

LOOKING FORWARD



BEER TASTING

Date / SUNDAY 6.2

Time / NOON

Location / COURTYARD

Gather with your neighbors to sample a variety of local craft brews. From lagers and fruit beers to IPAs and stouts, there's something for every palate.



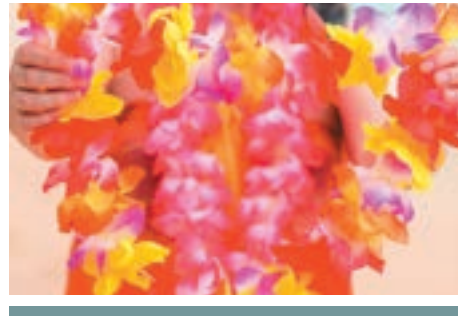
WHAT WE KNOW ABOUT THE BRAIN (AND WHAT WE DON'T)

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.



FOSTER SQUARE LUAU CELEBRATION

Date / FRIDAY 6.21

Time / 6 PM

Location / COURTYARD

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 / 707 LOUNGE

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.

Programs & Events

ATRIA SIGNATURE COLLECTION 

A guide to social functions, fitness offerings and cultural events at Atria at Foster Square.



WHALE WATCHING

Date / WEDNESDAY 5.1

Time / 2:30 PM

Location / FISHERMAN'S WHARF

Whether you've had the experience once or many times, seeing these majestic marine mammals is always an exhilarating experience. Join your Atria at Foster Square neighbors for the opportunity to view giant blue, gray and humpback whales.

 SOCIAL CONNECTION & ENTERTAINMENT

 LIFELONG LEARNING & INTELLECTUAL STIMULATION

 HEALTH & PHYSICAL FITNESS

 CIVIC & PROFESSIONAL INVOLVEMENT

 CREATIVE EXPRESSION & THE ARTS

 RELIGIOUS & SPIRITUAL FELLOWSHIP



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 USFCA 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 / Courtyard

- 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 / Yoga Studio

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

- EXPLORING LITERATURE**
Mondays / 3 PM / Library

- TRIP TO BRIDGEPOINTE**
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 / Living Room

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

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

- BRIDGE GAMES**
Wednesdays / 3 PM / Engage Life Center

- THEATER GROUP MEETING**
Wednesdays / 4 PM / Movie Theater

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

- THU. |** **RESTORATIVE YOGA**
Thursdays / 10 AM / Yoga Studio

- 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 / Living Room

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

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

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

- CANASTA**
Fridays / 2 PM / Engage Life Center

- 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 / Courtyard

- SOCIAL CONNECTION & ENTERTAINMENT
- LIFELONG LEARNING & INTELLECTUAL STIMULATION
- HEALTH & PHYSICAL FITNESS

- CIVIC & PROFESSIONAL INVOLVEMENT
- CREATIVE EXPRESSION & THE ARTS
- RELIGIOUS & SPIRITUAL FELLOWSHIP