

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



● NEW WORLD WEEK 7

10:30 ● Country Kitchen Baking Class | CK

1:30 ● Uno Card Game | CK

2:30 ● Pets on Wheels | CK

5:00 ● Communion Service with Rev. Wright | CH

7:00 ● Cinema Night | CH

● NEW WORLD WEEK 14

10:30 ● Fall Leaf Art | CK

1:30 ● Fall Trivia Games with Linked Senior | CK

3:00 ● Music by Rear View Mirror | LY

7:00 ● Cinema Night | CH

10:30 ● Country Kitchen Baking Class | CK 21

1:30 ● Fall Crafts: Leaf Art with Evelyn | CK

2:45 ● Afternoon Walk to Il Entertainment with Evelyn | CK

3:00 ● Piano Music by Irina | LY

7:00 ● Cinema Night | CH

10:30 ● Baking with Evelyn | CK 28

1:00 ● Humor Me! | CK

1:30 ● Fall Arts and Crafts with Evelyn | CK

2:30 ● Sunday Afternoon Music Concert with YouTube | CK

7:00 ● Cinema Night | CH

10:30 ● Genesis Fitness Class | CH 1

11:00 ● Women's Purses and Accessories Sale | LY

1:30 ● Bingo with a Twist! | CK

2:30 ● Jewish Studies

3:00 ● International Music Day Fun! | CK

7:30 ● Bingo Blast | CH

COLUMBUS DAY 8

● NEW WORLD WEEK

10:30 ● Genesis Fitness Class | CH

1:00 ● Jews Today with Rabbi Uri Feldman | LY

1:30 ● Bingo with a Twist! | CK

2:30 ● Jewish Studies

3:00 ● Music by Gary Alessandro | LY

7:30 ● Bingo Blast | CH

● HAPPY BIRTHDAY, MARY B! 15

10:30 ● Genesis Fitness Class | CH

1:30 ● Music by Helmut Licht | LY

2:00 ● Music and Mood Wellness with Joelle | CK

2:30 ● Jewish Studies

3:00 ● Famous Biography: Pablo Picasso | CK

7:30 ● Bingo Blast | CH

10:30 ● Genesis Fitness Class | CH 22

1:30 ● Bingo with a Twist! | CK

2:30 ● Jewish Studies

2:30 ● Bean Bag Toss Challenge | CK

7:30 ● Bingo Blast | CH

10:30 ● Friends of Legacy Plush Animal Bingo 29

10:30 ● Genesis Fitness Class | CH

1:30 ● Bingo with a Twist! | CK

2:30 ● Healthy Heart Club: Health News for Seniors | CK

2:30 ● Jewish Studies

7:30 ● Bingo Blast | CH

10:30 ● The Village Voices Chorus: All Are Welcome | CH 2

1:30 ● Vintage Entertainment | LY

3:00 ● Helping Hands: Making Thank-You Gifts | CK

7:30 ● Observing Ballroom Dancing with Carol | CH

7:30 ● Watch the Klessmer Band Practice | LY

● NEW WORLD WEEK 9

10:30 ● The Village Voices Chorus: All Are Welcome | CH

1:30 ● The Good Timers Perform | LY

7:30 ● Observing Ballroom Dancing with Carol | CH

7:30 ● Watch the Klessmer Band Practice | LY

10:30 ● The Village Voices Chorus: All Are Welcome | CH 16

1:30 ● Creative Minds Art Class | CK

2:30 ● Card Games: Uno | CK

7:30 ● Observing Ballroom Dancing with Carol | CH

