

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Christmas Cheer(s) Happy Hour

Wednesday, December 22, 3:00 PM

Creating Winter Snow Globes

Wednesday, December 29, 10:30 AM

Happy New Year Happy Hour

Wednesday, December 29, 3:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Eagle's Nest EN
Activity Room AR
Parlor PAR
Reception Area REC

STAFF KEY:

Julie JS
Resident Res
Amy Amy
Volunteer Vol
Vendor Ven
Entertainer Ent
Mobile Cart NM
Melissa Priest MP
Sandy SJ

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

<p>10:00 HPF Tai Chi: Balance & Posture (AR) (JS) 5</p> <p>10:00 RSF Atria Manresa Church Service (PAR) (Vol)</p> <p>11:00 RSF Bible Study Series: Part I (AR) (JS)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 Scenic Drive (REC) (JS)</p> <p>2:00 Mexican Train Dominoes (AR) (Res)</p> <p>3:00 HPF Flow Yoga (AR) (JS)</p> <p>3:30 CPI Civic Engagement Working Session (AR) (JS)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>6:00 Poker Pals (AR) (Res)</p>	<p>LAST DAY OF HANUKKAH ST. NICHOLAS DAY 6</p> <p>9:30 RSF Newsletter Highlight: St. Nicholas Day (AR) (JS)</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>11:00 RSF Hanukkah Celebration Series (AR) (Res)</p> <p>1:00 Mexican Train Dominoes (AR) (Res)</p> <p>2:00 SCE Wii® Bowling (AR) (JS)</p> <p>3:00 HPF Lower Body Conditioning (AR) (JS)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>6:00 Rummikub® (AR) (Res)</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7</p> <p>9:30 LIS Newsletter: Pearl Harbor Remembrance (AR) (Amy)</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>1:00 Bingo (AR) (Amy)</p> <p>2:00 CPI Ambassador Club Meeting (AR) (Amy)</p> <p>3:00 HPF Dance & Movement: Cowboy Charleston (AR) (Amy)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>5:30 LIS ODU: Date of Dec. 7 Will Live in Infamy (AR) (NM)</p> <p>6:00 Scrabble® (AR) (Res)</p>	<p>FEAST OF THE IMMACULATE CONCEPTION 8</p> <p>9:30 RSF Newsletter: Immaculate Conception Feast (AR) (Amy)</p> <p>10:00 HPF Upper Body Conditioning (AR) (JS)</p> <p>10:30 SCE Bianca the Therapy Dog Visit (PAR) (Vol)</p> <p>10:30 Graul's and Walgreens Shopping Trip (REC) (JS)</p> <p>1:00 Rummikub® (AR) (Res)</p> <p>2:00 SCE Maggie the Therapy Dog Visit (AR) (Vol)</p> <p>3:00 SCE Winter Wonderland Happy Hour (AR) (Amy)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR) (JS)</p> <p>6:00 Mexican Train Dominoes (AR) (Res)</p>	<p>9</p> <p>9:30 Coffee Chat (AR) (Amy)</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR) (JS)</p> <p>10:30 LIS Playing & Scoring Hockey (AR) (Amy)</p> <p>11:30 RSF Catholics Services (EN) (Vol)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 HPF Holiday Hustle Series (AR) (JS)</p> <p>3:00 SCE Jeopardy!® Challenge (AR) (JS)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>4:00 HPF Dance & Movement: Cupid Shuffle (AR) (JS)</p> <p>6:00 CEA Sharing Our Music Christmas Edition (AR) (Amy)</p>	<p>10</p> <p>10:00 HPF Moving For Memory: Walking Challenge (AR) (SJ)</p> <p>10:30 SCE Remy the Therapy Dog Visit (AR) (Vol)</p> <p>11:00 SCE Holiday Brain Challenge (AR) (SJ)</p> <p>1:00 Bingo (AR) (SJ)</p> <p>2:00 LIS Intro to Mahjong with Penny (PAR) (Res)</p> <p>3:00 HPF Total Body Conditioning - Advanced (AR) (SJ)</p> <p>3:30 SCE Wilma and Sal Dance Party (AR) (Ven)</p> <p>6:00 