  |             |   |
|              | <b>TOY MAKING FOR HUMANE SOCIETY</b><br>WEDNESDAYS/5 PM/EVENTS CENTER    |             |   |

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**holiday**  
by ATRIA  
SENIOR LIVING