

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Creating Toys for Children

Friday, December 3, 1:30 PM

Creating Winter Snow Globes

Friday, December 17, 1:30 PM

**The History & Origins
of New Year's Eve**

Thursday, December 30, 3:00 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

- Media Room MR
- Café Kew CK
- Parlor P
- Dining Room DR
- Library L
- In-Room IR

STAFF KEY:

- Life Guidance® Program Instructor LGP
- Musical Entertainment ME
- Outside Vendor OV
- Engage Life® Director ELD
- Engage Life® Program Instructor ELP
- Rabbi Levine RL
- Resident Instructed RI
- Michael Chambers (Driver) MC
- Greg Slingsluff GS

Boggle™ is a trademark of Parker Brothers.
Scrabble® is a registered trademark of Hasbro, Inc.

<p>5</p> <p>9:30 RSF Sunday Televised Mass (MR)</p> <p>10:00 HPF Posture & Stretch (MR) (ELP)</p> <p>11:00 SCE Words in a Word (MR) (ELP)</p> <p>1:30 HPF Dance and Movement: The Electric Slide (MR) (ELP)</p> <p>2:00 LIS The Worldly Traveler (MR) (ELP)</p> <p>3:00 CEA Music History: Instruments (MR) (ELP)</p> <p>4:00 SCE Rita Moreno Fun Facts (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>6</p> <p>Last Day of Hanukkah St. Nicholas Day</p> <p>9:00 RSF Newsletter Highlight: St. Nicholas Day</p> <p>10:00 HPF Matter of Balance Class (MR) (ELP)</p> <p>11:00 RSF Hanukkah Celebration Series (MR) (ELP)</p> <p>1:00 HPF Lower Body Conditioning (MR) (ELP)</p> <p>1:30 LIS News Currents (MR) (ELP)</p> <p>2:30 SCE Putn'Play (MR) (ELP)</p> <p>3:45 SCE Bingo (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>7</p> <p>National Pearl Harbor Day Of Remembrance</p> <p>9:00 RSF Newsletter: Pearl Harbor Remembrance</p> <p>10:00 HPF Tai Chi (MR) (ELP)</p> <p>10:30 LIS Technology Workshop (L) (ELP)</p> <p>11:00 CPI Ambassador Club Meeting (DR) (GS)</p> <p>2:00 Live Entertainment- Show 1 (P) (ME)</p> <p>2:30 Live Entertainment- Show 2 (P) (ME)</p> <p>3:00 LIS ODU: Date of Dec.7 Will Live In Infamy (L)</p> <p>4:00 HPF Total Body Conditioning: Beginner (MR) (ELP)</p> <p>6:00 SCE Trivia Tease (P) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>8</p> <p>10:00 HPF Flow Yoga (MR) (ELP)</p> <p>11:00 SCE Winter Word Scramble (MR) (ELP)</p> <p>1:00 HPF Total Body Conditioning: Advanced (P) (ELP)</p> <p>1:30 SCE Snowman Bowling (MR) (ELP)</p> <p>2:00 Afternoon Matinee (MR)</p> <p>2:15 SCE Winter Wonderland Happy Hour (P) (ELP)</p> <p>4:00 SCE Snowflake Bingo! (P) (ELP)</p> <p>6:00 SCE Game Night! (CK) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>9</p> <p>10:00 HPF Tai Chi (MR) (ELP)</p> <p>10:30 Scenic Drive (P) (MC)</p> <p>11:00 SCE Holiday Brain Challenge (MR) (ELP)</p> <p>1:00 HPF Dance and Movement: Cupid Shuffle (MR) (ELP)</p> <p>2:00 SCE Playing & Scoring Hockey (MR) (ELP)</p> <p>3:45 SCE Bingo (MR) (ELP)</p> <p>6:00 CEA Museum Masterpieces and Panel Discussion (P) (ELP)</p> <p>6:30 Evening Cinema (MR) (ELP)</p>	<p>10</p> <p>10:00 HPF Posture and Stretching Class (MR) (ELP)</p> <p>10:30 Shopping Trip: Trader Joe's (P) (MC)</p> <p>11:00 CEA Artisan Jewelry & Coffee (CK) (ELP)</p> <p>11:00 LIS One Day University Lecture (L) (ELP)</p> <p>1:00 HPF Upper Body Conditioning (MR) (ELP)</p> <p>1:30 CEA Holiday Landscape Painting (CK) (ELP)</p> <p>2:00 Afternoon Matinee (MR)</p> <p>3:00 HPF Holiday Hustle Series (P) (ELP)</p> <p>3:45 SCE Bingo (P) (ELP)</p> <p>6:45 RSF Candle Lighting (CK) (RL)</p>	<p>11</p> <p>10:00 HPF Posture & Stretch Fitness Class (P) (ELP)</p> <p>11:00 CEA Artisan Jewelry & Coffee (CK) (ELP)</p> <p>1:00 HPF Total Body Conditioning (P) (ELP)</p> <p>2:00 SCE Big Boggle™ (P) (ELP)</p> <p>2:00 Scrabble® (CK) (RI)</p> <p>3:00 SCE Holiday Celebration Series (P) (ELP)</p> <p>4:00 CEA BJK Journaling Series (P) (ELP)</p> <p>8:30 RSF Havdalah (MR)</p>
<p>12</p> <p>National Poinsettia Day</p> <p>9:00 RSF Newsletter: The Christmas Flower</p> <p>9:30 RSF Sunday Morning Televised Mass (MR)</p> <p>10:00 HPF Posture & Stretch (MR) (ELP)</p> <p>11:00 SCE Sinatra Scrabble® (MR) (ELP)</p> <p>1:00 HPF Dance and Movement: Cupid Shuffle (MR) (ELP)</p> <p>2:00 LIS The Worldly Traveler (MR) (ELP)</p> <p>3:00 CEA Music Appreciation: Frank Sinatra (CK) (ELP)</p> <p>4:00 SCE You Be The Judge (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>13</p> <p>U.S. National Guard Birthday</p> <p>9:00 RSF Newsletter: U.S. National Guard Birthday</p> <p>10:00 HPF Working on Well-being (MR) (ELP)</p> <p>10:30 SCE Finish the Proverb (MR) (ELP)</p> <p>11:00 SCE Words in a Word (MR) (ELP)</p> <p>1:00 HPF Lower Body Conditioning (MR) (ELP)</p> <p>1:30 LIS News Currents (MR) (ELP)</p> <p>2:30 SCE Bowling Bound (MR) (ELP)</p> <p>3:45 SCE Bingo (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>14</p> <p>10:00 HPF Tai Chi: Balance & Posture (MR) (ELP)</p> <p>11:00 SCE Holiday Celebration Series (MR) (ELP)</p> <p>1:30 HPF Total Body Conditioning: Beginner (MR) (ELP)</p> <p>2:00 Live Entertainment- Show 1 (P) (ME)</p> <p>2:30 Live Entertainment- Show 2 (P) (ELP)</p> <p>3:00 CPI Engage Life® Planning Meeting (MR) (ELP)</p> <p>3:45 SCE Bingo Bango! (MR) (ELP)</p> <p>6:00 CEA Museum Masterpieces (P) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>15</p> <p>10:00 HPF Flow Yoga (MR) (ELP)</p> <p>11:00 SCE Word Scramble (MR) (ELP)</p> <p>1:00 HPF Cardio Drumming (P) (ELP)</p> <p>1:30 LIS Holiday Language Learning (P) (ELP)</p> <p>2:00 Afternoon Matinee (MR)</p> <p>2:15 SCE Candy Lane Happy Hour (P) (ELP)</p> <p>4:00 SCE Gum Drop Bingo! (P) (ELP)</p> <p>6:00 SCE Game Night! (CK) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>16</p> <p>10:00 HPF Tai Chi (MR) (ELP)</p> <p>10:30 Cunningham Park (P) (MC)</p> <p>11:00 CPI Atria Discover Meet & Greet (L) (ELD)</p> <p>11:00 CEA On Broadway! (MR) (ELP)</p> <p>1:00 HPF Dance and Movement: Cowboy Charleston (MR) (ELP)</p> <p>1:30 CPI Food For Thought Culinary Led (MR) (ELP)</p> <p>2:00 SCE Giant Word Search (MR) (ELP)</p> <p>3:45 SCE Bingo (MR) (ELP)</p> <p>6:00 CEA Creating Art From the Scents We Smell (P) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>17</p> <p>10:00 HPF Flow Yoga (MR) (ELP)</p> <p>10:30 Shopping Trip: Residents' Choice (P) (MC)</p> <p>11:00 CEA Artisan Jewelry & Coffee (CK) (ELP)</p> <p>11:00 LIS ODU: Christmas in America (L) (ELP)</p> <p>1:00 HPF Upper Body Conditioning (MR) (ELP)</p> <p>1:30 CEA Creating Winter Snow Globes (CK) (ELP)</p> <p>2:00 Afternoon Matinee (MR)</p> <p>3:00 HPF Holiday Hustle Series (P) (ELP)</p> <p>3:45 SCE Bingo (P) (ELP)</p> <p>6:45 RSF Candle Lighting (CK) (RL)</p>	<p>18</p> <p>10:00 HPF Posture & Stretch Fitness Class (MR) (ELD)</p> <p>11:00 CEA Artisan Jewelry & Coffee (CK) (ELP)</p> <p>1:00 HPF Total Body Conditioning (P) (ELP)</p> <p>2:00 SCE Big Boggle™ (P) (ELP)</p> <p>2:00 Scrabble® (CK) (RI)</p> <p>3:00 LIS Dick Van Dyke Biography Spotlight (P) (ELP)</p> <p>4:00 CEA BJK Journaling Series (P) (ELP)</p> <p>8:45 RSF Havdalah (MR)</p>
