

the FEBRUARY 2019 newsletter

Be Inspired

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

JOIN US THIS MONTH FOR *the burning bowl ceremony*

At year's end, the burning bowl ceremony is a powerful ritual — a symbolic release — to let go of anything that no longer serves us.

It is the opportunity to release old wounds, negative or unhealthy thought patterns, unfulfilled expectations, mistakes or situations that may be holding us back from living our best life.

What Is a Burning Bowl Ceremony?

The burning bowl ceremony is a fire ceremony that helps us release old, unwanted conditions or events in our lives. It allows us to let go of the old that no longer serves us and make way for the new. It clears the way for new beginnings.

In a burning bowl ceremony, we grasp the opportunity to name what we're releasing and let it go.

The core of the ritual is about a shift in consciousness, being still, becoming aware, naming what we are releasing, and letting it go — then standing in faith for what is next. There is surrender, an acknowledgment that this problem is bigger than us. We let go and let God.

Join us for the Burning Bowl Ritual this month.



Shelley, our ceramics instructor, and resident Lorna sharing a smile.

THIS MONTH'S *silver star*

HELEN S. IS AWESOME!

Helen has the most welcoming smile! She beams kindness and patience. This lady has lived at Atrium for two years now and has really thrived!



When Helen first moved in, her goal was to regain her strength and be able to walk again after health issues caused her to be in a wheelchair. Since then, Helen has lost a considerable amount of weight and regained her strength by working with physical therapy and getting support from her wonderful family who live in the area.

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

NEW FITNESS CLASS WITH REUBEN! THIS IS GOOD!

Last month, CNN reported about a new study that detailed ways to slow down the aging of one's brain. The study, published in the Journal of Neurology, stated that simply walking three times per week seems to improve one's thinking skills. The study went on to say that by adding a heart-healthy diet, we can possibly shave years off our brain's functional age.

Here at Atrium Village, we offer lots of exercise activities through our Healthy Heart Program. Each week, there are a variety of exercise, yoga and Zumba classes available. Additionally, Atrium Village residents can use some of the cardiovascular equipment found in the Physical Therapy center located on the second floor.

After reading the article, I also want to take advantage of the benefits a regular exercise program can offer. Therefore, I am pleased to announce every Tuesday morning at 10 a.m., I will be leading a 30 minute walking class. The class will meet in the main lobby, next to the concierge desk. No matter the weather conditions, we will have our regular exercise session, as we will have indoor and outdoor routes.

TRAIN YOUR BRAIN *search for flowers*

F	Y	R	P	B	U	C	M	Y	L	I	L	AZALEA
U	S	I	O	D	E	A	D	A	D	A	I	BEGONIA
C	N	T	D	S	R	G	P	I	G	E	L	BLUEBELL
S	A	E	M	I	E	O	O	N	D	L	A	CARNATION
H	P	L	G	U	P	D	O	N	A	A	C	DAHLIA
I	D	O	D	P	I	I	S	I	I	Z	G	DAISY
A	L	I	Y	D	T	N	D	Z	S	A	D	FUCHSIA
D	G	V	Q	A	D	D	A	D	Y	D	I	GERANIUM
F	A	I	N	U	T	E	P	R	D	F	H	IRIS
C	S	R	Z	P	I	L	U	T	E	G	C	LILAC
D	A	H	L	I	A	I	R	I	S	G	R	LILY
C	B	L	U	E	B	E	L	L	C	Z	O	MARIGOLD

