

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Civic Engagement Project Launch

Friday, December 3, 1:30 PM

The Nutcracker @ The Pac

Friday, December 17, 11:15 AM

Creating Winter Snow Globes

Thursday, December 23, 3:00 PM



DECEMBER 2021

ATRIA ELIZABETHTOWN engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

- Activity Room AR
- Dining Room DR
- Fitness Room FR
- Meet In Lobby MIL
- In Room IR
- Private Dining Room PDR
- Discovery Room DR

STAFF KEY:

- Concierge Co
- RSA RSA
- Director DIR
- Tina Elble ELD

Scrabble® is a registered trademark of Hasbro, Inc.
UNO® is a registered trademark of Mattel, Inc.
Yahtzee™ is a trademark of Hasbro, Inc.

10:00 **HPF** Tai Chi: Balance & Posture (FR) (ELD) **5**

10:30 **CPI** Holiday Tie Blanket (AR) (ELD)

1:00 **CPI** Civic Engagement Working Session (AR) (ELD)

2:30 What's in a Word? (AR) (ELD)

3:00 **LIS** Baking Cookies (AR) (DIR)

4:00 **HPF** Flow Yoga (FR) (DIR)

6:00 Puzzles (AR) (Co)

LAST DAY OF HANUKKAH ST. NICHOLAS DAY 6

9:30 **RSF** Newsletter Highlight: St. Nicholas Day (IR) (ELD)

10:00 **HPF** Moving For Memory: Walking Challenge (FR) (ELD)

10:00 Shopping Trip Bargain Hunt (MIL) (ELD)

11:00 **RSF** Hanukkah Celebration Series (FR) (ELD)

1:30 **CEA** Birthday Celebration with Marie (DR) (ELD)

2:30 Bingo (AR) (ELD)

3:00 **SCE** Outing: Scenic Ride and ice cream (MIL) (ELD)

4:00 **HPF** Lower Body Conditioning (FR) (ELD)

NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7

9:00 **LIS** Newsletter: Pearl Harbor Remembrance (IR) (ELD)

10:00 **HPF** Flow Yoga (FR) (ELD)

10:30 **HPF** Health talks with Robin, from Encompass (AR) (ELD)

1:30 **CPI** Ambassador Club Meeting (AR) (ELD)

3:00 **LIS** What's in a word (AR) (ELD)

4:00 **HPF** Dance & Movement: Cowboy Charleston (FR) (ELD)

4:30 **LIS** ODU: Date of Dec. 7 Will Live in Infamy (FR) (ELD)

6:00 Prize Bingo (AR) (Co)

FEAST OF THE IMMACULATE CONCEPTION 8

9:00 **RSF** Newsletter: Immaculate Conception Feast (IR) (DIR)

10:00 **HPF** Upper Body Conditioning (FR) (ELD)

10:30 Trivia (AR) (ELD)

1:00 **LIS** Book Club Launch (AR) (ELD)

1:30 **CEA** Entertainment with Allen Hilbert (AR) (ELD)

2:30 **CPI** Art Classes with Ed (AR) (ELD)

3:00 **SCE** Winter Wonderland Happy Hour (IR) (ELD)

4:00 **HPF** Tai Chi: Balance & Posture (FR) (DIR)

9

10:00 **HPF** Total Body Conditioning - Beginner (FR) (DIR)

10:30 Games- Left , Right, Center (AR) (DIR)

11:00 Pretty Nails Salon (AR) (ELD)

1:00 **LIS** Playing & Scoring Hockey (FR) (ELD)

1:30 **CEA** Holiday Crafting (AR) (ELD)

2:30 **HPF** Holiday Hustle Series (FR) (DIR)

3:00 Sing Along (AR) (ELD)

4:00 **HPF** Dance & Movement: Cupid Shuffle (FR) (ELD)

10

10:00 **HPF** Moving For Memory: Walking Challenge (FR) (ELD)

11:00 **RSF** Bible Study Series: Part I (AR) (ELD)

11:00 **SCE** Holiday Brain Challenge (AR) (ELD)

2:00 Bingo (AR) (ELD)

3:00 **SCE** Cookies & Cocoa (AR) (ELD)

4:00 **HPF** Total Body Conditioning - Advanced (FR) (ELD)

6:00 Board Games (AR) (Co)