7:30 ● Watch the Klessmer Band Practice | LY

10:30 ● The Village Voices Chorus: All Are Welcome | CH 23

1:00 ● AARP: Learn How to Avoid Identity Theft and Fraud | CH

1:30 ● Creative Minds Art Class | CK

7:30 ● Observing Ballroom Dancing with Carol | CH

7:30 ● Watch the Klessmer Band Practice | LY

10:30 ● The Village Voices Chorus: All Are Welcome | CH 30

1:30 ● Creative Minds Art Class | CK

2:30 ● Healthy Heart Club: Health News for Seniors | CK

7:30 ● Observing Ballroom Dancing with Carol | CH

7:30 ● Watch the Klessmer Band Practice | LY

10:30 ● Genesis Fitness Class | CH 3

1:30 ● Baltimore County Book Mobile | Out

1:30 ● Shelley's Ceramics Class: Please Be Prompt | CK

3:00 ● Beautiful Fall Poetry and Prose | CK

7:30 ● Bingo Blast | CH

● NEW WORLD WEEK 10

10:00 ● Jake and Beth Tfiloh Children Visit | LY

10:30 ● Genesis Fitness Class | CH

1:30 ● Bingo with a Twist! | CK

7:30 ● Bingo Blast | CH

10:30 ● Gardening with Jake and Friends | Out 17

10:30 ● Genesis Fitness Class | CH

12:30 ● Men's and Veterans' Luncheon | DR

1:30 ● Baltimore County Book Mobile | Out

1:30 ● Shelley's Ceramics Class: Please Be Prompt | CK

1:30 ● Bingo with a Twist! | CK

7:30 ● Bingo Blast | CH

10:30 ● Genesis Fitness Class | CH 24

1:30 ● Spooky Stories with Joelle | CK

2:30 ● Halloween Word Games and Trivia | CK

3:00 ● Bingo with a Twist! | CK

7:30 ● Bingo Blast | CH

HALLOWEEN 31

10:30 ● Gardening with Jake and Friends | Out

10:30 ● Genesis Fitness Class | CH

1:30 ● Bingo with a Twist! | CK

2:30 ● Healthy Heart Club: Health News for Seniors | CK

7:30 ● Bingo Blast | CH

● FLU SHOTS TODAY! 4

10:30 ● Current Events Discussion with Marlene | CK

11:45 ● Taco Thursday Lunch | CK

1:30 ● Brain Games: What Am I? | CK

2:30 ● Living Arts Music Program with Dr. David Cohen | CH

● NEW WORLD WEEK 11

10:30 ● Day Trippers Mystery Ride | Out

10:30 ● Zumba Fitness Class | LY

10:30 ● New! Seated Yoga for Seniors with Becky | CK

2:00 ● Thirsty Thursday Smoothies | CK

3:00 ● Mike Smith's Music and Stories | AL/LY

10:30 ● Current Events Discussion with Marlene | CK 18

1:30 ● Local Outing: Fall Scenes | Out

2:30 ● Living Arts Music Program with Dr. David Cohen | CH

3:00 ● Fall Word Games and Trivia | CK

3:30 ● Volley Toss | CK

● HAPPY BIRTHDAY, OREEN B.! 25

10:30 ● Day Trippers Mystery Ride | Out

10:30 ● Zumba Fitness Class | LY

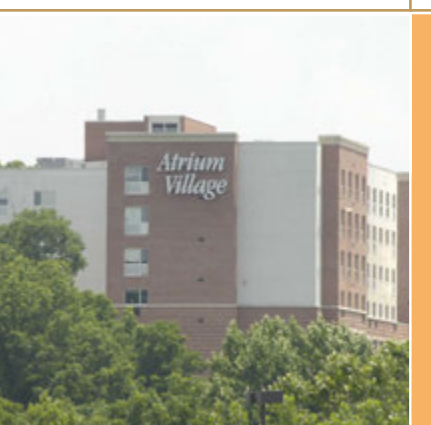
10:30 ● New! Seated Yoga for Seniors with Becky | CK

