

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Civic Engagement Project Launch

Friday, December 3, 11:00 AM

Christmas Cheer(s) Happy Hour

Wednesday, December 22, 3:15 PM

Holiday Hustle Awards Ceremony

Thursday, December 30, 3:15 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:

Excursion BUS
Entertainment Room ER
Poker Room PR
Front Lobby FL
Lounge L
Resident Games Table RGT
In-Room IR

STAFF KEY:

Theresa Wilson TW
LaChaka Johnson LCJ
Lisa Pinson LP
William Jones WJ
Linda Haddix LH

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10:15 **RSF** Bible Study Series: Part I (ER) (LH) **5**
11:15 **HPF** Tai Chi: Balance & Posture (ER) (TW)
12:45 Regular Dominoes (RGT) (TW)
1:30 Pokeno® (ER) (TW)
2:45 **CPI** Civic Engagement Working Session (ER) (TW)
4:00 **HPF** Flow Yoga (ER) (TW)
6:00 **RSF** Devotionals w/ Gary and Rita (L) (TW)

LAST DAY OF HANUKKAH ST. NICHOLAS DAY 6
9:00 **RSF** Newsletter Highlight: St. Nicholas Day (IR)
10:00 **HPF** Get Fit w/ Charetta (ER) (LCJ)
11:00 **RSF** Hanukkah Celebration Series (ER) (LCJ)
12:45 Regular Dominoes (ER) (TW)
1:30 Wild Number Bingo (ER) (TW)
3:00 **HPF** Lower Body Conditioning (ER) (LCJ)
3:30 **SCE** Wii® Bowling (FL) (LCJ)
5:45 UNO® Card Game (ER)
6:00 **HPF** Moving For Memory: Walking Challenge (FL) (LH)

NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7
9:00 **LIS** Newsletter: Pearl Harbor Remembrance (IR)
10:30 **HPF** Get Fit w/ Charetta (ER) (LCJ)
11:30 **SCE** Out To Lunch Bunch (FL) (LCJ)
12:45 Regular Dominoes (ER) (TW)
1:30 Wild Number Bingo (ER) (TW)
2:45 **LIS** ODU: Date of Dec. 7 Will Live in Infamy (FL) (TW)
3:30 **CPI** Ambassador Club Meeting (ER) (LCJ)
4:00 **HPF** Flow Yoga (ER) (LCJ)
6:00 **HPF** Dance & Movement: Cowboy Charleston (FL) (TW)

FEAST OF THE IMMACULATE CONCEPTION 8
9:00 **RSF** Newsletter: Immaculate Conception Feast (IR) (LCJ)
10:30 **HPF** Get Fit w/ Charetta (ER) (LCJ)
12:45 Regular Dominoes (ER) (TW)
1:30 Snowman Race (ER) (LCJ)
2:00 **HPF** Upper Body Conditioning (ER) (TW)
3:15 **SCE** Winter Wonderland Happy Hour (ER) (LCJ)
6:00 **HPF** Tai Chi: Balance & Posture (IR) (LCJ)

9 9
9:00 Trip To Burlington (BUS) (WJ)
10:15 **HPF** Total Body Conditioning - Beginner (ER) (LCJ)
11:00 **HPF** Holiday Hustle Series (ER) (LCJ)
12:45 Regular Dominoes (ER) (LCJ)
1:30 Wild Number Bingo (ER) (LCJ)
3:15 **SCE** Afternoon Tunes w/ BD Express (FL) (LCJ)
4:00 **LIS** Playing & Scoring Hockey (ER) (LCJ)
4:30 **HPF** Dance & Movement: Cupid Shuffle (ER) (LCJ)
6:00 42 Dominoes (ER)

10 10
10:15 **HPF** Total Body Conditioning - Advanced (ER) (LCJ)
11:15 **SCE** Holiday Brain Challenge (ER) (LCJ)
12:45 Regular Dominoes (ER) (LCJ)
1:30 Wild Number Bingo (ER) (LCJ)
3:15 Bean Bag Baseball (ER) (LCJ)
4:00 **HPF** Moving For Memory: Walking Challenge (FL) (LCJ)
6:00 A Night At The Movies (ER) (LCJ)

11 11
10:30 **HPF** Cardio Drumming Circle (ER) (TW)
11:00 **SCE** Holiday Celebration Series (ER) (TW)
12:45 Regular Dominoes (ER) (TW)
1:30 Wild Number Bingo (ER) (TW)
2:45 **CEA** BJK Journaling Series (ER) (TW)
4:00 **HPF** Posture and Stretch Fitness Class (ER) (TW)
6:00 Bridge (ER) (TW)

NATIONAL POINSETTIA DAY 12
9:00 **RSF** Newsletter: The Christmas Flower (IR) (TW)
10:15 **RSF** Bible Study Series: Part II (ER) (LH)
11:15 **HPF** Tai Chi: Balance & Posture (ER) (TW)
12:45 Regular Dominoes (ER) (TW)
1:30 Pokeno® (ER) (TW)
2:45 **LIS** ODU: Christmas in America (ER) (TW)
4:00 **HPF** Flow Yoga (ER) (TW)
6:00 **LIS** Wheel of Fortune® (ER) (TW)

