

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Zoom Balloons Entertainment

Friday, December 3, 3:00 PM

“Name that Tune” with Clint

Thursday, December 9, 1:30 PM

Jingle Ball Holiday Party

Thursday, December 16, 6:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:
Living Room LR
Cinema C
Library L
Bus Trip BT
Front Lobby FL
Country Kitchen CK
Private Dining Room PDR

DAILY:
9:15 MORNING EXERCISE LR
9:45 WORLD NEWS L
10:30 5 CENT BINGO LR

STAFF KEY:
Outside Presenter OP
Barbara Moran, Engage Life® Director BM
Executive Director ED
Gary Dinsmore, Engage Life® Program Instructor GD
Resident Lead RL
Ben Czylek, ELPI BC
Lina Sorrentino-Rizzo, ELPI LSR

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5
9:30 HPF Get Up and Move
Morning Exercise (LR) (BC)
10:30 5 Cent Bingo (LR) (GD)
1:00 CEA Girl Scout Holiday Crafting (LR) (OP)
2:30 SCE Afternoon Social (LR)
3:00 CEA BJK Journaling Series (LR) (GD)
4:15 HPF Afternoon Stretch (LR) (LSR)
4:30 RSF Hanukkah Candle Lighting (FL) (RL)
6:00 CEA Big Screen Movie (LR) (GD)

12 NATIONAL POINSETTIA DAY
9:30 HPF Get Up and Move
Morning Exercise (LR) (BC)
10:00 RSF Newsletter: The Christmas Flower
10:30 5 Cent Bingo (LR) (GD)
1:15 SCE Atria Downs Horse Racing (LR) (GD)
2:30 SCE Afternoon Social (LR)
3:00 CEA BJK Journaling Series (LR) (GD)
4:00 HPF Afternoon Stretch (LR) (LSR)
6:00 CEA Big Screen Movie (LR)

19
9:30 HPF Get Up and Move
Morning Exercise (LR) (BC)
10:30 5 Cent Bingo (LR) (GD)
1:00 SCE Atria Downs Horse Racing (LR) (GD)
2:30 SCE Afternoon Snack Social (LR)
3:00 CEA BJK Journaling Series (LR) (GD)
4:00 HPF Afternoon Stretch (LR) (LSR)
6:00 CEA Big Screen Movie (LR)

26 BOXING DAY
9:30 HPF Get Up and Move
Morning Exercise (LR) (BC)
10:00 LIS Headline News Group (LR) (GD)
10:15 LIS Newsletter Highlight: Boxing Day (LR)
10:30 5 Cent Bingo (LR) (GD)
1:00 SCE Atria Downs Horse Racing (LR) (GD)
2:30 SCE Afternoon Snack Social (LR)
3:00 CEA BJK Journaling Series (LR) (GD)
4:00 HPF Afternoon Stretch (LR) (LSR)
6:00 CEA Big Screen Movie (LR)

6
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 CEA Clay Creations with Cindy (LR) (OP)
2:30 SCE Afternoon Social (LR)
3:00 LIS Virtual Lecture with Elliot Gordon (LR) (OP)
4:15 HPF Upper Body Conditioning w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

13
9:30 HPF Get Up and Move
Morning Exercise (LR) (BC)
10:00 LIS Headline News Group (LR) (GD)
10:15 LIS Newsletter: U.S. National Guard Birthday (LR)
10:30 5 Cent Bingo (LR) (GD)
12:30 Word in a Word Challenge (LR) (BM)
1:00 RSF Bible Study w/ Pastor Bill (L) (OP)
1:30 LIS World Tour Lecture with Paul (LR) (OP)
2:30 SCE Afternoon Social (LR)
3:00 LIS Holiday Language Learning (LR)
4:00 HPF Upper Body Conditioning w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (GD)

20
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 CEA Music History: Christmas Carols (LR)
1:00 RSF Bible Study w/ Pastor Bill (L) (OP)
2:30 SCE Afternoon Social (LR)
3:00 LIS John Kenrick Lecture "A Christmas Carol" (LR) (OP)
4:00 HPF Upper Body Conditioning w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

27
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 LIS You Be The Judge (LR) (GD)
1:00 RSF Bible Study w/ Pastor Bill (L) (OP)
2:30 SCE Afternoon Snack Social (LR)
3:00 LIS Zodiac & Horoscope of December
4:00 HPF Upper Body Conditioning w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

