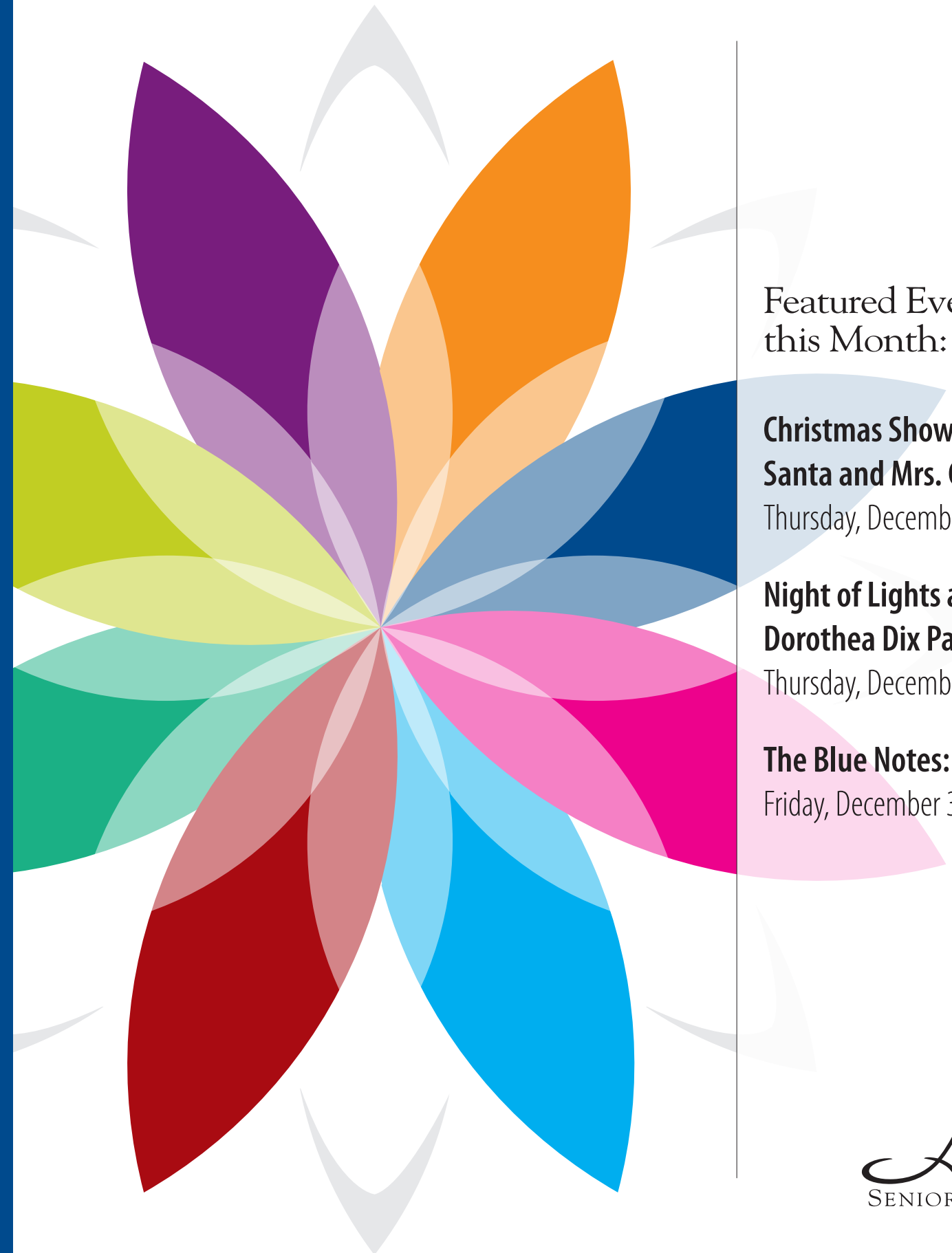


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Christmas Show with
Santa and Mrs. Claus**

Thursday, December 9, 10:30 AM

**Night of Lights at
Dorothea Dix Park**

Thursday, December 23, 7:00 PM

The Blue Notes: Dixieland Jazz

Friday, December 31, 6:00 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Bocce Court	BC
Sports Lounge	SL
Dining Room	DR
Media Room	MR
Second Floor Mezzanine	MZ
The Parlor	P
Lobby	L
Activities Room	AR
Fitness Center	FC
Private Dining Room	PDR
Library	LY
In-Room	IR

STAFF KEY:

Nicole Friedman	ELD
-----------------	-----

Scrabble® is a registered trademark of Hasbro, Inc.
Wii® is a trademark of Nintendo of America, Inc.

