

independent living

BE INSPIRED

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

LOCATIONS

- BISTRO — *BT*
- CONFERENCE HALL — *CH*
- COUNTRY KITCHEN — *CK*
- DINING ROOM — *DR*
- FOURTH FLOOR — *4FL*
- HEALTH SUITE — *HS*
- LIBRARY — *LB*
- LOBBY — *LY*
- OUTSIDE — *Out*
- PATIO — *PT*
- PRIVATE DINING ROOM — *PDR*
- SECOND FLOOR — *2FL*
- 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.



10:00 ● Sacred Heart Catholic Church 7
10:00 ● Intergenerational Kids Teresa Pearl | LY
1:00 ● Bridge Club | 3FL
1:45 ● Rummikub | 4FL
2:30 ● Pets on Wheels | LY
2:45 ● Checker Games | CH
5:00 ● Communion with Rev. Brenda White | CH
7:00 ● Cinema Night

10:00 ● Sacred Heart Catholic Church 14
1:00 ● Bridge Club | 3FL
1:30 ● Jewelry with Ann | CH
1:45 ● Rummikub | 4FL
2:00 ● BSO Super Pops Ticket Holders
2:00 ● Friendship Circle | LY
2:45 ● Checker Games | CH
3:00 ● Music by Rear View Mirror | LY
7:00 ● Cinema Night

10:00 ● Sacred Heart Catholic Church 21
1:00 ● Bridge Club | 3FL
1:45 ● Rummikub | 4FL
2:45 ● Checker Games | CH
3:00 ● Piano with Irina | LY
7:00 ● Cinema Night

10:00 ● Sacred Heart Catholic Church 28
1:00 ● Bridge Club | 3FL
1:30 ● Jewelry with Ann | CH
1:45 ● Rummikub | 4FL
2:00 ● Classical BSO Trip
2:45 ● Checker Games | CH
7:00 ● Cinema Night

9:30 ● Genesis Fitness Program | CH 1
11:00 ● Pocketbooks with Jeanette | LY
1:00 ● Card Games on 3rd & 4th Floors
2:30 ● Jewish Studies | LB
3:00 ● Calendar Chat with Molly | CH
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

COLUMBUS DAY 8
9:30 ● Genesis Fitness Program | CH
1:00 ● Card Games on 3rd & 4th Floors
1:00 ● Jews Today with Rabbi Uri Feldman | LY
2:30 ● Jewish Studies | LB
3:00 ● Music by Gary Alesandra | LY
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

9:30 ● Genesis Fitness Program | CH 15
12:45 ● Barnes & Noble/Trader Joe's | 4FL
1:00 ● Card Games on 3rd & 4th Floors
1:30 ● Bongo Music by Helmut Licht | LY
2:30 ● Jewish Studies | LB
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

9:30 ● Genesis Fitness Program | CH 22
10:00 ● Valley Center Shopping
1:00 ● Card Games on 3rd & 4th Floors
2:30 ● Jewish Studies | LB
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

9:30 ● Genesis Fitness Program | CH 29
1:00 ● Card Games on 3rd & 4th Floors
2:30 ● Jewish Studies | LB
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

10:00 ● Local Bank Trip & Rite Aid 2
10:30 ● Village Voices Choir Group | LY
1:00 ● Dollar Store
1:30 ● Vintage Entertainment | LY
7:30 ● Observe Ballroom Dancing with Carol | CH
7:30 ● Klesmer Practice | LY

10:30 ● Village Voices Choir Group | LY 9
1:00 ● Crafts with Amy, 5th Fl
1:00 ● Kosher Grocery
1:30 ● The Goodtimers Band | LY
7:30 ● Observe Ballroom Dancing with Carol | CH
7:30 ● Klesmer Practice | LY

10:00 ● Local Bank Trip & Rite Aid 16
10:30 ● Village Voices Choir Group | LY
1:00 ● Crafts with Amy, 5th Fl
2:30 ● "Jeopardy!" | CH
3:00 ● Book Club Review | PDR
7:30 ● Observe Ballroom Dancing with Carol | CH
7:30 ● Klesmer Practice | LY

10:30 ● Village Voices Choir Group | LY 23
1:00 ● Crafts with Amy, 5th Fl
1:00 ● AARP Fraud & Identity Theft, Lecture | CH
7:30 ● Observe Ballroom Dancing with Carol | CH
7:30 ● Klesmer Practice | LY

