

LOOKING FORWARD



SOUNDS OF SUMMER MUSIC FESTIVAL

Date / Tuesday 6.4

Time / 6 PM

Location / CARNEGIE HALL

Witness a favorite classical music spectacle featuring some of the nation's best up-and-coming musicians – in New York City's premier music venue, Carnegie Hall. It's a world-class event that's not to be missed.



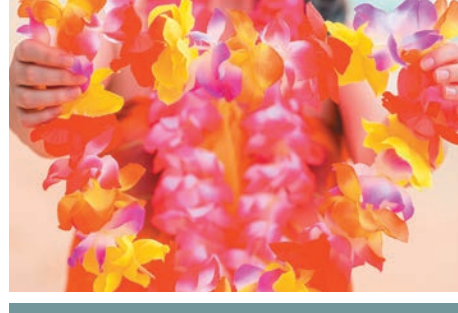
WHAT WE KNOW ABOUT THE BRAIN (AND WHAT WE DON'T)

Date / SATURDAY 6.15

Time / 10:50 AM

Location / ENGAGE LIFE CENTER

Journey deep into the brain, the mind and the self as Professor Jessica Payne of the University of Notre Dame reveals startling and exciting recent findings from the world of neuroscience.



WEST 86 LUAU CELEBRATION

Date / FRIDAY 6.21

Time / 6 PM

Location / ROOFTOP TERRACE

Kick off your summer with an evening filled with tiki cocktails, mouthwatering Hawaiian dishes, an imu pig ceremony, live ukulele music and a hula dance show and workshop.



MOLECULAR MIXOLOGY COCKTAIL PARTY

Date / FRIDAY 7.5

Time / 4 PM

Location / THE CAFÉ

Our cocktail party will lead you into the world of molecular mixology using highly innovative tools to create unique beverages in this hands-on experience.



FESTIVAL OF LANGUAGES: CULTURES AROUND THE WORLD

Date / THURSDAY 7.18

Time / 3:30 PM

Location / ENGAGE LIFE CENTER

Learn to write your name in Arabic, American Sign Language, Japanese, Russian and more while exploring culinary tastings from cultures around the world.



COMMUNITY POETRY READING

Date / WEDNESDAY 7.24

Time / 7:30 PM

Location / LIBRARY

Bring your own poetry to read, your favorite poem to recite or compose one on the spot at our community poetry reading.

■ SOCIAL CONNECTION & ENTERTAINMENT

■ LIFELONG LEARNING & INTELLECTUAL STIMULATION

■ HEALTH & PHYSICAL FITNESS

■ CIVIC & PROFESSIONAL INVOLVEMENT

■ CREATIVE EXPRESSION & THE ARTS

■ RELIGIOUS & SPIRITUAL FELLOWSHIP

Programs & Events

A guide to social functions, fitness offerings and cultural events at Atria West 86.



THE LANGUAGE OF FLOWERS

Date / WEDNESDAY 5.1

Time / 3 PM

Location / LIVING ROOM

Learn the fascinating history of floriography and the Victorian tradition of sending coded messages through the gifting of flowers. Then, create your own unique boutonniere or corsage arrangement.



BREAKFAST AT TIFFANY'S BRUNCH LECTURE

Date / THURSDAY 5.9
Time / 11 AM
Location / MOVIE THEATER

“Did I tell you how divinely and utterly happy I am?”

If you love the movie *Breakfast at Tiffany's*, you are going to love this event. A film historian from NYU will present the history behind the movie that is loosely based on Truman Capote's 1958 novella. Enjoy a delicious brunch and sip on mimosas while watching clips from this classic movie.



GUIDED MEDITATION WORKSHOP

Date / TUESDAY 5.14
Time / 2 PM
Location / ENGAGE LIFE® CENTER

Meditating as a group is uniquely powerful as the shared intention of the group elevates each individual. Whether you're experienced or just beginning, guided meditation can relax your mind, reduce stress and anxiety, improve sleep, and bring more mindfulness to every aspect of your life. You'll learn how to calm your thinking with breathing exercises that will enhance your mind-body connection. Please wear comfortable clothing.

WEEKLY SAMPLE EVENTS

- DAILY |** **CARDIO EXPRESS**
Daily / 10 AM / Fitness Center

- HAPPY HOUR MIXER**
Daily / 4:30 PM / Café & Library

- EVENING FILM WATCH PARTY**
Daily / 7:45 PM / Movie Theater

- SUN. |** **COMMUNITY RANDOM ACTS OF KINDNESS**
Sundays / 11 AM / Engage Life Center

- LIVE ENTERTAINMENT**
Sundays / 3:30 PM / Movie Theater

- BARRE CIRCUIT**
Sundays / 6 PM / Fitness Center

- MON. |** **AROMATHERAPY**
Mondays / 11 AM / Engage Life Center

- STOCK MARKET WATCH**
Mondays / 2 PM / Living Room

- EXPLORING LITERATURE**
Mondays / 3 PM / Library

- TRIP TO THE SHOPS AT COLUMBUS CIRCLE**
Mondays / 4:30 PM / Meet in Lobby

- TUE. |** **BALLROOM DANCING**
Tuesdays / 10 AM / Fitness Center

- GLASS FUSION JEWELRY DESIGN**
Tuesdays / 11 AM / Engage Life Center

- TRUE STORIES IN 100 WORDS**
Tuesdays / 12:30 PM / Conference Room

- OPERA APPRECIATION**
Tuesdays / 2:30 PM / Movie Theater

- WED. |** **AMERICAN HISTORY LECTURE**
Wednesdays / 2 PM / Movie Theater

- BRIDGE GAMES**
Wednesdays / 3 PM / Living Room

- THEATER GROUP MEETING**
Wednesdays / 4 PM / Media Room

- TOY MAKING FOR ANIMAL SHELTER**
Wednesdays / 5 PM / Engage Life Center

- THU. |** **THE ART OF CLAY**
1st & 3rd Wednesday
11 AM / Engage Life Center

- COMMUNION & ROSARY**
2nd & 4th Wednesday
11 AM / Engage Life Center

- TRIVIAL PURSUITS**
Thursdays / 10 AM / Library

- CROCHETING FOR A CAUSE**
Thursdays / 11 AM / Engage Life Center

- GRAYSCALE PORTRAIT WORKSHOP**
Thursdays / 3:30 PM / Engage Life Center

- CLASSIC SHORT STORIES**
Thursdays / 6:45 PM / Library

- POKER TOURNAMENT**
1st & 3rd Thursday / 2 PM / Engage Life Center

- MEN'S CLUB**
2nd & 4th Thursday / 11:30 AM / Movie Theater

- FRI. |** **THE WEEKLY: CURRENT EVENTS + GLOBAL NEWS TODAY**
Fridays / 9 AM / Library

- POWER WALK URBAN STROLL**
Fridays / 10 AM / Meet in Lobby

- NYU WRITING WORKSHOP**
Fridays / 11 AM / Engage Life Center

- CANASTA**
Fridays / 2 PM / Living Room

- IMAGINE VACATION - GOOGLE EXPEDITIONS**
Fridays / 3:30 PM / Engage Life Center

- SAT. |** **POETS & POETRY**
Saturdays / 11 AM / Engage Life Center

- L'AUTRE CLUB FRANÇAIS**
Saturdays / 2 PM / Engage Life Center

- LIVE ENTERTAINMENT**
Saturdays / 3:30 PM / Rooftop Terrace

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- CREATIVE EXPRESSION & THE ARTS
- HEALTH & PHYSICAL FITNESS
- RELIGIOUS & SPIRITUAL FELLOWSHIP