<p>5</p> <p>10:00 HPF Moving For Memory: Walking Challenge (L)</p> <p>10:30 RSF Catholic Service: St. Raphael (MR)</p> <p>1:30 Cribbage (SL)</p> <p>2:00 HPF Tai Chi: Balance & Posture (MR)</p> <p>2:30 Dominoes (P)</p> <p>3:30 Hand and Foot (P)</p> <p>7:00 Movie Night (MR)</p>	<p>6</p> <p>LAST DAY OF HANUKKAH ST. NICHOLAS DAY</p> <p>9:00 RSF Newsletter Highlight: St. Nicholas Day (AR)</p> <p>10:00 HPF Flow Yoga (MR)</p> <p>10:00 SCE Men's Group (MZ)</p> <p>10:30 Stitch & Gab (LY)</p> <p>11:00 RSF Hanukkah Celebration Series (AR)</p> <p>1:15 Bingo (MZ)</p> <p>2:30 Pinochle (SL)</p> <p>4:00 HPF Lower Body Conditioning (MR)</p> <p>7:00 Poker Night (SL)</p> <p>7:00 Bridge (P)</p>	<p>7</p> <p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</p> <p>9:00 LIS Newsletter: Pearl Harbor Remembrance (AR)</p> <p>10:00 HPF Get Moving With Legacy (FC)</p> <p>10:30 HPF Blood Pressure Checks with ABC (AR)</p> <p>11:00 LIS Trivia (SL)</p> <p>1:15 Bridge (MZ)</p> <p>1:30 Wii® Bowling (SL)</p> <p>1:30 Canasta (P)</p> <p>3:30 LIS Tech Help (AR)</p> <p>4:00 HPF Moving For Memory: Walking Challenge (L)</p> <p>4:15 Cornhole (BC)</p> <p>7:00 LIS ODU: Date of Dec.7 Will Live in Infamy (MR)</p>	<p>8</p> <p>FEAST OF THE IMMACULATE CONCEPTION</p> <p>9:00 RSF Newsletter: Immaculate Conception Feast (AR)</p> <p>10:00 HPF Upper Body Conditioning (MR)</p> <p>10:30 CEA Create Club (AR)</p> <p>11:30 Checkers/ Chess (SL)</p> <p>2:00 SCE Winter Wonderland Happy Hour (SL)</p> <p>2:30 Luke on Guitar (P)</p> <p>4:00 HPF Tai Chi: Balance & Posture (MR)</p> <p>7:00 LIS TED Talk: (MR)</p>	<p>9</p> <p>10:00 HPF Total Body Conditioning - Beginner (MR)</p> <p>10:30 Christmas Show with Santa and Mrs. Claus (P)</p> <p>10:30 Cribbage (P)</p> <p>11:00 CPI Town Hall (P)</p> <p>1:00 LIS Playing & Scoring Hockey (SL)</p> <p>1:30 Bingo (MZ)</p> <p>2:30 HPF Holiday Hustle Series (AR)</p> <p>3:00 HPF Flow Yoga with Heather (MR)</p> <p>3:30 RSF Bible Study Series: Part II (MZ)</p> <p>7:00 Pinochle (SL)</p>	<p>10</p> <p>Happy Birthday Jean H!</p> <p>10:00 HPF Get Moving With Legacy (MR)</p> <p>10:30 Scrabble® (P)</p> <p>11:00 SCE Holiday Celebration Series (AR)</p> <p>11:30 CEA Create Club (AR)</p> <p>12:00 December Birthday Luncheon (DR)</p> <p>1:15 Bridge (MZ)</p> <p>1:30 Canasta (P)</p> <p>4:00 HPF Total Body Conditioning - Advanced (MR)</p> <p>7:00 Hand & Foot (P)</p> <p>7:00 LIS ODU: Christmas in America (MR)</p>	<p>11</p> <p>10:00 LIS Trivia (SL)</p> <p>10:00 HPF Cardio Drumming Circle (MR)</p> <p>11:00 Bingo (MZ)</p> <p>1:00 CEA BJK Journaling Series (AR)</p> <p>1:30 Wii® Bowling (SL)</p> <p>2:00 SCE Holiday Brain Challenge (IR)</p> <p>2:30 SCE Ladies Group (MR)</p> <p>4:00 Horseshoes (BC)</p> <p>4:00 HPF Posture and Stretch Fitness Class (MR)</p> <p>7:00 Billiards (SL)</p>
