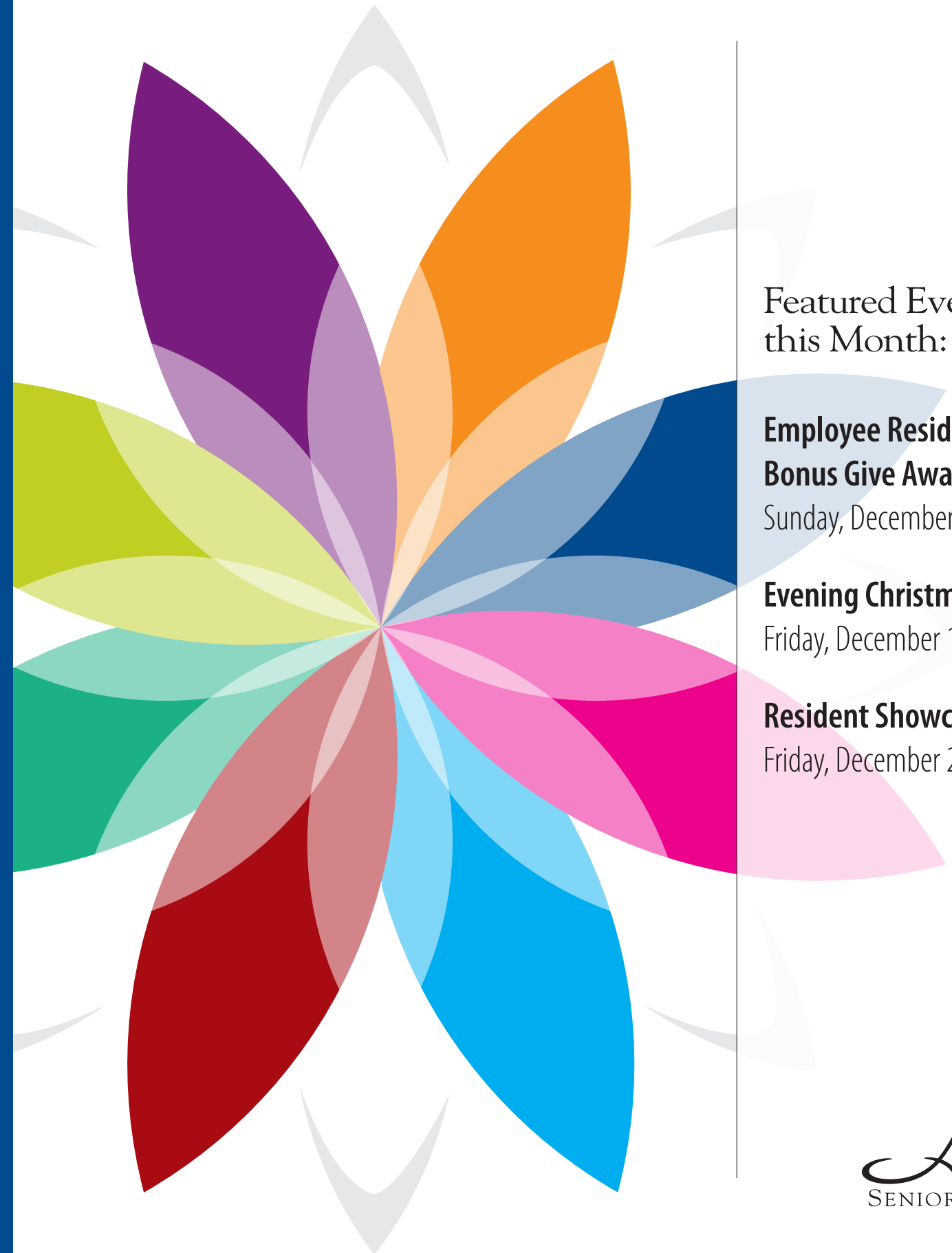


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Employee Resident
Bonus Give Away**
Sunday, December 12, 1:30 PM

Evening Christmas Happy Hour
Friday, December 17, 5:30 PM

Resident Showcase Happy Hour
Friday, December 24, 4:00 PM



DECEMBER 2021

ATRIA ARBORETUM engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:
Engage Life® Room EL
Arboretum Ballroom AB
Exercise Room ER
Card Room CR
Living Room LIV
Conference Room CON
Library LIB
Swimming Pool SP
Front Lobby FL
Dining Room DR

STAFF KEY:
Engage Life® Director ELD
Resident Led RL
Engage Life® Instructor ELI
Instructor Led IL
iPad® IP

iPad® is a registered trademark of Apple Inc.
