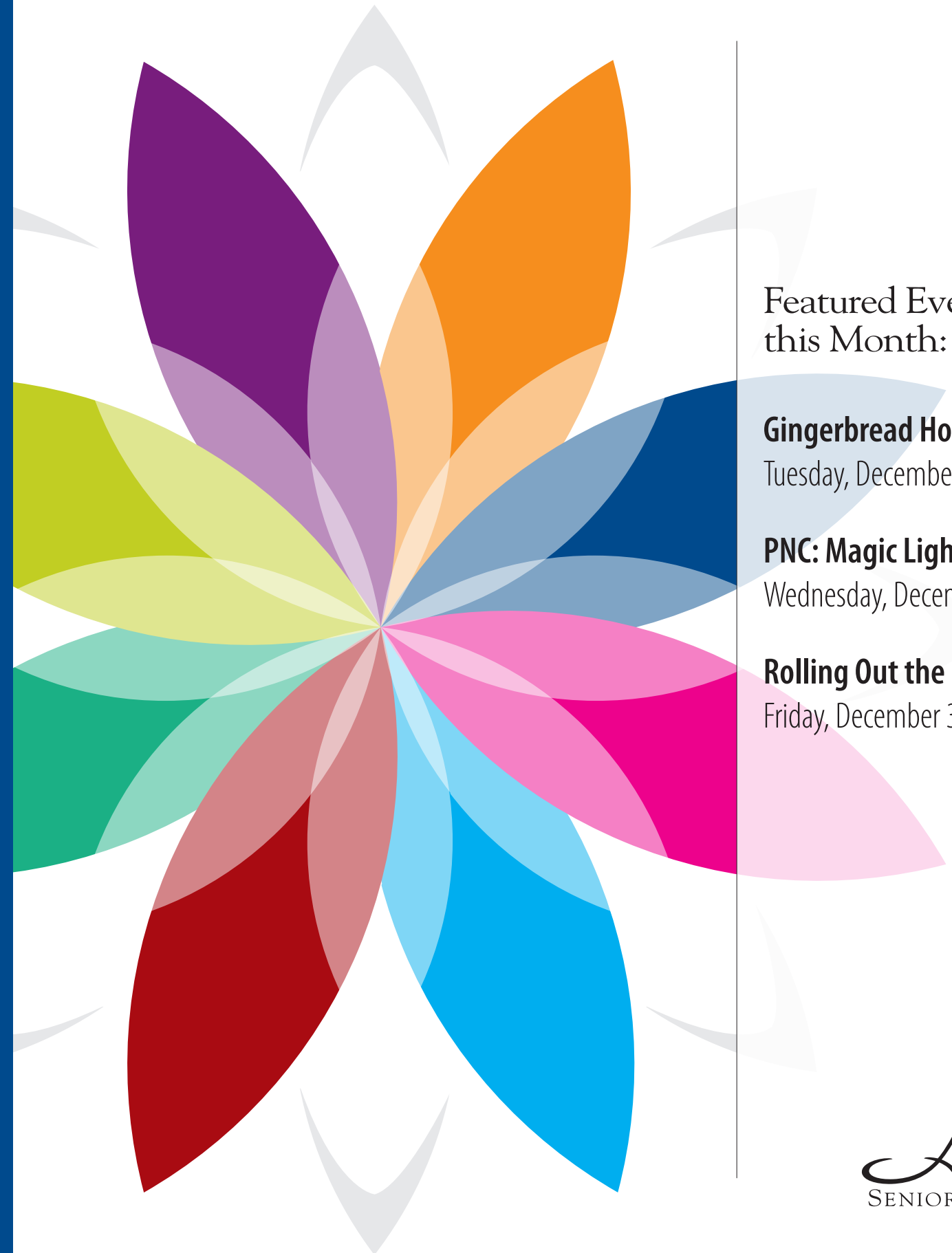


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Gingerbread House Build-Off

Tuesday, December 7, 3:00 PM

PNC: Magic Light's Display

Wednesday, December 15, 6:30 PM

Rolling Out the Red Carpet

Friday, December 31, 2:30 PM



DECEMBER 2021

ATRIA TINTON FALLS engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:
Lobby Lounge LL
Enlightenment Room ER
Theater T
Creative Arts Room CAR
Poker Room PR

STAFF KEY:
Brandon Martinez ELD
Kiera Brennan ELI

Family Feud™ is a trademark of FremantleMedia Operations BV.
Jeopardy!™ is a registered trademark of Jeopardy!Productions, Inc. All rights reserved.
Scrabble® is a registered trademark of Hasbro, Inc.
Wheel of Fortune® is a registered trademark of Calton Productions, Inc. All Rights Reserved.

