

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Music History: Elvis Presley**  
Saturday, January 8, 11:00 AM

**Cheers & Beers:  
Beer Flight Tasting**  
Wednesday, January 12, 4:00 PM

**Bailey's & Biographies**  
Wednesday, January 19, 4:00 PM



# JANUARY 2022

# ATRIA HUNTINGTON engage life®

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

10:00 **HPF** Tai Chi: Balance & Posture (HC) (ELD)

10:30 **CPI** Business Club: Walmart (HC) (ELD)

11:00 **SCE** Trivia (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Posture & Stretch Fitness Class (HC) (ELD)

2:30 **HPF** Dance & Movement: The Balance Dance (HC) (ELD)

3:00 **CEA** Debate: Abstract vs. Naturalist Art (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (ELD)

**31**

10:00 **HPF** Lower Body Conditioning (HC) (ELD)

10:30 **LIS** ODU: Older Americans - In Our Prime (TC) (ELD)

11:00 **SCE** Guess A Letter Game (HC) (ELD)

1:00 **Movie** (TC) (A)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (ELD)

3:00 **SCE** Up for Discussion: Senior Citizenship (HC) (ELD)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (A)



- 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**

**ROOM LOCATION KEY:**  
Hunt Club HC  
Theater/Chapel TC

**STAFF KEY:**  
Volunteer V  
Azucena Garay A  
Resident Sponsored RS  
Staff STF  
Christina Fatigati CF  
Joanne Cunningham ELD

**1**

**NEW YEAR'S DAY SOLEMNITY OF MARY**

10:00 **HPF** Cardio Drumming Circle (HC) (A)

10:30 **RSF** Newsletter Highlight: Solemnity of Mary (HC) (A)

11:00 **SCE** New Year's Brain Challenge (HC) (A)

11:00 **LIS** ODU: Champagne: The Bottle and Business (TC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Posture and Stretch Fitness Class (HC) (A)

3:00 **SCE** Pokeno® Game (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (A)

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**2**

**NEW MOON**

10:00 **HPF** Tai Chi: Balance & Posture (HC) (ELD)

10:30 **SCE** Sunday Morning Trivia (HC) (ELD)

11:00 **CPI** Civic Engagement Intro. & Brainstorm (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Posture and Stretch Fitness Class (HC) (ELD)

2:30 **HPF** Dance & Movement: The Balance Dance (HC) (ELD)

3:00 **LIS** Book Club Launch (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**3**

**INTERNATIONAL MIND-BODY WELLNESS DAY**

10:00 **HPF** Walking Challenge Monthly Launch (HC) (ELD)

11:00 **SCE** Trivia (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Mind-Body Exercises for Wellness (HC) (ELD)

2:30 **HPF** Lower Body Conditioning (HC) (ELD)

3:00 **SCE** Guess A Letter Game (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**4**

**NATIONAL TRIVIA DAY**

10:00 **HPF** Flow Yoga (HC) (A)

10:30 **RSF** Catholic Prayer Service and Communion (HC) (V)

11:00 **SCE** Trivia & Fun Facts Session (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Dance & Movement: The Mambo (HC) (A)

2:30 **CPI** Ambassador Club Meeting (HC) (ELD)

3:00 **SCE** Rummikub® Game (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**5**

**NATIONAL BIRD DAY**

10:00 **HPF** Upper Body Conditioning (HC) (A)

11:00 **Bingo** (HC) (A)

1:00 **Movie** (TC) (STF)

1:30 **SCE** Window Bird Watching (HC) (A)

2:00 **HPF** Tai Chi: Balance & Posture (HC) (A)

2:30 **Happy Hour** (HC) (A)

4:00 **CEA** Letter Writing: Dear Future Self (HC) (A)

6:30 **Movie** (TC) (STF)

**6**

**EPIPHANY: CLOSE OF THE CHRISTMAS SEASON**

10:00 **HPF** Total Body Conditioning - Beginner (HC) (A)

10:30 **RSF** Newsletter: Close of Christmas Season (HC) (A)

11:00 **SCE** Pokeno® Game (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Dance & Movement: The Mambo (HC) (A)

3:00 **SCE** Jeopardy!® (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**7**

10:00 **HPF** Total Body Conditioning - Advanced (HC) (A)

10:30 **LIS** Zodiac & Horoscope of January (HC) (A)

