

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Civic Engagement Project Launch**

Friday, December 3, 1:00 PM

**San Pablo Christmas Celebration**

Wednesday, December 22, 2:00 PM

**Rolling Out the Red Carpet**

Friday, December 31, 6:00 PM



# DECEMBER 2021

# ATRIA PARK OF SAN PABLO engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

**ROOM LOCATION KEY:**

- Activity Rm AR
- Living Room LR
- Front Porch FP
- Private Dining Room PDR
- Library LB
- Outing O
- Life Guidance® LG
- In-Room IR
- The Studio Stu

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

<p>9:30 <b>RSF</b> Atria Community Fellowship (AR) <b>5</b></p> <p>10:00 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>11:00 <b>HPF</b> Lower Body Conditioning (AR)</p> <p>1:00 <b>HPF</b> Walking Club (FP)</p> <p>1:30 <b>CPI</b> Civic Engagement Working Session (AR)</p> <p>2:30 Wheel Trivia (AR)</p> <p>3:00 Sunday Matinee: (LR)</p> <p>6:30 Sunday Night Movie: (LR)</p>	<p><b>ST. NICHOLAS DAY LAST DAY OF HANUKKAH</b> <b>6</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>8:30 <b>RSF</b> Hanukkah Celebration Series (IR)</p> <p>8:30 <b>RSF</b> Newsletter Highlight: St. Nicholas Day (IR)</p> <p>10:15 <b>HPF</b> Total Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:15 <b>CEA</b> We Are Santa's Elves (AR)</p> <p>3:00 Bingo (AR)</p> <p>6:30 Monday Movie: (LR)</p>	<p><b>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</b> <b>7</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>8:30 <b>LIS</b> Newsletter: Pearl Harbor Remembrance (IR)</p> <p>10:15 <b>HPF</b> Upper Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>CPI</b> Ambassador Club Meeting (PDR)</p> <p>1:00 <b>LIS</b> ODU: Date of Dec. 7 Will Live in Infamy (Stu)</p> <p>2:00 <b>HPF</b> Tai Chi with Deirdre (AR)</p> <p>3:00 Noodle Ball (AR)</p> <p>6:30 Tuesday Night Movie: (LR)</p>	<p><b>FEAST OF THE IMMACULATE CONCEPTION</b> <b>8</b></p> <p>8:30 <b>RSF</b> Newsletter: Immaculate Conception Feast (IR)</p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>10:15 <b>HPF</b> Flow Yoga (AR)</p> <p>11:00 <b>HPF</b> Walking Club (AR)</p> <p>1:15 <b>Scrabble®</b> (Stu)</p> <p>1:30 <b>SCE</b> Holiday Trivia (AR)</p> <p>2:30 <b>SCE</b> Music With Viv (LG)</p> <p>3:00 <b>SCE</b> Winter Wonderland Happy Hour (AR)</p> <p>6:30 Wednesday Night Movie (LR)</p>	<p><b>Think Positive Thursday (IR)</b> <b>9</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Beginner (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>CEA</b> Dabble in the Arts (AR)</p> <p>2:00 <b>HPF</b> Holiday Hustle Series (AR)</p> <p>3:00 <b>HPF</b> Cardio Drumming Circle (AR)</p> <p>6:30 Thursday Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>10</b></p> <p>8:30 <b>RSF</b> Hanukkah Celebration Series (IR)</p> <p>9:00 Shopping Trip (O)</p> <p>9:00 <b>RSF</b> Bible Study Series: Part I (Stu)</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>Scrabble®</b> (Stu)</p> <p>1:00 <b>CPI</b> Civic Engagement Project Launch (AR)</p> <p>3:00 Happy Hour (AR)</p> <p>6:30 Friday Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>4</b></p> <p>10:00 <b>RSF</b> Hanukkah Celebration Series (IR)</p> <p>10:30 <b>HPF</b> Posture and Stretch Fitness Class (AR)</p> <p>11:15 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>CEA</b> BJK Journaling Series (AR)</p> <p>1:00 <b>LIS</b> Book Club (LB)</p> <p>2:00 Noodle Ball (AR)</p> <p>3:00 Saturday Matinee: (LR)</p> <p>6:30 Saturday Movie: (LR)</p>
<p><b>NATIONAL POINSETTIA DAY</b> <b>12</b></p> <p>9:30 <b>RSF</b> Atria Community Fellowship (AR)</p> <p>10:00 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>10:00 <b>RSF</b> Newsletter: The Christmas Flower (IR)</p> <p>11:00 <b>HPF</b> Lower Body Conditioning (AR)</p> <p>1:00 <b>HPF</b> Walking Club (FP)</p> <p>1:30 <b>LIS</b> ODU: Christmas in America (Stu)</p> <p>2:00 Card Games (AR)</p> <p>3:00 Sunday Matinee: (LR)</p> <p>6:30 Sunday Movie: (LR)</p>	<p><b>U.S. NATIONAL GUARD BIRTHDAY</b> <b>13</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>9:00 <b>LIS</b> Newsletter: U.S. National Guard Birthday</p> <p>10:15 <b>HPF</b> Total Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:15 <b>CEA</b> We Are Santa's Elves (AR)</p> <p>3:30 Bingo (AR)</p> <p>6:30 Monday Night at the Movies (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>14</b></p> <p>9:00 Nails with Bethany (Stu)</p> <p>10:15 <b>HPF</b> Upper Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (AR)</p> <p>1:00 <b>CPI</b> Engage Life® Planning Meeting (AR)</p> <p>1:00 <b>SCE</b> Holiday Celebration Series (AR)</p> <p>1:15 <b>Scrabble®</b> (Stu)</p> <p>3:00 Noodle Ball (AR)</p> <p>6:30 Tuesday Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>15</b></p> <p>10:15 <b>HPF</b> Flow Yoga (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:15 <b>LIS</b> Holiday Language Learning (AR)</p> <p>3:00 <b>SCE</b> Candy Lane Happy Hour (AR)</p> <p>6:30 Wednesday Night Movie (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>16</b></p> <p>9:00 <b>RSF</b> Think Positive Thursday (IR)</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Beginner (AR)</p> <p>11:00 <b>CEA</b> Scentsory Art</p> <p>1:00 <b>CPI</b> Food For Thought - Culinary Led (AR)</p> <p>2:00 <b>HPF</b> Holiday Hustle Series (AR)</p> <p>3:00 <b>HPF</b> Cardio Drumming Circle (AR)</p> <p>6:30 Thursday Night Movie (LR)</p>	<p><b>NATIONAL MAPLE SYRUP DAY</b> <b>17</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>9:00 Shopping Trip-Walmart (O)</p> <p>9:00 <b>RSF</b> Bible Study Series: Part III (Stu)</p> <p>9:00 <b>LIS</b> Newsletter: National Maple Syrup Day</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:15 <b>Scrabble®</b> (AR)</p> <p>1:30 Scenic Drive (O)</p> <p>3:00 <b>SCE</b> The One and Only James Cargill (AR)</p> <p>3:00 Happy Hour (AR)</p> <p>6:30 Friday Night Movie: (LR)</p>	