<p>9:45 HPF Tai Chi: Balance & Posture (ER) (ELI) 10:00 Bingo (ER) (ELI) 11:00 RSF Bible Study Series: Part I (T) 1:45 HPF Flow Yoga (ER) (ELI) 2:00 CPI Civic Engagement Working Session (CAR) (ELI) 3:00 SCE Table Top Games (ER) (ELI) 6:30 CPI Poker Club (PR) 7:00 SCE Movie Night (T)</p>	<p>5</p> <p>9:45 HPF Lower Body Conditioning (ER) (ELI) 10:00 Bingo (ER) (ELI) 11:15 RSF Newsletter Highlight: St. Nicholas Day (LL) (ELI) 1:45 HPF Moving For Memory: Walking Challenge (ER) (ELI) 2:00 RSF Hanukkah Celebration Series (CAR) (ELI) 2:00 LIS Spanish Lessons with Neil (LL) 3:00 Scrabble® (ER) 7:00 SCE Encore Classic TV Series (T)</p>	<p>6</p> <p>9:45 HPF Flow Yoga (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 LIS Newsletter: Pearl Harbor Remembrance (LL) (ELD) 12:00 CPI Ambassador Club Meeting (ER) (ELD) 1:45 RSF Catholic Communion Service (ER) 2:00 LIS ODU: Date of Dec.7 Will Live in Infamy (T) 3:00 CEA Gingerbread House Build-Off (CAR) (ELD) 4:00 HPF Dance & Movement: Cowboy Charleston (ER) (ELD) 7:00 SCE Encore Movie Classic (T)</p>	<p>7</p> <p>9:45 HPF Tai Chi: Balance & Posture (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 RSF Newsletter: Immaculate Conception Feast (LL) (ELD) 1:45 HPF Upper Body Conditioning (ER) (ELD) 2:00 SCE Live Entertainment Event (ER) 3:00 SCE Winter Wonderland Happy Hour (ER) (ELD) 6:30 CPI Poker Club (PR) 7:00 SCE Movie Night: New Releases (T)</p>	<p>8</p> <p>9:45 HPF Total Body Conditioning - Beginner (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 SCE Coffee & Current Events (LL) (ELD) 1:45 HPF Dance & Movement: Cupid Shuffle (ER) (ELD) 2:30 LIS Playing & Scoring Hockey (ER) (ELD) 3:00 HPF Holiday Hustle Series (CAR) (ELD) 7:00 SCE Movie Night: Musical (T)</p>	<p>9</p> <p>9:45 HPF Total Body Conditioning - Advanced (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 SCE Coffee & Current Events (LL) (ELD) 1:45 HPF Moving For Memory: Walking Challenge (ER) (ELD) 2:30 SCE Holiday Brain Challenge (ER) (ELD) 7:00 SCE Merry Movie Night (T)</p>	<p>10</p> <p>9:45 HPF Cardio Drumming Circle (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:00 RSF Rosary with Adrienne (T) 11:15 SCE Coffee & Current Events (LL) (ELD) 1:45 HPF Posture and Stretch Fitness Class (ER) (ELD) 2:00 RSF Hanukkah Celebration Series (ER) (ELD) 2:30 CEA BJK Journaling Series (CAR) (ELD) 7:00 SCE Viewer's Choice (T)</p>
<p>9:45 HPF Tai Chi: Balance & Posture (ER) (ELI) 10:00 Bingo (ER) (ELI) 11:00 RSF Bible Study Series: Part II (T) (ELI) 11:15 RSF Newsletter: The Christmas Flower (LL) (ELI) 1:45 HPF Flow Yoga (ER) (ELI) 2:00 LIS ODU: Christmas in America (T) (ELI) 3:00 SCE Table Top Games (ER) (ELI) 6:30 CPI Poker Club (PR) 7:00 SCE Movie Night (T)</p>	<p>12</p> <p>9:45 HPF Lower Body Conditioning (ER) (ELI) 10:00 Bingo (ER) (ELI) 11:15 LIS Newsletter: U.S. National Guard Birthday (LL) (ELI) 1:45 HPF Moving For Memory: Walking Challenge (ER) (ELI) 2:00 LIS Spanish Lessons with Neil (LL) 3:00 Wheel of Fortune® (ER) (ELI) 7:00 SCE Encore Classic TV Series (T)</p>	<p>13</p> <p>9:45 HPF Flow Yoga (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 SCE Holiday Celebration Series (LL) (ELD) 1:45 RSF Catholic Communion Service (ER) 