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.

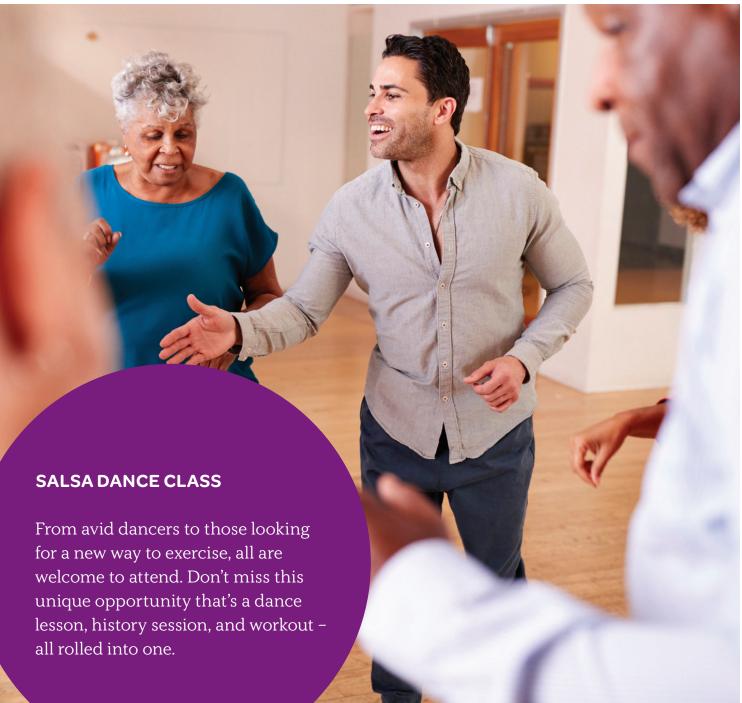


MOTHER'S DAY BRUNCH

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

HOLIDAY BY ATRIA **PROGRAMS + EVENTS**

A selection of social events to stimulate connection and lifelong learning





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.

- 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



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

SUN. YOGA SUNDAYS/10 AM/FITNESS CENTER

> **COMMUNITY RANDOM ACTS OF KINDNESS** SUNDAYS/11 AM/EVENTS CENTER

LIVE ENTERTAINMENT SUNDAYS/3:30 PM/LIVING ROOM

MON. AROMATHERAPY MONDAYS/11AM/EVENTSCENTER

> **GIFTING LIVE GARDENS WORKSHOP** MONDAYS/2PM/RESIDENT LOUNGE

STRENGTH TRAINING BINGO MONDAYS/3 PM/FITNESS CENTER

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

TUE. | PAINTING CLASS TUESDAYS/11 AM/EVENTS CENTER

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

> MUSIC HISTORY: THE BEATLES TUESDAYS/2:30 PM/LIVING ROOM

WED. | THE ART OF CLAY 1ST & 3RD WEDNESDAY/11 AM/EVENTS CENTER

> **COMMUNION & ROSARY** 2ND & 4TH WEDNESDAY/11 AM/EVENTS CENTER

AMERICAN HISTORY LECTURE WEDNESDAYS/2 PM/LIBRARY

BRIDGE GAMES WEDNESDAYS/3 PM/GAME ROOM

THEATER GROUP MEETING WEDNESDAYS/4 PM/LIBRARY

TOY MAKING FOR HUMANE SOCIETY WEDNESDAYS/5PM/EVENTS CENTER

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

THU.	POKER TOURNAMENT 1ST & 3RD THURSDAY / 2 PM / GAME ROOM
	MEN'S CLUB 2ND & 4TH THURSDAY / 11:30 AM / GAME ROOM
	YOGA THURSDAYS/10 AM/FITNESS CENTER
	CROCHETING FOR A CAUSE THURSDAYS/11 AM/EVENTS CENTER
	WATERCOLOR WORKSHOP THURSDAYS/3:30 PM/EVENTS CENTER
	CLASSIC SHORT STORIES THURSDAYS/6:45 PM/LIBRARY
FRI.	CURRENT EVENTS & GLOBAL NEWS TODAY FRIDAYS / 9 AM / LIVING ROOM
	WALKING CLUB FRIDAYS/10 AM/MEET IN LOBBY
	WRITING WORKSHOP FRIDAYS/11 AM/EVENTS CENTER
	CANASTA FRIDAYS/2PM/GAME ROOM
SAT.	POETS&POETRY SATURDAYS/11AM/EVENTS CENTER
	BOOK CLUB SATURDAYS/2 PM/EVENTS CENTER

LIVE ENTERTAINMENT SATURDAYS/3[:]30 PM/RESIDENT LOUNGE

