

the **SEPTEMBER 2021** newsletter

# Be Inspired

ATRIUM VILLAGE | INDEPENDENT LIVING | a senior lifestyle community | OWINGS MILLS, MD 21117 | 410-363-0330

## WE'RE LOOKING FORWARD TO *music in the atrium!*

Please join us on Tuesday, Sept. 21, from 5-7 p.m., as we celebrate the completion of the newly renovated Independent Living at Atrium Village. Enjoy live music as you explore all of the new community spaces we have added! Our entire team will be available to introduce themselves as well as to answer any questions. Please call the concierge at 410-363-0330 or e-mail [gduvall@seniorlifestyle.com](mailto:gduvall@seniorlifestyle.com) by Sept. 7 to RSVP.



Sneak peek of our new lobby!

## THIS MONTH'S *silver star*

### MEET CYNTHIA!

Cynthia Beletzky is our Silver Star this month. She has lived with us here at Atrium Village for six years. Cynthia was born and raised in Long Island, N.Y., and lived there until she was 13 years old. She then moved to New Jersey and lived there until she married her late husband, Raphael, whom she was married to for 68 years. Cynthia enjoys playing cards and mahjong with her friends here at Atrium Village.

She also enjoys spending time with her daughter, Barbara, and her grandchildren, David and Sarah, as they all live close by. Cynthia's enjoying her newly renovated apartment, and some of her favorite things here are the residents and musical entertainment. We are so happy Cynthia is here with us at Atrium Village!



Meet our Silver Star, Cynthia Beletzky

## TRAIN YOUR BRAIN *search for five-letter animals*

H	O	R	S	E	M	K	N	U	K	S	E
Y	S	G	G	G	M	O	O	S	E	L	L
E	H	H	M	H	R	Z	A	G	A	E	A
N	E	S	O	R	G	B	D	N	G	M	H
A	E	D	U	D	L	X	D	C	H	U	W
S	P	B	S	E	D	L	G	C	C	R	D
R	D	S	E	G	O	K	A	P	I	G	F
E	C	D	G	H	K	M	C	M	S	H	A
T	O	C	H	K	E	O	V	G	A	C	R
T	A	V	K	L	G	Q	A	H	X	V	B
O	T	A	D	N	A	P	G	L	C	B	E
T	I	G	E	R	X	H	K	D	A	H	Z

Burro	Horse	Llama	Otter	Skunk
Camel	Hyena	Mouse	Panda	Tiger
Coati	Koala	Moose	Sable	Whale
Eland	Lemur	Okapi	Sheep	Zebra



independent living

BE INSPIRED

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

LOCATIONS

1ST FLOOR LOUNGE — 1 FL  
6TH FL — 6FL  
COUNTRY KITCHEN — CK  
DINING ROOM — DR  
FIFTH — 5th Fl  
HEALTH SUITE — HS  
LOBBY — LY  
OUTSIDE — Out  
PATIO — PT  
SECOND FLOOR — 2FL

SENIOR LIFESTYLE  
VALUES

*Hospitality,  
Excellence,  
Appreciation,  
Respect, &  
Teamwork*

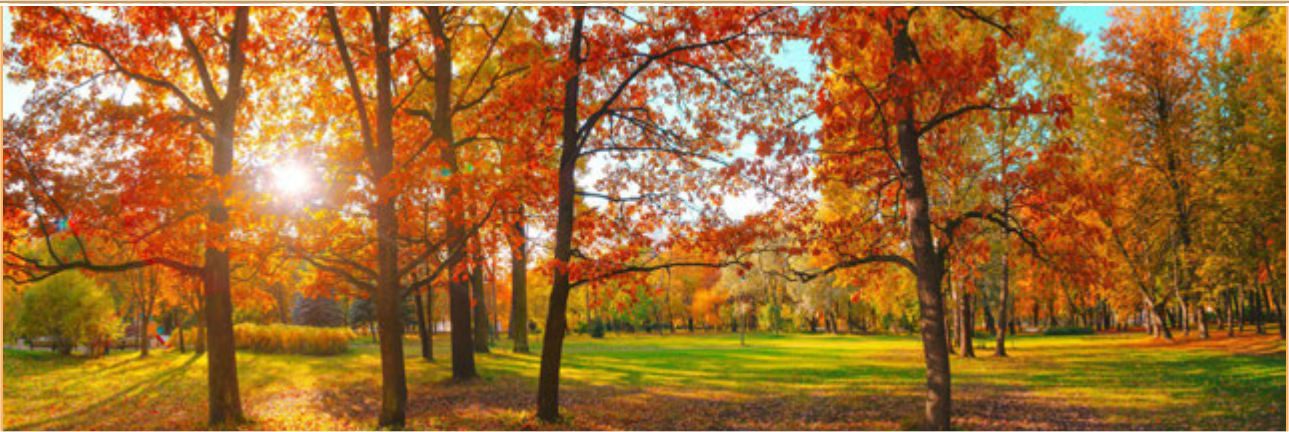
SENIOR LIFESTYLE

EMBRACE *life.*  
EMBRACE *moments.*  
EMBRACE *connection.*

ADDITIONAL SERVICES

STAMPS/CONCIERGE  
*Monday - Friday  
9 a.m.-4 p.m.*  
SALON  
*Tuesday - Saturday  
9 a.m.-4 p.m.*

