the FEBRUARY 2019 newsletter

Inspired

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

THIS MONTH'S silver star

MR. BILL

Mr. Bill is a gentleman who enjoys watching television, studying the world with Mrs. Marlin and shopping online with his daughter. He relishes in the opportunity to spend time with his daughter and adores the time he spends with the love of his life, Mrs. Shirley. His favorite breakfast foods are scrambled eggs topped with cheese, and for dinner, he enjoys steak and a baked potato.



REUBEN'S CORNER

Last month, CNN reported about a new study that detailed ways to slow down the aging of one's brain. The study, published in the Journal of Neurology, stated that simply walking three times per week seems to improve one's thinking

skills. The study went on to say that by adding a heart-healthy diet, we can possibly shave years off our brain's functional age.

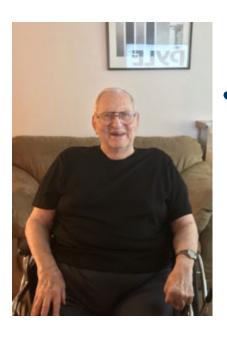
Here at Atrium Village, we offer lots of exercise activities through our Healthy Heart Program; where residents earn Healthy Heart Club dollars each time they participate in a program. Each week, there are a variety of exercise, yoga, and Zumba classes available. Additionally, Atrium Village residents can use some of the cardiovascular equipment found in the Physical Therapy Center located on the second floor.

After reading the article, I also want to take advantage of the benefits that a regular exercise program can offer. Therefore, I am pleased to announce that every Tuesday morning, at 10 a.m., I will be leading a 30-minute walking class. The class will meet in the Main Lobby, next to the Concierge Desk. No matter the weather conditions, we will have our regular exercise session, as we will have indoor and outdoor routes.

Here's the link to the CNN report:

https://www.cnn.com/2018/12/19/health/reverse-cognitive-aging-exercisediet-study/index.html

I hope that after reading it, you will become as motivated as I am to begin a regular exercise program. See you on the walking path.





JOIN US THIS MONTH FOR

february

"I think it's beautiful the way you sparkle when you talk about the things you love." - Atticus

During the month of February, Legacy will participate in self-



reflections through meditation, poetry, music, daily faith readings and a Burning Bowl ceremony.

Love bears all things, believes all things, hopes all things, endures all things. Love never fails! With love in the air, Legacy will celebrate love of animals, friendship, songs of the heart, and African American History Month. Keeping with traditions for the Month of Love, we will celebrate Valentine's Day by cooking and tasting sweets, playing Valentine Bingo and concluding the day by watching a romantic movie.

TRAIN YOUR BRAIN search for flowers

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CBLUEBELLCZO

AZALEA BEGONIA BLUEBELL CARNATION DAHLIA DAISY FUCHSIA GERANIUM IRIS LILAC LILY MARIGOLD ORCHID PANSY PETUNIA POPPY ROSE TULIP VIOLET ZINNIA

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00 • Black History Fact

for the Day

legacy court

BE INSPIRED

- GROW CONNECT
- CONTRIBUTE MOVE
- FEEL REFLECT

LOCATIONS

BISTRO -BT

CONFERENCE HALL -CH

COUNTRY KITCHEN -CK

DINING ROOM -DR

FOURTH FLOOR -4FLLOBBY -LY

OUTSIDE - Out

PATIO -PT

THEATER ROOM -TRTHIRD 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.

SENIOR LIFESTYLE

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with your ability. It's how



9:30 • National Wear Red Day

10:00 • Moments of Joy

10:30 • Love words | DR 11:00 • Water Painting

11:30 • Exercise with Genesis

2:00 • Basic Sign Language 3:00 • Snowball Toss

4:00 • Truth or Dare

10:30 • Love words | **DR**

11:30 • Exercise with Genesis

2:00 • Basic Sign Language

11:00 • Paper Bag Art

3:00 • Let's Dance

6:00 • Hallmark Movie

6:00 • Hallmark Movie

10:30 • What Things Don't Belong? 11:30 • friendship Bingo 2:00 • Armchair Travel

GROUNDHOG DAY

3:00 • Ring Toss

4:00 • greatest memory **6:00** ● rhyming words

10:00 • Church Service

10:30 • Poetry Reading 11:00 • Football Trivia

11:30 • Move to Music 2:00 • Armchair Travel

4:00 • Funny Fortunes **6:00** ● create a story

Reading

10:30 • Felt Heart Ornaments

tell a story

11:30 • Exercise with Genesis

begin with F

6:00 • Bible Passage Reading

10:00 • Meditation

10:30 • Valentine Bingo 11:30 • Let's Make a Snack

2:00 • Basic Sign Language

3:00 • Who knows the word? 4:00 • Snowy Bingo

6:00 ● Singalong & Prayer

10:00 • Moments of Joy **10:00** • Warm Cocoa

and Trivia 10:30 • Kind word exchange

11:00 • Reminisce Maple Syrup 11:30 • Exercise with Genesis 2:00 • Different places &

how they cook **3:00** • Community Helpers

4:00 • Bean Bag Toss 6:00 • Chair Praise Dance 10:00 • Meditation 10:30 • pop your creativity with glitter

11:00 • Card Making

11:30 • memory game **12:00** • Pizza, PJ and a Movie CH

2:00 • Tazz hour **3:00** • Happy Hour

4:00 • Pamper Me Thursday (Hand Massage/Nails) 6:00 • Singalong & Prayer

10:00 • water painting

10:30 • What Things Don't Belong?

