APRIL 2025 WESTCHASE - ENGAGE LIFE

Atria Senior Living

PROGRAMS + EVENTS

- HEALTH AND PHYSICAL FITNESS
- CREATIVE EXPRESSION AND THE ARTS
- CIVIC AND PROFESSIONAL INVOLVEMENT
- SOCIAL CONNECTION AND ENTERTAINMENT
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- RELIGIOUS AND SPIRITUAL FELLOWSHIP
- SOCIAL SERIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Tai Chi 1:00 Spring Craft Studio	**2** 10:00 Total Body Conditioning 1:00 Business Club: Walt Disney 1:45 Bingo 3:00 Happy Hour (DR)	**3** 10:00 Cardio Drumming Circle 10:45 Dine Out 1:00 April: Facts & Celebration 1:45 Bingo	**4** 10:00 Flow Yoga 10:45 Professional Portraits 1:00 April Pub Trivia (LB) 1:45 Atria Resident Store (AR) 3:00 Birthday Piano Hour (DR)	**5** 10:00 Cardio Dance 10:30 Catholic Rosary (AR) 1:45 Bingo (DR) 2:45 Exotic Petting Zoo
6 10:00 Walking Club 10:15 Posture, Stretch & Balance (DR) 10:30 Disposable Camera Challenge 1:45 Bingo 2:45 Bowling	**7** 10:00 Static vs Dynamic Stretching 10:45 Archery 1:00 Community Cares: Earth Day 1:45 Bingo (DR) 3:00 Trivia and Fun Facts Session (LB)	**8** 10:00 Tai Chi 1:00 Women's Group 1:45 Bingo (DR) 2:00 Ambassador Pinning Ceremony 3:00 Shopping Trip: Walgreens 3:00 Book Club (LIB)	**9** 10:00 Total Body Conditioning 11:15 Guess That Song 1:00 Creating Palm Crosses 1:45 Bingo 3:00 Happy Hour (DR)	**10** 10:00 Cardio Drumming Circle 10:45 Air Hockey Tournament 3:00 Afternoon Tea 6:00 Mexican Train	**11** 10:00 Flow Yoga 1:00 The Economics of Golf 1:30 Scrapbooking 3:00 Piano Hour with Tracy (DR)	**12** 10:00 Cardio Dance 11:30 How to : Scam vs Real 1:30 Bingo (DR) 2:30 S'mores & Community Stories
13 10:00 Walking Club 10:15 Posture, Stretch & Balance (DR) 12:00 Dance Recital: Wizard of Oz (OUT) 1:00 The Story of Palm Sunday 2:00 Church Without Walls Service (DR) 3:00 The Masters Watch Party	**14** 10:00 Static vs Dynamic Stretching 10:30 Duck Pond 1:00 Passover Festival of Freedom 1:45 Bingo (DR) 2:00 New Resident Welcome Social 3:00 Trivia and Fun Facts Session (LB)	**15** 10:00 Tai Chi 1:00 Spring Craft Studio 1:45 Bingo (DR) 2:00 Resident Council Meeting 3:00 Shopping Trip: Walmart	**16** 10:00 Total Body Conditioning 10:45 Making Brownies 1:00 Passover Matzah Covers 1:45 Bingo 3:00 Happy Hour (DR)	**17** 10:00 Cardio Drumming Circle 11:00 Art For Relaxation: Earth 1:00 Baileys & Bios: April 1:30 Guess That Drink 2:30 Movie Night 6:00 Mexican Train	**18** 10:00 Flow Yoga 1:00 The Story of Good Friday 1:00 Word in a Word Challenge (AR) 2:45 Lap Challenge	**19** 10:00 Cardio Dance 10:30 Catholic Rosary (AR) 11:00 Chocolate Covered Goodies 1:00 GC: The History of the Bible 1:45 Bingo (DR) 5:30 Family Game Night
20 10:00 Walking Club 10:15 Posture, Stretch & Balance (DR) 1:00 The Story of Easter Sunday 2:30 Easter Egg Hunt (AR)	**21** 10:00 Static vs Dynamic Stretching 11:00 Brain Exercise: Earth Day 1:00 Shopping Trip: Trader Joe's 1:45 Bingo (DR) 3:00 Trivia and Fun Facts Session (LB)	**22** 10:00 Tai Chi 10:45 Let's Bake: Earth Day Cookies 1:45 Earth Day Bingo (FP) 3:00 GC: How the Earth Works	**23** 10:00 Total Body Conditioning 1:00 Music History: Country 1:45 Bingo 3:00 Happy Hour (DR)	**24** 10:00 Cardio Drumming Circle 11:00 Dine Out: JLB 1:00 Men's Group 2:30 Pet Therapy 3:30 Penny Pinching 6:00 Mexican Train	**25** 10:00 Flow Yoga 12:00 Resident Birthday Luncheon (PDR) 1:00 GC: How the Earth Works 2:30 Food For Thought (DR)	**26** 10:00 Cardio Dance 10:45 Guess That Scent 11:30 Video Games 101: Wii 1:45 Bingo (DR) 3:00 Shooting the Target
27 10:00 Walking Club 10:15 Posture, Stretch & Balance (DR) 11:00 Go to the Farmers Market 1:15 Let's Get Ice-cream 2:00 Crazy Hat Bingo	**28** 10:00 Static vs Dynamic Stretching 11:00 Beginner's Sewing Class 1:00 Tech: Goodreads App 1:45 Bingo (DR) 3:00 Trivia and Fun Facts Session (LB)	**29** 10:00 Tai Chi 1:00 Spring Craft Studio 1:45 Bingo (DR) 2:30 Pet Therapy	**30** 10:00 Total Body Conditioning 11:00 Movie Time 1:45 Bingo 3:00 Happy Hour (DR)			

ROOM LOCATION KEY

Dining Room --- DR
Lobby --- LB
Activity Room --- AR
Library --- LIB
Outing/Bus --- OUT
Front Porch --- FP
Private Dining Room --- PDR

STAFF KEY