

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Civic Engagement Project Launch

Friday, December 3, 2:00 PM

Our Christmas Eve Tradition

Friday, December 24, 6:00 PM

Creating Winter Snow Globes

Wednesday, December 29, 2:30 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Activity Room AR
Dining Room DR
Living Room LR
Front Lobby FL
3rd Floor Library Area LIB

STAFF KEY:

Susan McKinney ELD
Driver DR
Denise Garr ELI

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<p>11:00 HPF Sunday Morning Stretch (AR) (ELD) 5</p> <p>11:30 RSF Bible Study Series: Part I</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>2:00 CPI Civic Engagement Working Session (AR) (ELD)</p> <p>3:30 RSF Non-Denominational Church Service (LIB) (ELD)</p> <p>4:00 HPF Flow Yoga</p> <p>6:00 CEA Choral Group Practice (LIB) (ELD)</p>	<p>LAST DAY OF HANUKKAH ST. NICHOLAS DAY 6</p> <p>9:00 HPF Moving For Memory: Walking Challenge</p> <p>9:00 RSF Newsletter Highlight: St. Nicholas Day</p> <p>11:00 HPF Weight Training (AR) (ELD)</p> <p>11:30 RSF Hanukkah Celebration Series (AR) (ELD)</p> <p>1:30 HPF Blood Pressure Checks w/ Nurse Laurie (LR)</p> <p>1:30 HPF Lower Body Conditioning (AR) (ELD)</p> <p>2:30 CEA Holiday Door Decor (AR) (ELD)</p> <p>6:15 RSF Bible Study w/ Elder Bob (AR) (ELD)</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7</p> <p>9:00 LIS Newsletter: Pearl Harbor Remembrance</p> <p>11:00 HPF Isometric Exercise with Balls (AR) (ELD)</p> <p>1:30 HPF Flow Yoga w/ Darsi (AR)</p> <p>2:00 CPI Ambassador Club Meeting (AR) (ELD)</p> <p>3:00 LIS ODU: Date of Dec. 7 Will Live in Infamy (AR) (ELD)</p> <p>4:00 HPF Dance & Movement: Cowboy Charleston</p> <p>6:00 Bingo Blast (AR) (ELD)</p>	<p>FEAST OF THE IMMACULATE CONCEPTION 8</p> <p>9:00 RSF Newsletter: Immaculate Conception Feast</p> <p>10:00 Shopping Trip (FL) (DR)</p> <p>11:00 HPF Upper Body Conditioning (AR) (ELD)</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>3:00 SCE Winter Wonderland Happy Hour (AR) (ELD)</p> <p>6:00 LIS Star of the Month: Dean Martin (AR) (ELD)</p>	<p>Catholic Communion (AR) (ELD) 9</p> <p>11:00 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>1:30 HPF Dance & Movement: Cupid Shuffle (AR) (ELD)</p> <p>2:00 HPF Holiday Hustle Series (AR) (ELD)</p> <p>3:30 LIS Playing & Scoring Hockey (AR) (ELD)</p> <p>6:00 Bingo (AR) (ELD)</p>	<p>Walking Challenge Monthly Launch 3</p> <p>11:00 HPF Total Body Conditioning - Advanced (AR) (ELI)</p> <p>11:30 RSF Hanukkah Celebration Series (AR) (ELD)</p> <p>1:00 CPI Bridge Club (LIB)</p> <p>1:30 HPF Moving to Music (AR) (ELD)</p> <p>2:00 CPI Civic Engagement Project Launch (AR) (ELD)</p> <p>4:30 SCE Dinner Music by Bernie (LR) (ELI)</p> <p>4:30 SCE Drinks w/ Dinner (DR) (ELD)</p> <p>6:00 SCE 4 Pics 1 Word (AR) (ELI)</p>	<p>11:00 HPF Posture and Stretch Fitness Class (AR) (ELD) 4</p> <p>11:30 RSF Hanukkah Celebration Series (AR) (ELD)</p> <p>1:30 HPF Cardio Drumming Circle (AR) (ELD)</p> <p>2:00 CEA BJK Journaling Series</p> <p>2:30 CEA Holiday Movie (AR) (ELD)</p> <p>6:00 Bingo (AR) (ELI)</p>
