

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Civic Engagement Project Launch

Friday, December 3, 1:30 PM

Cardio Drumming Circle

Saturday, December 4, 9:00 AM

Creating Winter Snow Globes

Wednesday, December 29, 1:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



ROOM LOCATION KEY:

Activity Room	AR
Bay Room	BR
Penthouse Gym	PG
Front Porch	FP
Dining Room	DR
1st floor Cafe	caf
outside	os
Back of sheet	sht

Atria ENGAGE LIFE

<p>10:00 HPF Tai Chi: Balance & Posture (PG) 5</p> <p>10:15 RSF Bible Study Series: Part I (AR)</p> <p>1:00 CPI Civic Engagement Working Session (AR)</p> <p>2:30 Coffee Chat with Friends (FP)</p> <p>4:00 HPF Flow Yoga (PG)</p>	<p>ST. NICHOLAS DAY 6</p> <p>LAST DAY OF HANUKKAH</p> <p>9:00 RSF Newsletter Highlight: St. Nicholas Day (sht)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (os)</p> <p>10:30 Bingo (AR)</p> <p>11:00 RSF Hanukkah Celebration Series (caf)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>2:30 Wine Down Happy Hour (AR)</p> <p>4:00 HPF Lower Body Conditioning (PG)</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7</p> <p>9:00 LIS Newsletter: Pearl Harbor Remembrance (sht)</p> <p>10:30 HPF Flow Yoga (AR)</p> <p>10:30 LIS ODU: Date of Dec. 7 Will Live in Infamy (BR)</p> <p>1:00 CPI Ambassador Club Meeting (AR)</p> <p>4:00 HPF Dance & Movement: Cowboy Charleston (AR)</p>	<p>FEAST OF THE IMMACULATE CONCEPTION 8</p> <p>9:00 RSF Newsletter: Immaculate Conception Feast (sht)</p> <p>10:00 HPF Upper Body Conditioning (PG)</p> <p>10:30 Bingo (AR)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>2:30 SCE Winter Wonderland Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (PG)</p>	<p>Total Body Conditioning - Beginner (PG) 9</p> <p>10:00 Jewelry Show (AR)</p> <p>11:00 HPF Holiday Hustle Series (AR)</p> <p>1:00 LIS Playing & Scoring Hockey (AR)</p> <p>4:00 HPF Dance & Movement: Cupid Shuffle (AR)</p>	<p>Walking Challenge Monthly Launch (os) 10</p> <p>10:00 HPF Moving For Memory: Walking Challenge (os)</p> <p>10:30 SCE Holiday Brain Challenge (AR)</p> <p>2:30 Wine Down Happy Hour (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (PG)</p>	<p>Cardio Drumming Circle (AR) 11</p> <p>9:00 HPF Cardio Drumming Circle (AR)</p> <p>10:00 SCE Holiday Celebration Series (AR)</p> <p>10:30 CEA BJK Journaling Series (AR)</p> <p>1:30 Bingo (DR)</p> <p>4:00 HPF Posture and Stretch Fitness Class (PG)</p>
<p>NATIONAL POINSETTIA DAY 12</p> <p>9:00 RSF Newsletter: The Christmas Flower (sht)</p> <p>10:00 HPF Tai Chi: Balance & Posture (PG)</p> <p>10:15 RSF Bible Study Series: Part II (AR)</p> <p>2:30 Birthday Celebration Happy Hour (DR)</p> <p>4:00 HPF Flow Yoga (PG)</p> <p>5:30 LIS ODU: Christmas in America (BR)</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13</p> <p>9:00 LIS Newsletter: U.S. National Guard Birthday (sht)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (os)</p> <p>10:30 Bingo (AR)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>2:30 Wine Down Happy Hour (AR)</p> <p>4:00 HPF Lower Body Conditioning (PG)</p>	<p>Flow Yoga (AR) 14</p> <p>10:00 HPF Flow Yoga (AR)</p> <p>11:00 SCE Holiday Celebration Series (AR)</p> <p>1:00 CPI Engage Life® Planning Meeting (AR)</p> <p>2:00 CEA Scentsary Art (AR)</p> <p>3:00 HPF Dance & Movement: Cupid Shuffle (PG)</p>	<p>The Joy Singers Performance (DR) 15</p> <p>10:00 HPF Upper Body Conditioning (PG)</p> <p>10:30 Bingo (AR)</p> <p>11:00 LIS Holiday Language Learning (caf)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>2:30 SCE Candy Lane Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (PG)</p>	<p>Total Body Conditioning - Beginner (PG) 16</p> <p>10:00 HPF Total Body Conditioning - Beginner (PG)</p> <p>11:00 HPF Holiday Hustle Series (AR)</p> <p>1:00 CPI Food For Thought - Culinary Led (AR)</p> <p>4:00 HPF Dance & Movement: Electric Slide (AR)</p>	<p>NATIONAL MAPLE SYRUP DAY 17</p> <p>9:00 LIS Newsletter: National Maple Syrup Day (sht)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (os)</p> <p>10:30 HPF Workout with Gerry (AR)</p> <p>2:30 Wine Down Happy Hour (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (PG)</p>	<p>NATIONAL WREATHS ACROSS AMERICA DAY 18</p> <p>9:00 LIS Newsletter: National Wreaths Day (sht)</p> <p>9:00 HPF Cardio Drumming Circle (AR)</p> <p>10:30 CEA BJK Journaling Series (AR)</p> <p>1:30 Bingo (DR)</p> <p>4:00 HPF Posture and Stretch Fitness Class (PG)</p>
