

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Elf on the Shelf Launch Party

Wednesday, December 1, 1:30 PM

Holiday Party

Friday, December 24, 3:00 PM

Creating Winter Snow Globes

Wednesday, December 29, 1:30 PM



DECEMBER 2021

ATRIA WINDSOR WOODS engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Lobby LOB
Meet in Lobby MIL
Friendship Room FR
Library LBR
2nd Floor AR 2FL
3rd Floor AR 3FL

STAFF KEY:

Resident Lead RL
Instructor Lead IL
Johnathon ELD
Entertainment ET

10:00 **HPF** Tai Chi: Balance & Posture (3FL) (IL) **5**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Flow Yoga (3FL) (IL)
1:30 **RSF** Bible Study Series: Part I (3FL) (IL)
1:30 **CPI** Civic Engagement Working Session (3FL) (IL)
2:45 **SCE** Giant Jenga with a Twist (3FL) (IL)

NATIONAL POINSETTIA DAY **12**
9:30 **RSF** Newsletter: The Christmas Flower (3FL) (IL)
10:00 **HPF** Tai Chi: Balance & Posture (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Flow Yoga (3FL) (IL)
1:30 **LIS** ODU: Christmas in America (3FL) (IL)
1:30 **RSF** Bible Study Series: Part II (3FL) (IL)
2:45 **SCE** Giant Pong (3FL) (IL)

10:00 **HPF** Tai Chi: Balance & Posture (3FL) (IL) **19**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Flow Yoga (3FL) (IL)
1:30 **RSF** Bible Study Series: Part III (3FL) (IL)
1:30 **CPI** Civic Engagement Delivery (3FL) (IL)
2:45 **SCE** Ladder Toss (3FL) (IL)

BOXING DAY **26**
9:30 **LIS** Newsletter Highlight: Boxing Day (3FL) (IL)
10:00 **HPF** Tai Chi: Balance & Posture (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Flow Yoga (3FL) (IL)
1:30 **RSF** Bible Study Series: Part IV (3FL) (IL)
2:45 **SCE** Four in a Row (3FL) (IL)

LAST DAY OF HANUKKAH **6**
ST. NICHOLAS DAY
9:30 **RSF** Newsletter Highlight: St. Nicholas Day (3FL) (IL)
10:00 **HPF** Lower Body Conditioning (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
11:00 **SCE** Out to Lunch Bunch (MIL) (IL)
12:30 **HPF** Moving For Memory: Walking Challenge (MIL) (IL)
1:30 **SCE** Golf Putting (3FL) (IL)
1:30 **RSF** Hanukkah Celebration Series (2FL) (IL)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

U.S. NATIONAL GUARD BIRTHDAY **13**
9:30 **LIS** Newsletter: U.S. National Guard Birthday (3FL) (IL)
10:00 **HPF** Lower Body Conditioning (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Moving For Memory: Walking Challenge (MIL) (IL)
1:30 **LIS** Zodiac & Horoscope of December (2FL) (IL)
1:30 **SCE** Bocce Ball (3FL) (IL)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

10:00 **HPF** Lower Body Conditioning (3FL) (IL) **20**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Moving For Memory: Walking Challenge (MIL) (IL)
1:30 **CEA** Music History: Christmas Carols, Part I (2FL) (IL)
1:30 Singalong with John Timpanelli (3FL) (ET)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

10:00 **HPF** Lower Body Conditioning (3FL) (IL) **27**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Moving For Memory: Walking Challenge (MIL) (IL)
1:30 **SCE** Bocce Ball (3FL) (IL)
1:30 **CPI** Career Connections Club (2FL) (IL)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
6:30 **SCE** Card Games (3FL) (IL)

NATIONAL PEARL HARBOR DAY **7**
OF REMEMBRANCE
9:30 **LIS** Newsletter: Pearl Harbor Remembrance (3FL) (IL)
10:00 **HPF** Flow Yoga (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Dance & Movement: Cowboy Charleston (3FL) (IL)
1:00 Ear Doctor's Open Clinic (FR) (IL)
1:30 **LIS** ODU: Date of Dec. 7 Will Live in Infamy (2FL) (IL)
1:30 **CPI** Ambassador Club Meeting (LBR) (ELD)
1:30 **SCE** Bowling (3FL) (IL)
2:45 **SCE** Women's Tea Party (3FL) (IL)
6:30 **RSF** Rosary (2FL) (RL)
6:30 **SCE** Card Games (3FL) (RL)

