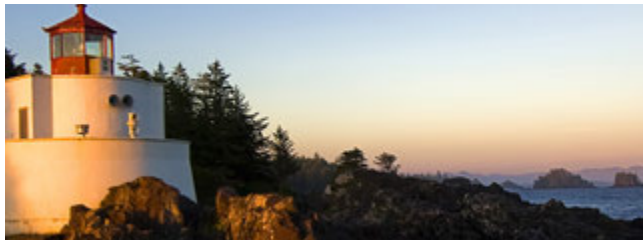


# Be Inspired

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

## JOIN US THIS MONTH FOR *around the world with denny lynch*

The following slide-illustrated programs are now being offered:



- Exploring the Holy Land
- Exploring Baltimore
- Exploring Manhattan
- Philadelphia
- Exploring Historic Places in Baltimore County
- Exploring Italy
- Paris the City of Light
- Ancient Egypt
- Exploring History and Culture of Russia
- Exploring Ireland and Irish Heritage
- African-American History and Culture of Baltimore
- Beyond Exploring Washington, D.C.
- Historic Maryland
- The Battle of North Point Sept. 12, 1814

- Jewish History and Culture of Baltimore
- Historic Hampden
- Historic Roland Park
- The Civil War in Maryland and Beyond
- Historic Catonsville
- Great Britain
- Newport Rhode Island
- Historic East Baltimore
- Celebrating Women in America's History
- Veterans Throughout American History
- Ellis Island
- Woodstock Then and Now

- The 1960s
- The Carrolls: From County Offaly to the State of Maryland
- Baltimore's Historic Houses of Worship
- Public Monuments and Sculpture in Baltimore
- Historic Parks and Squares of Baltimore
- The Chesapeake Region
- Mexico
- Lighthouses from around the world.

Each program lasts for an hour and will include time for questions and answers.

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

### REUBEN'S CHIT CHAT

Dear Friends:

Last month, Atrium Village hosted a site visit led by its regional Vice President. As members of the group walked around the community, they all made a similar observation — the staff member longevity at Atrium Village is unlike any other building they had previously visited. The common thread in each Department was the same — there are lots of team members at Atrium Village who have been here a very long time.

But our Corporate visitors' comments did not end there. They also talked about the clear difference in the way the staff sees its role in the community, its caring spirit, its striving for excellence, its continued delivery of services, and so much more.

I am proud to work with such a committed group of people, who help to motivate me each day I walk into the community. I know that many of you feel the same way, as we continue to receive "fuzzy" nominations — our building's way to recognize staff excellence and strong effort. I urge you to continue to keep your nominations coming. Our staff members love it and truly appreciate it.

I look forward to seeing you around the building.

Best,  
Reuben

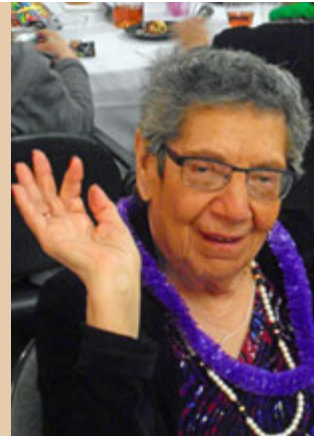
## THIS MONTH'S *silver star*

ALMA KLEIN IS OUR SILVER STAR

I want to take this opportunity to graciously thank Alma Klein, who has helped me so very much not only in the country store, but in so many other ways. When a country store volunteer is ill or unable to volunteer that day, Alma always steps up to the plate like all of my other volunteers — Millie Grabstald, Kate Tillman, Nancy Ferguson, Vernon Itner, Betsy Schocket, Mikki Furman and several others, just to name a few — and pitches in.

Alma enjoys her Mah Jong game and going to Florida every winter/spring to get away a little bit. Alma always has a lovely smile on her face and loves to go on our trips with Mikki Furman. Those two ladies are wonderful friends and really enjoy it here.

Thank you, Alma Klein and all of my Country Store volunteers, for making a difference in the community by volunteering.