11

10:00 **HPF** Cardio Drumming Circle (FR) (ELD)

11:00 **SCE** Holiday Celebration Series (AR) (ELD)

1:30 **SCE** Games (AR) (DIR)

2:00 **CEA** BJK Journaling Series (AR) (ELD)

3:00 Games- Bunco (AR) (ELD)

4:00 **LIS** You be The Judge (AR) (DIR)

4:30 **HPF** Posture and Stretch Fitness Class (FR) (ELD)

NATIONAL POINSETTIA DAY 12

9:00 **RSF** Newsletter: The Christmas Flower (DR) (ELD)

10:00 **HPF** Tai Chi: Balance & Posture (FR) (DIR)

10:30 **CPI** Holiday Tie Blanket (AR) (ELD)

1:30 **LIS** Making Homemade Peanut butter fudge (AR) (DIR)

2:30 Scrabble® (AR) (DIR)

4:00 **HPF** Flow Yoga (FR) (DIR)

6:00 **LIS** ODU: Christmas in America (FR) (DIR)

U.S. NATIONAL GUARD BIRTHDAY 13

9:00 **LIS** Newsletter: U.S. National Guard Birthday (IR) (ELD)

10:00 **HPF** Moving For Memory: Walking Challenge (MIL) (ELD)

10:00 Shopping Trip Dollar Tree (MIL) (ELD)

11:00 **LIS** What's in a word? (AR) (ELD)

2:00 Bingo (AR) (DIR)

3:00 **CEA** Diamond Art (AR) (DIR)

4:00 **HPF** Lower Body Conditioning (FR) (ELD)

6:00 **SCE** Christmas in the Park (MIL) (ELD)

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10:00 **HPF** Flow Yoga (FR) (DIR)

10:30 **HPF** Health Talks with Robin (AR) (ELD)

10:30 **RSF** Pet Therapy- Pet Visits with Max (IR) (DIR)

11:00 **SCE** Holiday Celebration Series (AR) (ELD)

1:30 **CPI** Engage Life® Planning Meeting (AR) (ELD)

2:00 **CEA** Scentsory Art (AR) (DIR)

3:00 Games- Yahtzee™ (AR) (DIR)

4:00 **HPF** Dance & Movement: Cupid Shuffle (FR) (DIR)

15

10:00 **HPF** Upper Body Conditioning (FR) (DIR)

10:30 **HPF** Blood Pressure Screening with Encompass (AR) (ELD)

1:30 **LIS** Holiday Language Learning (AR) (ELD)

2:00 **CEA** Art Classes with Ed (AR) (ELD)

3:00 **SCE** Candy Lane Happy Hour (IR) (ELD)

4:00 **HPF** Tai Chi: Balance & Posture (FR) (DIR)

6:00 Board Games (AR) (ELD)

16

10:00 **HPF** Total Body Conditioning - Beginner (FR) (ELD)

10:30 **LIS** Discussion -What would You do? (AR) (ELD)

10:30 **CEA** Harpist Lorinda (DR) (ELD)

1:30 **CPI** Food For Thought - Culinary Led (AR) (DIR)

2:00 **CEA** Holiday Crafting (AR) (ELD)

3:00 Sing Along Holiday songs (AR) (ELD)

4:00 **HPF** Holiday Hustle Series (FR) (ELD)

6:00 **HPF** Dance & Movement: Electric Slide (FR) (ELD)

NATIONAL MAPLE SYRUP DAY 17

9:00 **LIS** Newsletter: National Maple Syrup Day (AR) (DIR)

10:00 **HPF** Moving For Memory: Walking Challenge (MIL) (ELD)

11:00 **RSF** Bible Study Series: Part III (AR) (ELD)

11:15 **CEA** The Nutcracker @ The Pac (MIL) (ELD)

2:00 Bingo (AR) (DIR)

3:00 **CPI** Karaoke with Ed (AR) (DIR)

4:00 **HPF** Total Body Conditioning - Advanced (FR) (ELD)

NATIONAL WREATHS ACROSS AMERICA DAY 18

9:00 **LIS** Newsletter: National Wreaths Day (AR) (ELD)

10:00 **HPF** Cardio Drumming Circle (FR) (ELD)

10:30 **SCE** Coffee & Chat (AR) (DIR)