2:00 CPI Engage Life® Planning Meeting (ER) (ELD) 3:00 CEA Scentsory Art (CAR) (ELD) 4:00 HPF Dance & Movement: Cupid Shuffle (ER) (ELD) 7:00 SCE Encore Movie Classic (T)</p>	<p>14</p> <p>9:45 HPF Tai Chi: Balance & Posture (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 SCE Coffee & Current Events (LL) (ELD) 1:45 HPF Upper Body Conditioning (ER) (ELD) 2:00 LIS Holiday Language Learning (ER) (ELD) 3:00 SCE Candy Lane Happy Hour (ER) (ELD) 6:30 PNC: Magic Light's Display (LL) (ELD) 6:30 CPI Poker Club (PR) 7:00 SCE Movie Night: New Releases (T)</p>	<p>15</p> <p>9:45 HPF Total Body Conditioning - Beginner (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 SCE Coffee & Current Events (LL) (ELD) 2:00 CPI Food For Thought - Culinary Led (ER) 2:30 HPF Holiday Hustle Series (ER) (ELD) 3:00 SCE Ladies Tea (ER) (ELI) 4:00 HPF Dance & Movement: Electric Slide (ER) (ELD) 7:00 SCE Movie Night: Musical (T)</p>	<p>16</p> <p>UGLY SWEATER DAY 9:45 HPF Total Body Conditioning - Advanced (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 LIS Newsletter: National Maple Syrup Day (LL) (ELD) 1:45 HPF Moving For Memory: Walking Challenge (ER) (ELD) 2:00 SCE Live Entertainment (ER) (ELD) 3:00 SCE Men's Club (PR) (ELD) 7:00 SCE Merry Movie Night (T)</p>	<p>17</p> <p>9:45 HPF Cardio Drumming Circle (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:00 RSF Rosary with Adrienne (T) 11:15 LIS Newsletter: National Wreaths Day (LL) (ELD) 1:45 HPF Posture and Stretch Fitness Class (ER) (ELD) 2:15 SCE Pet Therapy (ER) (ELD) 3:00 CEA BJK Journaling Series (CAR) (ELD) 7:00 SCE Viewer's Choice (T)</p>
<p>9:45 HPF Tai Chi: Balance & Posture (ER) (ELI) 10:00 Bingo (ER) (ELI) 11:00 RSF Bible Study Series: Part III (T) 1:45 HPF Flow Yoga (ER) (ELI) 2:00 CPI Civic Engagement Delivery (CAR) (ELI) 3:00 SCE Table Top Games (ER) (ELI) 6:30 CPI Poker Club (PR) 7:00 SCE Movie Night (T) (ELD)</p>	<p>19</p> <p>9:45 HPF Lower Body Conditioning (ER) (ELI) 10:00 Bingo (ELI) 11:15 SCE Coffee & Current Events (LL) (ELI) 1:45 HPF Moving For Memory: Walking Challenge (ER) (ELI) 2:00 LIS Spanish Lessons with Neil (LL) 2:30 CEA Music History: Christmas Carols, Part I (ER) (ELI) 3:00 Family Feud™ (ER) (ELI) 7:00 SCE Encore Classic TV Series (T)</p>	<p>20</p> <p>WINTER SOLSTICE 9:45 HPF Flow Yoga (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 LIS Newsletter Highlight: Winter Solstice (LL) (ELD) 1:45 RSF Catholic Communion Service (ER) 2:30 LIS ODU: When Weather Changed History (T) (ELD) 4:00 HPF Dance & Movement: Electric Slide (ER) (ELD) 7:00 SCE Encore Movie Classic (T)</p>	<p>21</p> <p>9:45 HPF Tai Chi: Balance & Posture (ER) (ELD) 10:00 Bingo (ER) (ELD) 1:45 HPF Upper Body Conditioning (ER) (ELD) 2:00 SCE A Game of Carols (ER) (ELD) 3:00 SCE Christmas Cheer(s) Happy Hour (ER) (ELD) 6:30 CPI Poker Club (PR) 7:00 SCE Movie Night: New Releases (T)</p>	<p>22</p> <p>9:45 HPF Total Body Conditioning - Beginner (ER) (ELD) 10:00 Bingo (ER) (ELD) 1:45 HPF Holiday Hustle Series (ER) (ELD) 2:00 CEA Sip & Paint (CAR) (ELD) 3:00 CEA Music History: Christmas Carols, Part II (ER) (ELD) 4:00 HPF Dance & Movement: The Hustle (ER) (ELD) 7:00 SCE TV Series (T)</p>	<p>23</p> <p>CHRISTMAS EVE 9:45 