U.S. NATIONAL GUARD BIRTHDAY 13
9:00 **LIS** Newsletter: U.S. National Guard Birthday (IR) (LCJ)
10:00 **HPF** Get Fit w/ Charetta (ER) (LCJ)
12:45 Regular Dominoes (ER) (TW)
1:30 Wild Number Bingo (ER) (TW)
3:00 **CEA** Atria Bells Practice (ER) (TW)
4:00 **HPF** Lower Body Conditioning (ER) (TW)
6:00 **RSF** Green Acres Christmas Program (BUS) (LCJ)
6:00 **HPF** Moving For Memory: Walking Challenge (FL) (LH)

14 14
10:30 **HPF** Get Fit w/ Charetta (ER)
1:00 **HPF** Flow Yoga (ER) (TW)
1:30 **SCE** Holiday Celebration Series (ER) (LCJ)
2:45 **CPI** Engage Life® Planning Meeting (ER) (LCJ)
3:15 **CEA** Scentsory Art (ER) (LCJ)
4:00 **HPF** Dance & Movement: Cupid Shuffle (ER) (LCJ)
6:00 Regular Dominoes (ER)

15 15
10:15 **HPF** Get Fit w/ Charetta (ER)
12:45 Regular Dominoes (ER) (TW)
1:00 Hand and Foot w/ Claire (ER) (LCJ)
1:15 Pretty Nails (ER) (TW)
2:00 **LIS** Holiday Language Learning (ER) (LCJ)
2:30 **HPF** Upper Body Conditioning (ER) (TW)
3:15 **SCE** Candy Lane Happy Hour (ER) (LCJ)
6:00 **HPF** Tai Chi: Balance & Posture (IR) (TW)

16 16
9:00 Trip To Walmart (BUS) (WJ)
10:30 **HPF** Total Body Conditioning - Beginner (ER) (LCJ)
11:00 **HPF** Holiday Hustle Series (ER) (LCJ)
1:30 Wild Number Bingo (ER) (LCJ)
2:00 **CPI** Food For Thought - Culinary Led (ER) (LP)
3:00 **SCE** Res Ball (ER) (LCJ)
4:00 **HPF** Dance & Movement: Electric Slide (ER) (LCJ)
6:00 **CEA** Art Pages For Relaxation (IR) (LCJ)

NATIONAL MAPLE SYRUP DAY 17
10:15 **HPF** Total Body Conditioning - Advanced (ER) (LCJ)
11:00 **LIS** Newsletter: National Maple Syrup Day (ER) (LCJ)
12:45 Regular Dominoes (FL) (LCJ)
3:15 Chicken Foot (PR)
4:00 **HPF** Moving For Memory: Walking Challenge (FL) (LCJ)
6:00 A Night At The Movies (FL) (LH)

NATIONAL WREATHS ACROSS AMERICA DAY 18
9:00 **LIS** Newsletter: National Wreaths Day (IR) (TW)
10:30 **HPF** Cardio Drumming Circle (ER) (TW)
12:45 Regular Dominoes (ER) (TW)
1:30 Wild Number Bingo (ER) (LCJ)
2:45 **CEA** BJK Journaling Series (ER) (TW)
4:00 **HPF** Posture and Stretch Fitness Class (ER) (TW)
6:00 Bridge (ER) (TW)

19 19
10:15 **RSF** Bible Study Series: Part III (ER) (LH)
11:15 **HPF** Tai Chi: Balance & Posture (ER) (TW)
12:45 Regular Dominoes (ER) (TW)
1:30 Pokeno® (ER) (TW)
3:00 **CPI** Civic Engagement Delivery (ER) (LCJ)
4:00 **HPF** Flow Yoga (ER) (TW)
6:00 **RSF** Devotionals w/ Gary and Rita (L) (TW)

20 20
10:00 **HPF** Get Fit w/ Charetta (ER) (LCJ)
11:00 **CEA** Music History: Christmas Carols, Part I (ER) (TW)
12:45 Regular Dominoes (ER) (LCJ)
1:30 Wild Number Bingo (ER) (LCJ)
3:00 **SCE** Wii® Bowling (FL) (TW)
4:00 **HPF** Lower Body Conditioning (ER) (TW)
5:30 **SCE** Azalea Trail of Lights Tour (BUS) (LCJ)
6:00 **HPF** Moving For Memory: Walking Challenge (FL) (LH)

WINTER SOLSTICE 21
9:00 **LIS** Newsletter Highlight: Winter Solstice (IR) (LCJ)
10:30 **HPF** Get Fit w/ Charetta (ER)
11:30 **SCE** Out To Lunch Bunch (BUS) (LCJ)
12:45 Regular Dominoes (ER) (LCJ)
1:30 Wild Style Bingo (ER) (TW)
2:45 **LIS** ODU: When Weather Changed History (ER) (LCJ)
3:30 **HPF** Flow Yoga (ER) (LCJ)
6:00 **HPF** Dance & Movement: Electric Slide (FL) (TW)