10:00 **HPF** Flow Yoga (3FL) (IL) **14**
10:30 **RSF** Morning Meditation (3FL) (IL)
11:00 **SCE** Holiday Celebration Series
12:30 **HPF** Dance & Movement: Cupid Shuffle (3FL) (IL)
1:30 **CPI** Engage Life® Planning Meeting (3FL) (ELD)
2:45 **LIS** You Be The Judge (2FL) (IL)
2:45 **CEA** Scentsary Art (3FL) (IL)
6:30 **RSF** Rosary (2FL) (RL)
6:30 **SCE** Card Games (3FL) (RL)

WINTER SOLSTICE **21**
9:30 **LIS** Newsletter Highlight: Winter Solstice (3FL) (IL)
10:00 **HPF** Flow Yoga (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Dance & Movement: Electric Slide (2FL) (IL)
1:00 **CEA** New Movie Matinee (3FL) (IL)
2:45 **LIS** ODU: When Weather Changed History (2FL) (IL)
3:00 **SCE** Axe Throwing (3FL) (IL)
6:30 **RSF** Rosary (2FL) (RL)
6:30 **SCE** Card Games (3FL) (RL)

CALL A FRIEND DAY **28**
9:30 **SCE** Newsletter Highlight: Call a Friend Day (3FL) (IL)
10:00 **HPF** Flow Yoga (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Dance & Movement: The Hustle (3FL) (IL)
1:30 **CPI** Resident Council Meeting (3FL)
2:45 **SCE** Horse Races (3FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)
6:30 **RSF** Rosary (2FL) (RL)

FEAST OF THE IMMACULATE CONCEPTION **8**
8:30 **RSF** St. Michael's Catholic Communion (2FL) (IL)
9:30 **RSF** Newsletter: Immaculate Conception Feast (3FL) (IL)
9:30 **RSF** Non-Denominational Communion (3FL) (IL)
10:00 **HPF** Upper Body Conditioning (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Tai Chi: Balance & Posture (3FL) (IL)
1:30 **SCE** Blackjack (2FL) (IL)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
3:00 **SCE** Winter Wonderland Happy Hour
6:30 **SCE** Card Games (3FL) (RL)

8:30 **RSF** St. Michael's Catholic Communion (2FL) (IL) **15**
9:30 **RSF** Non-Denominational Communion (3FL) (IL)
10:00 **HPF** Upper Body Conditioning (3FL) (IL)
12:30 **HPF** Tai Chi: Balance & Posture (3FL) (IL)
1:30 **LIS** Holiday Language Learning (3FL) (IL)
1:30 **SCE** Blackjack (2FL) (IL)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
3:00 **SCE** Candy Lane Happy Hour
6:30 **SCE** Card Games (3FL) (RL)

8:30 **RSF** St. Michael's Catholic Communion (2FL) (IL) **22**
9:30 **RSF** Non-Denominational Communion (3FL) (IL)
10:00 **HPF** Upper Body Conditioning (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Tai Chi: Balance & Posture (3FL) (IL)
1:30 **SCE** A Game of Carols (3FL) (IL)
1:30 **SCE** Blackjack (2FL) (IL)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
3:00 **SCE** Christmas Cheer(s) Happy Hour
6:00 John Provenzano Saxophone (LOB) (ET)
6:30 **SCE** Card Games (3FL) (RL)

8:30 **RSF** St. Michael's Catholic Communion (2FL) (IL) **29**
9:30 **RSF** Non-Denominational Communion (2FL) (IL)
10:00 **HPF** Upper Body Conditioning (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Tai Chi: Balance & Posture
1:30 **CEA** Creating Winter Snow Globes (3FL) (IL)
1:30 **SCE** Blackjack (2FL) (IL)
2:45 Advanced Bingo (3FL) (IL)
2:45 Easy Bingo (2FL) (IL)
3:00 **SCE** Happy New Year Happy Hour

10:00 **HPF** Total Body Conditioning - Beginner (3FL) (IL) **9**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Dance & Movement: Cupid Shuffle (3FL) (IL)
1:30 **SCE** Golf Putting (3FL) (IL)
1:30 **LIS** Playing & Scoring Hockey (2FL) (IL)
2:45 **HPF** Holiday Hustle Series (2FL) (IL)
2:45 **SCE** Card Shark (3FL) (IL)