## TRAIN YOUR BRAIN *search for rivers, lakes, seas & oceans*

M	V	O	L	G	A	E	B	U	N	A	D	AEGEAN sea
I	D	E	N	I	H	R	K	D	T	C	Y	ARCTIC ocean
C	Q	E	L	I	N	R	H	L	A	E	E	ATLANTIC ocean
H	S	A	D	G	E	D	A	G	H	R	L	BERING sea
I	C	E	C	D	G	N	I	C	O	I	L	BLACK sea
G	B	G	G	F	T	G	S	A	E	E	O	DANUBE river
A	L	E	H	I	I	H	R	S	N	N	W	lake ERIE
N	A	A	C	H	D	C	H	D	T	S	G	lake HURON
S	C	N	U	S	T	T	H	A	M	E	S	INDIAN ocean
D	K	R	G	I	B	E	R	I	N	G	C	lake MICHIGAN
F	O	G	C	Y	C	I	F	I	C	A	P	NILE river
N	T	H	T	R	O	I	R	E	P	U	S	lake ONTARIO
												PACIFIC ocean
												RED sea
												RHINE river
												lake SUPERIOR
												lake TAHOE
												river THAMES
												VOLGA river
												YELLOW sea



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 — LBY
- 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

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.



<p>10:00 ● Sacred Heart Catholic Church 1</p> <p>1:00 ● Bridge Club   3FL</p> <p>1:45 ● Rummikub   4FL</p> <p>2:45 ● Checker Games   CH</p> <p>5:00 ● Communion with Rev. Brenda White   CH</p> <p>7:00 ● Cinema Night</p>	<p>9:30 ● Genesis Fitness Program   CH 2</p> <p>10:00 ● Cranberry Mall</p> <p>1:30 ● Calendar Chat with Molly   CH</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>2:00 ● Calendar Chat with Molly   CH</p> <p>2:30 ● Jewish Studies   LBY</p> <p>3:00 ● World Events with Toby   CH</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>10:00 ● Local Bank Trip &amp; Rite Aid 3</p> <p>10:30 ● Mindfulness Meditation with Amy   CH</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:15 ● Brain Teasers Challenge with Amy   CH</p> <p>7:30 ● Cinema Night</p>	<p>8:00 ● Blood Pressure Checks   LY 4</p> <p>9:00 ● Hearing Tests, with Audiologist Miriam</p> <p>9:30 ● Genesis Fitness Program   CH</p> <p>10:30 ● Gardening with Jake   Out</p> <p>10:30 ● Ceramics with Shelley   CH</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:45 ● Weis &amp; Wegmans</p> <p>1:30 ● Bookmobile   Out</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>9:45 ● Maryland Live Casino, Arundel Mills Mall 5</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>2:00 ● Music by Songbirds   LY</p> <p>3:00 ● Happy Hour   LY</p> <p>7:00 ● New Bible Study</p> <p>7:30 ● Cinema Night   TR</p>	<p>9:30 ● Genesis Fitness Program   CH 6</p> <p>10:00 ● Giant</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>1:00 ● New Mah Jong Game Forming   3FL</p> <p>7:30 ● Shabbat Services   CH</p>	<p>9:30 ● Synagogue Trips 7</p> <p>10:30 ● Dollar Store</p> <p>10:30 ● Chair Dancing with Carol   LY</p> <p>1:00 ● Rummikub   3FL</p> <p>2:00 ● Card Games   3FL</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Music by John Oliver   LY</p>
<p>10:00 ● Sacred Heart Catholic Church 8</p> <p>1:00 ● Bridge Club   3FL</p> <p>1:30 ● Jewelry by Anne   CH</p> <p>1:45 ● Rummikub   4FL</p> <p>2:45 ● Checker Games   CH</p> <p>7:00 ● Cinema Night</p>	<p>COLUMBUS DAY 9</p> <p>9:30 ● Genesis Fitness Program   CH</p> <p>10:00 ● Valley Village Shopping Trip</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>2:30 ● Jewish Studies   LBY</p> <p>3:00 ● Musical Favorites with Gary Alesandro   LY</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>10:30 ● Mindfulness Meditation with Amy   CH 10</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>1:00 ● Flu Shots in Your Apartments</p> <p>1:00 ● What Is Independent Living Today?, Bayada   CH</p> <p>3:00 ● Your Favorite Tunes with Amy   CH</p> <p>7:30 ● Cinema Night</p>	<p>8:00 ● Blood Pressure Checks   LY 11</p> <p>9:30 ● Genesis Fitness Program   CH</p> <p>10:30 ● Gardening with Jake   Out</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:45 ● Wegmans Grocery Store &amp; Weis</p> <p>1:30 ● Crafts with Amy   CH</p> <p>1:30 ● Memory Enhancement with Sister Marie   CH</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>10:30 ● Fall Foliage to Thurmont, Eat Mountain Gate 12</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>1:30 ● Music by Seth Kibel   LY</p> <p>3:00 ● Happy Hour   LY</p> <p>7:00 ● New Bible Study</p> <p>7:30 ● Cinema Night   TR</p>	<p>9:30 ● Genesis Fitness Program   CH 13</p> <p>10:00 ● Giant</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>3:00 ● Music by Michael Brown   LY</p> <p>7:30 ● Shabbat Services   CH</p>	<p>9:30 ● Synagogue Trips 14</p> <p>10:30 ● Target Shopping</p> <p>1:00 ● Rummikub   3FL</p> <p>1:00 ● Pharmacy Talk and Prescriptions   CH</p> <p>2:00 ● Card Games   3FL</p> <p>3:00 ● Music by Larzene   LY</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Cinema Night   CH</p>