22 22
10:30 **HPF** Get Fit w/ Charetta (ER)
12:45 Regular Dominoes (ER) (TW)
1:00 Hand and Foot w/ Claire (ER) (LCJ)
1:30 **HPF** Upper Body Conditioning (ER) (LCJ)
2:00 **SCE** A Game of Carols (ER) (LCJ)
3:15 **SCE** Christmas Cheer(s) Happy Hour (FL) (LCJ)
6:00 **HPF** Tai Chi: Balance & Posture (IR) (TW)

23 23
9:00 Trip To Walmart (BUS) (WJ)
10:30 **HPF** Total Body Conditioning - Beginner (ER) (LCJ)
11:00 **HPF** Holiday Hustle Series (ER) (LCJ)
12:45 Regular Dominoes (ER) (LCJ)
1:30 Wild Number Bingo (ER) (LCJ)
2:45 **CEA** Music History: Christmas Carols, Part II (ER) (LCJ)
4:00 **HPF** Dance & Movement: The Hustle (ER) (LCJ)
6:00 **CEA** Art Pages For Relaxation (IR) (LCJ)

CHRISTMAS EVE 24
10:15 **HPF** Total Body Conditioning - Advanced (ER) (LCJ)
12:45 Regular Dominoes (ER) (TW)
2:00 **RSF** Meaning & Tradition of Christmas Part I (ER) (LCJ)
3:15 **SCE** A Polar Express Christmas (FL) (LCJ)
4:00 **HPF** Moving For Memory: Walking Challenge (FL) (LCJ)
6:00 A Night at the Movies (FL) (LCJ)

CHRISTMAS DAY 25
10:30 **HPF** Cardio Drumming Circle (ER) (TW)
11:00 **RSF** Meaning & Tradition of Christmas Part II (ER) (TW)
12:45 Regular Dominoes (ER) (TW)
1:30 Wild Number Bingo (ER) (TW)
2:45 **CEA** BJK Journaling Series (ER) (TW)
4:00 **HPF** Posture and Stretch Fitness Class (ER) (TW)
6:00 Bridge (RGT) (TW)

BOXING DAY 26
9:00 **LIS** Newsletter Highlight: Boxing Day (IR) (LCJ)
10:15 **RSF** Bible Study Series: Part IV (ER) (TW)
11:15 **HPF** Tai Chi: Balance & Posture (ER) (TW)
12:45 Regular Dominoes (RGT)
1:30 Pokeno® (ER) (TW)
4:00 **HPF** Flow Yoga (ER) (TW)
6:00 **LIS** Wheel of Fortune® (ER) (TW)

27 27
10:00 **HPF** Get Fit w/ Charetta (ER)
11:00 **LIS** Zodiac & Horoscope of December (ER) (TW)
12:45 Regular Dominoes (ER) (TW)
1:30 Wild Number Bingo (ER) (TW)
3:00 **SCE** Wii® Bowling (FL) (LCJ)
4:00 **HPF** Lower Body Conditioning (ER) (TW)
4:30 **CPI** Career Connections Club (IR) (LCJ)
6:00 **HPF** Moving For Memory: Walking Challenge (FL) (LH)

CALL A FRIEND DAY 28
10:00 **SCE** Newsletter Highlight: Call a Friend Day (ER) (LCJ)
10:30 **HPF** Get Fit w/ Charetta (ER)
1:30 Wild Number Bingo (ER) (TW)
2:30 **CPI** Resident Council Meeting (ER) (TW)
3:00 **HPF** Dance & Movement: The Hustle (FL) (TW)
6:00 **HPF** Flow Yoga (FL) (TW)

29 29
10:30 **HPF** Get Fit w/ Charetta (ER)
12:45 Regular Dominoes (ER) (TW)
1:30 Chicken Foot (ER) (LCJ)
2:00 **HPF** Upper Body Conditioning (ER) (TW)
3:00 **CEA** Creating Winter Snow Globes (ER) (LCJ)
6:00 **HPF** Tai Chi: Balance & Posture (IR) (TW)

30 30
9:00 Trip To Walmart (FL) (WJ)
10:30 **HPF** Total Body Conditioning - Beginner (ER) (LCJ)
11:00 **LIS** The History & Origins of New Year's Eve (ER) (LCJ)
12:45 Regular Dominoes (ER) (LCJ)
1:30 Wild Number Bingo (ER) (LCJ)
3:15 **HPF** Holiday Hustle Awards Ceremony (FL) (LCJ)
4:30 **HPF** Dance & Movement: The Hustle (ER) (LCJ)
6:00 **CEA** Art Pages For Relaxation (IR) (LCJ)

NEW YEAR'S EVE 31
10:15 **HPF** Total Body Conditioning - Advanced (ER) (LCJ)
1:30 Wild Number Bingo (ER) (LCJ)
3:00 **SCE** Happy New Year Happy Hour (FL) (LCJ)
3:15 **HPF** Moving for Memory Recognition Ceremony (FL) (LCJ)
6:00 **SCE** Rolling Out the Red Carpet (FL) (LCJ)

- 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