

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Holidays Around the
World Happy Hour**
Wednesday, December 1, 3:00 PM

**World of Opera with
Jonathan Dzik**
Monday, December 6, 3:00 PM

Happy New Year Celebration
Friday, December 31, 3:00 PM



DECEMBER 2021

ATRIA RIVERDALE
engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Living Room LR
Community Room CR
Lobby LOB
Media Room MR
Private Dining Room PDR
Hudson's Pub HP
Library LIB
Outing O
Patio PAT

STAFF KEY:

Engage Life® Instructor ELI
James Lapin JL
Resident Led R
Laura Defendini LD
Outside Vendor V
Engage Life® Director ELD
Inez Jimenez IJ

<p>10:00 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:30 HPF Tai Chi with Bruce Mckenna (CR) (V)</p> <p>1:00 CEA Classic Movie (MR) (ELI)</p> <p>2:00 SCE B.I.N.G.O. (CR) (ELI)</p> <p>3:15 SCE Ice Cream Social (LR) (IJ)</p> <p>3:30 CEA Classic Movie Encore (MR) (ELI)</p> <p>3:30 CEA Live Concert ft. Gary Lovett (LR) (V)</p> <p>4:15 HPF Walking Club (O) (ELI)</p>	<p>9:30 US Mankind The Story of All of Us (MR) (ELD)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:00 CEA Award Winning Movie (MR) (IJ)</p> <p>1:00 SCE Game Time (CR) (IJ)</p> <p>1:30 HPF Holiday Hustle Series (CR) (ELD)</p> <p>3:00 US World of Opera with Jonathan Dzik (CR) (V)</p> <p>3:30 CEA Award Wining Movie Encore (MR) (ELI)</p>	<p>9:00 US Voyage of the Continents Series (CR) (ELD)</p> <p>10:00 HPF Blissfit with Kim Schmidt (CR) (V)</p> <p>10:15 RSF Catholic Prayer Group (MR) (V)</p> <p>1:30 CEA Meet & Greet (CR) (ELD)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:30 CEA Drama Movie Encore (MR) (ELI)</p> <p>3:30 CEA Horticulture with Gerry (CR) (V)</p> <p>4:15 HPF Walking Tall (O) (R)</p> <p>5:45 CEA Drama Movie (MR) (ELI)</p>	<p>9:00 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>11:30 CEA Spa Nails (LIB) (ELI)</p> <p>1:15 CEA Residents' Choice Movie (MR) (ELI)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (ELI)</p> <p>3:00 SCE Winter Wonderland Happy Hour (LR) (ELI)</p> <p>3:30 CEA Live Concert (LR) (V)</p> <p>3:30 CEA Residents' Choice Movie Encore (MR) (ELI)</p>	<p>9:00 US Voyage of the Continents Series (MR) (ELI)</p> <p>10:00 HPF Total Body Workout with Laura Defendini (CR) (V)</p> <p>1:00 HPF Holiday Hustle Launch (CR) (ELD)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:15 CEA Oscar Nominated Movie (MR) (ELI)</p> <p>3:30 CEA Artist Corner with Donna Diamond (CR) (V)</p> <p>5:30 CEA Oscar Nominated Movie Encore (MR) (ELI)</p>	<p>9:30 US Voyage of the Continents Series (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Stuart (CR) (V)</p> <p>1:30 CEA Comedy Movie (MR) (ELI)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (V)</p> <p>3:00 CEA Game Time (LIB) (R)</p> <p>3:30 CEA Comedy Movie Encore (MR) (ELI)</p> <p>5:45 RSF Shabbat Candle Lighting (CR) (V)</p> <p>6:00 RSF Shabbat Service with Rabbi James (CR) (V)</p>	<p>10:00 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:00 RSF Shabbat Service (CR) (JL)</p> <p>11:00 RSF Kiddush with Rabbi James (HP) (ELI)</p> <p>11:00 HPF Walking Club (LOB) (ELI)</p> <p>1:30 CEA Romance Movie (MR) (ELI)</p> <p>2:00 CEA BJK Journaling Series (CR) (ELI)</p> <p>3:30 US Law & Order with Aytan Adler (CR) (V)</p> <p>3:30 CEA Romance Movie Encore (MR) (ELI)</p> <p>4:15 HPF Walking Tall (O) (ELI)</p>
