

Be Inspired

ATRIUM VILLAGE | ASSISTED LIVING | a Senior Lifestyle community | OWINGS MILLS, MD 21117 | 410-363-0330

JOIN US THIS MONTH FOR *brain health university summer series*

It's back-to-school time as the Senior Lifestyle Brain Health University continues at many of our communities. If you are new to Senior Lifestyle, we extend an enthusiastic welcome and invite you to join this award-winning class. Brain Health University is a program that focuses on activities and lifestyle choices that impact brain health. Brain health is fundamental to healthy aging; it helps us to continue to function and enjoy life. Research indicates that when we experience novelty, variety and challenge, the brain is stimulated to change and grow. The good news is that we can improve the health and functioning of our brains, no matter our age. Topics addressed in BHU include: Physical activity, nutrition, sleep, stress management, mental stimulation and learning, and social engagement. The exercises you experience in the Brain Health University do not require any special equipment or specific preparation. All you need is an open mind and willingness to learn.

You'll experience a wide variety of activities, from physical exercises that make us think to learning about how to get a good night's sleep, from curious puzzles and mental processing exercises to meditation. We will sample brain healthy snacks and brainstorm with our friends and neighbors. Contact your Resident Program Director for further information about BHU and how you can participate.

See you in class!



THIS MONTH'S *silver star*

ELLEN AND ANDREW'S SPECIAL WEDDING DAY AND THE VILLAGE VOICES

Many thanks to Ellen for inviting members of The Atrium Village Voices Choir to sing at her wedding. What a huge honor for our ladies to be chosen to perform and share the couple's wedding day. The very gracious and beautiful bride, Ellen, was so touched by The Village Voices, that she wanted to include them in this very personal milestone in her life. The ladies were so proud to be part of Ellen's wedding day! It was an honor to sing "Always" to this lovely lady who looked absolutely gorgeous in her wedding gown and her handsome groom, Andrew. Again, congratulations to the lovely couple and our gorgeous talented ladies.



Our beautiful residents

TRAIN YOUR BRAIN
sudoku solution on back

7	4	1				5
	2			8	1	
			6	5		8
3	1		4			9
8		5		2		1
	2		3			6
9		7	5			
	3	2			9	
	1			9	4	5

assisted living

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- AL LOBBY — AL/LY
- BISTRO — BT
- CONFERENCE HALL — CH
- COUNTRY KITCHEN — CK
- DINING ROOM — DR
- FOURTH FLOOR — 4FL
- LOBBY — LY
- OUTSIDE — Out
- PATIO — PT
- THEATER ROOM — TR
- THIRD FLOOR — 3FL

TRANSPORTATION SCHEDULE

MONDAY, TUESDAY, WEDNESDAY AND FRIDAY
8:30 a.m.-2:30 p.m.
Medical Appointments

BANK

MONDAY, WEDNESDAY & FRIDAY
9 a.m.-2 p.m.

STAMPS/CONCIERGE

MONDAY-FRIDAY
9 a.m.-4 p.m.

SALON

TUESDAY-SATURDAY
9 a.m.-4 p.m.