7 PEARL HARBOR DAY
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
11:30 Vendor: Kathleen (LR) (OP)
1:00 HPF Holiday Hustle (LR) (BM)
1:00 RSF Rosary with Joan (C) (RL)
2:30 SCE Afternoon Social (LR)
3:00 SCE Virtual Casino: Blackjack (LR) (OP)
4:15 HPF Dance & Movement: Cowboy Charleston (LR)
5:45 CEA Big Screen Movie (C) (GD)
6:00 5 Cent Bingo (LR) (GD)

14
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
11:00 Donuts with the Director (CK) (ED)
1:00 CEA Artful Easel Painting Workshop (LR) (OP)
2:30 SCE Afternoon Social (LR)
3:00 LIS ODU: When Weather Changed History (LR) (OP)
3:00 HPF Donuts with the Director Session 2 (CK) (ED)
4:00 HPF Holiday Hustle (LR) (BM)
5:45 CEA Big Screen Movie (C) (GD)
6:00 5 Cent Bingo (LR) (GD)

21 WINTER SOLSTICE
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 LIS Headline News Group (LR) (GD)
10:15 LIS Newsletter Highlight: Winter Solstice (LR)
12:45 HPF Posture and Stretch Fitness Class (LR) (BM)
1:30 CEA Clay Creations with Cindy, Part 2 (LR) (OP)
2:30 SCE Afternoon Social (LR)
3:00 CEA Entertainment with Harry Maitlan (LR) (OP)
5:45 CEA Big Screen Movie (C) (LSR)
6:00 5 Cent Bingo (LR) (GD)

28 CALL A FRIEND DAY
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:15 SCE Newsletter Highlight: Call a Friend Day (LR)
10:30 5 Cent Bingo (LR) (GD)
1:00 CEA Holiday Craft: Elegant Noisemakers (LR) (GD)
2:30 SCE Afternoon Snack Social (LR)
3:00 SCE Virtual Casino: Blackjack (LR) (OP)
4:00 HPF Dance & Movement: The Git Up Line Dance (LR)
5:45 CEA Big Screen Movie (C) (GD)
6:00 5 Cent Bingo (LR) (LSR)

8
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
11:30 Vendor: Kathleen (LR) (OP)
1:00 HPF Holiday Hustle (LR) (BM)
1:00 RSF Rosary with Joan (C) (RL)
2:30 SCE Winter Wonderland Happy Hour (LR)
3:00 LIS ODU: Date of Dec. 7 Will Live in Infamy (PDR)
3:45 CPI Ambassador Club Meeting (C) (BM)
4:00 HPF Lower Body Conditioning (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

15
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 SCE Mental Gymnastics Challenge (LR) (BM)
1:30 RSF Rosary with Joan (C) (RL)
2:30 SCE Candy Lane Happy Hour (LR)
3:30 CPI Engage Life® Programming Meeting (LR) (BM)
4:00 HPF Lower Body Conditioning (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

22
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 RSF Rosary with Joan (C) (RL)
1:00 Word in a Word Challenge (LR) (GD)
2:30 SCE Christmas Cheer(s) Happy Hour (LR)
3:00 SCE A Game of Carols (LR)
4:15 HPF Lower Body Conditioning (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

29
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 RSF Rosary with Joan (C) (RL)
1:30 CEA Floral Arts Workshop with Meaghan (LR) (OP)
2:30 SCE Beer and Cheer Happy Hour Social (LR)
3:30 CPI Resident Council Meeting (LR) (RL)
4:00 HPF Lower Body Conditioning (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

9
9:30 HPF Get Up and Move
Morning Exercise (LR) (LSR)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:30 SCE "Name that Tune" with Clint (LR) (BM)
2:30 SCE Afternoon Snack Social (LR)
3:00 SCE Karaoke Hour (LR)
4:00 HPF Flow Yoga w/ Lina (LR) (LSR)
5:45 CEA Big Screen Movie (C) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

16 Holiday Party Tonight!
9:30 HPF Get Up and Move
Morning Exercise (LR) (LSR)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 HPF Flow Yoga w/ Lina (LR) (LSR)
1:45 SCE Shuffle Board Tournament (LR) (BM)
2:30 SCE Afternoon Social (LR)
3:00 CEA Big Screen Movie Matinee (C) (LSR)
6:00 SCE Jingle Ball Holiday Party (LR) (OP)