<p>12</p> <p>NATIONAL POINSETTIA DAY</p> <p>9:00 RSF Newsletter: The Christmas Flower (AR)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (L)</p> <p>10:30 RSF Catholic Mass: St. Raphael (MR)</p> <p>11:00 HPF Well-Being Series (SL)</p> <p>1:30 Cribbage (SL)</p> <p>2:00 HPF Tai Chi: Balance & Posture (MR)</p> <p>2:30 Dominoes (P)</p> <p>3:30 Hand and Foot (P)</p> <p>7:00 Movie (MR)</p>	<p>13</p> <p>U.S. NATIONAL GUARD BIRTHDAY</p> <p>9:00 LIS Newsletter: U.S. National Guard Birthday (AR)</p> <p>10:00 Dr. Mello- Audiologist (AR)</p> <p>10:00 HPF Flow Yoga (MR)</p> <p>10:00 SCE Men's Group (MZ)</p> <p>10:30 Stitch & Gab (LY)</p> <p>11:30 CPI Engage Life® Planning Meeting (SL)</p> <p>1:15 Bingo (MZ)</p> <p>2:30 Pinochle (SL)</p> <p>4:00 HPF Lower Body Conditioning (MR)</p> <p>7:00 Poker Night (SL)</p> <p>7:00 Bridge (P)</p>	<p>14</p> <p>10:00 HPF Get Moving With Legacy (FC)</p> <p>10:30 HPF Blood Pressure Checks with ABC (AR)</p> <p>11:00 SCE Holiday Celebration Series (AR)</p> <p>11:00 LIS Trivia (SL)</p> <p>1:15 Bridge (MZ)</p> <p>1:30 Canasta (P)</p> <p>3:30 LIS Tech help (AR)</p> <p>4:00 HPF Moving For Memory: Walking Challenge (L)</p> <p>4:15 Cornhole (BC)</p> <p>7:00 SCE Name That.. (SL)</p>	<p>15</p> <p>10:00 Outing to the Public Library (L)</p> <p>10:00 HPF Upper Body Conditioning (MR)</p> <p>10:30 CEA Pottery with Elizabeth (AR)</p> <p>11:00 HPF Low Vision Support Group (PDR)</p> <p>11:00 HPF Well-Being Series (SL)</p> <p>11:30 Checkers/ Chess (SL)</p> <p>11:30 CPI Civic Engagement Working Session (AR)</p> <p>1:00 HPF Movercize with Richard (P)</p> <p>2:00 SCE Candy Lane Happy Hour (SL)</p> <p>2:00 Dennis on Piano</p> <p>7:00 LIS TED Talk: (MR)</p>	<p>16</p> <p>Happy Birthday Betty Ann W. and Sylvia S</p> <p>10:00 HPF Total Body Conditioning - Beginner (MR)</p> <p>10:30 Cribbage (P)</p> <p>11:00 LIS Holiday Language Learning (AR)</p> <p>1:00 CPI Food For Thought - Culinary Led (DR)</p> <p>1:30 Bingo (MZ)</p> <p>2:30 HPF Holiday Hustle Series (AR)</p> <p>3:00 HPF Flow Yoga with Heather (MR)</p> <p>3:30 RSF Bible Study Series: Part III (MZ)</p> <p>7:00 Pinochle (SL)</p>	<p>17</p> <p>NATIONAL MAPLE SYRUP DAY</p> <p>9:00 LIS Newsletter: National Maple Syrup Day (AR)</p> <p>10:00 HPF Get Moving With Legacy (MR)</p> <p>10:30 Scrabble® (P)</p> <p>11:00 HPF Well-Being Series (SL)</p> <p>1:15 Bridge (MZ)</p> <p>1:30 Canasta (P)</p> <p>2:30 CEA Music History: Christmas Carols, Part I (SL)</p> <p>4:00 HPF Total Body Conditioning - Advanced (MR)</p> <p>6:00 Holiday Party Featuring: Gina Revae (P)</p>	<p>18</p> <p>Happy Birthday Mary Lou! NATIONAL WREATHS ACROSS AMERICA DAY</p> <p>10:00 LIS Trivia (SL)</p> <p>10:00 HPF Cardio Drumming Circle</p> <p>11:00 Bingo (MZ)</p> <p>1:00 CEA BJK Journaling Series (AR)</p> <p>1:30 Wii® Bowling (SL)</p> <p>2:30 SCE Ladies Group (MR)</p> <p>4:00 Horseshoes (BC)</p> <p>4:00 HPF Posture and Stretch Fitness Class (MR)</p> <p>7:00 Billiards (SL)</p>