<p>19</p> <p>9:30 RSF Sunday Morning Televised Mass (MR)</p> <p>10:00 HPF Posture & Stretch (MR) (ELP)</p> <p>11:00 SCE Words in a Word (MR) (ELP)</p> <p>1:00 HPF Dance and Movement: Papa Loves Mambo (MR) (ELP)</p> <p>2:00 LIS The Worldly Traveler (MR) (ELP)</p> <p>3:00 CEA Music Appreciation (MR) (ELP)</p> <p>4:00 SCE Trivia Tease (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>20</p> <p>10:00 HPF Working on Well-being (MR) (ELP)</p> <p>11:00 SCE Anagrams (MR) (ELP)</p> <p>1:00 HPF Lower Body Conditioning (MR) (ELP)</p> <p>1:30 LIS News Currents (MR) (ELP)</p> <p>2:30 SCE Putting on the Green (MR) (ELP)</p> <p>3:45 SCE Bingo Bango (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>21</p> <p>Winter Solstice</p> <p>9:00 RSF Newsletter Highlight: Winter Solstice</p> <p>10:00 HPF Tai Chi: Balance & Posture (MR) (ELP)</p> <p>11:00 RSF VNSNY Mindfulness/Wellness Class (MR) (OV)</p> <p>1:00 HPF Total Body Conditioning: Beginner (MR) (ELP)</p> <p>2:00 Live Entertainment- Show 1 (P) (ELP)</p> <p>2:30 Live Entertainment- Show 2 (P) (ME)</p> <p>3:45 SCE Bingo (MR) (ELP)</p> <p>4:00 LIS ODU: When Weather Changed History (L) (ELP)</p> <p>6:00 CPI Music History: Christmas Carols, Part 1 (P) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>22</p> <p>10:00 HPF Flow Yoga (MR) (ELP)</p> <p>11:00 LIS Monthly Book Club (L) (ELP)</p> <p>1:00 HPF Total Body Conditioning: Advanced (P) (ELP)</p> <p>1:30 SCE A Game of Carols (P) (ELP)</p> <p>2:00 Afternoon Matinee (MR)</p> <p>2:15 Christmas Cheer Happy Hour (P) (ELP)</p> <p>4:00 SCE Jingle Bell Bingo! (P) (ELP)</p> <p>6:00 SCE Game Night! (CK) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>23</p> <p>10:00 HPF Tai Chi (MR) (ELP)</p> <p>10:30 Scenic Drive (P) (MC)</p> <p>11:00 SCE Giant Word Search (MR) (ELP)</p> <p>1:00 HPF Dance and Movement (MR) (ELP)</p> <p>2:00 CEA Music History: Christmas Carols, Part II (MR) (ELP)</p> <p>3:45 SCE Bingo Bango (MR) (ELP)</p> <p>6:00 CEA Museum Masterpieces and Panel Discussion (P) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>24</p> <p>Christmas Eve</p> <p>10:00 HPF Flow Yoga (MR) (ELP)</p> <p>10:00 Shopping Trip: Dollar Tree (P) (MC)</p> <p>11:00 CEA Artisan Jewelry & Coffee (CK) (ELP)</p> <p>11:00 LIS One Day University (L) (ELP)</p> <p>1:00 HPF Total Body Conditioning (MR) (ELP)</p> <p>1:30 Afternoon Matinee (MR)</p> <p>2:00 RSF Meaning & Tradition of Christmas Part I (P) (ELP)</p> <p>3:00 HPF Holiday Hustle Series (P) (ELP)</p> <p>3:45 SCE Bingo Bango (P) (ELP)</p> <p>6:45 RSF Candle Lighting (CK) (RL)</p>	<p>25</p> <p>Christmas Day</p> <p>10:00 HPF Posture and Stretching (P) (ELP)</p> <p>11:00 CEA Artisan Jewelry & Coffee (CK) (ELP)</p> <p>1:00 HPF Total Body Conditioning (P) (ELP)</p> <p>2:00 SCE Big Boggle™ (P) (ELP)</p> <p>2:00 Scrabble® (CK) (RI)</p> <p>3:00 RSF Meaning & Tradition of Christmas Part II (P) (ELP)</p> <p>4:00 CEA BJK Journaling Series (P) (ELP)</p> <p>9:00 RSF Havdalah (MR)</p>