11:15 ● Lunch Bunch Outing | Out

2:00 ● Thirsty Thursday Smoothies | CK

2:00 ● Maracas Fun with Music by Bernie | LY

3:00 ● Mike Smith's Music and Stories | AL/LY



● HAPPY BIRTHDAY, DIANE L.! 5

10:30 ● Genesis Fitness Class | CK

1:30 ● Bingo with a Twist! | CK

3:00 ● Wheel of Fortune with Linked Senior | CK

7:30 ● Shabbat Services | CH

● NEW WORLD WEEK 12

10:30 ● Genesis Fitness Class | CK

1:30 ● Bingo with a Twist! | CK

2:00 ● Brain Health University | CK

3:00 ● Vocalist Micheal Brown Performs | LY

7:30 ● Shabbat Services | CH

10:30 ● Genesis Fitness Class | CK 19

1:30 ● Bingo with a Twist! | CK

2:00 ● Making Scarecrows with Legacy | CK

3:00 ● Wheel of Fortune with Linked Senior | CK

7:30 ● Shabbat Services | CH

10:30 ● Genesis Fitness Class | CK 26

1:30 ● The History of the French Fry | CK

2:00 ● French Fry Social | CK

3:00 ● Trick-or-Treat Bingo | CK

7:30 ● Shabbat Services | CH

10:30 ● Daily Chronicles and Magazine | CK 6

11:00 ● Brain Games with Linked Senior | CK

1:00 ● Manicures and Music | CK

2:45 ● You Tube Concert: Barbara Streisand | CK

7:30 ● Saturday Night Bingo | CH

● NEW WORLD WEEK 13

10:30 ● Current Events | CK

1:30 ● Reminisce: Fall Stories and Humor | CK

1:30 ● Music by John Oliver | LY

2:00 ● Music Bingo | CK

3:00 ● Wheel of Fortune with Linked Senior | CK

7:30 ● Saturday Night Bingo | CH

10:30 ● Daily Chronicles and Magazine | CK 20

11:00 ● Brain Games with Linked Senior | CK

1:00 ● Manicures and Music | CK

2:30 ● Fall Spelling Bee Challenge | CK

7:30 ● Saturday Night Bingo | CH

7:30 ● Liam, The Magician | LY

10:30 ● Halloween Bowling Fun | CK 27

1:30 ● Resident Birthday Celebration | CK

2:45 ● Famous Birthdays and Biographies | CK

3:00 ● Card Games | CK

7:30 ● Saturday Night Bingo | CH

"I often think that the night is more alive and more richly colored than the day."
—Vincent Van Gogh

EVENT RECAP

september's staycation destinations were india and egypt

I have always loved India's cultural mixes: the food, the tastes, the music, the people, the beautiful land and arts! We had a beautiful presentation of photos and personal experiences of growing up in India by two of our residents who are from India. Oreen and Gita brought photos and stories to share. We virtually toured the Taj Mahal, the Ganges River, King Tut's Tomb and more by using our Roku. We had Indian desserts from Taj Palace, gulab jamun and we watched how they make it via YouTube! We enjoyed watching "Lion;" the beautiful story of an Indian orphan was awesome! We watched Mother Teresa accept the Nobel Peace Prize! Our art instructor Anne helped the residents make beautiful Egyptian art. We also had Gloria H.'s daughter-in-law come and teach the ancient meditation and gentle stretches of yoga. The tastes, art, culture, languages — we experienced it all without leaving Maryland!



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

FLU SHOTS AT ATRIUM VILLAGE!

Dear Friends:

I just cannot believe that summer has come and gone again and here I am writing you about flu prevention for this coming winter season.

But this month, we have included in all of your rent statements, information about this year's flu clinic being held at the Community on Thursday, Oct. 4. Here at Atrium Village, we encourage all residents, employees, and family members to be vaccinated for the flu every year.

Even healthy people can get very sick from the flu and spread it to others.

Over the past few years, the flu season has begun as early as October and has lasted as late as early May. An annual flu vaccine is still the best way to reduce the risk of getting sick and spreading to others in the Community.

We urge you to complete the flu vaccine form and return it to us as soon as you can. We are hoping that the entire Community will take advantage of this service, and receive the flu shot early in this season.

Should you have any questions, please stop by and discuss it with me. I wish you a healthy fall season here at Atrium Village.

Best,
Reuben



THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

SOPHIA joined the nursing team here at Atrium Village, four and a half years ago. She is a full-time CNA and med tech, on the 3-11 p.m. shift. She is kind, compassionate and a truly dedicated member of the nursing team. Sophia always goes the extra mile. Always professional, she is often seen sitting with residents, talking with them, taking time out to really get to know each resident and learn their story. We here at Atrium Village feel lucky to have her as part of our Atrium Village family.



Sophia and our Silver Star resident, Linda J., are Atrium's October superstars! I love working with Sophia! She's a real team player!

TRAIN YOUR BRAIN solution

HORNET **LOCUST** **BEETLE**

PET FRIENDLY

SENIOR LIFESTYLE
your life, your style