<p>19</p> <p>10:00 HPF Moving For Memory: Walking Challenge (L)</p> <p>10:30 RSF Catholic Mass: St. Raphael (MR)</p> <p>1:30 Cribbage (SL)</p> <p>2:00 HPF Tai Chi: Balance & Posture (MR)</p> <p>2:30 Dominoes (P)</p> <p>3:30 Hand and Foot (P)</p> <p>7:00 Movie (MR)</p>	<p>20</p> <p>9:00 LIS Newsletter: National Wreaths Day (AR)</p> <p>10:00 SCE Men's Group (MZ)</p> <p>10:00 HPF Flow Yoga (MR)</p> <p>10:30 Stitch & Gab (LY)</p> <p>11:00 HPF Well-Being Series (SL)</p> <p>11:30 RSF Meaning & Tradition of Christmas Part I (AR)</p> <p>1:15 Bingo (MZ)</p> <p>2:30 Pinochle (SL)</p> <p>4:00 HPF Lower Body Conditioning (MR)</p> <p>7:00 Poker Night (SL)</p> <p>7:00 Bridge (P)</p>	<p>21</p> <p>WINTER SOLSTICE</p> <p>9:00 LIS Newsletter Highlight: Winter Solstice (AR)</p> <p>10:00 HPF Get Moving With Legacy (FC)</p> <p>10:30 HPF Blood Pressure Checks with ABC (AR)</p> <p>11:00 LIS Trivia (SL)</p> <p>1:15 Bridge (MZ)</p> <p>1:30 Wii® Bowling (SL)</p> <p>1:30 Canasta (P)</p> <p>3:30 LIS Tech help (AR)</p> <p>4:00 HPF Moving For Memory: Walking Challenge (L)</p> <p>4:15 Cornhole (BC)</p> <p>7:00 Night of Lights at Dorothea Dix Park (L)</p>	<p>22</p> <p>Happy Birthday Dean S!</p> <p>10:00 HPF Upper Body Conditioning (MR)</p> <p>10:30 CEA Sentorsory Art (AR)</p> <p>11:30 Chess or Checkers (P)</p> <p>1:00 SCE A Game of Carols (SL)</p> <p>2:00 SCE Christmas Cheer(s) Happy Hour (SL)</p> <p>2:30 Roseann McFadden (P)</p> <p>4:00 HPF Tai Chi: Balance & Posture (MR)</p> <p>7:00 LIS TED Talk: (MR)</p>	<p>23</p> <p>10:00 HPF Total Body Conditioning - Beginner</p> <p>10:30 Cribbage (P)</p> <p>11:00 CEA Music History: Christmas Carols, Part II (AR)</p> <p>1:30 Bingo (MZ)</p> <p>2:30 HPF Holiday Hustle Series (AR)</p> <p>3:00 HPF Flow Yoga with Heather (MR)</p> <p>3:30 RSF Bible Study Series: Part IV (MZ)</p> <p>4:00 CPI Civic Engagement Delivery (AR)</p> <p>7:00 Pinochle (SL)</p> <p>7:00 Night of Lights at Dorothea Dix Park (L)</p>	<p>24</p> <p>CHRISTMAS EVE</p> <p>10:00 HPF Get Moving with Legacy (MR)</p> <p>10:30 Scrabble® (P)</p> <p>11:30 CEA Create Club (AR)</p> <p>1:15 Bridge (MZ)</p> <p>1:30 Canasta (P)</p> <p>2:00 RSF Meaning & Tradition of Christmas Part II (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (MR)</p> <p>7:00 Hand and Foot (P)</p> <p>7:00 LIS ODU: When Weather Changed History (MR)</p>	<p>25</p> <p>CHRISTMAS DAY</p> <p>10:00 HPF Cardio Drumming Circle (MR)</p> <p>11:00 Bingo (MZ)</p> <p>1:00 CEA BJK Journaling Series (AR)</p> <p>1:30 Wii® Bowling (SL)</p> <p>2:30 SCE Ladies Group (MR)</p> <p>4:00 Horseshoes (BC)</p> <p>4:00 HPF Posture and Stretch Fitness Class (MR)</p> <p>7:00 Billiards (SL)</p>