2:00 **CEA** BJK Journaling Series (AR) (ELD)

2:00 Games-Left ,Right, Center (AR) (ELD)

4:00 **HPF** Posture and Stretch Fitness Class (FR) (DIR)

6:00 Card Games (AR) (Co)

19

9:00 **LIS** Newsletter Highlight: World Hello Day (IR) (ELD)

10:00 **HPF** Tai Chi: Balance & Posture

11:00 **CEA** Literary Appreciation: Short Stories (AR) (ELD)

1:30 **CPI** Holiday Tie Blanket (AR) (ELD)

3:00 **CPI** Civic Engagement Delivery (AR) (DIR)

4:00 **HPF** Flow Yoga (FR) (ELD)

5:30 **LIS** ODU: Sports and Civil Rights (AR) (ELD)

6:00 Board Games (AR) (Co)

20

10:00 **HPF** Moving For Memory: Walking Challenge Shopping Trips Walmart (MIL) (ELD)

11:00 **SCE** Outing (MIL) (ELD)

1:30 **CEA** Music History: Christmas Carols, Part I (AR) (ELD)

2:00 Bingo (AR) (ELD)

3:00 **CEA** Diamond Art (AR) (DIR)

4:00 **SCE** Laughter Therapy (AR) (RSA)

6:00 **HPF** Lower Body Conditioning (FR) (ELD)

WINTER SOLSTICE 21

9:00 **LIS** Newsletter Highlight: Winter Solstice (IR) (ELD)

10:00 **HPF** Flow Yoga (FR) (ELD)

10:30 **RSF** Pet Therapy- Pet visits with Max (IR) (DIR)

1:30 **CPI** Engage Life® Planning Meeting (AR) (ELD)

2:00 **CEA** Entertainer Don Masterson (DR) (ELD)

3:00 Bunco Dice Game (AR) (ELD)

4:00 **HPF** Dance & Movement: Electric Slide (FR) (ELD)

6:00 **LIS** ODU: When Weather Changed History (FR) (DIR)

22

10:00 **HPF** Upper Body Conditioning (FR) (DIR)

11:00 **SCE** Talent Showcase (AR) (ELD)

1:30 **SCE** A Game of Carols (AR) (ELD)

2:00 **CPI** Art with Ed (AR) (ELD)

3:00 **SCE** Christmas Cheer(s) Happy Hour (IR) (ELD)

4:00 **HPF** Tai Chi: Balance & Posture (PDR) (ELD)

6:00 Card Games (AR) (Co)

23

10:00 **HPF** Total Body Conditioning - Beginner (FR) (ELD)

11:00 Pretty Nails Holiday Edition (AR) (ELD)

1:00 **CEA** Music History: Christmas Carols, Part II

1:30 **HPF** Holiday Hustle Series (AR) (ELD)

2:00 Curtis Williams Holiday Party (DR) (ELD)

3:00 **CEA** Creating Winter Snow Globes (AR) (ELD)

4:00 **HPF** Dance & Movement: The Hustle (AR) (ELD)

4:30 **SCE** Texas Roadhouse/ Lights under louisville (MIL) (ELD)

CHRISTMAS EVE 24

9:00 **RSF** Bible Study Series: Part IV (AR) (ELD)

10:00 **HPF** Moving For Memory: Walking Challenge (FR) (ELD)

11:00 **SCE** Newsletter: Black Friday Comic Strips (AR) (ELD)

1:30 **SCE** Cookies and Cocoa (AR) (ELD)

2:00 Games - Bingo (AR) (ELD)

3:00 **RSF** Meaning & Tradition of Christmas Part I (AR) (ELD)

4:00 **HPF** Total Body Conditioning - Advanced (FR) (ELD)

CHRISTMAS DAY 25

10:00 **HPF** Cardio Drumming Circle (FR) (ELD)

1:00 **CEA** Creating Art from the Scents We Smell (AR) (DIR)

1:30 **CEA** BJK Journaling Series (FR) (ELD)

2:00 **RSF** Meaning & Tradition of Christmas Part II (AR) (ELD)

3:00 **LIS** What's in a word? (AR) (DIR)

4:00 **HPF** Posture and Stretch Fitness Class (FR) (ELD)

6:00 Puzzles (AR) (Co)