SCE Trivia with Sandy (AR) (SJ)</p> <p>7:00 Friday Night Movie (AR) (SJ)</p>	<p>11</p> <p>9:30 Coffee Chat (AR) (Amy)</p> <p>10:00 HPF Cardio Drumming Circle (AR) (Amy)</p> <p>10:30 CEA BJK Journaling Series (AR) (Amy)</p> <p>11:00 SCE Holiday Celebration Series (AR) (Amy)</p> <p>1:00 Bingo (AR) (Amy)</p> <p>2:00 Saturday Matinee "White Christmas" (AR) (Amy)</p> <p>3:00 HPF Posture and Stretch Fitness Class (AR) (Amy)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (Amy)</p> <p>6:00 SCE Wii® Bowling (AR) (Amy)</p>
<p>NATIONAL POINSETTIA DAY 12</p> <p>9:30 RSF Newsletter: The Christmas Flower (AR) (JS)</p> <p>10:00 HPF Tai Chi: Balance & Posture (AR) (JS)</p> <p>10:00 RSF Atria Manresa Church Service (PAR) (Vol)</p> <p>11:00 RSF Bible Study Series: Part II (AR) (JS)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 Scenic Drive (REC) (JS)</p> <p>2:00 Mexican Train Dominoes (AR) (Res)</p> <p>3:00 HPF Flow Yoga (AR) (JS)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>5:30 LIS ODU: Christmas in America (AR) (NM)</p> <p>6:00 Poker Pals (AR) (Res)</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13</p> <p>9:30 LIS Newsletter: U.S. National Guard Birthday (AR) (JS)</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>1:00 Mexican Train Dominoes (AR) (Res)</p> <p>2:00 SCE Wii® Bowling (AR) (JS)</p> <p>3:00 HPF Lower Body Conditioning (AR) (JS)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>6:00 Rummikub® (AR) (Res)</p>	<p>14</p> <p>9:30 Coffee Chat (AR) (Amy)</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>10:30 CEA Holiday Wreath Making with Melissa (AR) (MP)</p> <p>11:00 SCE Holiday Celebration Series (AR) (Amy)</p> <p>1:00 Bingo (AR) (Amy)</p> <p>2:00 CPI Engage Life® Planning Meeting (AR) (Amy)</p> <p>3:00 HPF Dance & Movement: Cupid Shuffle (AR) (JS)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>6:00 Scrabble® (AR) (Res)</p>	<p>15</p> <p>10:00 HPF Upper Body Conditioning (AR) (JS)</p> <p>10:30 SCE Bianca the Therapy Dog Visit (AR) (Vol)</p> <p>10:30 Graul's and Walgreens Shopping Trip (REC) (JS)</p> <p>11:00 LIS Holiday Language Learning (AR) (JS)</p> <p>1:00 Rummikub® (AR) (Res)</p> <p>2:00 SCE Maggie the Therapy Dog Visit (AR) (Vol)</p> <p>3:00 SCE Candy Lane Happy Hour (AR) (Amy)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR) (JS)</p> <p>6:00 Mexican Train Dominoes (AR) (Res)</p>	<p>16</p> <p>9:30 Coffee Chat (AR) (Amy)</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR) (JS)</p> <p>10:00 B&O Museum Trip (REC) (JS)</p> <p>11:30 RSF Catholics Services (EN) (Vol)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 HPF Holiday Hustle Series (AR) (JS)</p> <p>3:00 SCE Jeopardy!® Challenge (AR) (JS)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>4:00 HPF Dance & Movement: Electric Slide (AR) (JS)</p> <p>6:00 CEA Sharing Our Music Christmas Edition (AR) (Amy)</p>	<p>NATIONAL MAPLE SYRUP DAY 17</p> <p>9:00 LIS Newsletter: National Maple Syrup Day (AR) (SJ)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (AR) (SJ)</p> <p>10:30 SCE Remy the Therapy Dog Visit (AR) (Vol)</p> <p>11:00 LIS Poetry Club with Sandy (AR) (SJ)</p> <p>1:00 Bingo (AR) (SJ)</p> <p>2:00 LIS Intro to Mahjong with Penny (PAR) (Res)</p> <p>3:00 HPF Total Body Conditioning - Advanced (AR) (SJ)</p> <p>3:30 SCE