

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.



BRAIN HEALTH
UNIVERSITY
LOGO INDICATES
A BHU COURSE DAY

www.SeniorLifestyle.com
Activities are subject to change



<p>10:00 ● Sacred Heart Catholic Church 3</p> <p>1:00 ● Bridge Club 3FL</p> <p>1:30 ● Jewelry with Ann CH</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 4</p> <p>1:30 ● The Holy Land Slides and Lecture with Denny CH</p> <p>1:45 ● Card Games on 3rd & 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 & Rite Aid 5</p> <p>10:30 ● Village Voices Choir Group CH</p> <p>1:30 ● Puppet Show with Beth Tfiloh LY</p> <p>3:00 ● Your Favorite Tunes CH</p> <p>7:30 ● Klesmer Practice LY</p> <p>7:30 ● Observe Ballroom Dancing with Carol CH</p>	<p>8:00 ● Blood Pressure Checks LY 6</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>11:45 ● Wegmans Grocery Store & Weis</p> <p>7:00 ● Ladies' and Men's Poker Club 3FL</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:00 ● "Jeopardy!" & Trivia CH 7</p> <p>12:30 ● New Resident Life Changes/Barbara Prince CH</p> <p>1:30 ● Good Old Days/Janet Kurland CH</p> <p>1:30 ● Vintage Entertainment 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 8</p> <p>10:00 ● Giant</p> <p>12:30 ● World Events with Toby Essrog CH</p> <p>1:45 ● Card Games on 3rd & 4th Fl.</p> <p>2:00 ● Seated Movement with Michelle CH</p> <p>2:30 ● Holiday Traditions & Holiday Cookies/Molly CH</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trips 2</p> <p>10:30 ● Dollar Store</p> <p>1:00 ● Rummikub 3FL</p> <p>2:00 ● Card Games 3FL</p> <p>3:00 ● Public Affairs with Marvin Sakin CH</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 10</p> <p>1:00 ● Bridge Club 3FL</p> <p>1:45 ● Rummikub 4FL</p> <p>2:00 ● Friendship Circle Intergenerational LY</p> <p>7:00 ● Cinema Night</p> <p>7:30 ● Music by the Cherilles LY</p>	<p>9:30 ● Genesis Fitness Program CH 11</p> <p>1:45 ● Card Games on 3rd & 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>HANUKKAH STARTS AT SUNSET 12</p> <p>10:30 ● Mindfulness Meditation CH</p> <p>10:30 ● Village Voices Choir Group CH</p> <p>11:15 ● Understanding Link Senior with Amy CH</p> <p>3:00 ● Your Favorite Tunes CH</p> <p>7:30 ● Klesmer Practice LY</p> <p>7:30 ● Observe Ballroom Dancing with Carol CH</p>	<p>8:00 ● Blood Pressure Checks LY 13</p> <p>9:30 ● Genesis Fitness Program CH</p> <p>10:30 ● Gardening with Jake Out</p> <p>11:45 ● Weis & Wegmans</p> <p>1:30 ● Bookmobile Out</p> <p>3:00 ● Holiday Carolers with Bernie Kellet LY</p> <p>7:00 ● Ladies' and Men's Poker Club 3FL</p> <p>7:30 ● Bingo Blast CH</p>	<p>10:00 ● "Jeopardy!" & Trivia CH 14</p> <p>10:15 ● Zumba with Jocelyn LY</p> <p>1:00 ● Musical Concerts CH</p> <p>3:00 ● Happy Hour LY</p> <p>7:00 ● New Bible Study</p> <p>7:00 ● Hanukkah Games with Miriam & Kids LY</p> <p>7:30 ● Cinema Night TR</p>	<p>9:30 ● Genesis Fitness Program CH 15</p> <p>10:00 ● Giant</p> <p>11:00 ● Shantel Jewelry Show LY</p> <p>12:30 ● World Events with Toby Essrog CH</p> <p>1:45 ● Card Games on 3rd & 4th Fl.</p> <p>2:00 ● Drama Club with Michelle CH</p> <p>2:00 ● Seated Movement with Michelle CH</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trips 16</p> <p>10:30 ● Walmart</p> <p>1:00 ● Rummikub 3FL</p> <p>1:30 ● Jewelry with Ann CH</p> <p>2:00 ● Card Games 3FL</p> <p>3:00 ● Public Affairs with Marvin Sakin CH</p> <p>7:00 ● Ladies' and Men's Poker Club 3FL</p>