BOXING DAY 26

9:00 **LIS** Newsletter Highlight: Boxing Day (IR) (ELD)

10:00 **HPF** Tai Chi: Balance & Posture (FR) (ELD)

11:00 Games- Bunco (AR) (ELD)

1:30 **CPI** Holiday Tie Blanket (AR) (ELD)

2:30 **LIS** Word Wonders (AR) (DIR)

4:00 **HPF** Flow Yoga (FR) (DIR)

6:00 Board Games (AR) (Co)

27

10:00 **HPF** Moving For Memory: Walking Challenge (MIL) (ELD)

10:00 Shopping Trips Walmart (MIL) (ELD)

11:00 **LIS** Zodiac & Horoscope of December (AR) (DIR)

1:30 **SCE** PositivTea: Gratitude (AR) (ELD)

2:00 Bingo (AR) (ELD)

3:00 **CEA** Diamond Art (AR) (DIR)

4:00 **HPF** Lower Body Conditioning (AR) (ELD)

6:00 **CPI** Career Connections Club (AR) (ELD)

CALL A FRIEND DAY 28

9:00 **SCE** Newsletter Highlight: Call a Friend Day (IR) (ELD)

10:00 **HPF** Flow Yoga (FR) (ELD)

10:30 **RSF** Pet Therapy- Pet Visits with Max (IR) (ELD)

1:00 **CEA** Musical Journaling: Gratitude (FR) (ELD)

2:00 **CPI** Resident Council Meeting (AR) (DIR)

4:00 **HPF** Dance & Movement: The Hustle (FR) (DIR)

29

10:00 **HPF** Upper Body Conditioning (FR) (ELD)

11:00 You be the Judge Game (AR) (DIR)

2:00 Card Games Rummy (AR) (ELD)

3:00 **SCE** Happy New Year Happy Hour (IR) (ELD)

4:00 **HPF** Tai Chi: Balance & Posture (FR) (ELD)

30

10:00 **HPF** Total Body Conditioning - Beginner (FR) (ELD)

11:00 Pretty Nails salon (AR) (ELD)

1:00 **LIS** The History & Origins of New Year's Eve (AR) (ELD)

2:00 **HPF** Holiday Hustle Awards Ceremony (AR) (ELD)

4:00 **HPF** Dance & Movement: The Hustle (FR) (ELD)

NEW YEAR'S EVE 31

10:00 **HPF** Moving for Memory Recognition Ceremony (AR) (ELD)

11:00 **RSF** Bible Study Series: Part IV (AR) (ELD)

2:00 Bingo (AR) (ELD)

3:00 **CEA** Diamond ART (AR) (DIR)

4:00 **HPF** Total Body Conditioning - Advanced (FR) (ELD)

4:30 **CEA** Music by Harpist Lorinda (DR) (ELD)

4:30 **SCE** New years party: Red Carpet (DR) (ELD)

- 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

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Civic Engagement Project Launch

Friday, December 3, 2:00 PM

Baking and Decorating Cookies

Saturday, December 11, 1:30 PM

Creating Winter Snow Globes

Tuesday, December 28, 2:30 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:

- Assited Living AL
- Dining Room DR
- Activity Room AR
- Life Guidance® LG
- Living Room LR
- Mobile Cart MC
- In Room IR

STAFF KEY:

- RSA
- Director DIR
- Tina Elble ELD

HOLIDAY TRADITIONS WEEK 5
 10:00 SCE Today's Events & Newsletter (AR) (RSA)
 10:15 LIS Newsletter: Daylight Saving Time (AR) (RSA)
 10:30 HPPF Tai Chi: Balance & Posture (LR) (RSA)
 11:00 RSF Bible Study (DR) (RSA)
 1:00 CEA Music: Do They Know It's Christmas (DR) (RSA)
 1:30 SCE Games (DR) (RSA)
 3:00 HPPF Walking Challenge (DR) (RSA)
 7:00 SCE Evening Movie (IR) (RSA)