<p><b>NATIONAL WREATHS ACROSS AMERICA DAY</b> <b>18</b></p> <p>10:00 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>10:00 <b>LIS</b> Newsletter: National Wreaths Day (IR)</p> <p>10:30 <b>HPF</b> Posture and Stretch Fitness Class (AR)</p> <p>11:15 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>CEA</b> BJK Journaling Series (AR)</p> <p>2:00 Noodle Ball (AR)</p> <p>3:00 Saturday Matinee: (LR)</p> <p>6:30 Saturday Movie: (LR)</p>
<p><b>Atria Community Fellowship (AR)</b> <b>19</b></p> <p>9:30 <b>RSF</b> Atria Community Fellowship (AR)</p> <p>10:00 <b>LIS</b> Engage Life® Daily Packet (Stu)</p> <p>11:00 <b>HPF</b> Lower Body Conditioning (AR)</p> <p>1:00 <b>HPF</b> Walking Club (FP)</p> <p>2:30 UNO® (AR)</p> <p>3:00 Sunday Matinee: (LR)</p> <p>6:30 Sunday Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>20</b></p> <p>10:15 <b>HPF</b> Total Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>CPI</b> Civic Engagement Delivery (AR)</p> <p>1:15 <b>CEA</b> Music History: Christmas Carols, Part I (AR)</p> <p>3:00 Bingo (AR)</p> <p>6:30 Monday Night at the Movies (LR)</p>	<p><b>WINTER SOLSTICE</b> <b>21</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>9:00 <b>LIS</b> Newsletter Highlight: Winter Solstice (IR)</p> <p>10:15 <b>HPF</b> Upper Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:30 <b>LIS</b> ODU: When Weather Changed History (Stu)</p> <p>2:00 <b>HPF</b> Tai Chi with Deirdre (AR)</p> <p>3:00 Noodle Ball (AR)</p> <p>6:30 Tuesday Night Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (Stu)</b> <b>22</b></p> <p>10:15 <b>HPF</b> Flow Yoga (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>2:00 <b>SCE</b> San Pablo Christmas Celebration (AR)</p> <p>3:00 <b>SCE</b> Christmas Cheer(s) Happy Hour (AR)</p> <p>6:30 Wednesday Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>23</b></p> <p>9:00 <b>RSF</b> Think Positive Thursday (IR)</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Beginner (AR)</p> <p>1:00 <b>CEA</b> Music History: Christmas Carols, Part II</p> <p>2:00 <b>HPF</b> Holiday Hustle Series (AR)</p> <p>3:00 <b>HPF</b> Cardio Drumming Circle (AR)</p> <p>6:30 Thursday Night Movie: (LR)</p>	<p><b>CHRISTMAS EVE</b> <b>24</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>9:00 <b>RSF</b> Bible Study Series: Part IV (Stu)</p> <p>10:00 Scenic Drive (O)</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>Scrabble®</b> (Stu)</p> <p>2:00 <b>RSF</b> Meaning &amp; Tradition of Christmas Part I</p> <p>3:00 Christmas Eve Happy Hour (AR)</p> <p>6:30 Friday Night Movie: (LR)</p>	<p><b>CHRISTMAS DAY</b> <b>25</b></p> <p>10:00 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>10:30 <b>RSF</b> Meaning &amp; Tradition of Christmas Part II (AR)</p> <p>11:30 <b>HPF</b> Walking Club (AR)</p> <p>1:00 <b>CEA</b> BJK Journaling Series (AR)</p> <p>2:00 Noodle Ball (AR)</p> <p>3:00 Christmas Matinee (LR)</p> <p>6:30 Christmas Night Movie: (LR)</p>