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

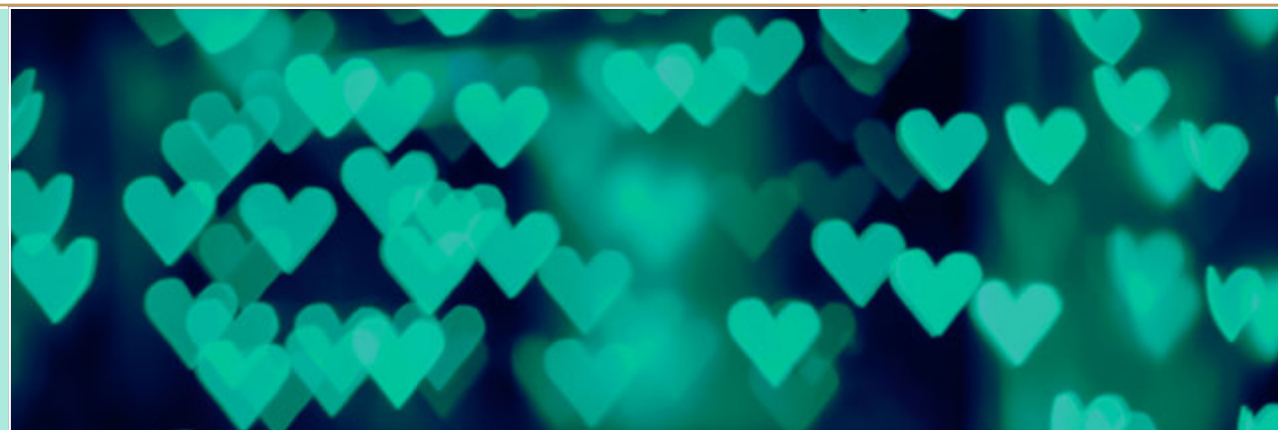
ADDITIONAL SERVICES

- 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.



“Success is what you do with your ability. It’s how you use your talent.”

—George Allen Sr.