LAST DAY OF HANUKKAH ST. NICHOLAS DAY 6
 10:15 RSF Today's Events & Newsletter (AR) (RSA)
 10:30 HPPF Walking Challenge (LR) (RSA)
 10:45 LIS Daily Inspirations (LR) (RSA)
 1:00 CEA Music Appreciation: Saint Nicholas Day (AR) (RSA)
 1:30 SCE Bingo (AR) (RSA)
 2:30 RSF Meaning & Tradition of Christmas: Part I (AR) (RSA)
 3:30 HPPF Lower Body Conditioning (LR) (RSA)
 4:00 SCE Holiday Celebration Series (DR) (RSA)
 7:00 SCE Evening Movie (IR) (RSA)

NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7
 10:15 LIS Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Flow Yoga (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 LIS Language Learning: Happy Holidays (AR) (DIR)
 1:30 CEA Music Appreciation: Eagles (DR) (RSA)
 2:30 LIS Chicken Soup For The Soul (DR) (DIR)
 3:30 HPPF Dance & Movement: The Macarena (DR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

FEAST OF IMMACULATE CONCEPTION 8
 10:15 RSF Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Upper Body Conditioning (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 SCE Express Yourself: December Holidays (DR) (DIR)
 1:00 CEA Music Appreciation: Noel by Josh Groban (DR) (RSA)
 2:00 SCE Winter Wonderland Happy Hour (MC) (ELD)
 3:30 HPPF Tai Chi: Balance & Posture (DR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

9
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Total Body Conditioning - Beginner (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 LIS You Be the Judge (AR) (DIR)
 1:30 CEA Music: A Charlie Brown Christmas (DR) (RSA)
 2:30 LIS Literary Appreciation: The Holidays (DR) (DIR)
 3:00 HPPF Dance & Movement: The Hustle (DR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

10
 10:15 SCE Today's Events & Newsletters (LR) (DIR)
 10:30 HPPF Walking Challenge (LR) (DIR)
 11:00 CEA BJK Journaling & Discussion (DR) (DIR)
 1:30 CEA Music: Christmas Poems, Emily Dickinson (DR) (RSA)
 2:00 SCE Trivia Challenge (LR) (RSA)
 2:30 SCE Laughter Therapy (AR) (DIR)
 3:30 HPPF Cardio Drumming Circle (LR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

11
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Flow Yoga (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 LIS Sensory Stimulation: iSpy (DR) (DIR)
 1:30 LIS Baking and Decorating Cookies (DR) (DIR)
 2:30 CEA Today's Music: All I Want For Christmas (DR) (DIR)
 3:30 HPPF Posture and Stretch Fitness Class (AR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

NATIONAL POINSETTIA DAY CAROLING WEEK 12
 10:00 RSF Today's Events & Newsletter
 10:15 LIS Daily Inspirations (LR) (RSA)
 10:30 HPPF Tai Chi: Balance & Posture (LR) (RSA)
 11:00 RSF Bible Study (DR) (RSA)
 1:00 CEA Music Appreciation: Frank Sinatra
 1:30 SCE Brain Games (AR) (RSA)
 2:30 CEA Painting (DR) (RSA)
 3:30 HPPF Walking Challenge (AR) (RSA)
 7:00 SCE Movie Night (IR) (RSA)

U.S. NATIONAL GUARD BIRTHDAY 13
 10:00 LIS Today's Events & Newsletter (DR) (RSA)
 10:15 LIS Daily Inspirations (LR) (RSA)
 10:30 HPPF Walking Challenge (LR) (RSA)
 11:00 SCE Holiday Celebration Series (DR) (RSA)
 1:00 CEA Music: The Perfect Christmas Song (DR) (RSA)
 1:30 SCE Bingo! (DR) (DIR)
 2:00 LIS The Game of Carols (DR) (RSA)
 2:30 Spa: Nails (AR) (RSA)
 3:30 HPPF Lower Body Conditioning (AR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

14
 10:15 SCE Today's Events & Newsletter (DR) (DIR)
 10:30 HPPF Flow Yoga (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 CEA Creating Art From The Scents We Smell (DR) (DIR)
 1:30 LIS Word Wonders: Animals (DR) (RSA)
 2:30 LIS Literary Appreciation: Poetry (AR) (DIR)
 3:30 HPPF Dance & Movement: The Macarena (AR) (DIR)
 4:00 CEA Music Appreciation: Gayla Peevey (DR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