Rummikub® is a registered trademark of Rummikub.

<p>9:15 Atria Church Transportation (FL) (IL) 5</p> <p>10:00 HPF Fitness Center Circuit Training (ER) (ELI)</p> <p>10:30 RSF Catholic Rosary & Communion (CON) (IL) Sunday Matinee (EL) (IP)</p> <p>1:00 Hand & Foot (CR) (RL)</p> <p>3:00 HPF Standing Exercise Class (ER) (ELI)</p> <p>4:00 LIS One Day University (EL) (IP)</p> <p>7:00 Turner Classic Movies Ch. 64 (EL) (IP)</p>	<p>10:00 HPF Water Aerobics w/ Mary (SP) (IL) 6</p> <p>11:00 CEA BJK: Next Chapter Journaling Class (LIB) (ELI)</p> <p>11:00 HPF Water Aerobics w/ Mary (SP) (IL)</p> <p>1:15 RSF Bible Study & Daily Reading (CR) (RL)</p> <p>2:00 CPI Intermediate Bridge (EL) (RL)</p> <p>3:00 HPF Stretch and Strength with Betsy (ER) (ELI)</p> <p>4:00 Bingo (AB) (ELD)</p> <p>7:00 CEA Atria Actors (AB) (IL)</p>	<p>10:00 SCE GTOs Gentlemen Telling Old Stories (LIB) (RL) 7</p> <p>11:00 CEA Atria Glee Club (AB) (IL)</p> <p>12:00 SCE Men's Lunch (DR) (RL)</p> <p>1:30 Bridge with Harriet (EL) (RL)</p> <p>2:00 Rummikub® with Joyce (CR) (RL)</p> <p>2:00 HPF Yoga (ER) (IL)</p> <p>3:00 HPF Yoga (EL) (IL)</p> <p>3:00 CPI 2nd Floor Resident Council Meeting (AB) (RL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>9:45 RSF Meditation with Susan (ER) (RL) 8</p> <p>11:00 HPF Yoga with Dawn (ER) (IL)</p> <p>1:00 CEA Press Flowers Card Making Class (IL)</p> <p>2:00 Hand & Foot with Anne (CR) (RL)</p> <p>2:00 HPF Yoga with John Mackey (ER) (IL)</p> <p>3:00 HPF Dance Class with Kerry (EL) (IL)</p> <p>3:00 HPF Yoga with John Mackey (ER) (IL)</p> <p>4:00 SCE Winter Wonderland Happy Hour (AB) (IL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>10:00 HPF Low-Impact Aerobic (ER) (IL) 9</p> <p>11:00 LIS Thursday TED Talks (EL) (IL)</p> <p>2:00 SCE Food For Thought (AB) (IL)</p> <p>2:00 Rummikub® (CR) (RL)</p> <p>3:00 HPF Nutrition Class (ER) (IL)</p> <p>3:30 LIS Atria Book Club (EL) (RL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses</p>	<p>10:00 HPF Drum Stick Cardio with Gabriela (ER) (IL) 10</p> <p>11:00 LIS You Be the Judge (CON) (ELD)</p> <p>12:00 RSF Shalom Austin Monthly Shabot (AB) (IP)</p> <p>1:00 Intermediate Mahjong (CR) (RL)</p> <p>1:00 CEA Tillie's Quilting Bee (EL) (RL)</p> <p>2:00 CEA The Met Opera (EL) (IP)</p> <p>2:30 HPF Holiday Hustle Challenge (ER) (ELI)</p> <p>4:00 SCE Birthday Party Happy Hour (LIV) (ELD)</p> <p>7:00 Refresher Bridge w/ Gary (CR) (RL)</p>	<p>10:00 HPF Yoga w/ John Mackey (ER) (IL) 11</p> <p>11:00 HPF Yoga w/ John Mackey</p> <p>1:30 Donna's Choir Sing Along (LIV) (IL)</p> <p>1:30 Mexican Train w/ Ann (CR) (RL)</p> <p>1:30 Poker w/ Naoma (EL) (RL)</p> <p>2:00 SCE The Symphony on Demand (AB) (IP)</p> <p>3:00 HPF Whole Body Calisthenics (ER) (ELI)</p> <p>4:00 Bingo (AB) (ELI)</p> <p>6:00 CEA Saturday Night at the Movies (AB) (IP)</p>