<p>Tai Chi: Balance & Posture (PG) 19</p> <p>10:00 HPF Tai Chi: Balance & Posture (PG)</p> <p>10:15 RSF Bible Study Series: Part III (AR)</p> <p>2:30 Hot Chocolate with Friends (FP)</p> <p>3:00 CPI Civic Engagement Delivery (AR)</p> <p>4:00 HPF Flow Yoga (PG)</p>	<p>Moving For Memory: Walking Challenge (os) 20</p> <p>10:00 HPF Moving For Memory: Walking Challenge (os)</p> <p>10:30 Bingo (AR)</p> <p>1:00 CEA Music History: Christmas Carols, Part I (AR)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>2:30 Margarita Happy Hour (AR)</p> <p>4:00 HPF Lower Body Conditioning (PG)</p>	<p>WINTER SOLSTICE 21</p> <p>9:00 LIS Newsletter Highlight: Winter Solstice (sht)</p> <p>9:00 LIS ODU: When Weather Changed History (BR)</p> <p>10:30 HPF Flow Yoga (AR)</p> <p>3:00 HPF Dance & Movement: Electric Slide (AR)</p>	<p>Upper Body Conditioning (PG) 22</p> <p>10:00 HPF Upper Body Conditioning (PG)</p> <p>10:30 Bingo (AR)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>1:30 SCE A Game of Carols (caf)</p> <p>2:30 SCE Christmas Cheer(s) Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (PG)</p>	<p>Total Body Conditioning - Beginner (PG) 23</p> <p>10:00 HPF Total Body Conditioning - Beginner (PG)</p> <p>10:30 CEA Music History: Christmas Carols, Part II (AR)</p> <p>11:00 HPF Holiday Hustle Series (AR)</p> <p>4:00 HPF Dance & Movement: The Hustle (AR)</p>	<p>CHRISTMAS EVE 24</p> <p>10:00 HPF Moving For Memory: Walking Challenge (os)</p> <p>10:30 RSF Meaning & Tradition of Christmas Part I (AR)</p> <p>2:30 Wine Down Happy Hour (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (PG)</p>	<p>CHRISTMAS DAY 25</p> <p>9:00 HPF Cardio Drumming Circle (AR)</p> <p>10:30 CEA BJK Journaling Series (AR)</p> <p>1:00 RSF Meaning & Tradition of Christmas Part II (AR)</p> <p>1:30 Bingo (DR)</p> <p>4:00 HPF Posture and Stretch Fitness Class (PG)</p>
<p>BOXING DAY 26</p> <p>9:00 LIS Newsletter Highlight: Boxing Day (sht)</p> <p>10:00 HPF Tai Chi: Balance & Posture (PG)</p> <p>10:15 RSF Bible Study Series: Part IV (AR)</p> <p>2:30 Hot Chocolate with Friends (FP)</p> <p>4:00 HPF Flow Yoga (PG)</p>	<p>Moving For Memory: Walking Challenge (os) 27</p> <p>10:00 HPF Moving For Memory: Walking Challenge (os)</p> <p>10:00 CPI Career Connections Club (caf)</p> <p>10:30 Bingo (AR)</p> <p>1:00 LIS Zodiac & Horoscope of December (AR)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>2:30 Wine Down Happy Hour (AR)</p> <p>4:00 HPF Lower Body Conditioning (PG)</p>	<p>CALL A FRIEND DAY 28</p> <p>9:00 SCE Newsletter Highlight: Call a Friend Day (sht)</p> <p>10:30 HPF Flow Yoga (AR)</p> <p>1:00 CPI Resident Council Meeting (AR)</p> <p>4:00 HPF Dance & Movement: The Hustle (AR)</p>	<p>Upper Body Conditioning (PG) 29</p> <p>10:00 HPF Upper Body Conditioning (PG)</p> <p>10:30 Bingo (AR)</p> <p>1:15 HPF Workout with Gerry (AR)</p> <p>1:30 CEA Creating Winter Snow Globes (AR)</p> <p>2:30 SCE Happy New Year Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (PG)</p>	<p>Total Body Conditioning - Beginner (PG) 30</p> <p>10:00 HPF Total Body Conditioning - Beginner (PG)</p> <p>10:30 LIS The History & Origins of New Year's Eve (AR)</p> <p>11:00 HPF Holiday Hustle Awards Ceremony (AR)</p> <p>4:00 HPF Dance & Movement: The Hustle (AR)</p>	<p>NEW YEAR'S EVE 31</p> <p>10:00 HPF Moving for Memory Recognition Ceremony (AR)</p> <p>2:30 SCE Rolling Out the Red Carpet (AR)</p> <p>2:30 Wine Down Happy Hour (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (PG)</p>	<p>HEALTH AND PHYSICAL FITNESS</p> <p>LIFELONG LEARNING AND INTELLECTUAL STIMULATION</p> <p>CREATIVE EXPRESSION AND THE ARTS</p> <p>SOCIAL CONNECTION AND ENTERTAINMENT</p> <p>CIVIC AND PROFESSIONAL INVOLVEMENT</p> <p>RELIGIOUS AND SPIRITUAL FELLOWSHIP</p>

LIFE GUIDANCE[®]

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, 3:00 PM

Creating Winter Snow Globes

Tuesday, December 28, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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