10:30 ● Village Voices Choir Group | LY 30
10:30 ● Trader Joe's/Barnes & Noble
1:00 ● Crafts with Amy, 5th Fl
1:00 ● Mamma Mia 2 Movie | CH
7:30 ● Observe Ballroom Dancing with Carol | CH
7:30 ● Klesmer Practice | LY

9:00 ● Hearing Tests, with Audiologist Miriam 3
9:30 ● Genesis Fitness Program | CH
10:30 ● Ceramics by Shelly | CH
10:30 ● Gardening with Jake | Out
11:45 ● Weis & Wegmans
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

9:30 ● Genesis Fitness Program | CH 10
10:30 ● Gardening with Jake | Out
11:45 ● Wegmans Grocery Store & Weis
1:30 ● Bookmobile | Out
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● 35 Piece Band Chesapeake | LY

9:30 ● Genesis Fitness Program | CH 17
10:30 ● Ceramics by Shelly | CH
10:30 ● Gardening with Jake | Out
11:45 ● Weis & Wegmans
12:30 ● Men's/Veterans' Club | DR
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

9:30 ● Genesis Fitness Program | CH 24
10:30 ● Gardening with Jake | Out
11:45 ● Wegmans Grocery Store & Weis
1:30 ● Town Hall Meeting | CH
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

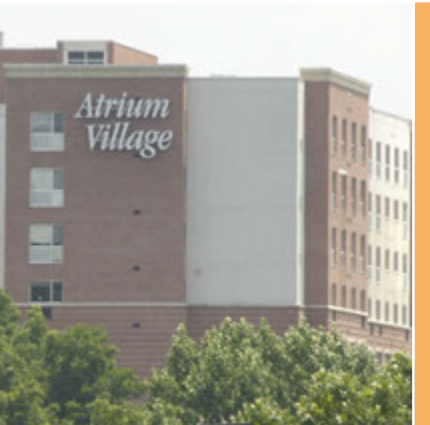
HALLOWEEN 31
9:30 ● Genesis Fitness Program | CH
10:30 ● Gardening with Jake | Out
11:45 ● Weis & Wegmans
2:30 ● Halloween Party | LY
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Bingo Blast | CH

10:00 ● Wal Mart 4
12:30 ● New Resident Meet & Greet/Barbara Prince | CH
1:00 ● Flu Shots
1:30 ● The Good Old Days/Janet Kurland | CH
2:30 ● Music Class by David Cohen | LY
3:00 ● Happy Hour | LY
7:30 ● Cinema Night | TR

10:00 ● Special Giant Trip 11
10:00 ● Maryland Live Casino Arundel Mills Mall
10:15 ● Zumba with Jocelyn | LY
10:30 ● Jewelry with Amy | LY
3:00 ● Happy Hour | LY
7:30 ● Cinema Night | TR

9:00 ● Mah Jong Tournament & Lunch \$25/Lois Maddow | CH 18
10:30 ● Jewelry with Amy | LY
11:15 ● Friendly Farms Restaurant Trip
2:30 ● Music Class by David Cohen | LY
3:00 ● Happy Hour | LY
7:30 ● Cinema Night | TR

10:00 ● Gettysburg Soldier's Fields Lunch at Dobbin Center 25
10:15 ● Zumba with Jocelyn | LY
10:30 ● Jewelry with Amy | LY
2:00 ● Music/Bernie | LY
3:00 ● Happy Hour | LY
7:30 ● Cinema Night | TR



9:30 ● Genesis Fitness Program | CH 5
10:00 ● Giant
12:30 ● World Events with Toby Essrog | CH
1:00 ● Card Games on 3rd & 4th Floors
1:00 ● Target Shopping
3:00 ● Extraordinary Moments in History/Molly | CH
7:30 ● Shabbat Services | CH

9:30 ● Genesis Fitness Program | CH 12
12:30 ● World Events with Toby Essrog | CH
1:00 ● Card Games on 3rd & 4th Floors
2:00 ● Cognitive Fitness, Bayada | CH
3:00 ● Extraordinary Moments in History/Molly | CH
7:30 ● Shabbat Services | CH

9:30 ● Genesis Fitness Program | CH 19
10:00 ● Giant
12:30 ● World Events with Toby Essrog | CH
1:00 ● Card Games on 3rd & 4th Floors
3:00 ● Extraordinary Moments in History/Molly | CH
7:30 ● Shabbat Services | CH