<p>9:15 Atria Church Transportation (FL) (IL) 12</p> <p>10:00 HPF Fitness Center Circuit Training (ER) (ELI)</p> <p>10:00 Gospel Brunch (DR) (IL)</p> <p>1:00 Sunday Matinee (EL) (IP)</p> <p>1:30 Hand & Foot (CR) (RL)</p> <p>1:30 CPI Employee Resident Bonus Give Away</p> <p>3:00 HPF Standing Exercise Class (ER) (ELI)</p> <p>4:00 LIS One Day University (EL) (IP)</p> <p>7:00 Turner Classic Movies Ch. 64 (EL) (IP)</p>	<p>10:00 HPF Water Aerobics w/ Mary (SP) (IL) 13</p> <p>11:00 CEA BJK: Next Chapter Journaling Class (LIB) (ELI)</p> <p>11:00 HPF Water Aerobics w/ Mary (SP) (IL)</p> <p>1:15 RSF Bible Study and Daily Readings (CR) (RL)</p> <p>2:00 CPI Intermediate Bridge (EL) (RL)</p> <p>3:00 HPF Stretch and Strength with Betsy (ER) (ELI)</p> <p>4:00 Bingo (AB) (ELD)</p> <p>7:00 CEA Atria Actors (AB) (IL)</p>	<p>10:00 SCE GTOs Gentlemen Telling Old Stories (LIB) (RL) 14</p> <p>11:00 CEA Atria Glee Club (AB) (ELI)</p> <p>1:30 Bridge with Harriet (EL) (RL)</p> <p>2:00 Rummikub® with Joyce (CR) (RL)</p> <p>2:00 HPF Yoga (ER) (IL)</p> <p>2:30 LIS Armchair Astronomy (AB) (IL)</p> <p>3:00 HPF Yoga (ER) (IL)</p> <p>4:00 CPI 3rd Floor Resident Meeting (AB) (RL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 HPF Water Volleyball (SP) (RL)</p>	<p>9:45 RSF Meditation with Susan (ER) (IL) 15</p> <p>10:00 HPF Tai Chi w/ Louis (ER) (IL)</p> <p>1:00 CEA Pour Art Class (EL) (ELI)</p> <p>2:00 Hand & Foot (CR) (RL)</p> <p>2:00 HPF Yoga w/ John Mackey (ER) (IL)</p> <p>3:00 HPF Dance Class with Kerry (EL) (ELI)</p> <p>3:00 HPF Yoga w/ John Mackey (ER) (IL)</p> <p>4:00 SCE Candy Land Happy Hour (AB) (IL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>10:00 HPF Low-Impact Aerobic (ER) (IL) 16</p> <p>11:00 LIS Halcyon Informational Talk (AB) (IL)</p> <p>1:00 LIS iPhone and iPad® Class (LIB) (IL)</p> <p>2:00 CPI Engage Life® Planning Committee (AB) (ELD)</p> <p>2:00 Rummikub® (CR) (RL)</p> <p>3:00 HPF Nutrition Class (ER) (IL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>10:00 HPF Drum Stick Cardio with Gabriela (ER) (IL) 17</p> <p>11:00 LIS You Be the Judge (CON) (ELD)</p> <p>1:00 Intermediate Mahjong (CR) (RL)</p> <p>1:00 CEA Knit Witz (EL) (RL)</p> <p>2:00 CEA The Met Opera (AB) (IP)</p> <p>2:30 HPF Holiday Hustle Challenge (ER) (ELI)</p> <p>5:30 SCE Evening Christmas Happy Hour (LIV) (ELD)</p> <p>7:00 Refresher Bridge w/ Gary (CR) (RL)</p>	<p>10:00 HPF Yoga w/ John Mackey (ER) (IL) 18</p> <p>11:00 HPF Yoga w/ John Mackey (ER) (IL)</p> <p>1:30 Mexican Train w/ Ann (CR) (RL)</p> <p>1:30 Poker with Naoma (EL) (RL)</p> <p>2:00 SCE Broadway on Demand (AB) (IP)</p> <p>3:00 HPF Whole Body Calisthenics (ER) (ELI)</p> <p>4:00 Bingo (AB) (ELI)</p> <p>6:00 CEA Saturday Night at the Movies (EL) (IP)</p>