<p>10:00 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:30 HPF Tai Chi with Bruce Mckenna (CR) (V)</p> <p>1:00 CEA Classic Movie (MR) (ELI)</p> <p>2:00 SCE B.I.N.G.O. (CR) (ELI)</p> <p>3:15 SCE Ice Cream Social (LR) (IJ)</p> <p>3:30 CEA Classic Movie Encore (MR) (ELI)</p> <p>3:30 CEA Live Concert ft. Gary Lovett (LR) (V)</p> <p>4:15 HPF Walking Club (O) (ELI)</p>	<p>9:30 US Mankind The Story of All of Us (MR) (ELD)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:00 CEA Award Winning Movie (MR) (IJ)</p> <p>1:00 SCE Game Time (CR) (IJ)</p> <p>1:30 HPF Holiday Hustle Series (CR) (ELD)</p> <p>3:00 US World of Opera with Jonathan Dzik (CR) (V)</p> <p>3:30 CEA Award Wining Movie Encore (MR) (ELI)</p>	<p>9:00 US Voyage of the Continents Series (CR) (ELD)</p> <p>10:00 HPF Blissfit with Kim Schmidt (CR) (V)</p> <p>10:15 RSF Catholic Prayer Group (MR) (V)</p> <p>1:30 CEA Meet & Greet (CR) (ELD)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:30 CEA Drama Movie Encore (MR) (ELI)</p> <p>3:30 CEA Horticulture with Gerry (CR) (V)</p> <p>4:15 HPF Walking Tall (O) (R)</p> <p>5:45 CEA Drama Movie (MR) (ELI)</p>	<p>9:30 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>11:30 CEA Spa Nails (LIB) (ELI)</p> <p>1:15 CEA Residents' Choice Movie (MR) (ELI)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (ELI)</p> <p>3:00 SCE Winter Wonderland Happy Hour (LR) (ELI)</p> <p>3:30 CEA Live Concert (LR) (V)</p> <p>3:30 CEA Residents' Choice Movie Encore (MR) (ELI)</p>	<p>9:00 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:00 HPF Total Body Workout with Laura Defendini (CR) (LD)</p> <p>1:15 CEA Oscar Nominated Movie (MR) (ELI)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:30 CEA Artist Corner with Donna Diamond (CR) (V)</p> <p>3:30 CEA Oscar Nominated Movie Encore (MR) (ELI)</p> <p>4:15 HPF Walking Club (O) (IJ)</p>	<p>9:30 US Voyage of the Continents (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:30 CEA Comedy Movie (MR) (ELI)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (V)</p> <p>3:30 US Comedy Movie Encore (MR) (ELI)</p> <p>3:30 US Politics with David Peritz (CR) (V)</p> <p>5:45 RSF Shabbat Candle Lighting (CR) (V)</p> <p>6:00 RSF Shabbat Service with Rabbi James (CR) (V)</p>	<p>10:00 RSF Shabbat Service (CR) (V)</p> <p>10:00 US Voyage of the Continents (MR) (ELI)</p> <p>11:00 RSF Kiddush with Rabbi James (HP) (V)</p> <p>11:00 HPF Walking Club (PAT) (R)</p> <p>1:30 US The Great Debate with Ralph Cohen (CR) (V)</p> <p>2:45 CEA Romance Movie (MR) (ELI)</p> <p>3:30 CEA BJK Journaling Series (CR) (ELI)</p> <p>4:15 HPF Walking Club (O) (ELI)</p> <p>5:00 CEA Romance Movie (MR) (ELI)</p>
<p>9:30 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:30 HPF Tai Chi with Bruce Mckenna (CR) (ELD)</p> <p>1:30 CEA Classic Movie (MR) (ELI)</p> <p>2:00 SCE B.I.N.G.O. (CR) (ELI)</p> <p>3:15 SCE Ice Cream Social (LR) (ELI)</p> <p>3:30 CEA Classic Movie Encore (MR) (ELI)</p> <p>3:30 CEA Live Concert ft. Larry Coleman (LR) (V)</p> <p>4:15 HPF Walking Club (O) (ELD)</p>	<p>9:30 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:00 CEA Award Winning Movie (MR) (IJ)</p> <p>1:00 SCE Game Time (LIB) (ELI)</p> <p>1:30 HPF Holiday Hustle Series (CR) (ELD)</p> <p>2:00 CPI Resident Council Meeting (CR) (R)</p> <p>3:30 CEA Award Winning Movie Encore (MR) (ELI)</p> <p>3:30 US Musical Masterworks with Daniel Pincus (CR) (V)</p>	<p>9:00 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:00 HPF Blissfit with Kim Schmidt (CR) (V)</p> <p>10:15 RSF Catholic Prayer Group (PDR) (V)</p> <p>1:30 CEA Drama Movie (MR) (ELI)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:15 CPI Engage Life® Planning Meeting (CR) (ELI)</p> <p>3:30 CEA Drama Movie Encore (MR) (IJ)</p> <p>3:30 CEA Fall Pinecone Wreath Project (CR) (ELI)</p> <p>4:15 HPF Walking Tall (O) (R)</p>	