

Be Inspired

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

JOIN US THIS MONTH FOR *celebrating women's month, st. patrick's day and more!*

Women's History Month is celebrated in March. The event is sponsored by the National Women's History Project and is a time to celebrate the wide range of women's contributions and achievements. We are also celebrating International Women's Day and Working Women's Day (March 8), Mothers of Invention (March 20), and the birthdays of many famous women, including Ruth Bader Ginsburg, Elizabeth Barrett Browning, Glenn Close, Aretha Franklin and many more. You go, girl!



SPRING IS A WELCOME SIGHT THIS YEAR. WE LOOK FORWARD TO:

- **INTERNATIONAL WOMEN'S DAY LUNCHEON:** Wednesday, March 8, at 12:30 p.m., IL Dining Room
- **ST. PATRICK'S DAY CELEBRATION:** Saturday, March 17, at 1:30 p.m., in the Country Kitchen
- **CHERRY BLOSSOM CELEBRATION:** Tuesday, March 20 at 1:30 p.m., in the Country Kitchen
- **MEN'S AND VETERANS LUNCHEON:** Wednesday, March 21, at 12:30 p.m. in the IL Dining Room
- **GREEK TOGA PARTY!** Wear your toga or towel! Thursday, March 22, at 1:30 p.m.

Please join us for these fun and wonderful celebrations where we will enjoy and learn about worldwide celebrations and more!



THIS MONTH'S *silver star*

WELCOMING OUR NEW NEIGHBORS!

Atrium Assited Living community continues to grow into spring! We would like to welcome our new residents, and we look forward to seeing these lovely ladies in our neighborhood!

We welcome Gloria H., Linda J., Joan E. and Belle A.! We are so happy to have you join our community!



Welcome to your new home!

TRAIN YOUR BRAIN *sudoku solution on back*

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

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 & 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.

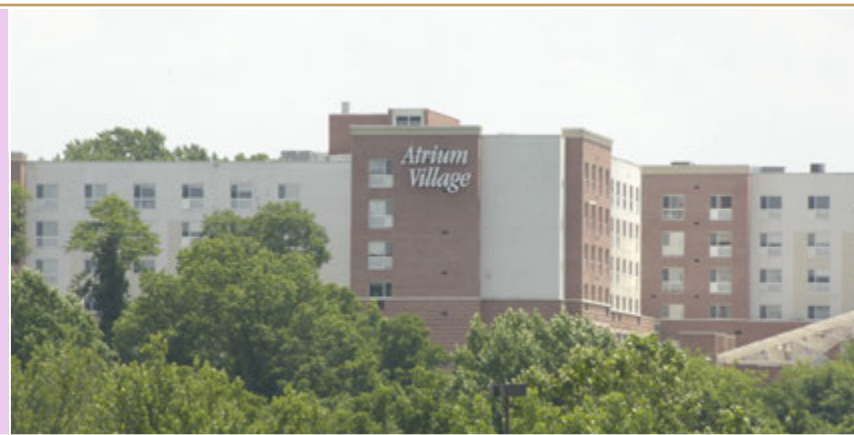
SALON

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



BRAIN HEALTH UNIVERSITY
LOGO INDICATES
A BHU COURSE DAY

“The man who treasures his friends is usually solid gold himself.”
—Marjorie Holmes