<p>10:30 ● Country Kitchen Baking Class CK 3</p> <p>1:30 ● Painting to Music with Evelyn CK</p> <p>3:00 ● Independent Activity Sunday Word Games CK</p> <p>5:00 ● Communion Service with Rev. Wright CH</p> <p>7:00 ● Cinema Night CH</p> <p>7:00 ● Cinema Night: Call Concierge for Movie Titles CH</p>	<p>● HAPPY PAJAMA DAY! 4</p> <p>10:20 ● Positive Thoughts for the Day CK</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>1:30 ● Spunky Old Broads Month: Female Comedians CK</p> <p>2:30 ● Jewish Studies</p> <p>3:00 ● February Bingo for Prizes CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>● CHINESE NEW YEAR 5</p> <p>10:20 ● Positive Thoughts for the Day CK</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:00 ● Ukulele Music with Harvey Feldman LY</p> <p>3:00 ● Brain Games with Life Share CK</p> <p>7:30 ● Watch the Klessmer Band Practice LY</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 6</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>1:30 ● Shelley's Ceramics Class: Please Be Prompt CK</p> <p>1:30 ● Baltimore County Bookmobile Out</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 7</p> <p>10:30 ● Current Events Discussion with Marlene CK</p> <p>12:00 ● PJ Pizza Party and Movie CH</p> <p>2:30 ● David Cohen Living Arts Classical Music LY</p> <p>3:30 ● Mike Smith's Music and Stories AL/LY</p> <p>7:30 ● Cinema Night: Call Front Desk for Movie Title CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 8</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>11:00 ● Atrium's Grateful Stroll</p> <p>1:30 ● Famous Biography: African American Poets CK</p> <p>3:00 ● Bingo CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>GROUNDHOG DAY 2</p> <p>10:30 ● Daily Chronicles and Magazine CK</p> <p>1:30 ● Jewelry with Anne: Mini Heart Bracelets CK</p> <p>2:45 ● Music Trivia: The '50s CK</p> <p>3:30 ● Country Music Concert: Garth Brooks CK</p> <p>7:30 ● Saturday Night Bingo CH</p>
<p>10:30 ● What Does the Bible Really Say About Love CK 10</p> <p>11:15 ● Wheel of Fortune CK</p> <p>1:30 ● Crafts: Charming Cherry Pins CK</p> <p>2:15 ● Bingo CK</p> <p>7:00 ● Cinema Night CH</p> <p>7:00 ● Cinema Night: Call Concierge for Movie Titles CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 11</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>1:30 ● Motown: The Temptations and More CK</p> <p>2:30 ● Jewish Studies</p> <p>3:00 ● Live Music by Gary Alessandro LY</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 12</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Creative Minds Art Class CK</p> <p>1:30 ● ASL: Understanding Sign Language CK</p> <p>3:00 ● Brain Games with Life Share CK</p> <p>7:30 ● Watch the Klessmer Band Practice LY</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 13</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>10:30 ● Jake and Friends Gardening CK</p> <p>1:30 ● Lighten Up Bingo CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>VALENTINE'S DAY 14</p> <p>10:20 ● Positive Thoughts for the Day CK</p> <p>10:30 ● Zumba Fitness Class LY</p> <p>10:30 ● New! Seated Yoga for Seniors with Becky CK</p> <p>11:15 ● Lunch Bunch Outing Out</p> <p>1:30 ● Red Hat Ladies Italian Luncheon DR</p> <p>1:30 ● Denny Lynch: African American Culture CH</p> <p>3:00 ● Mike Smith's Music and Stories AL/LY</p> <p>7:30 ● Cinema Night: Call Front Desk for Movie Title CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 15</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>11:00 ● Atrium's Grateful Stroll</p> <p>3:00 ● "Wheel of Fortune" With Linked Senior CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>10:30 ● Daily Chronicles and Magazine CK 16</p> <p>1:30 ● Lighten Up Humor CK</p> <p>2:00 ● Movers and Shakers: James Brown, Michael Jackson CK</p> <p>3:00 ● Reminisce: Famous Couples Trivia Games LY</p> <p>7:30 ● Saturday Night Bingo CH</p> <p>7:30 ● Music by John Oliver LY</p>
<p>10:30 ● Country Kitchen Baking Class CK 17</p> <p>1:30 ● Cupcake Social with Evelyn CK</p> <p>2:00 ● You Be the Judge! CK</p> <p>7:00 ● Cinema Night CH</p> <p>7:00 ● Cinema Night: Call Concierge for Movie Titles CH</p>	<p>PRESIDENTS DAY 18</p> <p>10:20 ● Positive Thoughts for the Day CK</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>1:30 ● Music by Helmut Licht LY</p> <p>2:30 ● Jewish Studies</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 19</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Creative Minds Art Class CK</p> <p>1:30 ● Art Class with Anne: Warm Reflections Monoprints CK</p> <p>3:00 ● Brain Games with Life Share CK</p> <p>7:30 ● Watch the Klessmer Band Practice LY</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 20</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>12:30 ● Men's and Veterans' Luncheon DR</p> <p>1:30 ● Shelley's Ceramics Class: Please Be Prompt CK</p> <p>1:30 ● Baltimore County Bookmobile Out</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 21</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>3:30 ● Mike Smith's Music and Stories AL/LY</p> <p>7:30 ● Cinema Night: Call Front Desk for Movie Title CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 22</p> <p>10:30 ● Genesis Fitness Class CK</p> <p>11:00 ● Atrium's Grateful Stroll</p> <p>2:30 ● Stories of Gratitude CK</p> <p>7:30 ● Shabbat Services CH</p>	<p>10:30 ● Baking Birthday Cupcakes CK 23</p> <p>1:30 ● Resident Birthday Celebration CK</p> <p>2:15 ● Who Am I? CK</p> <p>3:00 ● Chocolate Kisses Bingo CK</p> <p>7:30 ● Saturday Night Bingo CH</p>
<p>10:30 ● Manicures and Music with Evelyn 3FL 24</p> <p>1:30 ● Word Search with Life Share CK</p> <p>2:30 ● Sunday Afternoon Music Concert with YouTube CK</p> <p>7:00 ● Cinema Night CH</p> <p>7:00 ● Cinema Night: Call Concierge for Movie Titles CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 25</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>2:30 ● Stories of Gratitude CK</p> <p>2:30 ● Jewish Studies</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 26</p> <p>10:30 ● The Village Voices Chorus: All Are Welcome CH</p> <p>1:30 ● Creative Minds Art Class CK</p> <p>2:30 ● Stories of Gratitude CK</p> <p>3:00 ● Brain Games with Life Share CK</p> <p>7:30 ● Watch the Klessmer Band Practice LY</p> <p>7:30 ● Observing Ballroom Dancing with Carol CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 27</p> <p>10:30 ● Genesis Fitness Class CH</p> <p>10:30 ● Gardening with Jake and Friends Out</p> <p>1:30 ● Lighten Up Bingo CK</p> <p>2:30 ● Stories of Gratitude CK</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:20 ● Positive Thoughts for the Day CK 28</p> <p>10:30 ● Zumba Fitness Class LY</p> <p>10:30 ● New! Seated Yoga for Seniors with Becky CK</p> <p>11:15 ● Lunch Bunch Outing Out</p> <p>2:30 ● Stories of Gratitude CK</p> <p>3:00 ● Mike Smith's Music and Stories AL/LY</p> <p>7:30 ● Cinema Night: Call Front Desk for Movie Title CH</p>		