23
9:30 HPF Get Up and Move
Morning Exercise (LR) (BC)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:30 CEA Live Birthday Bash with Clint (LR) (OP)
2:30 SCE Afternoon Snack Social (LR)
3:00 SCE Shuffle Board Round Robin (LR) (LSR)
4:00 HPF Flow Yoga w/ Lina (LR) (LSR)
5:45 CEA Big Screen Movie (C) (LSR)
6:00 5 Cent Bingo

30
9:30 HPF Get Up and Move
Morning Exercise (LR) (BC)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 HPF Holiday Hustle Awards Ceremony (LR) (BM)
1:00 LIS The History & Origins of New Year's Eve
2:30 SCE Afternoon Snack Social (LR)
3:00 SCE Looking Back at 2021 (LR) (BM)
4:00 HPF Flow Yoga w/ Lina (LR) (LSR)
5:45 CEA Big Screen Movie (C) (LSR)
6:00 5 Cent Bingo

10
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 SCE Mental Gymnastics Challenge (LR) (GD)
2:30 SCE Super Happy Hour w/ Andy (LR) (OP)
3:45 RSF Shabbat with Friends (C) (RL)
4:00 HPF Total Body Conditioning w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

17 NATIONAL MAPLE SYRUP DAY
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:15 LIS Newsletter: National Maple Syrup Day (LR)
10:30 5 Cent Bingo (LR) (GD)
12:30 Word in a Word Challenge (LR) (GD)
1:30 HPF Zumba® Gold (LR) (OP)
2:30 SCE Beer & Cheer Happy Hour / Christmas Carol Sing Along (LR)
3:30 SCE Table Top Bowling Tourney (LR) (BM)
3:45 RSF Shabbat with Friends (C) (RL)
4:15 HPF Total Body Conditioning w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (GD)

24 CHRISTMAS EVE
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 SCE Mental Gymnastics Challenge (LR) (BM)
2:30 SCE Beer and Cheer Happy Hour (LR) (GD)
3:00 LIS ODU: Christmas in America (LR)
4:00 RSF Shabbat with Friends (C) (RL)
4:15 HPF Total Body Conditioning w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (GD)

31 NEW YEAR'S EVE
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
12:30 HPF Dance Fitness (LR) (LSR)
1:00 SCE Mental Gymnastics Challenge (LR) (BM)
3:00 SCE Happy New Year Happy Hour Celebration (LR)
4:00 RSF Shabbat with Friends (C) (RL)
6:00 5 Cent Bingo (LR) (GD)

11
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 SCE Cornhole Competition (LR) (GD)
2:30 SCE Happy Hour Social (LR)
3:00 Holiday Movie Matinee (LR) (GD)
4:00 HPF Saturday Stretch w/ Lina (LR) (LSR)
6:00 5 Cent Bingo (LR) (LSR)