15
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Upper Body Conditioning (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 CEA BJK Journaling and Discussion (AR) (DIR)
 1:30 CEA Music History: The Beatles (DR) (RSA)
 2:00 CEA Music Appreciation: Peace For Christmas (DR) (DIR)
 2:00 SCE Candy Land Happy Hour (MC) (ELD)
 3:30 HPPF Tai Chi: Balance & Posture (AR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

16
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Total Body Conditioning - Beginner (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 LIS Literary Appreciation: The Holidays (DR) (DIR)
 1:30 CEA Music Appreciation: Jingle Bells (DR) (DIR)
 2:30 CEA Music History: Origins of Carols, Pt. I (DR) (DIR)
 3:30 HPPF Dance & Movement: The Hustle (LR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

NATIONAL UGLY SWEATER DAY NATIONAL MAPLE SYRUP DAY 17
 9:00 LIS Newsletter: National Maple Syrup Day (DR) (RSA)
 10:15 LIS Daily Inspirations (LR) (DIR)
 10:30 HPPF Walking Challenge (LR) (DIR)
 10:45 SCE Today's Events & Newsletter (LR) (DIR)
 11:00 CEA BJK Journaling & Discussion (AL) (DIR)
 1:30 CEA Music Appreciation: Quirky Holiday Songs (DR) (RSA)
 2:00 SCE Trivia Challenge (AR) (RSA)
 2:30 SCE Laughter Therapy (AR) (DIR)
 3:30 HPPF Cardio Drumming Circle (LR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

NATIONAL WREATHS ACROSS AMERICA DAY 18
 9:00 LIS Newsletter: National Wreaths Day
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Flow Yoga (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 SCE Coffee, Tea & Me (DR) (DIR)
 1:30 CEA Sing Across America: New York (DR) (DIR)
 2:00 CEA Today's Music: Fairytale in New York (DR) (DIR)
 2:30 LIS Find The Pairs: Holiday Edition (DR) (DIR)
 3:30 HPPF Posture and Stretch Fitness Class (DR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

CHRISTMAS WEEK 19
 10:00 SCE Today's Events & Newsletter (LR) (RSA)
 10:15 LIS Daily Inspirations (LR) (RSA)
 10:45 HPPF Tai Chi: Balance & Posture (LR) (RSA)
 11:00 RSF Inspiration & Spirituality (LR) (RSA)
 1:00 CEA Music Appreciation: "A Christmas Carol" (DR) (RSA)
 2:30 RSF Bible Study (AR) (RSA)
 3:00 CPI Civic Engagement Delivery
 3:30 HPPF Walking Challenge (AR) (RSA)
 7:00 SCE Movie Night (IR) (RSA)

20
 10:00 SCE Today's Events & Newsletter (LR) (RSA)
 10:15 LIS Daily Inspirations (LR) (RSA)
 10:30 SCE Today's Events & Newsletter (LR) (RSA)
 10:45 HPPF Walking Challenge (LR) (RSA)
 1:00 CEA Today's Music: It's A Wonderful Life (DR) (RSA)
 1:30 SCE Bingo! (DR) (RSA)
 2:00 CEA Scentsory Art
 2:30 Spa: Nails (DR) (RSA)
 3:30 HPPF Lower Body Conditioning (AR) (RSA)
 4:00 SCE Holiday Celebration Series (DR) (RSA)
 7:00 SCE Evening Movie (IR) (RSA)

FIRST DAY OF WINTER 21
 10:15 LIS Newsletter: Winter Solstice (LR) (DIR)
 10:30 HPPF Flow Yoga (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 SCE Cornhole (AR) (DIR)
 11:00 LIS Language Learning: Merry Christmas (DR) (DIR)
 1:30 CEA Music Appreciation: The Winter Solstice (DR) (DIR)
 2:00 SCE Entertainment: Donald Masterson (DR) (ELD)
 3:30 HPPF Dance & Movement: The Macarena (DR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

22
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Upper Body Conditioning (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 SCE Concentration (DR) (DIR)
 1:00 CEA Music Appreciation: The Chipmunk Song (DR) (RSA)
 1:30 SCE Ring Toss (AR) (RSA)
 2:00 SCE Christmas Cheer(s) Happy Hour (MC) (ELD)
 3:30 HPPF Tai Chi: Posture & Balance (AR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