Karen and Rick Country Sing Along (AR) (Ent)</p> <p>6:00 SCE Trivia with Sandy (AR) (SJ)</p> <p>7:00 Friday Night Movie (AR) (SJ)</p>	<p>NATIONAL WREATHS ACROSS AMERICA DAY 18</p> <p>9:30 LIS Newsletter: National Wreaths Day (AR) (Amy)</p> <p>10:00 HPF Cardio Drumming Circle (AR) (Amy)</p> <p>10:30 CEA BJK Journaling Series (AR) (Amy)</p> <p>1:00 Bingo (AR) (Amy)</p> <p>2:00 Saturday Matinee It's a Wonderful Life (AR) (Amy)</p> <p>3:00 HPF Posture and Stretch Fitness Class (AR) (Amy)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (Amy)</p> <p>6:00 SCE Wii® Bowling (AR) (Amy)</p>
<p>19</p> <p>10:00 HPF Tai Chi: Balance & Posture (AR) (JS)</p> <p>10:00 RSF Atria Manresa Church Service (PAR) (Vol)</p> <p>11:00 RSF Bible Study Series: Part III (AR) (JS)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 Mexican Train Dominoes (AR) (Res)</p> <p>2:00 Scenic Drive (REC) (JS)</p> <p>3:00 HPF Flow Yoga (AR) (JS)</p> <p>3:30 CPI Civic Engagement Delivery (REC) (JS)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>6:00 Poker Pals (AR) (Res)</p>	<p>20</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>11:00 CEA Music History: Christmas Carols, Part I (AR) (JS)</p> <p>1:00 Mexican Train Dominoes (AR) (Res)</p> <p>2:00 SCE Wii® Bowling (AR) (JS)</p> <p>3:00 HPF Lower Body Conditioning (AR) (JS)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>6:00 Rummikub® (AR) (Res)</p>	<p>WINTER SOLSTICE 21</p> <p>9:30 LIS Newsletter Highlight: Winter Solstice (AR) (Amy)</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>10:30 CEA Scentsory Art (AR) (Amy)</p> <p>1:00 Bingo (AR) (Amy)</p> <p>2:00 CPI Food For Thought - Culinary Led (AR) (MP)</p> <p>3:00 HPF Dance & Movement: Electric Slide (AR) (JS)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>5:30 LIS ODU: When Weather Changed History (AR) (NM)</p> <p>6:00 Scrabble® (AR) (Res)</p>	<p>22</p> <p>10:00 HPF Upper Body Conditioning (AR) (JS)</p> <p>10:30 SCE Bianca the Therapy Dog Visit (AR) (Vol)</p> <p>10:30 Graul's and Walgreens Shopping Trip (AR) (JS)</p> <p>1:00 Rummikub® (AR) (Res)</p> <p>2:00 SCE A Game of Carols (AR) (JS)</p> <p>2:00 SCE Maggie the Therapy Dog Visit (AR) (Vol)</p> <p>3:00 SCE Christmas Cheer(s) Happy Hour (AR) (Amy)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR) (JS)</p> <p>6:00 Mexican Train Dominoes (AR) (Res)</p>	<p>23</p> <p>9:30 Coffee Chat (AR) (Amy)</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR) (JS)</p> <p>10:00 LIS Historic Annapolis Walking Tour (REC) (JS)</p> <p>11:00 CEA Music History: Christmas Carols, Part II (AR) (Amy)</p> <p>11:30 RSF Catholics Services (EN) (Vol)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 HPF Holiday Hustle Series (AR) (JS)</p> <p>3:00 SCE Jeopardy!® Challenge (AR) (JS)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>4:00 HPF Dance & Movement: The Hustle (AR) (JS)</p> <p>6:00 SCE Lights on the Bay (AR) (JS)</p>	<p>CHRISTMAS EVE 24</p> <p>10:00 HPF Moving For Memory: Walking Challenge (AR) (SJ)</p> <p>10:30 SCE Remy the Therapy Dog Visit (AR) (Vol)</p> <p>11:00 RSF Meaning & Tradition of Christmas Part I (AR) (SJ)</p> <p>1:00 Bingo (AR) (SJ)</p> <p>3:00 HPF Total Body Conditioning - Advanced (AR) (SJ)</p> <p>4:00 SCE Christmas Cheer Happy Hour (AR) (Amy)</p> <p>6:00 SCE Trivia with Sandy (AR) (SJ)</p> <p>7:00 