<p>10:00 ● Episcopal Services, St. Thomas 4</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● BHU Fitness Class CK</p> <p>2:00 ● Friendship Circle Intergenerational Program LY</p> <p>5:00 ● Communion Service with Rev. Wright CH</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 5</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>1:30 ● Nat'l Women's Month: Anne Frank CK</p> <p>2:30 ● Jewish Studies</p> <p>3:00 ● Laugh Out Loud Humor! CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 6</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Arts and Crafts CK</p> <p>3:00 ● Mother Teresa Blessing Bags CK</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>● CERAMICS WITH SHELLEY CH 7</p> <p>9:00 ● Morning Greetings CK</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>1:30 ● Baltimore County Book Mobile Out</p> <p>1:30 ● Shelley's Ceramics Class: Please Be Prompt CK</p> <p>2:00 ● Gardening with Jake LY</p> <p>3:00 ● Laugh Out Loud Humor! CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 8</p> <p>10:30 ● Mindfulness and Meditation CK</p> <p>2:00 ● Thirsty Thursday Smoothies CK</p> <p>3:00 ● Mike Smith Stories and Songs LY</p> <p>7:30 ● Movie Night TR</p>	<p>9:00 ● Morning Greetings CK 9</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>1:30 ● Armchair Travels: Ireland With Denny Lynch CH</p> <p>3:00 ● Friday Linked Senior Trivia Challenge CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trip Out 3</p> <p>10:00 ● Morning Greetings</p> <p>10:15 ● Fun and Fit Games CK</p> <p>1:15 ● Country Kitchen Cooking Club CK</p> <p>2:30 ● National Women's Month Tea and Trivia CK</p> <p>7:30 ● Saturday Night Bingo CH</p>
<p>DAYLIGHT SAVING TIME BEGINS 11</p> <p>10:00 ● Episcopal Services, St. Thomas</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● Daily Chronicles and Magazine with Linked Senior CK</p> <p>11:00 ● Daylight Saving Time Trivia CK</p> <p>1:30 ● Get Moving! Irish Potato Bowling CK</p> <p>2:15 ● Reminisce: Women of the '50s CK</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 12</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>1:30 ● Irish Coffee and Humor CK</p> <p>2:30 ● Jewish Studies</p> <p>3:00 ● Music by Gary Alessandro LY</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 13</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Academy Award Winners Hangman CK</p> <p>3:00 ● Don't Miss Entertainment! The Matt Daniels Duo LY</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>9:00 ● Morning Greetings CK 14</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>2:00 ● Gardening with Jake LY</p> <p>3:00 ● Happy Birthday, Albert Einstein CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 15</p> <p>10:30 ● Current Events Discussion with Marlene CK</p> <p>1:30 ● Daily Chronicles and Magazine 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 16</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>3:00 ● Laugh Out Loud Humor! CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>ST. PATRICK'S DAY 17</p> <p>9:30 ● Synagogue Trip Out</p> <p>10:00 ● Morning Greetings</p> <p>10:15 ● Fun and Fit Games CK</p> <p>1:15 ● Country Kitchen Cooking Club CK</p> <p>1:30 ● Bingo CK</p> <p>7:30 ● Saturday Night Bingo CH</p>
<p>● WELLDERLY WEEK 18</p> <p>10:00 ● Episcopal Services, St. Thomas</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● BHU Fitness Class CK</p> <p>10:30 ● Fun and Games Fitness CK</p> <p>7:00 ● Cinema Night CH</p>	<p>● WELLDERLY WEEK 19</p> <p>9:00 ● Morning Greetings CK</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>2:30 ● Jewish Studies</p> <p>3:00 ● Laugh Out Loud Humor! CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>SPRING BEGINS 20</p> <p>● WELLDERLY WEEK</p> <p>9:00 ● Morning Greetings CK</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Arts and Crafts CK</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>● CERAMICS WITH SHELLEY CH 21</p> <p>● WELLDERLY WEEK</p> <p>9:00 ● Morning Greetings CK</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</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>2:00 ● Gardening with Jake LY</p> <p>3:00 ● Laugh Out Loud Humor! CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 22</p> <p>10:30 ● Mindfulness and Meditation CK</p> <p>2:00 ● Thirsty Thursday Smoothies CK</p> <p>3:00 ● Mike Smith Stories and Songs LY</p> <p>7:30 ● Movie Night TR</p>	<p>9:00 ● Morning Greetings CK 23</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>3:00 ● Friday Linked Senior Trivia Challenge CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trip Out 24</p> <p>10:00 ● Morning Greetings</p> <p>10:15 ● Fun and Fit Games CK</p> <p>1:30 ● Bingo CK</p> <p>7:30 ● Saturday Night Bingo CH</p>
<p>PALM SUNDAY 25</p> <p>10:00 ● Episcopal Services, St. Thomas</p> <p>10:00 ● Morning Greetings</p> <p>10:30 ● Fun and Games Fitness CK</p> <p>1:30 ● Who, What and Where Am I? CK</p> <p>3:30 ● Healthy Hearts Patio Stroll</p> <p>7:00 ● Cinema Night CH</p>	<p>9:00 ● Morning Greetings CK 26</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>2:30 ● Jewish Studies</p> <p>3:30 ● Healthy Hearts Patio Stroll</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 27</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>3:30 ● Healthy Hearts Patio Stroll</p> <p>7:30 ● Movie Night TR</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>9:00 ● Morning Greetings CK 28</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>2:00 ● Gardening with Jake LY</p> <p>3:30 ● Healthy Hearts Patio Stroll</p> <p>7:30 ● Bingo Blast CH</p>	<p>9:00 ● Morning Greetings CK 29</p> <p>1:30 ● Passover Crafts: Elijah Cups CK</p> <p>2:30 ● Minute to Win It! Match the Egg Game! CK</p> <p>3:30 ● Healthy Hearts Patio Stroll</p> <p>7:30 ● Movie Night TR</p>	<p>GOOD FRIDAY 30 PASSOVER starts at sunset</p> <p>9:00 ● Morning Greetings CK</p> <p>10:30 ● Friendly Room Visits with Joelle</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>3:30 ● Healthy Hearts Patio Stroll</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trip Out 31</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>3:30 ● Healthy Hearts Patio Stroll</p> <p>7:30 ● Saturday Night Bingo CH</p>