<p><b>BOXING DAY</b> <b>26</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>9:00 <b>LIS</b> Newsletter Highlight: Boxing Day</p> <p>9:30 <b>RSF</b> Atria Community Fellowship (AR)</p> <p>10:00 <b>HPF</b> Tai Chi: Balance &amp; Posture</p> <p>10:15 <b>HPF</b> Flow Yoga (AR)</p> <p>11:00 <b>HPF</b> Lower Body Conditioning (AR)</p> <p>11:30 <b>HPF</b> Walking Club (FP)</p> <p>3:00 Sunday Matinee (LR)</p> <p>6:30 Sunday Night Movie:</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>27</b></p> <p>10:15 <b>HPF</b> Total Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:00 <b>CPI</b> Career Connections Club (Stu)</p> <p>1:30 <b>CEA</b> Creating Winter Snow Globes (AR)</p> <p>3:00 Bingo (AR)</p> <p>6:30 Monday Movie: (LR)</p>	<p><b>CALL A FRIEND DAY</b> <b>28</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>8:30 <b>SCE</b> Newsletter Highlight: Call a Friend Day (IR)</p> <p>9:00 Nails with Bethany (Stu)</p> <p>10:15 <b>HPF</b> Upper Body Conditioning (AR)</p> <p>11:00 <b>HPF</b> Walking Club (AR)</p> <p>1:15 <b>Scrabble®</b> (Stu)</p> <p>1:15 UNO® (AR)</p> <p>2:00 <b>CPI</b> Resident Council Meeting (PDR)</p> <p>3:00 Noodle Ball (AR)</p> <p>6:30 Tuesday Night Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>29</b></p> <p>10:15 <b>HPF</b> Flow Yoga (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:30 Card Games (AR)</p> <p>2:00 <b>LIS</b> Zodiac &amp; Horoscope of December (Stu)</p> <p>3:00 <b>SCE</b> Happy New Year Happy Hour (AR)</p> <p>6:30 Wednesday Movie: (LR)</p>	<p><b>Engage Life® Daily Packet (IR)</b> <b>30</b></p> <p>9:00 <b>RSF</b> Think Positive Thursday (IR)</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Beginner (AR)</p> <p>1:00 <b>LIS</b> The History &amp; Origins of New Year's Eve</p> <p>1:15 <b>CEA</b> Make New Years Eve Party Favors (AR)</p> <p>2:00 <b>HPF</b> Holiday Hustle Awards Ceremony (AR)</p> <p>3:00 <b>HPF</b> Cardio Drumming Circle (AR)</p> <p>6:30 Thursday Movie: (LR)</p>	<p><b>NEW YEAR'S EVE</b> <b>31</b></p> <p>8:30 <b>LIS</b> Engage Life® Daily Packet (IR)</p> <p>9:30 Shopping Trip (O)</p> <p>10:15 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p> <p>11:00 <b>HPF</b> Walking Club (FP)</p> <p>1:30 Bingo (AR)</p> <p>3:00 New Year's Eve Matinee (LR)</p> <p>3:00 Noodle Ball (AR)</p> <p>6:00 <b>SCE</b> Rolling Out the Red Carpet (LR)</p> <p>6:30 Friday Night Movie: (LR)</p>	<ul style="list-style-type: none"> <li><span style="color: purple;">■</span> HEALTH AND PHYSICAL FITNESS</li> <li><span style="color: green;">■</span> LIFELONG LEARNING AND INTELLECTUAL STIMULATION</li> <li><span style="color: red;">■</span> CREATIVE EXPRESSION AND THE ARTS</li> <li><span style="color: orange;">■</span> SOCIAL CONNECTION AND ENTERTAINMENT</li> <li><span style="color: blue;">■</span> CIVIC AND PROFESSIONAL INVOLVEMENT</li> <li><span style="color: pink;">■</span> RELIGIOUS AND SPIRITUAL FELLOWSHIP</li> </ul>