11:00 **RSF** Bible Study Series: Part I (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (A)

3:00 **SCE** Family Feud™ (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Documentary** (TC) (STF)

**8**

**ELVIS PRESLEY'S BIRTHDAY**

10:00 **HPF** Cardio Drumming Circle (HC) (A)

11:00 **CEA** Music History: Elvis Presley (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Flow Yoga (HC) (A)

2:30 **SCE** Rummikub® Game (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**9**

**FIRST QUARTER MOON**

10:00 **HPF** Tai Chi: Balance & Posture (HC) (ELD)

11:00 **SCE** Famous Folks Trivia (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Posture and Stretch Fitness Class (HC) (ELD)

2:30 **HPF** Dance & Movement: The Balance Dance (HC) (ELD)

3:00 **CEA** Scentsary Art (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**10**

10:00 **HPF** Lower Body Conditioning (HC) (ELD)

10:30 **SCE** Balloon Volleyball (HC) (ELD)

11:00 **SCE** Who, What, When? Trivia (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (ELD)

3:00 **CPI** Work Session for MLK Service Day (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**11**

10:00 **HPF** Flow Yoga (HC) (A)

10:30 **RSF** Catholic Prayer Service and Communion (HC) (V)

11:00 **SCE** Horse Racing Game (HC) (A)

1:00 **Documentary** (TC) (A)

2:00 **HPF** Dance & Movement: Cupid Shuffle (HC) (A)

2:30 **LIS** Exercise Your Brain: Morse Code Learning (HC) (A)

3:00 **CPI** Engage Life® Planning Meeting (HC) (ELD)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**12**

**NATIONAL PHARMACIST DAY**

10:00 **HPF** Upper Body Conditioning (HC) (A)

10:30 **LIS** Newsletter: Pharmacy Discoveries (HC) (A)

11:00 **Bingo** (HC) (A)

1:00 **Movie** (TC) (A)

2:00 **HPF** Tai Chi: Balance & Posture (HC) (A)

2:30 **Happy Hour** (HC) (A)

4:00 **SCE** Cheers & Beers: Beer Flight Tasting (HC) (A)

6:30 **Movie** (TC) (STF)

**13**

10:00 **HPF** Total Body Conditioning - Beginner (HC) (A)

10:30 **CPI** Career Connection: Medicine & Healthcare (HC) (A)

11:00 **SCE** Jeopardy!® (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Dance & Movement: Cupid Shuffle (HC) (A)

3:00 **SCE** Word Mining Word Game (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**14**

10:00 **HPF** Total Body Conditioning - Advanced (HC) (A)

11:00 **RSF** Bible Study Series: Part II (HC) (A)

1:00 **Movie** (TC) (A)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (A)

2:30 **SCE** Family Feud™ (HC) (A)

3:00 **LIS** ODU: Rosa Parks True Story & Legacy (TC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**15**

**NATIONAL HAT DAY**

10:00 **HPF** Cardio Drumming Circle (HC) (A)

10:30 **SCE** Word Mining Word Game (HC) (A)

11:00 **SCE** The Hats We Wear & Share (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Flow Yoga (HC) (A)

3:00 **SCE** Bananagrams® Word Game (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**16**

10:00 **HPF** Tai Chi: Balance & Posture (HC) (ELD)

10:30 **SCE** Trivia (HC) (ELD)

11:00 **LIS** MLK's Legacy (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Posture and Stretch Fitness Class (HC) (ELD)

2:30 **HPF** Dance & Movement: The Balance Dance (HC) (ELD)

3:00 **SCE** Guess A Letter Game (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**17**

**FULL MOON MARTIN LUTHER KING JR. DAY**

10:00 **HPF** Lower Body Conditioning (HC) (ELD)

10:30 **SCE** Circle Soccer (HC) (ELD)

11:00 **CPI** Civic Engagement Day of Service (HC) (ELD)

1:30 **Movie** (HC) (ELD)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (ELD)

3:00 **SCE** Rummikub® (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**18**

10:00 **HPF** Flow Yoga (HC) (A)

10:30 **RSF** Catholic Prayer Service and Communion (HC) (V)

11:00 **SCE** Word Mining (HC) (A)

1:00 **Movie** (TC) (A)

2:00 **HPF** Dance & Movement: Macarena (HC) (A)

2:30 **CEA** Horticulture: Succulent Terrariums (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**19**

