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.



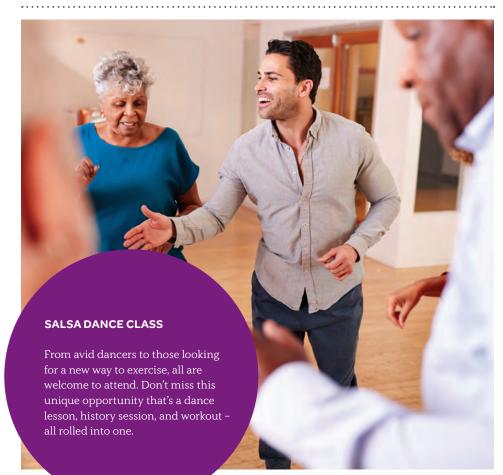
TREE PLANTING: A CELEBRATION OF OUR ENVIRONMENT

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





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

DAILY | CARDIO EXPRESS

DAILY/10 AM/FITNESS CENTER

LAUGHTER THERAPY: RIDDLES

DAILY/4:30 PM/GAME ROOM

EVENING FILM WATCH PARTY

DAILY/7:45 PM/THEATER

I YOGA

SUNDAYS/10 AM/FITNESS CENTER

COMMUNITY RANDOM ACTS OF KINDNESS

SUNDAYS/11AM/EVENTS CENTER

LIVE ENTERTAINMENT

SUNDAYS/3:30 PM/LIVING ROOM

I AROMATHERAPY

MONDAYS/11 AM/EVENTS CENTER

GIFTING LIVE GARDENS WORKSHOP

MONDAYS/2PM/RESIDENTLOUNGE

STRENGTH TRAINING BINGO

MONDAYS/3PM/FITNESSCENTER

SHOPPING EXCURSION

MONDAYS / 4:30 PM / MEET IN LOBBY

PAINTING CLASS

TUESDAYS/11AM/EVENTS CENTER

TRUE STORIES IN 100 WORDS

TUESDAYS / 12:30 PM / LIVING ROOM

MUSIC HISTORY: THE BEATLES

TUESDAYS / 2:30 PM / LIVING ROOM

WED. I THE ART OF CLAY

1ST&3RD WEDNESDAY/11AM/EVENTS CENTER

COMMUNION & ROSARY

2ND & 4TH WEDNESDAY / 11 AM / EVENTS CENTER

AMERICAN HISTORY LECTURE

WEDNESDAYS/2PM/LIBRARY

BRIDGE GAMES

WEDNESDAYS/3PM/GAMEROOM

THEATER GROUP MEETING

WEDNESDAYS/4PM/LIBRARY

TOY MAKING FOR HUMANE SOCIETY

WEDNESDAYS/5PM/EVENTS CENTER

POKER TOURNAMENT

1ST&3RDTHURSDAY/2PM/GAMEROOM

MEN'S CLUB

2ND & 4TH THURSDAY / 11:30 AM / GAME ROOM

THURSDAYS/10 AM/FITNESS CENTER

CROCHETING FOR A CAUSE

THURSDAYS/11AM/EVENTS CENTER

WATERCOLOR WORKSHOP

THURSDAYS/3:30 PM/EVENTS CENTER

CLASSIC SHORT STORIES

THURSDAYS/6:45 PM/LIBRARY

CURRENT EVENTS & GLOBAL NEWS TODAY

FRIDAYS/9AM/LIVINGROOM

WALKING CLUB

FRIDAYS/10 AM/MEET IN LOBBY

WRITING WORKSHOP

FRIDAYS/11AM/EVENTS CENTER

CANASTA

FRIDAYS/2PM/GAMEROOM

| POETS & POETRY

SATURDAYS/11AM/EVENTS CENTER

BOOK CLUB

SATURDAYS/2PM/EVENTSCENTER

LIVE ENTERTAINMENT

SATURDAYS/3:30 PM/RESIDENT LOUNGE

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