EVENT RECAP

the friendship circle sundays with rabbi eli and chana solomon

What do you get when you have a young rabbi, his wife and their two babies who want to make a difference in our lives for the good? Add in a layer of volunteers (teens) who are amazing and caring as our residents ... you get a friendship! That's awesome! Learn more about this group, keep reading!



OUR MISSION

The Friendship Circle exists to bring happiness and companionship to children and young adults with special needs by celebrating their individuality, as well as bringing energy, support and peace of mind to their families. To do this, we focus on developing the values of altruism, compassion and acceptance in our teen volunteers as we heighten community awareness and sensitivity and encourage a sense of responsibility and involvement.

HOW WE SEE IT

Everyone in this world has a unique purpose. When we focus on abilities instead of disabilities, those with special needs can

be part of the strongest friendships and influence people in positive ways that others can't. Unwavering acceptance, positive thinking, honesty and commitment are just a few of the important lessons these individuals teach by example.

WHAT WE DO

Friendship Circle creates meaningful relationships and friendships between teen volunteers and children with special needs, increasing confidence, igniting dreams and redefining worldviews for both parties.

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Our residents' choice as our HEART Hero this month is CORTEZ of the Dining Wait Team! This young man has worked in Atrium for awhile, and we have seen him develop from a novice into a professional team player at Atrium. The residents and staff enjoy watching our teammates excel, and Cortez has succeeded by being warm and courteous to residents, helping anywhere he is needed in dining! That is why he is our HEART Hero for March!

Thank you, Cortez, and congratulations!

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

REUBEN'S CORNER

On behalf of SLC, I would like to take this opportunity to thank the residents and staff for being so cooperative during our norovirus quarantine. Because this was an unforeseen event, I especially appreciate the teamwork and resourcefulness of the entire Atrium staff. This includes our housekeeping team and maintenance crews for their hands-on cleaning and sanitizing our whole entire Community; the dining staff for delivery service to each and every room three times a day in Assisted Living; and the commitment and care that Assisted Living CNAs (caregivers) and the nursing staff provided during that two-week period. Actually, that is every day! Thank you, Robert Miller and the maintenance team and Shonta Brown and her housekeeping team. Exceptional work! I extend a special thank-you to you, our residents! Thank you for your patience and cooperation during this unwelcome event. Because of your cooperation, we were able to prevent the spread as best we could and have Atrium declared virus-free. Atrium Assisted Living quality of care during these times speaks volumes to our service.

Thank you to all!



TRAIN YOUR BRAIN *solution*

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



SENIOR LIFESTYLE
your life, your style