January 2023 Atrium Village

## Monthly Activities

| Atrium Village  |   |   |   |  |   |  |  |
|---|---|---|---|--|---|--|--|
|   | Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
| Beinspired  WWW.SENIORLIFESTYLE.COM  Activities are subject to change   | New Year's Day  10:30 Non Denominational Church Service [2nd FL IL]  11:00 Catholic Service [2nd FL IL]  11:30 Exercise class [IL Movie Theater]  1:30 New Year's Resolutions [IL Movie Theater]  3:00 Let's Play Board Games! [IL Movie Theater]  6:15 Movie: [3 AL] | 10:00 • Wake-up Trivia [Lobby AL]  10:30 • Zumba [IL Movie Theater]  11:30 • Daily Chronicles & News [IL Movie Theater]  1:30 • Bingo! [2nd fl AL]  3:00 • Word Search [2nd fl AL]  3:45 • Icon of the Week: Morris Chestnut [2nd fl AL]  6:15 • Movie: [3 AL]  | 10:00 Daily Chronicles/ News [2nd fl AL]  10:30 Fitness w/weights [2nd fl AL]  11:15 You Be The Judge [2nd fl AL]  1:30 Crafts w/Anne [2nd fl AL]  3:00 Happy Hour Tuesdays [AL Bistro 1st fl]  4:00 US Parks Y [2nd fl AL]  6:15 Movie: [3 AL]   | 10:00 Inside Meditation Stroll [Lobby AL]  10:30 Yoga w/ Laughter [IL Movie Theater]  1:30 Nickel Bingo [2nd fl AL] 3:00 You Be The Judge [2nd fl AL] 3:30 Comedy Hour [2nd fl AL] 4:00 Say It With Music [2nd fl AL] 6:15 Movie: [3 AL]                       | 10:00 Daily Chronicles/ News [2nd fl AL]  10:30 Chair Band Fitness [IL Movie Theater]  12:30 Nurse Hours w/ Jenn [IL Movie Theater]  1:30 Entertainment with Larzine [IL Movie Theater]  2:45 Armchair travel: [2nd fl AL]  6:30 Movie: [3 AL]  6:30 Bible Study W/ Pastor Robert J Anderson [Lobby]  | 10:00 Inside Meditation Stroll [Lobby AL]  10:30 Seated Fitness w/ Weights [2nd fl AL]  1:30 Bingo! [2nd fl AL]  3:00 Shabbat with Rabbi Eli [2nd FL IL]  3:00 Trivia & Fun Facts [2nd fl AL]  4:00 Documentary Series "Wildest Places" (P) [2nd fl AL]  6:15 Movie: [3 AL]                                    | 10:30 Morning Chronicles & News [2nd fl AL]  11:00 Exercise class with Jenna [2nd fl AL]  11:30 I Should Have Known That! (Fun Trivia) [2nd fl AL]  1:30 Arts & Crafts [2nd fl AL]  3:00 Jenga Game! w/ Jenna [2nd fl AL]  4:00 Comedy Classics (You Tube) [2nd fl AL]  6:15 Movie: [3 AL]               |
| ATRIUM VILLAGE  a Senior Lifestyle community  | 10:30 Non Denominational Church Service [2nd FL IL] 11:00 Catholic Service [2nd FL IL] 11:30 Exercise class [IL Movie Theater] 1:30 Show Tune Sundays with John Oliver [IL Movie Theater] 3:00 Let's Play Board Games! [IL Movie Theater] 6:15 Movie: [3 AL]          | 10:00 • Wake-up Trivia [Lobby AL]  10:30 • Zumba [IL Movie Theater]  11:30 • Daily Chronicles & News [IL Movie Theater]  1:30 • Bingo! [2nd fl AL]  3:00 • Icon of the Week: Crystal Gayle [2nd fl AL]  4:00 • Talking Points [2nd fl AL]  6:15 • Movie: [3 AL] | 10:00 Daily Chronicles/ News [2nd fl AL]  10:30 Fitness w/weights [2nd fl AL]  11:00 Word Search [2nd fl AL]  1:30 Arts & Crafts [2nd fl AL]  3:00 Happy Hour Tuesdays [AL Bistro 1st fl]  4:00 US Parks Y [2nd fl AL]  6:15 Movie: [3 AL]  | 10:00 Inside Meditation Stroll [Lobby AL]  10:30 Yoga w/ Laughter [IL Movie Theater]  1:30 Nickel Bingo [2nd fl AL] 2:00 Bookmobile 3:00 Jeopardy! [2nd fl AL] 3:30 Say It With Music [2nd fl AL] 6:15 Movie: [3 AL]   | 10:00 Daily Chronicles/News [2nd fl AL] 10:30 Chair Fitness [IL Movie Theater] 11:30 Word Search [2nd fl AL] 12:30 Nurse Hours w/ Jenn [IL Movie Theater] 1:30 Vintage Entertainment Performs [IL Movie Theater] 2:45 Armchair travel: [2nd fl AL] 6:15 Movie: [3 AL] 6:30 Bible Study W/ Pastor Robert J Anderson [Lobby]                            | 10:00 Inside Meditation Stroll [Lobby AL] 10:30 Seated Fitness w/ Weights [2nd fl AL] 11:30 Ishould have known that! 1:30 Bingo! [2nd fl AL] 3:00 Shabbat with Rabbi Eli [2nd FL IL] 3:00 Word Search [2nd fl AL] 4:00 Documentary Series "Wildest Places" (P) [2nd fl AL] 6:15 Movie: [3 AL]                  | 10:30 • Morning Chronicles & News [2nd fl AL]  11:00 • Exercise class with Jenna [2nd fl AL]  1:30 • Entertainment with Michael Brown [Lobby]  2:30 • Manicures & A Movie [2nd fl AL]  4:00 • Jeopardy! [2nd fl AL]  6:15 • Movie: [3 AL]  |
| <ul> <li>_CONNECT</li> <li>_CONTRIBUTE</li> <li>_FEEL</li> <li>_GROW</li> <li>_MOVE</li> <li>_REFLECT</li> <li>explore - Culture &amp; the Arts</li> <li>explore - Lectures &amp; Learning</li> <li>explore - Recreation &amp; Entertainment</li> <li>explore - Spiritual Health &amp; Religion</li> <li>explore - Strength &amp; Vitality</li> </ul> | 10:30 Non Denominational Church Service [2nd FL IL] 11:00 Catholic Service [2nd FL IL] 11:30 Exercise class [IL Movie Theater] 1:30 Let's Make Jewelry w/ Anne [AS] 3:00 Let's Play Board Games! [II Movie Theater] 6:15 Movie: [3 AL]                                | 10:00 • Wake-up Trivia [Lobby AL] 10:30 • Zumba [IL Movie Theater] 11:30 • Daily Chronicles & News [IL Movie Theater] 1:30 • Bingo! [2nd fl AL] 2:30 • Happy Birthday MLK [IL Movie Theater] 3:45 • Icon of the Week:Martin                                     | 10:00 Daily Chronicles/ News [2nd fl AL] 10:30 Fitness w/weights [2nd fl AL] 11:00 Council Meeting (Members Only) [2nd fl AL] 1:30 Crafts w/Anne [2nd fl AL] 3:00 Happy Hour Tuesdays [AL Bistro 1st fl] 4:00 US Parks Y [2nd fl AL] 6:15 Movie: [3 AL]   | 10:00 Inside Meditation Stroll [Lobby AL] 10:30 Yoga w/ Laughter [IL Movie Theater] 11:30 Taylor Marie Fashions [Lobby IL] 1:30 Atrium Fashion Show [IL Movie Theater] 3:30 You Be The Judge [2nd fl AL] 4:00 Say It With Music [2nd fl AL] 6:15 Movie: [3 AL] | 10:00 Daily Chronicles/ News [2nd fl AL] 10:30 Chair Fitness [IL Movie Theater] 