www.SeniorLifestyle.com  
Activities are subject to change



<div>8:00 • Baptist Worship on TV 5</div> <div>9:00 • Catholic Services on TV</div> <div>9:30 • Morning Health Walk   Out</div> <div>1:00 • Card Games: Pick a Partner   3FL</div> <div>1:00 • Orioles Game   5th FI</div> <div>1:30 • Jewelry Making with Anne   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>LABOR DAY ROSH HASHANAH <i>begins at sundown</i> 6</div> <div>9:00 • Morning Health Walk   Out</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • The Week Ahead with Gina   5th FI</div> <div>11:30 • Rosh Hashanah Celebration Discussion   5th FI</div> <div>1:00 • Weiss</div> <div>2:00 • Afternoon Ice Cream Trip</div> <div>2:00 • Activity Planning Committee Meeting with Gina   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 7</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:00 • You Be the Judge Discussion   5th FI</div> <div>1:00 • Walmart Shopping</div> <div>2:00 • Wowzitude Virtual Travel   2FL</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 8</div> <div>10:15 • Today in History</div> <div>10:30 • Giant Food</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • Icon of the Week Trivia   5th FI</div> <div>2:00 • Bingo Bash   Out</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 9</div> <div>10:15 • Football Kickoff Day Football Fever Puzzle</div> <div>10:45 • Fun &amp; Fitness with Jen   5th FI</div> <div>11:30 • Nurses Hours Jen Brightstar   5th FI</div> <div>11:30 • Lunch Outing Red Robin</div> <div>1:00 • Bank Trips</div> <div>1:30 • Music with Vintage Entertainment   2FL</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 10</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • Sunny Skyz Positive News   5th FI</div> <div>1:00 • Dollar Store</div> <div>2:00 • Who Is That Star?!</div> <div>5:45 • Shabbat Services   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>PATRIOT DAY 11</div> <div>9:30 • Morning Health Walk   Out</div> <div>1:00 • Card Games: Pick a Partner   3FL</div> <div>1:30 • Netflix Movie   5th FI</div> <div>2:00 • Bridge Games   3FL</div> <div>3:00 • Native American Culture</div> <div>7:00 • Netflix Movies   5th FI</div>
<div>8:00 • Baptist Worship on TV 12</div> <div>9:00 • Catholic Services on TV</div> <div>9:30 • Morning Health Walk   Out</div> <div>1:00 • Card Games: Pick a Partner   3FL</div> <div>1:00 • Orioles Game   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 13</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • The Week Ahead with Gina   5th FI</div> <div>1:00 • Weiss</div> <div>2:00 • Afternoon Ice Cream Trip</div> <div>2:00 • Let's Learn to Salsa   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 14</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:00 • You Be the Judge Discussion   5th FI</div> <div>1:00 • Walmart Shopping</div> <div>1:00 • Wellness Chat with Jen Fall Prevention and Safety</div> <div>2:00 • Wowzitude Virtual Travel   2FL</div> <div>3:00 • Hispanic Heritage Discussion</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>YOM KIPPUR <i>begins at sundown</i> 15</div> <div>9:00 • Morning Health Walk   Out</div> <div>10:15 • Today in History</div> <div>10:30 • Tai Chi   2FL</div> <div>10:30 • Giant Food</div> <div>11:15 • Icon of the Week Trivia   5th FI</div> <div>1:30 • Resident Council Meeting   5th FI</div> <div>2:00 • Zumba Chair Exercise</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 16</div> <div>10:15 • Morning News Chat   5th FI</div> <div>10:45 • Fun &amp; Fitness with Jen   5th FI</div> <div>11:30 • Nurses Hours Jen Brightstar   5th FI</div> <div>11:30 • Lunch Outing Mezcal Mexican Restaurant</div> <div>1:00 • Bank Trips</div> <div>1:30 • Who Am I Trivia?!   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 17</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • Sunny Skyz Positive News   5th FI</div> <div>1:00 • Dollar Store</div> <div>2:00 • Salsa Cooking Class and Discussion   5th FI</div> <div>5:45 • Shabbat Services   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:30 • Morning Health Walk   Out 18</div> <div>1:00 • Card Games: Pick a Partner   3FL</div> <div>1:30 • Netflix Movie   5th FI</div> <div>2:00 • Bridge Games   3FL</div> <div>7:00 • Netflix Movies   5th FI</div> <div>7:30 • Netflix   5th FI</div>
<div>8:00 • Baptist Worship on TV 19</div> <div>9:00 • Catholic Services on TV</div> <div>9:30 • Morning Health Walk   Out</div> <div>1:00 • Card Games: Pick a Partner   3FL</div> <div>1:00 • Orioles Game   5th FI</div> <div>1:30 • Jewelry Making with Anne   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 20</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • The Week Ahead with Gina   5th FI</div> <div>1:00 • Weiss</div> <div>2:00 • Afternoon Ice Cream Trip</div> <div>2:00 • American Made Cars Day Discussion</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 21</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:00 • You Be the Judge Discussion   5th FI</div> <div>1:00 • Walmart Shopping</div> <div>2:00 • Wowzitude Virtual Travel   2FL</div> <div>5:00 • Music in the Atrium   LY</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>AUTUMN BEGINS 22</div> <div>9:00 • Morning Health Walk   Out</div> <div>10:15 • Today in History</div> <div>10:30 • Giant Food</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • Icon of the Week Trivia   5th FI</div> <div>1:30 • Town Hall Meeting   Out</div> <div>2:00 • Bingo Bash   Out</div> <div>2:00 • Music with Bernie   2FL</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 23</div> <div>10:45 • Fun &amp; Fitness with Jen   5th FI</div> <div>11:30 • Nurses Hours Jen Brightstar   5th FI</div> <div>11:30 • Lunch at Red Lobster</div> <div>1:00 • Bank Trips</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 24</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • Sunny Skyz Positive News   5th FI</div> <div>1:00 • Dollar Store</div> <div>1:30 • Word Search Fun</div> <div>5:45 • Shabbat Services   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:30 • Morning Health Walk   Out 25</div> <div>1:00 • Card Games: Pick a Partner   3FL</div> <div>1:30 • Netflix Movie   5th FI</div> <div>2:00 • Bridge Games   3FL</div> <div>7:00 • Netflix Movies   5th FI</div>
<div>8:00 • Baptist Worship on TV 26</div> <div>9:00 • Catholic Services on TV</div> <div>9:30 • Morning Health Walk   Out</div> <div>1:00 • Card Games: Pick a Partner   3FL</div> <div>1:00 • Orioles Game   5th FI</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 27</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • The Week Ahead with Gina   5th FI</div> <div>1:00 • Weiss</div> <div>1:30 • Name That Star!</div> <div>2:00 • Afternoon Ice Cream Trip</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 28</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:00 • You Be the Judge Discussion   5th FI</div> <div>11:30 • Presidential Trivia and Discussion</div> <div>1:00 • Walmart Shopping</div> <div>1:00 • Music with the Ukulele Brothers   2FL</div> <div>2:00 • Wowzitude Virtual Travel   2FL</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 29</div> <div>10:15 • Today in History</div> <div>10:30 • Giant Food</div> <div>10:30 • Let's Get Moving!   5th FI</div> <div>11:15 • Icon of the Week Trivia   5th FI</div> <div>2:00 • Bingo Bash   Out</div> <div>7:00 • Netflix Movies   5th FI</div>	<div>9:00 • Morning Health Walk   Out 30</div> <div>10:45 • Fun &amp; Fitness with Jen   5th FI</div> <div>11:30 • Nurses Hours Jen Brightstar   5th FI</div> <div>1:00 • Bank Trips</div> <div>1:30 • Music with Seth   2FL</div> <div>7:00 • Netflix Movies   5th FI</div>		