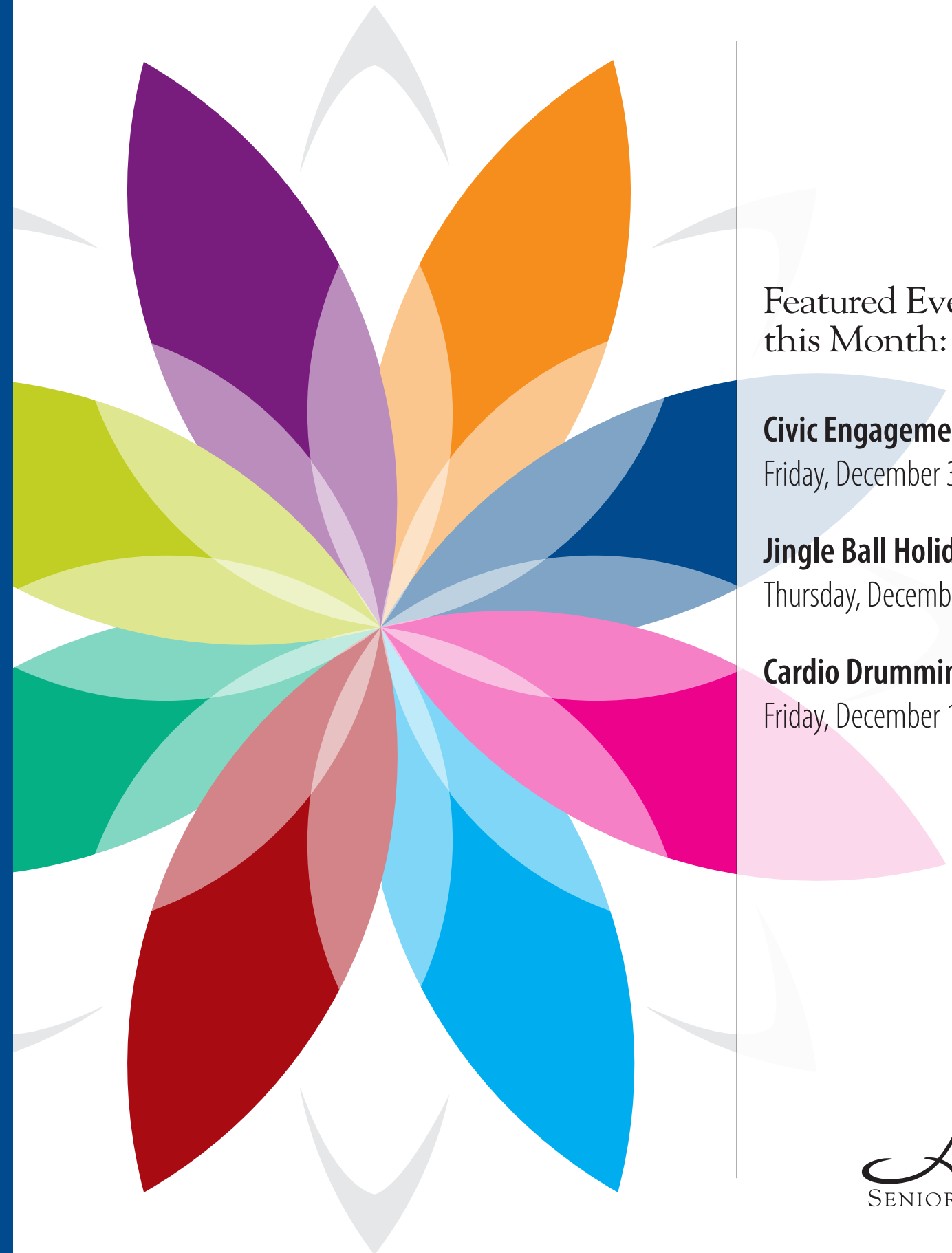
18
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 5 Cent Bingo (LR) (GD)
1:00 SCE Cornhole Competition (LR) (GD)
2:30 SCE Happy Hour Social (LR)
3:00 Holiday Matinee (LR) (GD)
4:00 HPF Balance and Posture Stretching (LR) (LSR)
6:00 5 Cent Bingo (LR) (GD)

25 CHRISTMAS DAY
9:30 HPF Get Up and Move
Morning Exercise (LR) (GD)
10:00 LIS Headline News Group (LR) (GD)
10:30 Christmas Prize Bingo (LR) (GD)
1:00 SCE Cornhole Tournament (LR) (GD)
2:30 SCE Happy Hour Social (LR)
3:00 CEA Movie Matinee: A Christmas Story (LR)
4:00 HPF Posture and Stretch Fitness Class (LR) (LSR)
6:00 5 Cent Bingo (LR) (GD)