9:30 ● Genesis Fitness Program | CH 26
10:00 ● Giant
12:30 ● World Events with Toby Essrog | CH
1:00 ● Card Games on 3rd & 4th Floors
3:00 ● Extraordinary Moments in History/Molly | CH
7:30 ● Shabbat Services | CH

9:30 ● Synagogue Trips 6
1:00 ● Bridge Games | 4FL
1:00 ● Rummikub | 3FL
2:00 ● Card Games | 3FL
7:00 ● Ladies' and Men's Poker Club | 3FL

9:30 ● Synagogue Trips 13
10:30 ● Chair Dancing with Carol | LY
1:00 ● Bridge Games | 4FL
1:00 ● Rummikub | 3FL
1:30 ● Music by John Oliver | LY
2:00 ● Card Games | 3FL
7:00 ● Ladies' and Men's Poker Club | 3FL

9:30 ● Synagogue Trips 20
1:00 ● Bridge Games | 4FL
2:00 ● Card Games | 3FL
7:00 ● Ladies' and Men's Poker Club | 3FL
7:30 ● Liam the Magic Man | LY

9:30 ● Synagogue Trips 27
1:00 ● Bridge Games | 4FL
1:00 ● Rummikub | 3FL
1:00 ● Tai Chi with Linda | CH
2:00 ● Card Games | 3FL
7:00 ● Ladies' and Men's Poker Club | 3FL

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

EVENT RECAP

active aging week festivities

Thank you all for participating in our Active Aging Week Festivities. We did so many fun games, walked everywhere, sang with the Choir, did Brain Health Games, won prizes, etc.



LOVING THE FALL *season*

Okay, folks, this is truly my favorite time of the year. Although I love all of the seasons in Maryland, fall is closest to my heart. One of my favorite things to do is to make all kinds of different soups. That is where I am the most creative. The next thing I love about fall is the rustling and smells of the leaves, especially after a light rain. The next part of fall that I love is for you. Every fall I do a fall decoration display above the fireplace. It adds a sense of warmth to the lobby and a huge welcoming to our residents and outside guests.



It represents all the colors of the season. I had a former resident who used to come down every morning with her coffee and sit by the fireplace to gaze endlessly at the decorations. She said it made her feel so happy and brightened her day to look at it every morning. Sundays will take on a different feel as we cheer on our favorite football teams. No matter where you live in America, fall is a time for home, harvest, festivals, football and fun! Please enjoy our fall season!

Thank You Most Kindly,

Molly Hall, Director of Resident Services & Programs

HALLOWEEN *costume party*

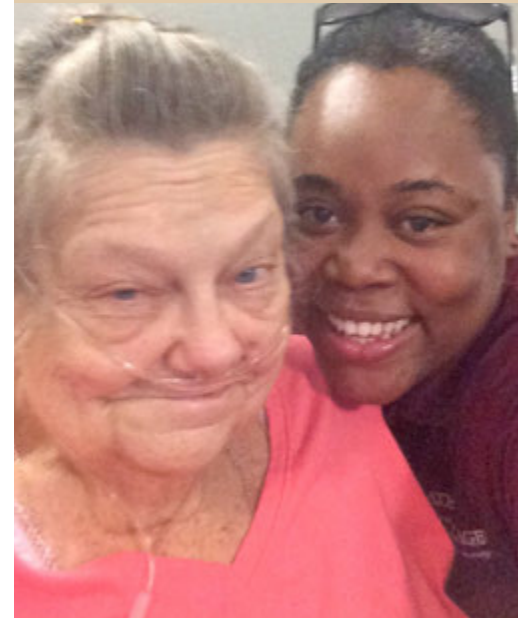
Create or buy your favorite costume and act silly with the staff on Halloween Oct. 31, at 2:30 p.m., in the Lobby. Come and see the different pumpkins created by the different departments and enjoy the refreshments. Everyone is encourage to dress up because it's a great day at Atrium Village.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

SOPHIA joined the Nursing team here at Atrium Village, 4.5 years ago. Sophia works as a full-time CNA and Medication Technician, 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. 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 takes a selfie with the Assisted Living Silver Star resident, Linda J.

TRAIN YOUR BRAIN *solution*



SENIOR
LIFESTYLE
your life, your style