BRAIN HEALTH UNIVERSITY
LOGO INDICATES
A BHU COURSE DAY

<p>10:00 ● Episcopal Services, St. Thomas 1</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● Fun and Games Fitness CK</p> <p>2:00 ● Brain Health University: Sweet Dreams, A Snack Away CK</p> <p>3:00 ● Music by Rear View Mirror PT</p> <p>5:00 ● Communion Service with Rev. Wright CH</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 2</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>1:00 ● The Story of the Mezuzah CH</p> <p>2:30 ● Jewish Studies</p> <p>3:00 ● Freedom Week: The Declaration of Independence CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 3</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Creative Minds Art Class CK</p> <p>3:00 ● Patriotic Cocktails and USA Trivia CK</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>INDEPENDENCE DAY 4</p> <p>● HAPPY FOURTH OF JULY!</p> <p>9:00 ● Morning Greetings CK</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>1:30 ● Baltimore County Book Mobile Out</p> <p>1:30 ● Shelley's Ceramics Class: Please Be Prompt CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 5</p> <p>10:30 ● Current Events Discussion with Marlene CK</p> <p>1:30 ● Mystery Ride Out</p> <p>2:30 ● Living Arts Music Program with Dr. David Cohen CH</p> <p>3:30 ● Brain Health University CK</p> <p>7:30 ● Movie Night TR</p>	<p>9:00 ● Morning Greetings CK 6</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Dining for Wellness with Genesis: Smoothies CK</p> <p>2:00 ● Friday Linked Senior Trivia Challenge CK</p> <p>3:00 ● Family Reunion Month: Share Your Family Photos CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trip Out 7</p> <p>10:00 ● Morning Greetings</p> <p>10:15 ● Fun and Fit Games CK</p> <p>1:30 ● You've Got Mail! Postal Workers' Week CK</p> <p>2:30 ● Baking Blueberry Muffins CK</p> <p>7:30 ● Saturday Night Bingo CH</p>	
<p>10:00 ● Episcopal Services, St. Thomas 8</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● Fun and Games Fitness CK</p> <p>1:15 ● Blueberry Social with Evelyn CK</p> <p>2:15 ● Food Trivia Games CK</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 9</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>1:30 ● Brain Bingo CK</p> <p>2:30 ● Jewish Studies</p> <p>3:00 ● "Life Is Like a Box of Chocolates" Day CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 10</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Vintage Entertainment LY</p> <p>3:00 ● "Wheel of Fortune" With Linked Senior CK</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>9:00 ● Morning Greetings CK 11</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>1:30 ● Let's Make Animal Lovers Collage Art CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 12</p> <p>10:30 ● Mindfulness and Meditation CK</p> <p>10:30 ● Brain Health University CK</p> <p>10:30 ● Day Trippers Mystery Ride Out</p> <p>10:30 ● Mindful Thoughts: Exploring You with Mike Smith CK</p> <p>10:30 ● Zumba Fitness Class LY</p> <p>11:15 ● Lunch Bunch Outing Out</p> <p>2:00 ● Thirsty Thursday Smoothies CK</p> <p>7:30 ● Movie Night TR</p>	<p>9:00 ● Morning Greetings CK 13</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Here's to Your Health! Teas of Atrium Out</p> <p>2:00 ● Friday Linked Senior Trivia Challenge CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trip Out 14</p> <p>10:00 ● Morning Greetings</p> <p>10:15 ● Fun and Fit Games CK</p> <p>10:30 ● Daily Chronicles and Magazine CK</p> <p>11:00 ● Brain Games: "Jeopardy!" CK</p> <p>1:30 ● Name That Tune Bingo! CK</p> <p>3:00 ● Laughter and Lemonade! PT</p> <p>7:30 ● Saturday Night Bingo CH</p>	
<p>10:00 ● Episcopal Services, St. Thomas 15</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● Fun and Games Fitness CK</p> <p>1:30 ● Singalong with Friends CK</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 16</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>1:30 ● Music by Helmut Licht LY</p> <p>2:30 ● Jewish Studies</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 17</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Creative Minds Art Class CK</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>9:00 ● Morning Greetings CK 18</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>12:30 ● Men's and Veterans' Luncheon DR</p> <p>1:30 ● Baltimore County Book Mobile Out</p> <p>1:30 ● Shelley's Ceramics Class: Please Be Prompt CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 19</p> <p>9:45 ● Maryland Live Casino and Lunch Outing Out</p> <p>10:30 ● Current Events Discussion with Marlene CK</p> <p>2:30 ● Living Arts Music Program with Dr. David Cohen CH</p> <p>7:30 ● Movie Night TR</p>	<p>9:00 ● Morning Greetings CK 20</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Dining for Wellness with Genesis: Tasting the Waters Out</p> <p>2:00 ● Friday Linked Senior Trivia Challenge CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trip Out 21</p> <p>10:00 ● Morning Greetings</p> <p>10:15 ● Fun and Fit Games CK</p> <p>2:00 ● Bingo CK</p> <p>3:00 ● Armchair Travels CK</p> <p>7:30 ● Saturday Night Bingo CH</p>	
<p>10:00 ● Episcopal Services, St. Thomas 22</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● Fun and Games Fitness CK</p> <p>1:15 ● Blueberry Social with Evelyn CK</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 23</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>1:30 ● Brain Bingo CK</p> <p>2:30 ● Jewish Studies</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 24</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Creative Minds Art Class CK</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>9:00 ● Morning Greetings CK 25</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 26</p> <p>10:30 ● Mindfulness and Meditation CK</p> <p>10:30 ● Brain Health University CK</p> <p>10:30 ● Day Trippers Mystery Ride Out</p> <p>10:30 ● Mindful Thoughts: Exploring You with Mike Smith CK</p> <p>10:30 ● Zumba Fitness Class LY</p> <p>11:15 ● Lunch Bunch Outing Out</p> <p>2:00 ● Thirsty Thursday Smoothies CK</p> <p>7:30 ● Movie Night TR</p>	<p>9:00 ● Morning Greetings CK 27</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>2:00 ● Friday Linked Senior Trivia Challenge CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trip Out 28</p> <p>10:00 ● Morning Greetings</p> <p>10:15 ● Fun and Fit Games CK</p> <p>1:30 ● Resident Birthday Celebration CK</p> <p>7:30 ● Saturday Night Bingo CH</p>	
<p>10:00 ● Episcopal Services, St. Thomas 29</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● Fun and Games Fitness CK</p> <p>1:30 ● Women of the Bible CK</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 30</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>1:30 ● Brain Bingo CK</p> <p>2:30 ● Jewish Studies</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 31</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Creative Minds Art Class CK</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>"Far away in the sunshine are my highest aspirations." —Louisa May Alcott</p>				