11:00 • painting with string

11:30 • friendship Bingo 2:00 • Armchair Travel

3:00 • Ring Toss

4:00 • greatest memory

6:00 ● rhyming words

10:00 • Church Service 10:30 • Guess That

11:00 • Create Your Favorite Animal

11:30 • Move to Music 2:00 • Armchair Travel

3:00 • Scavenger Hunt **6:00** ● create a story

10:00 • Daily Faith Reading 11:00 • pick a photo and

tell a story 11:15 • Pom-pom bear making

11:30 • Exercise with Genesis

4:00 • Words that begin with F

Challenge 10:30 • Winter Painting

Pencils 11:30 • Let's Make a Snack

2:00 • Basic Sign Language

10:30 • Kind word

11:00 • Shaving Cream Hearts 11:30 • Exercise with Genesis 2:00 • Different places &

exchange

10:00 • Felt crafts

how they cook 3:00 • Community Helpers **6:00** • Chair Praise Dance

10:00 • Favorite Love Songs 10:30 • pop your creativity

VALENTINE'S DAY

13

with glitter 11:00 • Valentine Necklaces

11:30 • Valentine Bingo **2:00** • Jazz hour

3:00 • Happy Hour **6:00** ● Singalong & Prayer 6:30 • Hallmark Movie

11:00 • Watercolor Painting 11:30 • Exercise with Genesis 2:00 • Basic Sign Language

3:00 • Women in Blue

10:00 • Moments of Joy

10:30 • Love words | **DR**

Jeans Talk 6:00 • Hallmark Movie

10:00 • Black History Fact for the Day 16 **10:30** • What Things

Don't Belong?

11:30 • friendship Bingo 2:00 • Armchair Travel

3:00 • Ring Toss 4:00 • greatest memory

6:00 ● rhyming words

10:00 • Meditation **10:00** • Moments of Joy **10:00** • In the News 10:30 • pop your creativity with glitter

11:00 • Card Making **11:30** • memory game

2:00 • Jazz hour **3:00** • Happy Hour

4:00 • Pamper Me Thursday (Hand Massage/Nails) **6:00** ● Singalong & Prayer

10:30 • Love words | **DR** 11:30 • Exercise with Genesis

2:00 • Basic Sign Language 6:00 • Hallmark Movie

10:00 • water painting **10:00** • In the News

10:30 • What Things Don't Belong? 11:00 • painting with string

11:30 • friendship Bingo

2:00 • Armchair Travel

3:00 • Ring Toss

4:00 • greatest memory **6:00** ● rhyming words





vou use vour talent."

10:00 • Daily Faith

11:00 • pick a photo and

2:00 • Travel Club **4:00** • Words that

2:00 • Art with Anne

10:00 • Daily Faith Reading

Challenge

tell a story

3:00 • How Many of You?

begin with F

11:30 • Exercise with Genesis

11:00 • pick a photo and

10:30 • Mix Up Snack

2:00 • Travel Club

4:00 • Words that

6:00 ● Singalong & Prayer

4:00 • Lovable

Matches 10:00 • Meditation

10:30 • Valentine Bingo **11:00** • Edible Art

10:30 • Colorful Tissue

10:30 • Poetry Sharing

Paper Flower

11:30 • Let's Make a Snack

2:00 • Basic Sign Language

11:30 • Let's Make a Snack 2:00 • Basic Sign Language

3:00 • Who knows the word? **6:00** ● Singalong & Prayer

6:00 • Chair Praise Dance

10:30 • Kind word exchange

2:00 • Different places & how they cook

10:00 • In the News 28 10:30 • pop your creativity with glitter

2:00 • Jazz hour

6:00 ● Singalong & Prayer

"Success is what you do

-George Allen Sr.

10:00 • Pool Noodle

11:00 • Valentine Monster

3:00 • Who knows the word?

10:00 • Moments of Joy 20 19 **10:30** • Kind word

exchange 11:30 • Exercise with Genesis 2:00 • Different places & how they cook

3:00 • Community Helpers

10:00 • Felt crafts

11:30 • Exercise with Genesis

3:00 • Community Helpers

3:00 • Happy Hour

11:00 • Burning Bowl

Activities are subject to change

Animal Sound

PRESIDENTS DAY

10:00 • Church Service 10:30 • Cat Drawing 11:00 • What Can Cats Do?

11:30 • Move to Music 2:00 • Armchair Travel **3:00** • How Many Things Can You Make

Out of Potatoes **6:00** ● create a story

10:00 • Church Service 24

Poetry Reading 11:00 • Decorative Bottles

11:30 • Move to Music 2:00 • Armchair Travel 3:00 • Scavenger Hunt

10:30 • Group

Grandma's Chili? **6:00** ● create a story

4:00 • What Was in

10:00 • Daily Faith

Reading 11:00 • pick a photo and tell a story

4:00 • Words that

11:15 • Pom-pom bear making 11:30 • Exercise with Genesis

begin with F

25

3:00 • Who knows the word? 2:00 • Art with Anne **6:00** ● Singalong & Prayer

6:00 • Chair Praise Dance

EVENT RECAP

new year's party

Legacy and Assisted Living celebrated the New Year together with a Black and White party.

They enjoyed entertainment from the musician Mr. Gary, who performed all the great hits from the 1920s.



THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

MR. RONDELL STEWART is very compassionate,

professional and caring to our residents and an asset to the Dining Room team. We had a situation in the Dining Room, and he was very instrumental in handling the situation. We are blessed to have him here at Atrium Village.



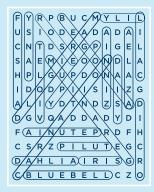
FLU PREVENTION tips

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcoholbased hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

Stay in your apartment if you are sick. Do not come to meals. We will deliver sick meals to you.

TRAIN YOUR **BRAIN** solution





SENIOR LIFESTYLE your *life*, your *style*