<p>9:15 Atria Church Transportation (FL) (IL) 19</p> <p>10:00 HPF Fitness Center Machine Circuit (ER) (ELI)</p> <p>1:00 Sunday Matinee (EL) (IP)</p> <p>1:30 Hand & Foot with Ann (CR) (RL)</p> <p>3:00 HPF Standing Exercise Class (ER) (ELI)</p> <p>4:00 LIS One Day University (EL) (IP)</p> <p>7:00 Turner Classic Movies (EL) (IP)</p>	<p>10:00 HPF Water Aerobics w/ Mary (SP) (IL) 20</p> <p>11:00 CEA BJK: Next Chapter Journaling Class (LIB) (ELI)</p> <p>11:00 HPF Water Aerobics w/ Mary (SP) (IL)</p> <p>1:15 RSF Bible Study and Daily Readings (CON) (RL)</p> <p>2:00 CPI Intermediate Bridge (EL) (RL)</p> <p>3:00 HPF Stretch and Strength with Betsy (ER) (ELI)</p> <p>4:00 Bingo (AB) (ELI)</p> <p>7:00 CEA Atria Actors (AB) (IL)</p>	<p>8:00 SCE Ladies Breakfast (DR) (RL) 21</p> <p>10:00 SCE GTOs Gentlemen Telling Old Stories (LIB) (RL)</p> <p>11:00 CEA Atria Glee Club (AB) (RL)</p> <p>12:30 CPI Ambassador Luncheon (EL) (ELD)</p> <p>1:30 Bridge with Harriet (EL) (RL)</p> <p>2:00 Rummikub® with Joyce (CR) (RL)</p> <p>2:00 HPF Yoga (ER) (IL)</p> <p>3:00 HPF Yoga (ER) (IL)</p> <p>3:00 CPI 4th Floor Resident Meeting (AB) (RL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>9:45 RSF Meditation with Susan (ER) (RL) 22</p> <p>11:00 HPF Tai Chi/Qigong with Dawn (ER) (IL)</p> <p>2:00 Hand & Foot (CR) (RL)</p> <p>2:00 HPF Yoga with John Mackey (ER) (IL)</p> <p>3:00 HPF Dance Class with Kerry (EL) (IL)</p> <p>3:00 HPF Yoga with John Mackey (ER) (IL)</p> <p>4:00 SCE Christmas Cheer Happy Hour (AB) (IL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>10:00 HPF Low-Impact Aerobic (ER) (IL) 23</p> <p>2:00 CEA Atria Writer's Group (EL) (RL)</p> <p>2:00 CPI Maintenance Committee Meeting</p> <p>2:00 Rummikub® (CR) (RL)</p> <p>3:00 HPF Nutrition Class (ER) (IL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>10:00 HPF Drum Stick Cardio with Gabriela (ER) (IL) 24</p> <p>11:00 LIS You Be the Judge (CON) (ELD)</p> <p>1:00 Intermediate Mahjong (CR) (RL)</p> <p>2:00 CEA The Met Opera (EL) (IP)</p> <p>2:30 HPF Holiday Hustle Challenge (ER) (ELI)</p> <p>4:00 SCE Resident Showcase Happy Hour (AB) (ELD)</p> <p>7:00 Refresher Bridge w/ Gary (CR) (RL)</p>	<p>10:00 HPF Yoga w/ John Mackey (ER) (IL) 25</p> <p>11:00 CPI Christmas Day Dinner (DR) (RL)</p> <p>11:00 HPF Yoga w/ John Mackey (ER) (IL)</p> <p>1:30 Mexican Train (CR) (RL)</p> <p>2:00 SCE Symphony on Demand (AB) (IP)</p> <p>3:00 HPF Whole Body Calisthenics : Canceled (ER) (ELI)</p> <p>4:00 Bingo (AB) (ELI)</p> <p>6:00 CEA Saturday Night at the Movies (AB) (IP)</p>