10:00 **HPF** Upper Body Conditioning (HC) (A)

11:00 **Bingo** (HC) (A)

1:00 **Movie** (TC) (A)

2:00 **HPF** Tai Chi: Balance & Posture (HC) (A)

2:30 **Happy Hour** (HC) (A)

4:00 **SCE** Bailey's & Biographies (HC) (A)

6:30 **Movie** (TC) (STF)

**20**

10:00 **HPF** Total Body Conditioning - Beginner (HC) (A)

10:30 **CPI** Food For Thought - Culinary Led (HC) (CF)

11:00 **SCE** Pokeno® Game (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Dance & Movement: Macarena (HC) (A)

3:00 **SCE** Jeopardy!® (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**21**

10:00 **HPF** Total Body Conditioning - Advanced (HC) (A)

11:00 **RSF** Bible Study Series: Part III (HC) (A)

1:00 **Movie** (TC) (A)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (A)

3:00 **SCE** Family Feud™ (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**22**

10:00 **HPF** Cardio Drumming Circle (HC) (A)

10:30 **LIS** Brain Challenge: Optical Illusions (HC) (A)

11:00 **SCE** Horse Racing Game (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Flow Yoga (HC) (A)

2:30 **SCE** Rummikub® Game (HC) (RS)

3:00 **SCE** Scavenger Hunt: Know Your Neighbor (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**23**

10:00 **HPF** Tai Chi: Balance & Posture (HC) (ELD)

10:30 **LIS** The Sports Of The Winter Olympics (HC) (ELD)

11:00 **SCE** Trivia (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Posture & Stretch Fitness Class (HC) (ELD)

2:30 **HPF** Dance & Movement: The Balance Dance (HC) (ELD)

3:00 **SCE** Word Mining Word Game (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**24**

10:00 **HPF** Lower Body Conditioning (HC) (ELD)

10:30 **SCE** PositivityTea: Resilience (HC) (ELD)

11:30 **SCE** Trivia (HC) (ELD)

1:30 **Movie** (TC) (ELD)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (ELD)

3:00 **SCE** Guess A Letter Game (HC) (ELD)

4:00 **Bingo** (HC) (ELD)

6:30 **Movie** (TC) (STF)

**25**

**LAST QUARTER MOON**

10:00 **HPF** Flow Yoga (HC) (ELD)

10:30 **RSF** Catholic Prayer Service and Communion (TC) (V)

11:00 **SCE** Family Feud™ (HC) (A)

1:00 **Movie** (TC) (A)

2:00 **HPF** Dance & Movement: Git Up & Dance (HC) (A)

3:00 **CPI** Resident Council Meeting (HC) (ELD)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**26**

10:00 **HPF** Upper Body Conditioning (HC) (A)

10:30 **LIS** Book Club Discussion (HC) (A)

11:00 **Bingo** (HC) (A)

1:00 **Movie** (TC) (A)

2:00 **HPF** Tai Chi: Balance & Posture (HC) (A)

2:30 **Happy Hour** (HC) (A)

4:00 **CEA** Music Access: Part I (HC) (A)

6:30 **Movie** (TC) (STF)

**27**

**INTERNATIONAL HOLOCAUST REMEMBRANCE DAY**

10:00 **HPF** Total Body Conditioning - Beginner (HC) (A)

10:30 **RSF** Newsletter: Holocaust Remembrance (HC) (A)

11:00 **SCE** Word Mining Word Game (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Dance & Movement: Git Up & Dance (HC) (A)

2:30 **SCE** Rummikub® Game (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**28**

10:00 **HPF** Total Body Conditioning - Advanced (HC) (A)

11:00 **RSF** Bible Study Series: Part IV (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Moving For Memory: Walking Challenge (HC) (A)

3:00 **SCE** Jeopardy!® (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (STF)

**29**

**NATIONAL PUZZLE DAY**

10:00 **HPF** Cardio Drumming Circle (HC) (A)

10:30 **SCE** Balloon Volleyball (HC) (A)

11:00 **SCE** Pokeno® Game (HC) (A)

1:30 **Movie** (TC) (A)

2:00 **HPF** Flow Yoga (HC) (A)

3:00 **SCE** Sudoku & Word Puzzles (HC) (A)

4:00 **Bingo** (HC) (A)

6:30 **Movie** (TC) (A)