HPF Total Body Conditioning - Advanced (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 CPI Coffee & Current Events (LL) (ELD) 1:45 HPF Moving For Memory: Walking Challenge (ER) (ELD) 2:00 RSF Meaning & Tradition of Christmas Part I (ER) (ELD) 7:00 SCE Merry Movie Night (T)</p>	<p>24</p> <p>CHRISTMAS DAY 9:45 HPF Cardio Drumming Circle (ER) (ELD) 10:00 Christmas Bingo (ER) (ELD) 11:00 RSF Rosary with Adrienne (T) 11:15 SCE Coffee & Currents Events (LL) (ELD) 1:45 HPF Posture and Stretch Fitness Class (ER) (ELD) 2:00 RSF Meaning & Tradition of Christmas Part II (ER) (ELD) 3:00 CEA BJK Journaling Series (CAR) (ELD) 7:00 SCE Viewer's Choice (T)</p>
<p>KWANZAA 9:45 HPF Tai Chi: Balance & Posture (ER) (ELI) 10:00 Bingo (ER) (ELD) 11:00 RSF Bible Study Series: Part IV (T) 11:15 LIS Newsletter Highlight: Boxing Day (LL) (ELI) 1:45 HPF Flow Yoga (ER) (ELI) 2:00 SCE Wheel of Fortune® (ER) (ELI) 3:00 SCE Table Top Games (ER) (ELI) 6:30 CPI Poker Club (PR) 7:00 SCE Movie Night (T)</p>	<p>26</p> <p>9:45 HPF Lower Body Conditioning (ER) (ELI) 10:00 Bingo (ER) (ELI) 11:15 LIS Zodiac & Horoscope of December (LL) (ELI) 1:45 HPF Moving For Memory: Walking Challenge (ER) (ELI) 2:00 CPI Career Connections Club (ER) (ELI) 2:00 LIS Spanish Lessons with Neil (LL) 3:00 Jeopardy!® (ER) (ELI) 7:00 SCE Encore Classic TV Series (T)</p>	<p>27</p> <p>9:45 HPF Flow Yoga (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 SCE Newsletter Highlight: Call a Friend Day (LL) (ELD) 1:45 RSF Catholic Communion Service (ER) 2:15 CPI Resident Council Meeting (ER) (ELD) 3:00 SCE New Year's Entertainment (ER) 4:00 HPF Dance & Movement: The Hustle (ER) (ELD) 7:00 SCE Encore Movie Classic (T)</p>	<p>28</p> <p>9:45 HPF Tai Chi: Balance & Posture (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 CPI Coffee & Current Events (LL) (ELD) 1:45 HPF Upper Body Conditioning (ER) (ELD) 2:00 CEA Creating Winter Snow Globes (CAR) (ELD) 3:00 SCE Happy New Year Happy Hour (ER) (ELD) 7:00 SCE Movie Night (T)</p>	<p>29</p> <p>9:45 HPF Total Body Conditioning - Beginner (ER) (ELD) 10:00 Bingo (ER) (ELD) 11:15 LIS The History & Origins of New Year's Eve (LL) (ELD) 1:45 HPF Dance & Movement: The Hustle (ER) (ELD) 2:00 HPF Holiday Hustle Awards Ceremony (ER) (ELD) 3:00 SCE Jeopardy!® (ER) (ELD) 7:00 SCE TV Series (T)</p>	<p>30</p> <p>NEW YEAR'S EVE 9:45 HPF Moving for Memory Recognition Ceremony (ER) (ELD) 10:00 Bingo (ER) (ELD) 1:45 HPF Total Body Conditioning - Advanced (ER) (ELD) 2:30 SCE Rolling Out the Red Carpet (ER) (ELD) 7:00 SCE New Year's Ball Drop (ER)</p>	<p>31</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>

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>LAST DAY OF HANUKKAH ST. NICHOLAS DAY 6</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 4</p> <p>10:00 SCE Today's Events & Newsletter 10:30 HPF Flow Yoga 11:30 RSF Hanukkah Celebration Series 1:00 CEA Music Appreciation: Top 30 Holiday Songs 3:00 HPF Posture and Stretch Fitness Class 5:00 LIS Find The Pairs: Holiday Edition</p>
<p>CAROLING WEEK 12</p> <p>NATIONAL POINSETTIA DAY</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>BOXING DAY NEW YEAR'S WEEK 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>