<p>10:00 ● Sacred Heart Catholic Church 17</p> <p>1:00 ● Bridge Club 3FL</p> <p>1:45 ● Rummikub 4FL</p> <p>2:00 ● Music by Chic Szborg LY</p> <p>2:45 ● Checker Games CH</p> <p>7:00 ● Cinema Night</p>	<p>9:30 ● Genesis Fitness Program CH 18</p> <p>12:30 ● Barnes & Noble/Trader Joe's</p> <p>1:30 ● Bongo Music by Helmut Licht LY</p> <p>1:45 ● Card Games on 3rd & 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 & Rite Aid 19</p> <p>10:30 ● Mindfulness Meditation CH</p> <p>10:30 ● Village Voices Choir Performance LY</p> <p>2:30 ● "Jeopardy!" CH</p> <p>3:00 ● Book Club Review with Ann Welham PDR</p> <p>3:00 ● Your Favorite Tunes CH</p> <p>7:30 ● Klesmer Practice LY</p> <p>7:30 ● Observe Ballroom Dancing with Carol CH</p>	<p>8:00 ● Blood Pressure Checks LY 20</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 ● Lunch and Learn with Miriam: Sign Up at Desk CH</p> <p>11:45 ● Wegmans Grocery Store & Weis</p> <p>12:30 ● Men's/Veterans' Club DR</p> <p>2:30 ● Resident Holiday Party LY</p> <p>7:00 ● Ladies' and Men's Poker Club 3FL</p> <p>7:30 ● Bingo Blast CH</p>	<p>WINTER BEGINS 21</p> <p>10:00 ● "Jeopardy!" & Trivia CH</p> <p>10:15 ● Zumba with Jocelyn LY</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 22</p> <p>10:00 ● Giant</p> <p>12:30 ● World Events with Toby Essrog CH</p> <p>1:45 ● Card Games on 3rd & 4th Fl.</p> <p>2:00 ● Seated Movement with Michelle CH</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trips 23</p> <p>1:00 ● Rummikub 3FL</p> <p>2:00 ● Card Games 3FL</p> <p>3:00 ● Public Affairs with Marvin Sakin CH</p> <p>7:00 ● Ladies' and Men's Poker Club 3FL</p>
<p>CHRISTMAS EVE 24</p> <p>10:00 ● Sacred Heart Catholic Church</p> <p>1:00 ● Bridge Club 3FL</p> <p>1:45 ● Rummikub 4FL</p> <p>2:45 ● Checker Games CH</p> <p>4:00 ● Holiday Music by Joi Ford LY</p> <p>7:00 ● Cinema Night</p>	<p>CHRISTMAS 25</p> <p>9:30 ● Genesis Fitness Program CH</p> <p>1:45 ● Card Games on 3rd & 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 CH 26</p> <p>10:30 ● Village Voices Choir Group CH</p> <p>11:15 ● Understanding Link Senior with Amy CH</p> <p>3:00 ● Your Favorite Tunes CH</p> <p>7:30 ● Klesmer Practice LY</p> <p>7:30 ● Observe Ballroom Dancing with Carol CH</p>	<p>8:00 ● Blood Pressure Checks LY 27</p> <p>9:30 ● Genesis Fitness Program CH</p> <p>10:30 ● Gardening with Jake Out</p> <p>11:45 ● Weis & Wegmans</p> <p>1:30 ● Town Hall Meeting 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>10:00 ● "Jeopardy!" & Trivia CH 28</p> <p>1:00 ● Musical Concerts CH</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 29</p> <p>10:00 ● Giant</p> <p>12:30 ● World Events with Toby Essrog CH</p> <p>1:45 ● Card Games on 3rd & 4th Fl.</p> <p>2:00 ● Drama Club with Michelle CH</p> <p>2:00 ● Seated Movement with Michelle CH</p> <p>7:30 ● Shabbat Services CH</p>	<p>9:30 ● Synagogue Trips 30</p> <p>10:30 ● Chair Dancing with Carol LY</p> <p>1:00 ● Rummikub 3FL</p> <p>2:00 ● Card Games 3FL</p> <p>3:00 ● Public Affairs with Marvin Sakin CH</p> <p>7:00 ● Ladies' and Men's Poker Club 3FL</p>
<p>NEW YEAR'S EVE 31</p> <p>10:00 ● Sacred Heart Catholic Church</p> <p>1:00 ● Bridge Club 3FL</p> <p>1:45 ● Rummikub 4FL</p> <p>2:00 ● AL Party Lobby Is Closed Till 4 p.m. LY</p> <p>2:45 ● Checker Games CH</p> <p>8:00 ● New Year's Eve Party DR</p>						<p>9:30 ● Synagogue Trips 31</p>