Friday Night Movie (AR) (SJ)</p>	<p>CHRISTMAS DAY 25</p> <p>9:30 Coffee Chat (AR) (Amy)</p> <p>10:00 HPF Cardio Drumming Circle (AR) (Amy)</p> <p>10:30 CEA BJK Journaling Series (AR) (Amy)</p> <p>11:00 RSF Meaning & Tradition of Christmas Part II (AR) (Amy)</p> <p>1:00 Bingo (AR) (Amy)</p> <p>2:00 Saturday Matinee "A Christmas Story" (AR) (Amy)</p> <p>3:00 HPF Posture and Stretch Fitness Class (AR) (Amy)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (Amy)</p> <p>6:00 SCE Wii® Bowling (AR) (Amy)</p>
<p>BOXING DAY 26</p> <p>9:30 LIS Newsletter Highlight: Boxing Day (AR) (JS)</p> <p>10:00 HPF Tai Chi: Balance & Posture (AR) (JS)</p> <p>10:00 RSF Atria Manresa Church Service (PAR) (Vol)</p> <p>11:00 RSF Bible Study Series: Part IV (AR) (JS)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 Mexican Train Dominoes (AR) (Res)</p> <p>2:00 Scenic Drive (REC) (JS)</p> <p>3:00 HPF Flow Yoga (AR) (JS)</p> <p>4:00 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>6:00 Poker Pals (AR) (Res)</p>	<p>27</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>11:00 LIS Zodiac & Horoscope of December (AR) (JS)</p> <p>1:00 Mexican Train Dominoes (AR) (Res)</p> <p>1:30 SCE On the Rocks Cocktail Hour (AR) (JS)</p> <p>2:00 SCE Wii® Bowling (AR) (JS)</p> <p>3:00 HPF Lower Body Conditioning (AR) (JS)</p> <p>3:30 CPI Career Connections Club (AR) (JS)</p> <p>6:00 Rummikub® (AR) (Res)</p>	<p>CALL A FRIEND DAY 28</p> <p>9:30 SCE Newsletter Highlight: Call a Friend Day (AR) (Amy)</p> <p>10:00 HPF Genesis Fitness Training (AR) (Ven)</p> <p>11:00 LIS Tech Help (AR) (JS)</p> <p>1:00 Bingo (AR) (Amy)</p> <p>2:00 CPI Resident Council Meeting (AR) (MP)</p> <p>3:00 HPF Dance & Movement: The Hustle (AR) (JS)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>6:00 Scrabble® (AR) (Res)</p>	<p>29</p> <p>10:00 HPF Upper Body Conditioning (AR) (JS)</p> <p>10:30 CEA Creating Winter Snow Globes (AR) (Amy)</p> <p>10:30 SCE Bianca the Therapy Dog Visit (PAR) (Vol)</p> <p>10:30 Graul's and Walgreens Shopping Trip (AR) (JS)</p> <p>1:00 Rummikub® (AR) (Res)</p> <p>3:00 SCE Happy New Year Happy Hour (AR) (Amy)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR) (JS)</p> <p>6:00 Mexican Train Dominoes (AR) (Res)</p>	<p>30</p> <p>9:30 Coffee Chat (AR) (Amy)</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR) (JS)</p> <p>10:30 LIS The History & Origins of New Year's Eve (AR) (Amy)</p> <p>11:30 RSF Catholics Services (EN) (Vol)</p> <p>1:00 Bingo (AR) (JS)</p> <p>2:00 HPF Holiday Hustle Awards Ceremony (AR) (Amy)</p> <p>3:00 SCE Jeopardy!® Challenge (AR) (JS)</p> <p>4:00 SCE Wine Time (AR) (JS)</p> <p>4:00 HPF Dance & Movement: The Hustle (AR) (JS)</p> <p>6:00 SCE Lights on the Bay (REC) (JS)</p>	<p>NEW YEAR'S EVE 31</p> <p>10:00 HPF Moving for Memory Recognition Ceremony (AR) (SJ)</p> <p>10:30 SCE Remy the Therapy Dog Visit (AR) (Vol)</p> <p>11:00 LIS Short Story Club with Sandy (AR) (SJ)</p> <p>1:00 Bingo (AR) (SJ)</p> <p>2:00 LIS Intro to Mahjong with Penny (PAR) (Res)</p> <p>3:00 HPF Total Body Conditioning - Advanced (AR) (SJ)</p> <p>3:30 SCE Wilma and Sal Dance Party (AR) (Ven)</p> <p>6:00 SCE Trivia with Sandy (AR) (SJ)</p> <p>6:00 SCE Rolling Out the Red Carpet (AR) (SJ)</p> <p>7:00 Friday Night Movie (AR) (SJ)</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