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, 2:30 PM

Jingle Ball Holiday Party

Thursday, December 16, 3:00 PM

Cardio Drumming Circle

Friday, December 17, 3:00 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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<p>HOLIDAY TRADITIONS WEEK 5</p> <p>9:30 HPF Tai Chi: Balance & Posture 10:00 SCE Today's Events & Newsletter 10:30 SCE Pet Therapy 1:00 CEA Music: Do They Know It's Christmas 2:00 CPI Civic Engagement Working Session 3:00 HPF Walking Challenge 4:00 RSF Bible Study 6:00 SCE Sunday Night Movie</p>	<p>LAST DAY OF HANUKKAH 6 ST. NICHOLAS DAY</p> <p>9:30 HPF Walking Challenge 10:00 RSF Today's Events & Newsletter 11:00 CEA Music Appreciation: Saint Nicholas Day 1:00 RSF Meaning & Tradition of Christmas: Part I 2:00 SCE Bingo 3:00 HPF Lower Body Conditioning 4:00 SCE Holiday Celebration Series 6:00 SCE Classic Films</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7</p> <p>9:30 HPF Flow Yoga 10:00 LIS Today's Events & Newsletter 11:00 CEA Music Appreciation: Eagles 1:00 SCE Bingo 3:00 HPF Dance & Movement: The Macarena 4:00 LIS Language Learning: Happy Holidays 6:00 SCE Musical Movie</p>	<p>FEAST OF IMMACULATE CONCEPTION 8</p> <p>9:30 HPF Upper Body Conditioning 10:00 RSF Today's Events & Newsletter 11:00 CEA Music Appreciation: Noel by Josh Groban 1:00 SCE Express Yourself: December Holidays 2:00 SCE Winter Wonderland Happy Hour 3:00 HPF Tai Chi: Balance & Posture 4:00 LIS Anagrams 6:00 SCE Classic TV Shows</p>	<p>Total Body Conditioning - Beginner 9</p> <p>9:30 HPF Total Body Conditioning - Beginner 10:00 SCE Today's Events & Newsletter 11:00 CEA Music: A Charlie Brown Christmas 1:00 SCE Bingo 2:00 HPF Dance & Movement: The Hustle 3:00 SCE Entertainment with Andy 4:00 LIS Literary Appreciation: The Holidays 6:00 SCE Cinema Hour</p>	<p>Walking Challenge 10</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletters 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music: Christmas Poems, Emily Dickinson 2:00 SCE Wheel of Fortune® 3:00 HPF Cardio Drumming Circle 4:00 SCE Laughter Therapy 6:00 SCE Classic Films</p>	<p>Flow Yoga 11</p> <p>9:30 HPF Flow Yoga 10:00 SCE Today's Events & Newsletter 11:00 CEA Today's Music: All I Want For Christmas 1:00 SCE Bingo 3:00 HPF Posture and Stretch Fitness Class 4:00 LIS Sensory Stimulation: iSpy the Holidays 6:00 SCE Saturday Night Movie</p>
<p>CAROLING WEEK 12 NATIONAL POINSETTIA DAY</p> <p>9:30 HPF Tai Chi: Balance & Posture 10:00 RSF Today's Events & Newsletter 11:00 CEA Music Appreciation: Frank Sinatra 1:00 LIS Run the Alphabet 3:00 HPF Walking Challenge 4:00 RSF Bible Study 6:00 SCE Sunday Night Movie</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13</p> <p>9:30 HPF Walking Challenge 10:00 LIS Today's Events & Newsletter 11:00 CEA Music: The Perfect Christmas Song 1:00 LIS The Game of Carols 3:00 HPF Lower Body Conditioning 4:00 SCE Holiday Celebration Series 6:00 SCE Classic Films</p>	<p>Flow Yoga 14</p> <p>9:30 HPF Flow Yoga 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: Gayla Peevey 1:00 LIS Word Wonders: Animals 3:00 HPF Dance & Movement: The Macarena 4:00 LIS Literary Appreciation: Poetry 6:00 SCE Musical Movies</p>	<p>Upper Body Conditioning 15</p> <p>9:30 HPF Upper Body Conditioning 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: Peace For Christmas 1:00 CEA Music History: The Beatles 2:00 SCE Candy Land Happy Hour 3:00 HPF Tai Chi: Balance & Posture 4:00 SCE Bingo 6:00 SCE Classic TV Shows</p>	<p>Total Body Conditioning - Beginner 16</p> <p>9:30 HPF Total Body Conditioning - Beginner 10:00 SCE Today's Events & Newsletter 10:30 LIS Literary Appreciation: The Holidays 11:00 CEA Music Appreciation: Jingle Bells 1:00 CEA Music History: Origins of Carols, Pt. I 3:00 SCE Jingle Ball Holiday Party 4:00 HPF Dance & Movement: The Hustle 6:00 SCE Cinema Hour</p>	<p>NATIONAL MAPLE SYRUP DAY 17 NATIONAL UGLY SWEATER DAY</p> <p>9:30 HPF Walking Challenge 10:00 CEA Music Therapy 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Quirky Holiday Songs 2:00 LIS Newsletter: National Maple Syrup Day 3:00 HPF Cardio Drumming Circle 4:00 SCE Laughter Therapy 6:00 SCE Classic Films</p>	<p>NATIONAL WREATHS ACROSS AMERICA DAY 18</p> <p>9:30 HPF Flow Yoga 10:00 LIS Newsletter: National Wreaths Day 11:00 CEA Today's Music: Fairytale in New York 1:00 CEA Sing Across America: New York 2:00 SCE Bingo 3:00 HPF Posture and Stretch Fitness Class 4:00 LIS Find The Pairs: Holiday Edition 6:00 SCE Saturday Night Movie</p>