"Each day offers a reason to celebrate. Find it and experience true bliss."
—Amy Leigh Mercree

EVENT RECAP

veterans day commemoration

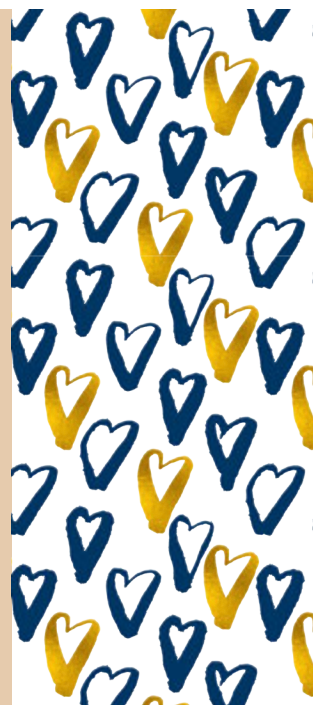
As we honor our veterans with Marvin Sakin leading the Program, we honor them, past and present. We had Gary Alesandro on the piano doing the music and we gave out Pins of Honor. We raised our hands to our hearts and pledge to the Flag of the United States. It was a very emotional commemoration, as we lost so many of our own veterans here at Atrium Village through the year. Let us pray to find peace throughout the world.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,
RESPECT, TEAMWORK

December's HEART Hero is JOELLE CAMPBELL. Joelle has done an outstanding job in Assisted Living, engaging the residents in so many wonderful programs every day. She is very creative and always has the residents' best interest at heart. She was instrumental in the Everybody Grows Program with Jake Ifshin and his team. Joelle runs the multiple volunteers who come into the Community, and the outside volunteers who bring families into Atrium Village. Joelle and Genesis' speech therapist, Ellen Fromm, have created a first time resident choir called The Village Voices. Joelle has really changed the Programming in Assisted Living to the highest level of activities that we have ever had.



HOLIDAY CARDS *to soldiers program*

We would like to send holiday cards to our soldiers around the world who are fighting for our freedom every day. Please join Amy and Molly in the Conference Hall on Tuesday, Dec. 5 and write a little note to them letting them know that we are thinking of them during this holiday time.

HOLIDAY FOODS AND *traditions around the world*

Reminiscing: Past Traditions

We will reminisce with residents about their past Hanukkah and Christmas traditions.

Cultural Experiences:

This program takes us around the world learning about holiday customs and origins in India, Africa, Wales and Jerusalem.

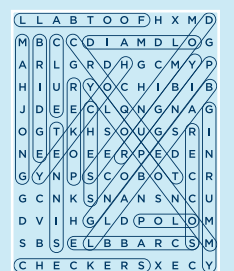
The Story Behind the Carols

You've sung them while enjoying a cup of hot cocoa, cozying up around a fire, or stomping through snowdrifts. You've heard them played in shopping malls, churches, and holiday parties. You know all their words by heart. But do you know how some of the world's best-known Christmas Carols were created? Learn a little about the story behind some of your favorite carols.

Food Events: It's a Sufganiyot Party!

We will have sufganiyot (jelly donuts) for residents to enjoy during the Hanukkah season and sugar, nutmeg and ginger cookies during Christmas.

TRAIN
YOUR
BRAIN
solution



SENIOR LIFESTYLE
FAMILY-OWNED COMMUNITIES