<p>9:15 Atria Church Transportation (FL) (IL) 26</p> <p>10:00 HPF Fitness Center Circuit Training (ER) (ELI)</p> <p>1:00 Sunday Matinee (EL) (IP)</p> <p>1:30 Hand & Foot (CR) (RL)</p> <p>3:00 HPF Standing Exercise Class (ER) (ELI)</p> <p>4:00 LIS One Day University (EL) (IP)</p> <p>7:00 Turner Classic Movies (EL) (IP)</p>	<p>10:00 HPF Water Aerobics w/ Mary (SP) (IL) 27</p> <p>11:00 CEA BJK: Next Chapter Journaling Class (LIB) (ELI)</p> <p>11:00 HPF Water Aerobics w/ Mary (SP) (IL)</p> <p>1:15 RSF Bible Study and Daily Readings (AB) (RL)</p> <p>2:00 CPI Intermediate Bridge (EL) (RL)</p> <p>3:00 HPF Stretch and Strength with Betsy (EL) (ELI)</p> <p>4:00 Bingo (AB) (ELD)</p> <p>7:00 CEA Atria Actors (AB) (IL)</p>	<p>10:00 SCE GTOs Gentlemen Telling Old Stories (LIB) (RL) 28</p> <p>11:00 CEA Atria Glee Club (ER) (IL)</p> <p>1:30 Bridge with Harriet (EL) (RL)</p> <p>2:00 SCE Rummikub® with Joyce (CR) (RL)</p> <p>2:00 HPF Yoga w/ John Mackey</p> <p>3:00 HPF Yoga (ER) (ELI)</p> <p>3:00 CPI 5th Floor Resident Meeting (EL) (RL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses</p> <p>7:00 HPF Water Volleyball (SP) (RL)</p>	<p>9:45 RSF Meditation with Susan (ER) (RL) 29</p> <p>11:00 HPF Tai Chi w/ Louis (ER) (IL)</p> <p>2:00 Hand & Foot (CR) (RL)</p> <p>2:00 HPF Yoga with John Mackey (ER) (IL)</p> <p>3:00 HPF Yoga with John Mackey (ER) (IL)</p> <p>4:00 SCE Happy New Year Happy Hour (AB) (ELI)</p> <p>6:00 LIS The Great Courses (LIB) (IP)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>10:00 HPF Low-Impact Aerobic (ER) (IL) 30</p> <p>11:00 CPI Atria Library Group (LIB) (ELI)</p> <p>1:00 LIS iPhone and iPad® Class (EL) (IL)</p> <p>2:00 Rummikub® (CR) (RL)</p> <p>2:00 HPF Nutrition Class (ER) (IL)</p> <p>6:00 LIS The Great Courses (LIB) (IL)</p> <p>7:00 LIS The Great Courses (LIB) (IL)</p>	<p>10:00 HPF Drum Stick Cardio with Gabriela (ER) (IL) 31</p> <p>11:00 LIS You Be the Judge (EL) (ELD)</p> <p>1:30 Mah Jong (CR) (RL)</p> <p>2:00 CEA The Met Opera (LIV) (IP)</p> <p>2:30 HPF Final Holiday Hustle Challenge (ER) (ELI)</p> <p>4:00 SCE Holiday Hustle Award Ceremony (ER) (ELI)</p> <p>7:00 Refresher Bridge w/ Gary (CR) (RL)</p>	<p>HPF HEALTH AND PHYSICAL FITNESS</p> <p>LIS LIFELONG LEARNING AND INTELLECTUAL STIMULATION</p> <p>CEA CREATIVE EXPRESSION AND THE ARTS</p> <p>SCE SOCIAL CONNECTION AND ENTERTAINMENT</p> <p>CPI CIVIC AND PROFESSIONAL INVOLVEMENT</p> <p>RSF RELIGIOUS AND SPIRITUAL FELLOWSHIP</p>