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Civic Engagement Project Launch**

Friday, December 3, 2:00 PM

**Cardio Drumming Circle**

Friday, December 17, 4:00 PM

**Creating Winter Snow Globes**

Tuesday, December 28, 2:00 PM





# DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p><b>HOLIDAY TRADITIONS WEEK</b> <b>5</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Tai Chi: Balance &amp; Posture          1:00 <b>CEA</b> Music: Do They Know It's Christmas          2:00 <b>CPI</b> Civic Engagement Working Session          3:00 <b>HPF</b> Walking Challenge          4:00 <b>SCE</b> Social Club          6:00 <b>RSF</b> Bible Study</p>	<p><b>LAST DAY OF HANUKKAH</b> <b>6</b>  <b>ST. NICHOLAS DAY</b></p> <p>10:00 <b>RSF</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Walking Challenge          1:00 <b>CEA</b> Music Appreciation: Saint Nicholas Day          1:30 <b>RSF</b> Meaning &amp; Tradition of Christmas: Part I          3:00 <b>HPF</b> Lower Body Conditioning          4:00 StoryWise          6:00 <b>SCE</b> Holiday Celebration Series</p>	<p><b>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</b> <b>7</b></p> <p>10:00 <b>LIS</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Flow Yoga          1:00 <b>CEA</b> Music Appreciation: Eagles          2:00 <b>CEA</b> Holiday Centerpieces          3:00 <b>HPF</b> Dance &amp; Movement: The Macarena          4:00 <b>SCE</b> Pet Therapy          6:00 <b>LIS</b> Language Learning: Happy Holidays</p>	<p><b>FEAST OF IMMACULATE CONCEPTION</b> <b>8</b></p> <p>10:00 <b>RSF</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Upper Body Conditioning          1:00 <b>CEA</b> Music Appreciation: Noel by Josh Groban          1:30 <b>SCE</b> Express Yourself: December Holidays          2:00 <b>SCE</b> Winter Wonderland Happy Hour          2:30 Music with Viv          4:00 <b>HPF</b> Tai Chi: Balance &amp; Posture          6:00 <b>SCE</b> Visit Santa Claus Village</p>	<p><b>Today's Events &amp; Newsletter</b> <b>9</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Total Body Conditioning - Beginner          1:00 <b>CEA</b> Music: A Charlie Brown Christmas          2:00 Decorating Christmas Stockings          3:00 <b>HPF</b> Dance &amp; Movement: The Hustle          4:00 <b>LIS</b> Famous Quotes          6:00 <b>LIS</b> Literary Appreciation: The Holidays</p>	<p><b>Today's Events &amp; Newsletters</b> <b>10</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletters          10:30 <b>HPF</b> Walking Challenge          11:00 <b>CEA</b> BJK Journaling &amp; Discussion          1:00 <b>CEA</b> Music: Christmas Poems, Emily Dickinson          2:00 <b>CEA</b> Chef Cooking Demonstration          3:00 <b>HPF</b> Cardio Drumming Circle          4:00 <b>SCE</b> Laughter Therapy          6:00 Movie Night: It's a Wonderful Life</p>	<p><b>Today's Events &amp; Newsletter</b> <b>11</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Flow Yoga          1:00 <b>CEA</b> Today's Music: All I Want For Christmas          2:00 Creating Christmas Cards          3:00 <b>HPF</b> Posture and Stretch Fitness Class          4:00 Board Games          6:00 <b>LIS</b> Sensory Stimulation: iSpy the Holidays</p>
<p><b>CAROLING WEEK</b> <b>12</b>  <b>NATIONAL POINSETTIA DAY</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Tai Chi: Balance &amp; Posture          1:00 <b>CEA</b> Music Appreciation: Frank Sinatra          2:00 Bingo          3:00 <b>HPF</b> Walking Challenge          4:00 <b>SCE</b> Social Club          6:00 <b>RSF</b> Bible Study</p>	<p><b>U.S. NATIONAL GUARD BIRTHDAY</b> <b>13</b></p> <p>10:00 <b>LIS</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Walking Challenge          