<p>26</p> <p>BOXING DAY</p> <p>10:00 HPF Moving For Memory: Walking Challenge (L)</p> <p>10:30 RSF Catholic Mass: St. Raphael (MR)</p> <p>1:30 Cribbage (SL)</p> <p>2:00 HPF Tai Chi: Balance & Posture (MR)</p> <p>2:30 LIS Monthly Book Club (MZ)</p> <p>2:30 Dominoes (P)</p> <p>3:30 Hand and Foot (P)</p> <p>7:00 Movie (MR)</p>	<p>27</p> <p>9:00 LIS Newsletter Highlight: Boxing Day (AR)</p> <p>10:00 HPF Flow Yoga (MR)</p> <p>10:00 SCE Men's Group (MZ)</p> <p>10:30 Stitch & Gab (LY)</p> <p>1:00 LIS Zodiac & Horoscope of December (AR)</p> <p>1:15 Bingo (MZ)</p> <p>2:30 Pinochle (SL)</p> <p>4:00 HPF Lower Body Conditioning (MR)</p> <p>6:00 CPI Career Connections Club (SL)</p> <p>7:00 Poker Night (SL)</p> <p>7:00 Bridge (P)</p>	<p>28</p> <p>Happy Birthday Esther! CALL A FRIEND DAY</p> <p>9:00 SCE Newsletter Highlight: Call a Friend Day (AR)</p> <p>10:00 HPF Get Moving With Legacy (FC)</p> <p>10:30 HPF Blood Pressure Checks with ABC (AR)</p> <p>11:00 LIS Trivia (SL)</p> <p>1:15 Bridge (MZ)</p> <p>1:30 Canasta (P)</p> <p>3:30 LIS Tech Help (AR)</p> <p>4:00 HPF Moving for Memory Recognition Ceremony (AR)</p> <p>4:15 Cornhole (BC)</p> <p>7:00 SCE Name That...</p>	<p>29</p> <p>10:00 HPF Upper Body Conditioning (MR)</p> <p>10:30 CEA Creating Winter Snow Globes (AR)</p> <p>11:30 CPI Ambassador Club Meeting (SL)</p> <p>11:30 Checkers/ Chess (P)</p> <p>2:00 CPI Resident Council Meeting (PDR)</p> <p>3:00 HPF Holiday Hustle Awards Ceremony (P)</p> <p>4:00 HPF Tai Chi: Balance & Posture (MR)</p> <p>7:00 LIS TED Talk: (MR)</p>	<p>30</p> <p>10:00 Dr. Hill- Podiatrist (IR)</p> <p>10:00 HPF Total Body Conditioning - Beginner</p> <p>10:30 Cribbage (P)</p> <p>1:00 LIS The History & Origins of New Year's Eve (AR)</p> <p>1:30 Bingo (MZ)</p> <p>3:00 HPF Flow Yoga with Heather (MR)</p> <p>3:30 RSF Bible Study (MZ)</p> <p>7:00 Pinochle (SL)</p>	<p>31</p> <p>NEW YEAR'S EVE</p> <p>10:00 HPF Get Moving With Legacy (MR)</p> <p>10:30 Scrabble® (P)</p> <p>11:30 CEA Create Club (AR)</p> <p>1:15 Bridge (AR)</p> <p>1:30 Canasta (P)</p> <p>2:00 SCE Happy New Year Happy Hour (SL)</p> <p>4:00 HPF Total Body Conditioning - Advanced (MR)</p> <p>6:00 SCE Rolling Out the Red Carpet (P)</p> <p>6:00 The Blue Notes: Dixieland Jazz (P)</p>	<ul style="list-style-type: none"> ■ 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