<p>10:00 ● Sacred Heart Catholic Church 15</p> <p>1:00 ● Bridge Club   3FL</p> <p>1:45 ● Rummikub   4FL</p> <p>2:00 ● BSO Super Pops Ticket Holders</p> <p>2:45 ● Checker Games   CH</p> <p>3:00 ● Music by Irina   LY</p> <p>7:00 ● Cinema Night</p>	<p>9:30 ● Genesis Fitness Program   CH 16</p> <p>12:30 ● Barnes &amp; Noble/Trader Joe's</p> <p>1:30 ● Bongo Music by Helmut Licht   LY</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>2:30 ● Jewish Studies   LBY</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>10:00 ● Local Bank Trip &amp; Rite Aid 17</p> <p>10:30 ● Mindfulness Meditation with Amy   CH</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:15 ● Brain Teasers Challenge with Amy   CH</p> <p>1:30 ● Vintage Entertainment   LY</p> <p>2:30 ● "Jeopardy!"   CH</p> <p>3:00 ● Your Favorite Tunes with Amy   CH</p> <p>3:00 ● Book Club Review with Ann Welham   PDR</p> <p>7:30 ● Cinema Night</p>	<p>8:00 ● Blood Pressure Checks   LY 18</p> <p>9:30 ● Genesis Fitness Program   CH</p> <p>10:30 ● Gardening with Jake   Out</p> <p>10:30 ● Ceramics with Shelley   CH</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:45 ● Weis &amp; Wegmans</p> <p>12:30 ● Men's/Veterans' Club   DR</p> <p>1:30 ● Bookmobile   Out</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>10:30 ● New Freedom Train Trip Aventure 19</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:45 ● Pizza Lunch with Senator Bobby Zirkin   LY</p> <p>3:00 ● Happy Hour   LY</p> <p>7:00 ● New Bible Study</p> <p>7:30 ● Cinema Night   TR</p>	<p>9:30 ● Genesis Fitness Program   CH 20</p> <p>10:00 ● Giant</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>12:30 ● World Events with Toby Essrog   CH</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>7:30 ● Shabbat Services   CH</p>	<p>9:30 ● Synagogue Trips 21</p> <p>10:30 ● Walmart</p> <p>10:30 ● Chair Dancing with Carol   LY</p> <p>1:00 ● Rummikub   3FL</p> <p>2:00 ● Card Games   3FL</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p>
<p>10:00 ● Sacred Heart Catholic Church 22</p> <p>10:30 ● Friendship Circle Intergenerational   LY</p> <p>1:00 ● Bridge Club   3FL</p> <p>1:30 ● Rear View Mirror   LY</p> <p>1:45 ● Rummikub   4FL</p> <p>2:00 ● BSO Classical Concert Ticket Holders</p> <p>2:45 ● Checker Games   CH</p> <p>7:00 ● Cinema Night</p>	<p>9:30 ● Genesis Fitness Program   CH 23</p> <p>10:00 ● Talbots Outlet Clothing Store</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>2:30 ● Jewish Studies   LBY</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>10:30 ● Mindfulness Meditation with Amy   CH 24</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:15 ● Brain Teasers Challenge with Amy   CH</p> <p>1:30 ● Medicare New Money Saving Plans 2018 with Avi   CH</p> <p>1:30 ● Breast Cancer Basket Bingo- 5.00   CH</p> <p>3:00 ● Your Favorite Tunes with Amy   CH</p> <p>7:30 ● Cinema Night</p>	<p>8:00 ● Blood Pressure Checks   LY 25</p> <p>9:30 ● Genesis Fitness Program   CH</p> <p>10:30 ● Gardening with Jake   Out</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>11:45 ● Wegmans Grocery Store &amp; Weis</p> <p>1:30 ● Town Hall Meeting   DR</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>10:45 ● Hickory Lodge Restaurant 26</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>2:00 ● Music by Bernie   LY</p> <p>3:00 ● Happy Hour   LY</p> <p>7:00 ● New Bible Study</p> <p>7:30 ● Cinema Night   TR</p>	<p>9:30 ● Genesis Fitness Program   CH 27</p> <p>10:00 ● Giant</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>12:30 ● World Events with Toby Essrog   CH</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>7:30 ● Shabbat Services   CH</p>	<p>9:30 ● Synagogue Trips 28</p> <p>1:00 ● Rummikub   3FL</p> <p>2:00 ● Card Games   3FL</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Music by the Cherilles   LY</p>
<p>10:00 ● Sacred Heart Catholic Church 29</p> <p>1:00 ● Bridge Club   3FL</p> <p>1:30 ● Jewelry by Anne   CH</p> <p>1:45 ● Rummikub   4FL</p> <p>2:45 ● Checker Games   CH</p> <p>5:00 ● Special Sunday Dinner 19.95   DR</p> <p>7:00 ● Piano Recital with Stephanie &amp; Kids   LY</p>	<p>9:30 ● Genesis Fitness Program   CH 30</p> <p>10:00 ● Valley Village Shopping Trip</p> <p>10:00 ● Columbia Mall</p> <p>1:45 ● Card Games on 3rd &amp; 4th Fl.</p> <p>2:30 ● Jewish Studies   LBY</p> <p>7:00 ● Ladies' and Men's Poker Club   3FL</p> <p>7:30 ● Bingo Blast   CH</p>	<p>HALLOWEEN 31</p> <p>10:30 ● Mindfulness Meditation with Amy   CH</p> <p>11:00 ● Alzheimer's Heart Healthy Club Walk with Cyndi   Out</p> <p>2:00 ● Halloween Social   LY</p> <p>3:00 ● Your Favorite Tunes with Amy   CH</p> <p>7:30 ● Cinema Night</p>	<p>"Cats seem to go on the principle that it never does any harm to ask for what you want." —Joseph Wood Krutch</p>			