<p>NATIONAL POINSETTIA DAY 12</p> <p>9:00 RSF Newsletter: The Christmas Flower</p> <p>11:00 HPF Flow Yoga (AR) (ELD)</p> <p>11:30 RSF Bible Study Series: Part II</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>3:30 RSF Non-Denominational Service (AR) (ELD)</p> <p>6:00 LIS ODU: Christmas in America (AR) (ELD)</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13</p> <p>9:00 HPF Moving For Memory: Walking Challenge</p> <p>9:00 LIS Newsletter: U.S. National Guard Birthday</p> <p>11:00 HPF Weight Training (AR) (ELD)</p> <p>1:30 HPF Blood Pressure Checks w/ Nurse Laurie (LR)</p> <p>1:30 HPF Lower Body Conditioning (AR) (ELD)</p> <p>3:30 LIS Mistletoe and Holly (AR) (ELD)</p> <p>6:15 RSF Bible Study with Elder Bob (AR) (ELD)</p>	<p>Cardio Drumming (AR) (ELD) 14</p> <p>11:30 SCE Holiday Celebration Series (AR) (ELD)</p> <p>11:30 CEA Scentsory Art</p> <p>1:30 HPF Flow Yoga w/ Darsi (AR) (ELD)</p> <p>1:30 LIS Mobile Library Service (LR)</p> <p>2:15 CPI Engage Life® Planning Meeting (AR) (ELD)</p> <p>3:00 HPF Dance & Movement: Cupid Shuffle</p> <p>3:30 CEA Choral Group Practice (LIB) (ELD)</p> <p>6:00 Bingo Blast (AR) (ELD)</p>	<p>Shopping Trip (FL) (ELD) 15</p> <p>11:00 HPF Upper Body Conditioning (AR) (ELD)</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>2:00 LIS Holiday Language Learning (AR) (ELD)</p> <p>3:30 SCE Candy Lane Happy Hour (LR) (ELD)</p> <p>6:00 LIS History of Circus Music (AR) (ELD)</p>	<p>Catholic Communion (AR) (ELI) 16</p> <p>11:00 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>1:30 HPF Dance & Movement: Electric Slide (AR) (ELD)</p> <p>2:00 HPF Holiday Hustle Series</p> <p>2:30 CPI Food For Thought - Culinary Led</p> <p>3:30 CPI Civic Engagement Working Session (AR) (ELD)</p> <p>6:00 Bingo (AR) (ELD)</p>	<p>NATIONAL MAPLE SYRUP DAY 17</p> <p>9:00 HPF Moving For Memory: Walking Challenge</p> <p>9:00 LIS Newsletter: National Maple Syrup Day</p> <p>11:00 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>1:30 HPF Moving to Music (AR) (ELI)</p> <p>4:30 SCE Dinner Music by Bernie (LR) (ELI)</p> <p>4:30 SCE Drinks w/ Dinner (DR) (ELI)</p> <p>6:00 SCE Jeopardy (iPad® Programming) (AR) (ELI)</p>	<p>NATIONAL WREATHS ACROSS AMERICA DAY 18</p> <p>9:00 LIS Newsletter: National Wreaths Day</p> <p>11:00 HPF Posture and Stretch Fitness Class (AR) (ELD)</p> <p>1:30 HPF Cardio Drumming Circle (AR) (ELD)</p> <p>2:00 CEA BJK Journaling Series</p> <p>2:30 CEA Saturday Matinee (AR) (ELD)</p> <p>6:00 Bingo (AR) (ELD)</p>
<p>Flow Yoga (AR) (ELD) 19</p> <p>11:30 RSF Bible Study Series: Part III</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>2:00 CPI Civic Engagement Delivery (FL) (ELD)</p> <p>3:30 RSF Non-Denominational Church Service (LIB) (ELD)</p> <p>6:00 CEA Music History: Christmas Carols, Part I (AR) (ELD)</p>	<p>9:00 HPF Moving For Memory: Walking Challenge 20</p> <p>11:30 HPF Weight Training (AR) (ELD)</p> <p>1:30 HPF Blood Pressure Check w/ Nurse Laurie (LR)</p> <p>1:30 HPF Lower Body Conditioning (AR) (ELD)</p> <p>3:30 CEA Rockin' with Rob (LR) (ELD)</p> <p>6:15 RSF Bible Study with Elder Bob (AR) (ELD)</p>	<p>WINTER SOLSTICE 21</p> <p>9:00 LIS Newsletter Highlight: Winter Solstice</p> <p>11:00 HPF Isometric Exercise with Balls (AR) (ELD)</p> <p>1:30 HPF Flow Yoga w/ Darsi (AR) (ELD)</p> <p>2:30 LIS ODU: When Weather Changed History (AR) (ELD)</p> <p>3:00 HPF Dance & Movement: Electric Slide</p> <p>3:30 CEA Choral Group Practice (LIB) (ELD)</p> <p>6:00 Bingo (AR) (ELD)</p>	<p>Upper Body Conditioning (AR) (ELD) 