1:00 <b>CEA</b> Music: The Perfect Christmas Song          1:30 <b>LIS</b> The Game of Carols          3:00 <b>HPF</b> Lower Body Conditioning          4:00 StoryWise          6:00 <b>SCE</b> Holiday Celebration Series</p>	<p><b>Today's Events &amp; Newsletter</b> <b>14</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Flow Yoga          1:00 <b>CEA</b> Music Appreciation: Gayla Peevey          1:30 <b>LIS</b> Word Wonders: Animals          3:00 <b>HPF</b> Dance &amp; Movement: The Macarena          4:00 <b>SCE</b> Pet Therapy          6:00 <b>LIS</b> Literary Appreciation: Poetry</p>	<p><b>Today's Events &amp; Newsletter</b> <b>15</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Upper Body Conditioning          1:00 <b>CEA</b> Music Appreciation: Peace For Christmas          1:30 <b>CEA</b> Music History: The Beatles          2:00 <b>SCE</b> Candy Land Happy Hour          3:00 <b>HPF</b> Tai Chi: Balance &amp; Posture          6:00 Christmas Lights Scenic Drive</p>	<p><b>Today's Events &amp; Newsletter</b> <b>16</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Total Body Conditioning - Beginner          1:00 <b>CEA</b> Music Appreciation: Jingle Bells          1:30 <b>CEA</b> Music History: Origins of Carols, Pt. I          2:00 Indoor Bowling Tournament          3:00 <b>HPF</b> Dance &amp; Movement: The Hustle          6:00 <b>LIS</b> Literary Appreciation: The Holidays</p>	<p><b>NATIONAL UGLY SWEATER DAY</b> <b>17</b>  <b>NATIONAL MAPLE SYRUP DAY</b></p> <p>9:00 <b>LIS</b> Newsletter: National Wreaths Day          10:30 <b>HPF</b> Walking Challenge          11:00 <b>CEA</b> BJK Journaling &amp; Discussion          1:00 <b>CEA</b> Music Appreciation: Quirky Holiday Songs          3:00 Music with James Cargill          4:00 <b>HPF</b> Cardio Drumming Circle          6:00 Movie Night: Miracle on 34th Street</p>	<p><b>NATIONAL WREATHS ACROSS AMERICA DAY</b> <b>18</b></p> <p>9:00 <b>LIS</b> Newsletter: National Wreaths Day          10:30 <b>HPF</b> Flow Yoga          1:00 <b>CEA</b> Today's Music: Fairytale in New York          1:30 <b>CEA</b> Sing Across America: New York          3:00 <b>HPF</b> Posture and Stretch Fitness Class          4:00 Putt Putt Challenge          6:00 <b>LIS</b> Find The Pairs: Holiday Edition</p>
<p><b>CHRISTMAS WEEK</b> <b>19</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Tai Chi: Balance &amp; Posture          1:00 <b>CEA</b> Music Appreciation: "A Christmas Carol"          1:30 Holiday Music with Ruth          2:30 <b>CPI</b> Civic Engagement Delivery          3:00 <b>HPF</b> Walking Challenge          4:00 <b>SCE</b> Social Club          6:00 <b>RSF</b> Bible Study</p>	<p><b>Today's Events &amp; Newsletter</b> <b>20</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Walking Challenge          1:00 <b>CEA</b> Today's Music: It's A Wonderful Life          2:00 <b>CEA</b> Scentsory Art          3:00 <b>HPF</b> Lower Body Conditioning          4:00 StoryWise          6:00 <b>SCE</b> Holiday Celebration Series</p>	<p><b>FIRST DAY OF WINTER</b> <b>21</b></p> <p>10:00 <b>LIS</b> Newsletter: Winter Solstice          10:30 <b>HPF</b> Flow Yoga          1:00 <b>CEA</b> Music Appreciation: The Winter Solstice          2:00 Bingo          3:00 <b>HPF</b> Dance &amp; Movement: The Macarena          4:00 <b>SCE</b> Pet Therapy          6:00 <b>LIS</b> Language Learning: Merry Christmas</p>	<p><b>Today's Events &amp; Newsletter</b> <b>22</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Upper Body Conditioning          1:00 <b>CEA</b> Music Appreciation: The Chipmunk Song          2:00 <b>SCE</b> Christmas Cheer(s) Happy Hour          3:00 Gingerbread House Decorating          4:00 <b>HPF</b> Tai Chi: Posture &amp; Balance          6:00 <b>SCE</b> Hot Cocoa and Reminiscing</p>	<p><b>Today's Events &amp; Newsletter</b> <b>23</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Total Body Conditioning - Beginner          1:00 <b>CEA</b> Music: Twas The Night Before Christmas          1:30 <b>CEA</b> Music History: Origins of Carols, Pt. II          3:00 <b>HPF</b> Dance &amp; Movement: The Hustle          4:00 <b>LIS</b> Name That Holiday Tune          6:00 <b>LIS</b> Literary Appreciation: The Holidays</p>	<p><b>CHRISTMAS EVE</b> <b>24</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Walking Challenge          11:00 <b>CEA</b> BJK Journaling &amp; Discussion          1:00 <b>CEA</b> Music Appreciation: Silent Night          2:00 Christmas Eve Happy Hour          3:00 <b>HPF</b> Cardio Drumming Circle          4:00 <b>SCE</b> Laughter Therapy          6:00 Movie: The Christmas Carol</p>	<p><b>CHRISTMAS DAY</b> <b>25</b></p> <p>9:30 <b>SCE</b> Today's Events &amp; Newsletter          10:00 <b>SCE</b> Televised Christmas Day Parade          10:30 <b>HPF</b> Flow Yoga          1:00 <b>CEA</b> Music Appreciation: Meaning of Christmas          1:30 <b>RSF</b> Meaning of Christmas, Part II          3:00 <b>HPF</b> Posture and Stretch Fitness Class          4:00 Card Games          6:00 <b>LIS</b> Sensory Stimulation: iSpy the Holidays</p>
<p><b>BOXING DAY</b> <b>26</b>  <b>NEW YEAR'S WEEK</b></p> <p>10:00 <b>CPI</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Tai Chi: Balance &amp; Posture          1:00 <b>CEA</b> Music Appreciation: Good King Wenceslas          2:00 Bingo          3:00 <b>HPF</b> Walking Challenge          4:00 <b>SCE</b> Social Club          6:00 <b>RSF</b> Bible Study</p>	<p><b>Today's Events &amp; Newsletter</b> <b>27</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Walking Challenge          1:00 <b>CEA</b> Music Venues: Radio City Music Hall          1:30 <b>CEA</b> Music History: Iconic Music Venues, II          3:00 <b>HPF</b> Lower Body Conditioning          4:00 StoryWise          6:00 <b>SCE</b> Holiday Celebration Series</p>	<p><b>Today's Events &amp; Newsletter</b> <b>28</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Flow Yoga          1:00 <b>CEA</b> Music Appreciation: Shirley Temple          2:00 <b>CEA</b> Creating Winter Snow Globes          3:00 <b>HPF</b> Dance &amp; Movement: The Macarena          4:00 <b>SCE</b> Pet Therapy          6:00 <b>LIS</b> Literary Appreciation: Poetry</p>	<p><b>Today's Events &amp; Newsletter</b> <b>29</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Upper Body Conditioning          1:00 <b>CEA</b> Music Appreciation: Beethoven The Great          1:30 <b>CEA</b> Music History: Classical          2:00 <b>SCE</b> Happy New Year Happy Hour          3:00 <b>HPF</b> Tai Chi: Balance &amp; Posture          6:00 Movie Night: The Santa Clause</p>	<p><b>Today's Events &amp; Newsletter</b> <b>30</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Total Body Conditioning          1:00 <b>CEA</b> Music Appreciation: Neil Young          3:00 <b>HPF</b> Dance &amp; Movement: The Hustle          4:00 <b>LIS</b> Name 10          6:00 <b>LIS</b> Literary Appreciation: The Holidays</p>	<p><b>NEW YEAR'S EVE</b> <b>31</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Walking Challenge          11:00 <b>CEA</b> BJK Journaling &amp; Discussion          1:00 <b>CEA</b> Music Appreciation: Auld Lang Syne          1:30 <b>LIS</b> History of New Year's Eve          3:00 <b>HPF</b> Cardio Drumming Circle          4:00 <b>SCE</b> Laughter Therapy          6:00 New Year's Eve Toast</p>	

- 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