<p>9:00 US Inventions that Shook the World (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (ELI)</p> <p>1:15 CEA Residents' Choice Movie (MR) (ELI)</p> <p>1:30 CEA Jewelry Making with Janis (CR) (V)</p> <p>3:00 SCE Candy Lane Happy Hour (LR) (ELI)</p> <p>3:30 CEA Live Concert (LR) (V)</p> <p>3:30 CEA Residents' Choice Movie Encore (MR) (ELI)</p> <p>4:15 HPF Walking Club (O) (R)</p>	<p>9:00 US Inventions that Shook the World (MR) (ELI)</p> <p>10:00 HPF Total Body Workout with Laura Defendini (CR) (LD)</p> <p>11:00 CEA Spa Nails (CR) (ELI)</p> <p>1:30 CEA Oscar Nominated Movie (MR) (ELI)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:30 CEA Artist Corner with Donna Diamond (CR) (V)</p> <p>4:15 HPF Walking Club (O) (IJ)</p> <p>5:30 CEA Oscar Nominated Movie Encore (MR) (ELI)</p>	<p>9:30 US Inventions that Shook the World (MR) (ELD)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:30 CEA Comedy Movie (MR) (ELI)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (V)</p> <p>2:00 SCE Game Time (LIB) (ELD)</p> <p>3:00 CEA Egypt's Lost Queens (CR) (ELI)</p> <p>3:30 CEA Comedy Movie Encore (MR) (ELI)</p> <p>5:45 RSF Shabbat Candle Lighting (CR) (V)</p> <p>6:00 RSF Shabbat Service with Rabbi James (CR) (ELD)</p>	<p>9:00 US Inventions that Shook the World (MR) (ELD)</p> <p>10:00 RSF Shabbat Service (CR) (JL)</p> <p>11:00 RSF Kiddush with Rabbi James (HP) (V)</p> <p>11:00 HPF Walking Club (PAT) (R)</p> <p>1:30 CEA Romance Movie (MR) (ELI)</p> <p>2:00 CEA BJK Journaling Series (CR) (ELD)</p> <p>3:30 US Law & Order with Aytan Adler (CR) (V)</p> <p>3:30 CEA Romance Movie Encore (MR) (ELI)</p> <p>4:15 HPF Walking Tall (O) (ELD)</p>
<p>10:00 US Legendary Cities Series (MR) (ELI)</p> <p>10:30 HPF Tai Chi with Bruce Mckenna (CR) (V)</p> <p>1:00 US Queen Victoria: Secrets of a Queen (MR) (ELI)</p> <p>2:00 SCE B.I.N.G.O. (CR) (ELI)</p> <p>3:15 SCE Ice Cream Social (LR) (ELI)</p> <p>3:30 CEA Classic Movie (MR) (ELI)</p> <p>3:30 CEA Live Concert ft. Rob Silverman (LR) (V)</p> <p>4:15 HPF Walking Club (O) (ELI)</p> <p>5:30 CEA Classic Movie Encore (MR) (ELI)</p>	<p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:00 US Forgotten Ellis Island Documentary (MR) (ELI)</p> <p>1:30 HPF Holiday Hustle Series (CR) (ELI)</p> <p>2:00 SCE Reminiscing Series (CR) (ELI)</p> <p>3:00 US World of Opera with Jonathan Dzik (CR) (V)</p> <p>3:30 CEA Award Wining Movie Encore (MR) (ELI)</p> <p>5:00 CEA Award Winning Movie (MR) (IJ)</p>	<p>10:00 HPF Blissfit with Kim Schmidt (CR) (V)</p> <p>10:15 RSF Catholic Prayer Group (PDR) (V)</p> <p>1:00 SCE Laughter Therapy Program (CR) (ELI)</p> <p>1:30 CPI Food For Thought Meeting (CR) (ELI)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:30 CEA Drama Movie (MR)</p> <p>4:15 HPF Walking Tall (PAT) (R)</p>	<p>9:30 US The Amazing World of Aviation Series (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (ELI)</p> <p>1:30 CEA Residents' Choice Movie (MR) (ELI)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (V)</p> <p>2:30 SCE Holiday Cheer Happy Hour (LR) (ELI)</p> <p>3:30 CEA Live Concert (LR) (V)</p> <p>3:30 CEA Residents' Choice Movie Encore (MR) (ELI)</p> <p>5:45 CEA Secret Gardens of England (MR) (ELI)</p>	<p>9:00 US The Amazing World of Aviation Series (MR) (ELI)</p> <p>10:00 HPF Total Body Workout with Laura Defendini (CR) (LD)</p> <p>1:00 CEA Oscar Nominated Movie (MR) (ELI)</p> <p>2:00 SCE B.I.N.G.O. (CR) (ELD)</p> <p>3:30 CEA Artist Corner with Donna Diamond (CR) (V)</p> <p>3:30 CEA Oscar Nominated Movie Encore (MR) (ELI)</p> <p>4:15 HPF Walking Club (O) (ELI)</p>	<p>9:30 