EVENT RECAP

2019's black and white party was a hit!

Atrium Village's Assisted Living and Legacy Memory Care Black and White Party was an incredible hit for our assisted living residents and neighbors at Legacy Court. Legacy Court Director, Vernee English, came in on her day off to help me decorate for our residents. Our dining staff provided wonderful food and drinks. We asked everyone to dress in black and white for the occasion, and the residents looked fantastic! It was also Lorna's pre-birthday bash, and her daughter, Carol, and a friend came with cupcakes to share. The entertainment was provided by Gary Alessandro, and I danced with residents. Each of the residents had a photo op with props! The large screen TV had a fireplace burning throughout the party, and we ended by singing Happy Birthday to Lorna!



TRAVELOGUE SERIES *with denny lynch*

The following slide-illustrated programs are now being offered:

Exploring Israel	Exploring Ireland and Irish Heritage	Historic Roland Park
Exploring Baltimore	African-American History and Culture of Baltimore and Beyond	Historic Catonsville
Exploring Manhattan Philadelphia	Exploring Washington D.C.	Great Britain
Exploring Historic Places in Baltimore County	Historic Maryland	Newport Rhode Island
Exploring Italy	The Battle of North Point Sept. 12, 1814	Historic East Baltimore
Paris the City of Light	Jewish History and Culture of Baltimore	Celebrating Women in America's History
Ancient Egypt	Historic Hampden	Veterans Throughout American History
Exploring History and Culture of Russia		Ellis Island
		Woodstock Then and Now and the 1960s

Each program lasts for an hour and will include time for questions and answers. Mr. Lynch will furnish a slide projector and screen for any scheduled presentation.

The images in the programs were taken by Mr. Lynch, who is a freelance photographer. His presentations are always well received; they help to educate as well as entertain.

Refer to your calendar each month on Thursday to see the scheduled program.

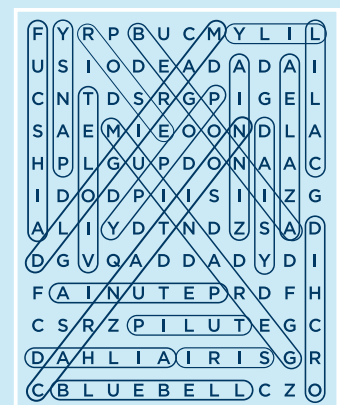
THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

RONDELL STEWART is one of our newer servers. We had a situation in the Dining Room, and Rondell was instrumental and very professional in handling the situation. Rondell is very compassionate and caring to our residents. Rondell is an asset to the Dining Room Team. We are blessed to have him here at Atrium Village.



TRAIN YOUR BRAIN *solution*



SENIOR
LIFESTYLE

your life, your style



PET
FRIENDLY