10:00 **HPF** Total Body Conditioning - Beginner (3FL) (IL) **16**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Dance & Movement: Electric Slide (3FL) (IL)
1:00 **CPI** Food For Thought - Culinary Led
1:45 **SCE** Blackjack (2FL) (IL)
2:45 **HPF** Holiday Hustle Series (2FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

10:00 **HPF** Total Body Conditioning - Beginner (3FL) (IL) **23**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Dance & Movement: The Hustle (3FL) (IL)
1:30 **HPF** Holiday Hustle Series (2FL) (IL)
1:30 **CEA** Music History: Christmas Carols, Part II (3FL) (IL)
3:00 **LIS** True or False Plinko (3FL) (ELD)
6:30 **SCE** Card Games (3FL) (RL)

9:30 **LIS** The History & Origins of New Year's Eve (3FL) (IL) **30**
10:00 **HPF** Total Body Conditioning - Beginner (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Dance & Movement: The Hustle (3FL) (IL)
1:30 **LIS** Monthly Book Club (2FL) (IL)
1:30 **SCE** Bowling (3FL) (IL)
2:45 **SCE** Golf Putting (3FL) (IL)
3:00 **HPF** Holiday Hustle Awards Ceremony (2FL) (IL)

10:00 **HPF** Total Body Conditioning - Advanced (3FL) (IL) **10**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Moving For Memory: Walking Challenge (MIL) (IL)
1:30 **LIS** Virtual Tour with Chris Wells (2FL) (IL)
1:30 Bicycle Bingo (3FL) (IL)
3:00 **SCE** Social Hour (3FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

NATIONAL MAPLE SYRUP DAY **17**
9:30 **LIS** Newsletter: National Maple Syrup Day (3FL) (IL)
10:00 **HPF** Total Body Conditioning - Advanced (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Moving For Memory: Walking Challenge (MIL) (IL)
1:30 **LIS** Virtual Tours with Chris Wells (2FL) (IL)
1:30 Bicycle Bingo (3FL) (IL)
3:00 **SCE** Social Hour (3FL) (IL)
6:00 **SCE** A Trip to the Ice Cream Parlor (MIL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

CHRISTMAS EVE **24**
10:00 **HPF** Total Body Conditioning - Advanced (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Moving For Memory: Walking Challenge (MIL) (IL)
1:30 **RSF** Meaning & Tradition of Christmas Part I (2FL) (IL)
1:30 Bicycle Bingo (3FL) (IL)
3:00 **SCE** Holiday Party (3FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

NEW YEAR'S EVE **31**
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Moving For Memory Recognition Ceremony (MIL) (IL)
1:30 Bicycle Bingo (2FL) (IL)
2:45 **LIS** Virtual Tours with Chris Wells (2FL) (IL)
4:00 **HPF** Total Body Conditioning - Advanced
6:00 **SCE** Rolling Out the Red Carpet (3FL) (IL)

10:00 **HPF** Posture and Stretch Fitness Class (3FL) (IL) **11**
10:30 **RSF** Morning Meditation (3FL) (ELD)
12:30 **HPF** Cardio Drumming Circle (3FL) (IL)
1:30 **SCE** Cornhole (3FL) (IL)
3:00 **SCE** Holiday Celebration Series (3FL) (IL)
3:00 **CEA** BJK Journaling Series (3FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

NATIONAL WREATHS ACROSS AMERICA DAY **18**
9:30 **LIS** Newsletter: National Wreaths Day (3FL) (IL)
10:00 **HPF** Posture and Stretch Fitness Class (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Cardio Drumming Circle (3FL) (IL)
1:30 **SCE** Cornhole (3FL) (IL)
3:00 **CEA** BJK Journaling Series (3FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

CHRISTMAS DAY **25**
10:00 **HPF** Posture and Stretch Fitness Class (3FL) (IL)
10:30 **RSF** Morning Meditation (3FL) (IL)
12:30 **HPF** Cardio Drumming Circle (3FL) (IL)
1:30 **SCE** Cornhole (3FL) (IL)
3:00 **RSF** Meaning & Tradition of Christmas Part II (3FL) (IL)
3:00 **CEA** BJK Journaling Series (3FL) (IL)
6:30 **SCE** Card Games (3FL) (RL)

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