<p>26</p> <p>9:30 RSF Sunday Morning Televised Mass (MR)</p> <p>10:00 HPF Posture & Stretch (MR) (ELP)</p> <p>1:00 HPF Dance and Movement: Git Up Line Dance (MR) (ELP)</p> <p>2:00 LIS The Worldly Traveler (MR) (ELP)</p> <p>3:00 CEA Music Appreciation (MR) (ELP)</p> <p>4:00 LIS Zodiac & Horoscope of December (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>27</p> <p>10:00 HPF Working on Well-being (MR) (ELP)</p> <p>11:00 SCE Words in a Word (MR) (ELP)</p> <p>1:00 HPF Lower Body Conditioning (MR) (ELP)</p> <p>1:30 LIS News Currents (MR) (ELP)</p> <p>2:30 SCE Shuffle Board (MR) (ELP)</p> <p>3:45 SCE Bingo (MR) (ELP)</p> <p>6:00 Evening Cinema (MR)</p>	<p>28</p> <p>10:00 HPF Tai Chi (MR) (ELP)</p> <p>11:00 RSF VNSNY Mindfulness/Wellness Class (MR) (OV)</p> <p>11:00 LIS Technology Class (P) (ELP)</p> <p>1:00 CPI Resident Council (L) (ELP)</p> <p>2:00 Live Entertainment- Show 1 (P) (ME)</p> <p>2:30 Live Entertainment- Show 2 (IR) (ME)</p> <p>3:15 HPF Total Body Conditioning: Beginner (MR) (ELP)</p> <p>3:45 SCE Bingo (MR) (ELP)</p> <p>6:00 CEA Museum Masterpieces and Panel Discussion (P) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>29</p> <p>10:00 HPF Flow Yoga (MR) (ELP)</p> <p>11:00 SCE Word Scramble (MR) (ELP)</p> <p>1:00 HPF Cardio Drumming (P) (ELP)</p> <p>1:30 SCE Name 10: New Year's Edition (P) (ELP)</p> <p>2:00 Afternoon Matinee (MR)</p> <p>2:00 SCE Shark Fin! Word Guessing Challenge (P) (ELP)</p> <p>3:45 SCE Wine Bottle Bingo! (P) (ELP)</p> <p>6:00 SCE Game Night! (CK) (ELP)</p> <p>6:30 Evening Cinema (MR)</p>	<p>30</p> <p>10:00 HPF Tai Chi (MR) (ELP)</p> <p>10:30 Forrest Park (P) (MC)</p> <p>10:30 CEA On Broadway! (MR)</p> <p>11:00 CPI Atria Discover Meet & Greet (L) (ELD)</p> <p>1:30 HPF Dance and Movement: Cowboy Charleston (P) (ELP)</p> <p>2:15 CPI Civic Engagement Delivery (MR) (ELP)</p> <p>3:00 SCE The History & Origins of New Year's Eve (P) (ELP)</p> <p>3:45 SCE Bingo! (MR) (ELP)</p> <p>4:00 LIS One Day University Lecture (L)</p> <p>6:00 SCE Rolling Out the Red Carpet (CK) (ELP)</p> <p>6:30 Evening Cinema (MR) (ELP)</p>	<p>31</p> <p>New Year's Eve</p> <p>10:00 HPF Balance and Posture Class (MR) (ELP)</p> <p>10:30 Shopping Trip: CVS (P) (MC)</p> <p>11:00 CEA Artisan Jewelry & Coffee (CK) (ELP)</p> <p>11:00 LIS ODU: A History of Classic Television (MR)</p> <p>1:00 HPF Posture Strength Training (MR) (ELP)</p> <p>2:15 SCE Happy New Year Happy Hour (P) (ELP)</p> <p>3:00 HPF Holiday Hustle Awards Ceremony (P) (ELP)</p> <p>3:45 SCE Bingo! (MR) (ELP)</p> <p>6:45 RSF Candle Lighting (CK) (RL)</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

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



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<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 Its 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>NATIONAL POINSETTIA DAY CAROLING WEEK 12</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 NATIONAL UGLY SWEATER DAY 17</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 Scentsary 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>NEW YEAR'S WEEK BOXING DAY 26</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>