EVENT RECAP

# country hoedown

Country Hoedown Night was a lot of fun. The Dining staff got into the spirit and wore jeans, cowboy hats and bandanas. The food was fantastic!



## FLU SHOTS ROOM TO ROOM

Reminder that we will be giving flu shots going room to room, from 12:30 to 1 p.m. You had to have filled out the form ahead of time. Also, for those new residents who moved in last week, we will give you a form to fill out at the Concierge Desk.

## ALZHEIMER'S basket bingo



## STEAM INTO FALL with a train ride to hanover, pa.

Enjoy the colors of the fall aboard the York 17 on this 2 1/2 hour round trip to Hanover Junction, Pa. Our narrator will talk about the town and villages along the way, and their history. The fall is a beautiful time of the year to enjoy the York County Rail Trail. This trail was voted the number one rail trail in Pennsylvania. We are so lucky to be able to share this ride with our guests. This is a steam ride.

Cost: \$25 for a roundtrip ride

Lunch at New Freedom Restaurant before train trip: American cuisine.



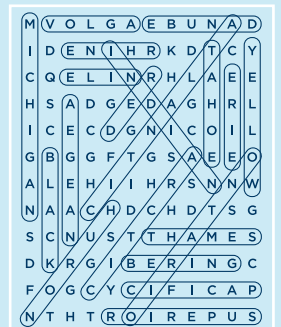
## THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

KASI COPELAND is a very caring person who strives to work with the residents to make their experience the best that it can be. Kasi fills in as a Food Runner to get the meals out to the residents quickly and efficiently. She is excellent in guiding the new residents to their tables in the Dining Room. The residents love Kasi because she greets them with a smile, pulls their chairs out, and tries to accommodate their every need. Kasi is in college at Baltimore Community College, studying to pursue her degree in criminal justice.



## TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE FAMILY-OWNED COMMUNITIES