US The Amazing World of Aviation Series (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:00 CEA Music Theme Discussion (CR) (ELD)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (V)</p> <p>3:30 CEA Comedy Movie (MR) (ELI)</p> <p>5:30 CEA Comedy Movie Encore (MR) (ELI)</p> <p>5:45 RSF Shabbat Candle Lighting (CR) (ELD)</p> <p>6:00 RSF Shabbat Service with Rabbi James (CR) (V)</p>	<p>Merry Christmas</p> <p>9:00 US The Amazing World of Aviation Series (MR) (ELI)</p> <p>10:00 RSF Shabbat Service (CR) (JL)</p> <p>11:00 RSF Kiddush with Rabbi James (HP) (V)</p> <p>11:00 HPF Walking Club (O) (ELI)</p> <p>1:30 CEA Romance Movie (CR) (ELI)</p> <p>2:00 US The Great Debate with Ralph Cohen (CR) (V)</p> <p>3:00 CEA Romance Movie Encore (MR) (ELI)</p> <p>3:30 CEA BJK Journaling Series (CR) (ELD)</p> <p>4:15 HPF Walking Tall (PAT) (R)</p>
<p>10:30 HPF Tai Chi with Bruce Mckenna (CR) (V)</p> <p>1:00 US The Amish and the Reformation (MR) (ELI)</p> <p>2:00 SCE B.I.N.G.O. (CR) (ELI)</p> <p>3:15 SCE Ice Cream Social (LR) (ELI)</p> <p>3:30 CEA Classic Movie (MR) (ELI)</p> <p>3:30 CEA Live Concert ft. Amanda Scalici (LR) (V)</p> <p>4:30 HPF Walking Club (O) (ELI)</p> <p>5:30 CEA Classic Movie Encore (MR) (ELI)</p>	<p>9:30 US The Amazing World Of Aviation Series (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>1:00 SCE Game Time (CR) (ELI)</p> <p>1:30 HPF Holiday Hustle Series (CR) (ELI)</p> <p>1:30 CPI Wisdom in Action: Hope (CR) (ELI)</p> <p>3:30 CEA Award Winning Movie (MR) (IJ)</p> <p>3:30 CEA Musical Masterworks with Daniel Pincus (CR) (V)</p> <p>5:30 CEA Award Winning Movie Encore (MR) (ELI)</p>	<p>9:00 US The Amazing World of Aviation Series (MR) (ELI)</p> <p>10:00 HPF Blissfit with Kim Schmidt (CR) (V)</p> <p>10:15 RSF Catholic Prayer Group (PDR) (V)</p> <p>1:15 CEA Drama Movie (MR) (ELI)</p> <p>2:00 SCE Bingomania (CR) (ELD)</p> <p>3:30 CPI Ambassador Meeting (CR) (ELI)</p> <p>3:30 CEA Drama Movie Encore (MR) (IJ)</p> <p>4:15 HPF Walking Tall (O) (R)</p>	<p>9:00 US Mankind The Story of All of Us (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Jerome (CR) (V)</p> <p>11:30 CEA Spa Nails (CR) (ELI)</p> <p>1:30 CEA Jewelry Making with Janis (CR) (V)</p> <p>3:30 CEA Holiday Concert ft. Cadillac Brothers (LR) (V)</p> <p>3:30 CEA Residents' Choice Movie (MR) (ELI)</p> <p>4:30 HPF Walking Club (O) (ELI)</p> <p>5:45 CEA Residents' Choice Encore (MR) (ELI)</p>	<p>9:00 US Voyage of the Continents Series (MR) (ELI)</p> <p>10:00 HPF Total Body Workout with Laura Defendini (CR) (V)</p> <p>1:00 HPF Holiday Hustle Launch (CR) (ELD)</p> <p>2:00 SCE Bingomania (CR) (ELI)</p> <p>3:15 CEA Oscar Nominated Movie (MR) (ELI)</p> <p>3:30 CEA Artist Corner with Donna Diamond (CR) (V)</p> <p>5:30 CEA Oscar Nominated Movie Encore (MR) (ELI)</p>	<p>New Year's Eve</p> <p>9:30 US Voyage of the Continents Series (MR) (ELI)</p> <p>10:30 HPF Fitness Class with Stuart (CR) (V)</p> <p>1:30 CEA Comedy Movie (MR) (ELI)</p> <p>2:00 HPF Chair Yoga with Ellen Cohen (CR) (V)</p> <p>3:00 SCE Happy New Year Celebration (LR) (ELI)</p> <p>3:00 CEA Game Time (LIB) (R)</p> <p>3:30 CEA Comedy Movie Encore (MR) (ELI)</p> <p>5:45 RSF Shabbat Candle Lighting (CR) (V)</p> <p>6:00 RSF Shabbat Service with Rabbi James (CR) (V)</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



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 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>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 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>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>