EVENT RECAP

the longest day

The Management team of Atrium Village would like to thank the residents, friends, vendors, staff and family members for the fantastic charity event, The Longest Day! The donations go to the Alzheimer's Foundation.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,
RESPECT, TEAMWORK

BEVERLY WARREN, Concierge has been with Atrium Village for over 15 years. I hired Beverly because she had the most beautiful professional speaking voice I have ever heard on the phone. She takes her time articulating her words. Her voice is pleasant and very friendly, as I have had many compliments from residents, families, and vendors alike.

When Beverly is at the desk, the residents have a comfort knowing that their issues will be resolved and that Beverly always seems to help them. She calls residents who she has not seen in a while just to make sure they are all right. Beverly works full time for a medical office downtown and fights her way through the heavy traffic to get here for her shift. I remember a wicked snowstorm that started early in the day and ended up through the night with 24 inches of snow on the ground. I called Beverly and told her she did not have to come in but she insisted that she would be alright. She got here safely and went home safely. Her commitment to Atrium is extraordinary because of her loving way. She is truly here to support the residents in any way she can. Thank you Beverly, for all the things you do for the residents and supporting the Council by typing their meeting minutes for them. She always takes the extra step to find out information residents request. Beverly does not have "I don't know" in her vocabulary.



IT'S OUR PLEASURE TO
SERVE YOU ...

word from your executive director

REUBEN'S CORNER

Dear Friends:

I just returned from a wonderful vacation in Las Vegas.

My family and I enjoyed some wonderful day trips visiting the Hoover Dam and Red Rock Canyon. We ate at some wonderful restaurants and we enjoyed some amazing shows.

We saw the bright lights of the Las Vegas strip and even won a few dollars in the casino.

While I enjoyed all of these fun activities, they were not the highlight of the trip.

After our return, my wife and I discussed the trip, and tried to determine what we each found to be the highlight.

Interestingly, we both agreed that it was not one specific outing or show. Rather, we agreed it was our sons' desire to want to travel with us, and spend time with us.

I offer this story to you, as I frequently watch our residents gain a similar level of satisfaction and joy each time one of their family members comes to visit them. Our residents treasure those regular Sunday morning brunch dates, the Wednesday afternoon trips to a local museum, or simply sharing a cup of tea in their apartments.

I hope that these regular visits will bring as much joy to you as our trip did for us.

Best,
Reuben



TRAIN
YOUR
BRAIN
solution

7	8	4	1	2	3	6	5	9
5	6	2	9	7	8	1	3	4
1	9	3	4	6	5	7	2	8
3	5	1	6	4	7	8	9	2
8	7	6	5	9	2	3	4	1
4	2	9	8	3	1	5	7	6
9	4	8	7	5	6	2	1	3
6	3	5	2	1	4	9	8	7
2	1	7	3	8	9	4	6	5



PET
FRIENDLY



SENIOR
LIFESTYLE

your *life*, your *style*