RECAP: HOW WE STAYED  
CONNECTED THIS MONTH

## *virtual travel trip to vienna, austria!*

We received an in-depth tour of Vienna, Austria, with our tour guide, Francis.

While on the tour, we were able to interact directly with him, as well as other travelers. Francis answered all of our questions and was full of historical information! We were able to see a full-screen view of the city, as well as the surroundings. This month, we can look forward to traveling to Lisbon, Portugal, on Sept. 7; Paris, France, on Sept. 14; and Dublin, Ireland, on Sept. 21. Keep your eyes open for other locations we will be traveling to, as well as the location of where we will be holding our group. Can't wait to see you soon!



Meet our amazing Tour Guide, Francis!



Our residents enjoying our trip!

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,  
RESPECT, TEAMWORK

This month's HEART hero is KINA OWENS! Kina has worked as our front desk concierge for one year and was previously a server in our kitchen for four years before being promoted to concierge. Kina has been an amazing support to all of our residents during the renovations and is looking forward to moving to our new and improved lobby space. She enjoys going to the beach and spending time with her three younger siblings in her free time. Kina's favorite part of her job is spending time with and helping all of our residents here at Atrium Village. Congrats, Kina, and thank you for all you do!



IT'S OUR  
PLEASURE TO  
SERVE YOU ...

## *word from your leadership team*

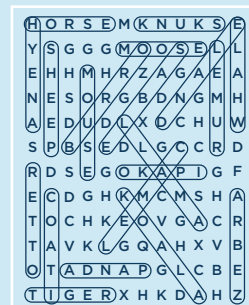
WELCOME MARILYN!

Please welcome our new business office manager, Marilyn Johnson. She brings with her over 20 years of experience in the healthcare industry. Marilyn is excited to be at Atrium Village and to start a new chapter in her career. Marilyn is a graduate of Towson University and lives in Baltimore. Welcome to our Atrium Village Family, Marilyn!



Marilyn Johnson, Business  
Office Manager

TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR  
LIFESTYLE  
your life, your style



PET  
FRIENDLY