12:30 Nurse Hours w/ Jenn [IL Movie Theater] 1:30 Seth Kibel [IL Movie Theater] 2:45 Armchair travel: [2nd fl AL] 6:15 Movie: [3 AL] 6:30 Bible Study W/ Pastor Robert J Anderson [Lobby]   | 10:00 Inside Meditation Stroll [Lobby AL] 10:30 Seated Fitness w/ Weights [2nd fl AL] 1:30 Bingo! [2nd fl AL] 3:00 Shabbat with Rabbi Eli [2nd FL IL] 3:00 Trivia & Fun Facts [2nd fl AL] 4:00 Documentary Series "Wildest Places" (P) [2nd fl AL] 6:15 Movie: [3 AL]  | 10:30 • Morning Chronicles & News [2nd fl AL]  11:00 • Exercise class with Jenna [2nd fl AL]  11:30 • I Should Have Known That! (Fun Trivia) [2nd fl AL]  1:30 • Arts & Crafts [2nd fl AL]  3:00 • Jenga Game! w/ Jenna [2nd fl AL]  4:00 • Comedy Classics (You Tube) [2nd fl AL]  6:15 • Movie: [3 AL] |
| Location Keys  1st FL Lobby Lobby 1st Fl Lobby IL Lobby IL 1st Fl Movie Theater IL Movie Theater 1st Lobby AL Lobby AL 2nd FL IL 2nd FL IL 3rd FL AL 3 AL AL Activity Rm 2nd Fl 2nd fl AL AL Bistro 1st FL AL Bistro 1st fl   | 10:30 Non Denominational Church Service [2nd FL IL] 11:00 Catholic Service [2nd FL IL] 11:30 Exercise class [IL Movie Theater] 3:00 Let's Play Board Games! [IL Movie Theater] 6:15 Movie: [3 AL]   | 10:00 • Wake-up Trivia [Lobby AL]  10:30 • Zumba [IL Movie Theater]  11:30 • Daily Chronicles & News [IL Movie Theater]  1:30 • Bingo! [2nd fl AL]  3:00 • Icon of the Week: Mel Gibson [2nd fl AL]  4:00 • Talking Points [2nd fl AL]  6:15 • Movie: [3 AL]    | 10:00 Daily Chronicles/ News [2nd fl AL] 10:30 Fitness w/weights [2nd fl AL] 11:15 Town Hall Meeting [2nd fl AL] 1:30 Arts & Crafts [2nd fl AL] 3:00 Happy Hour Tuesday w/ Cliff Winder [AL Bistro 1st fl] 3:00 Happy Hour Tuesdays [AL Bistro 1st fl] 4:00 US Parks Y [2nd fl AL] 6:15 Movie: [3 AL] | 10:00 Inside Meditation Stroll [Lobby AL]  10:30 Yoga w/ Laughter [IL Movie Theater]  1:30 Nickel Bingo [2nd fl AL] 3:00 Jeopardy! [2nd fl AL] 3:30 Word Games [2nd fl AL] 6:15 Movie: [3 AL]  | 10:00 Daily Chronicles/ News [2nd fl AL] 10:30 Chair Fitness [IL Movie Theater] 11:30 Word Search [2nd fl AL] 12:30 Nurse Hours w/ Jenn [IL Movie Theater] 1:30 Music W/Bernie [IL Movie Theater] 2:45 Armchair travel: [2nd fl AL] 6:15 Movie: [3 AL] 6:30 Bible Study W/ Pastor Robert J Anderson [Lobby]   | 10:00 • Inside Meditation Stroll [Lobby AL] 10:30 • Seated Fitness w/ Weights [2nd fl AL] 11:30 • I should have known that! 1:30 • Bingo! [2nd fl AL] 3:00 • Shabbat with Rabbi Eli [2nd FL IL] 3:00 • Word Search [2nd fl AL] 4:00 • Documentary Series "Wildest Places" (P) [2nd fl AL] 6:15 • Movie: [3 AL] | 10:30 • Morning Chronicles & News [2nd fl AL]  11:00 • Exercise class with Jenna [2nd fl AL]  2:30 • Manicures & A Movie [2nd fl AL]  4:00 • Jeopardy! [2nd fl AL]  6:15 • Movie: [3 AL]   |
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