23
 10:15 SCE Today's Events & Newsletter (DR) (DIR)
 10:30 HPPF Total Body Conditioning - Beginner (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 LIS Literary Appreciation: The Holidays (DR) (DIR)
 1:00 CEA Music: Twas The Night Before Christmas (DR) (RSA)
 1:30 CEA Music History: Origins of Carols, Pt. II (DR) (DIR)
 3:30 HPPF Dance & Movement: The Hustle (AR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

CHRISTMAS EVE 24
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Walking Challenge (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 CEA BJK Journaling & Discussion (DR) (DIR)
 1:00 CEA Music Appreciation: Silent Night (DR) (RSA)
 1:30 SCE Trivia Challenge (AR) (RSA)
 2:30 SCE Laughter Therapy (AR) (DIR)
 3:30 HPPF Cardio Drumming Circle (LR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

CHRISTMAS DAY 25
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Flow Yoga (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 CEA Music Appreciation: Meaning of Christmas (DR) (DIR)
 1:30 RSF Meaning of Christmas, Part II (DR) (DIR)
 2:30 LIS Chicken Soup (AR) (DIR)
 3:30 HPPF Posture and Stretch Fitness Class (AR) (DIR)
 7:00 SCE Evening Movie (IR) (RSA)

NEW YEAR'S WEEK BOXING DAY 26
 10:00 CPI Today's Events & Newsletter
 10:15 SCE Today's Events & Newsletter (IR) (RSA)
 10:45 HPPF Tai Chi: Balance & Posture
 11:00 RSF Inspiration & Spirituality (LR) (RSA)
 1:00 CEA Music Appreciation: Good King Wenceslas
 1:30 RSF Bible Study
 2:30 SCE Brain Games (AR) (RSA)
 3:30 HPPF Walking Challenge (AR) (RSA)
 7:00 SCE Evening Movie (IR) (RSA)

27
 10:30 SCE Today's Events & Newsletter (LR) (RSA)
 10:30 HPPF Walking Challenge (LR) (RSA)
 10:45 LIS Daily Inspirations (LR) (RSA)
 11:00 SCE Holiday Celebration Series (DR) (RSA)
 1:00 CEA Music Venues: Radio City Music Hall (DR) (RSA)
 1:30 SCE Bingo! (DR) (DIR)
 2:30 Spa Nails (DR) (RSA)
 3:30 HPPF Lower Body Conditioning (AR) (RSA)
 4:00 CEA Music History: Iconic Music Venues, II (DR) (RSA)
 7:00 SCE Evening Movie (IR) (RSA)

28
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Flow Yoga (LR) (DIR)
 10:45 LIS Daily Inspirations (LR) (DIR)
 11:00 LIS Literary Appreciation: Poetry (LR) (DIR)
 1:00 CEA Music Appreciation: Shirley Temple (DR) (RSA)
 1:30 SCE Bowling (DR) (DIR)
 2:30 CEA Creating Winter Snow Globes (DR) (DIR)
 3:30 HPPF Dance & Movement: The Macarena (DR) (DIR)
 7:00 SCE Evening Movie (LR) (RSA)

29
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Upper Body Conditioning (LR) (DIR)
 11:00 CEA Music Appreciation: Beethoven The Great (DR) (DIR)
 1:30 CEA Music History: Classical (DR) (DIR)
 2:00 SCE Happy New Year Happy Hour (MC) (ELD)
 3:30 HPPF Tai Chi: Balance & Posture (AR) (DIR)

30
 10:15 SCE Today's Events & Newsletter (LR) (DIR)
 10:30 HPPF Total Body Conditioning (LR) (DIR)
 1:00 CEA Music Appreciation: Neil Young (DR) (RSA)
 2:30 LIS Literary Appreciation: The Holidays (DR) (DIR)
 3:30 HPPF Dance & Movement: The Hustle (AR) (DIR)

NEW YEAR'S EVE 31
 10:15 SCE Today's Events & Newsletter (DR) (DIR)
 10:30 HPPF Walking Challenge (LR) (DIR)
 11:00 CEA BJK Journaling & Discussion (DR) (DIR)
 1:30 LIS History of New Year's Eve (DR) (DIR)
 2:30 SCE Laughter Therapy (DR) (DIR)
 3:30 HPPF Cardio Drumming Circle (DR) (DIR)
 4:00 CEA Music Appreciation: Auld Lang Syne (DR) (DIR)

- 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