22</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>2:00 CEA Dear Santa (AR) (ELD)</p> <p>3:00 SCE Christmas Cheer(s) Happy Hour (LR) (ELD)</p> <p>6:00 SCE A Game of Carols (AR) (ELD)</p>	<p>Catholic Communion (AR) (ELD) 23</p> <p>11:00 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>1:30 HPF Dance & Movement: The Hustle (AR) (ELD)</p> <p>2:00 HPF Holiday Hustle Series</p> <p>3:30 CEA Music History: Christmas Carols, Part II (AR) (ELD)</p> <p>6:00 Bingo (AR) (ELD)</p>	<p>CHRISTMAS EVE 24</p> <p>9:00 HPF Moving For Memory: Walking Challenge</p> <p>11:00 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>1:30 HPF Moving to Music (AR) (ELI)</p> <p>2:00 RSF Meaning & Tradition of Christmas Part I (AR) (ELD)</p> <p>4:30 SCE Dinner Music by Bernie (LR) (ELD)</p> <p>4:30 SCE Drink w/ Dinner (DR) (ELD)</p> <p>6:00 SCE Our Christmas Eve Tradition (LR) (ELD)</p>	<p>CHRISTMAS DAY 25</p> <p>11:00 HPF Posture and Stretch Fitness Class (AR) (ELD)</p> <p>1:00 CEA BJK Journaling Series</p> <p>1:30 HPF Cardio Drumming Circle (AR) (ELD)</p> <p>2:00 RSF Meaning & Tradition of Christmas Part II (AR) (ELD)</p> <p>3:30 Bingo (AR) (ELD)</p>
<p>BOXING DAY 26</p> <p>9:00 LIS Newsletter Highlight: Boxing Day</p> <p>11:00 RSF Bible Study Series: Part IV</p> <p>11:00 HPF Sunday Morning Stretch (AR) (ELD)</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>3:30 RSF Non-Denominational Church Service (AR) (ELD)</p> <p>4:00 HPF Flow Yoga</p> <p>6:00 LIS History of the Strongman (AR) (ELD)</p>	<p>9:00 HPF Moving For Memory: Walking Challenge 27</p> <p>11:00 HPF Weight Training (AR) (ELD)</p> <p>1:00 LIS Zodiac & Horoscope of December</p> <p>1:30 HPF Blood Pressure Check w/ Nurse Laurie (LR)</p> <p>1:30 HPF Lower Body Conditioning (AR) (ELD)</p> <p>2:00 CPI Career Connections Club (AR) (ELD)</p> <p>3:30 LIS Learning About Kwanzaa (AR) (ELD)</p> <p>6:15 RSF Bible Study with Elder Bob (AR) (ELD)</p>	<p>CALL A FRIEND DAY 28</p> <p>9:00 SCE Newsletter Highlight: Call a Friend Day</p> <p>11:00 HPF Cardio Drumming (AR) (ELD)</p> <p>1:30 HPF Yoga Flow w/ Darsi (AR) (ELD)</p> <p>2:30 CPI Resident Council Meeting (AR) (ELD)</p> <p>4:00 HPF Dance & Movement: The Hustle</p> <p>6:00 Bingo (AR) (ELD)</p>	<p>Upper Body Conditioning (AR) (ELD) 29</p> <p>1:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>2:30 CEA Creating Winter Snow Globes (AR) (ELD)</p> <p>6:00 LIS Our Planet: Jungles (AR) (ELD)</p>	<p>Total Body Conditioning - Beginner (AR) (ELD) 30</p> <p>1:30 HPF Dance & Movement: The Hustle (AR) (ELD)</p> <p>2:00 HPF Holiday Hustle Awards Ceremony</p> <p>3:30 LIS The History & Origins of New Year's Eve (AR) (ELD)</p> <p>6:00 Bingo (AR) (ELD)</p>	<p>NEW YEAR'S EVE 31</p> <p>9:00 HPF Moving for Memory Recognition Ceremony</p> <p>11:00 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>1:30 HPF Moving to Music (AR) (ELD)</p> <p>4:30 SCE Dinner Music by Bernie (LR) (ELD)</p> <p>4:30 SCE Happy New Year Happy Hour w/ Dinner (LR) (ELD)</p> <p>6:00 SCE Rolling Out the Red Carpet (LR) (ELD)</p>	<ul style="list-style-type: none"> ■ HEALTH AND PHYSICAL FITNESS ■ LIFELONG LEARNING AND INTELLECTUAL STIMULATION ■ CREATIVE EXPRESSION AND THE ARTS ■ SOCIAL CONNECTION AND ENTERTAINMENT ■ CIVIC AND PROFESSIONAL INVOLVEMENT ■ RELIGIOUS AND SPIRITUAL FELLOWSHIP