<p>CHRISTMAS WEEK 19</p> <p>9:30 HPF Tai Chi: Balance & Posture 10:00 SCE Today's Events & Newsletter 10:30 SCE Pet Therapy 1:00 CEA Music Appreciation: "A Christmas Carol" 3:00 CPI Civic Engagement Delivery 4:00 HPF Walking Challenge 5:00 RSF Bible Study 6:00 SCE Sunday Night Movie</p>	<p>Walking Challenge 20</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA Today's Music: It's A Wonderful Life 1:00 CEA Scentsory Art 3:00 HPF Lower Body Conditioning 4:00 SCE Holiday Celebration Series 6:00 SCE Classic Films</p>	<p>FIRST DAY OF WINTER 21</p> <p>9:30 HPF Flow Yoga 10:00 LIS Newsletter: Winter Solstice 11:00 CEA Music Appreciation: The Winter Solstice 1:00 SCE Bingo 3:00 HPF Dance & Movement: The Macarena 4:00 LIS Language Learning: Merry Christmas 6:00 SCE Musical Movies</p>	<p>Upper Body Conditioning 22</p> <p>9:30 HPF Upper Body Conditioning 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: The Chipmunk Song 1:00 LIS Trivia 2:00 SCE Christmas Cheer(s) Happy Hour 3:00 HPF Tai Chi: Posture & Balance 4:00 HPF Holiday Karaoke 6:00 SCE Classic TV Shows</p>	<p>Total Body Conditioning - Beginner 23</p> <p>9:30 HPF Total Body Conditioning - Beginner 10:00 SCE Today's Events & Newsletter 11:00 CEA Music: Twas The Night Before Christmas 1:00 CEA Music History: Origins of Carols, Pt. II 3:00 HPF Dance & Movement: The Hustle 4:00 LIS Literary Appreciation: The Holidays 6:00 SCE Cinema Hour</p>	<p>CHRISTMAS EVE 24</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Silent Night 2:00 SCE Bingo 3:00 HPF Cardio Drumming Circle 4:00 SCE Laughter Therapy 6:00 SCE Classic Films</p>	<p>CHRISTMAS DAY 25</p> <p>9:30 HPF Flow Yoga 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: Meaning of Christmas 1:00 RSF Meaning of Christmas, Part II 3:00 HPF Posture and Stretch Fitness Class 4:00 LIS Sensory Stimulation: iSpy the Holidays 6:00 SCE Saturday Night Move</p>
<p>BOXING DAY 26 NEW YEAR'S WEEK</p> <p>9:30 HPF Tai Chi: Balance & Posture 10:00 CPI Today's Events & Newsletter 11:00 CEA Karaoke 1:00 CEA Music Appreciation: Good King Wenceslas 3:00 HPF Walking Challenge 4:00 RSF Bible Study 6:00 SCE Sunday Night Movie</p>	<p>Walking Challenge 27</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA Music History: Iconic Music Venues, II 1:00 CEA Music Venues: Radio City Music Hall 3:00 HPF Lower Body Conditioning 4:00 SCE Holiday Celebration Series 6:00 SCE Classic Films</p>	<p>Flow Yoga 28</p> <p>9:30 HPF Flow Yoga 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: Shirley Temple 1:00 SCE Bingo 2:00 CEA Creating Winter Snow Globes 3:00 HPF Dance & Movement: The Macarena 4:00 LIS Literary Appreciation: Poetry 6:00 SCE Musical Movies</p>	<p>Upper Body Conditioning 29</p> <p>9:30 HPF Upper Body Conditioning 10:00 SCE Today's Events & Newsletter 11:15 CEA Music Appreciation: Beethoven The Great 1:00 CEA Music History: Classical 2:00 SCE Happy New Year Happy Hour 3:00 HPF Tai Chi: Balance & Posture 4:00 SCE Wheel of Fortune® 6:00 SCE Classic TV Shows</p>	<p>Total Body Conditioning 30</p> <p>9:30 HPF Total Body Conditioning 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: Neil Young 1:00 SCE Bingo 3:00 HPF Dance & Movement: The Hustle 4:00 LIS Literary Appreciation: The Holidays 6:00 SCE Cinema Hour</p>	<p>NEW YEAR'S EVE 31</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Auld Lang Syne 1:30 LIS History of New Year's Eve 2:00 SCE New Year's Eve Celebration 4:00 HPF Cardio Drumming Circle 6:00 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>