

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Cardio Drumming Circle**

Saturday, December 4, 10:00 AM

**Candy Lane Happy Hour**

Wednesday, December 15, 3:30 PM

**Creating Winter Snow Globes**

Wednesday, December 29, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

**ROOM LOCATION KEY:**

PUB PUB  
Activity Room AR  
Lobby LOB  
Library LIB  
Theater TH  
In-Room IR

**STAFF KEY:**

Deb ELP

<p>10:00 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR) <b>5</b></p>	<p><b>6</b> <b>LAST DAY OF HANUKKAH</b> <b>ST. NICHOLAS DAY</b> 9:00 <b>RSF</b> Newsletter Highlight: St. Nicholas Day (IR) 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (AR) 10:30 <b>CEA</b> Painting with Sharon (AR) 2:30 <b>RSF</b> Hanukkah Celebration Series (AR) 4:00 <b>HPF</b> Lower Body Conditioning (AR)</p>	<p><b>7</b> <b>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</b> 9:00 <b>LIS</b> Newsletter: Pearl Harbor Remembrance (IR) 10:00 <b>HPF</b> Flow Yoga (AR) 11:30 <b>CPI</b> Ambassador Club Meeting (PUB) 2:30 <b>BINGO</b> (AR) 4:00 <b>HPF</b> Dance &amp; Movement: Cowboy Charleston (AR) 5:00 <b>LIS</b> ODU: Date of Dec. 7 Will Live in Infamy (AR)</p>	<p><b>8</b> <b>FEAST OF THE IMMACULATE CONCEPTION</b> 9:00 <b>RSF</b> Newsletter: Immaculate Conception Feast (IR) 10:00 <b>HPF</b> Upper Body Conditioning (AR) 3:30 <b>SCE</b> Winter Wonderland Happy Hour (PUB) 4:30 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR)</p>	<p><b>9</b> 10:00 <b>HPF</b> Total Body Conditioning - Beginner (AR) 1:00 <b>SCE</b> The Dynamic Dogs (AR) 2:00 <b>HPF</b> Holiday Hustle Series (AR) 4:00 <b>HPF</b> Dance &amp; Movement: Cupid Shuffle (AR)</p>	<p><b>10</b> 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (LOB) 11:00 <b>SCE</b> Holiday Brain Challenge (AR) 2:30 <b>CEA</b> Entertainment - Making Spirits Bright (AR) 4:00 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p>	<p><b>4</b> 9:00 <b>RSF</b> Hanukkah Celebration Series (AR) (ELP) 10:00 <b>HPF</b> Cardio Drumming Circle (AR) 1:00 <b>CEA</b> BJK Journaling Series (AR) 2:00 <b>BINGO</b> (AR) 3:30 <b>HPF</b> Posture and Stretch Fitness Class (AR)</p>
<p>10:00 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR) <b>5</b> 11:00 <b>RSF</b> Bible Study Series: Part I (LIB) 1:00 <b>CPI</b> Civic Engagement Working Session (AR) (ELP) 4:00 <b>HPF</b> Flow Yoga (AR)</p>	<p><b>6</b> <b>LAST DAY OF HANUKKAH</b> <b>ST. NICHOLAS DAY</b> 9:00 <b>RSF</b> Newsletter Highlight: St. Nicholas Day (IR) 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (AR) 10:30 <b>CEA</b> Painting with Sharon (AR) 2:30 <b>RSF</b> Hanukkah Celebration Series (AR) 4:00 <b>HPF</b> Lower Body Conditioning (AR)</p>	<p><b>7</b> <b>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</b> 9:00 <b>LIS</b> Newsletter: Pearl Harbor Remembrance (IR) 10:00 <b>HPF</b> Flow Yoga (AR) 11:30 <b>CPI</b> Ambassador Club Meeting (PUB) 2:30 <b>BINGO</b> (AR) 4:00 <b>HPF</b> Dance &amp; Movement: Cowboy Charleston (AR) 5:00 <b>LIS</b> ODU: Date of Dec. 7 Will Live in Infamy (AR)</p>	<p><b>8</b> <b>FEAST OF THE IMMACULATE CONCEPTION</b> 9:00 <b>RSF</b> Newsletter: Immaculate Conception Feast (IR) 10:00 <b>HPF</b> Upper Body Conditioning (AR) 3:30 <b>SCE</b> Winter Wonderland Happy Hour (PUB) 4:30 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR)</p>	<p><b>9</b> 10:00 <b>HPF</b> Total Body Conditioning - Beginner (AR) 1:00 <b>SCE</b> The Dynamic Dogs (AR) 2:00 <b>HPF</b> Holiday Hustle Series (AR) 4:00 <b>HPF</b> Dance &amp; Movement: Cupid Shuffle (AR)</p>	<p><b>10</b> 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (LOB) 11:00 <b>SCE</b> Holiday Brain Challenge (AR) 2:30 <b>CEA</b> Entertainment - Making Spirits Bright (AR) 4:00 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p>	<p><b>11</b> 10:00 <b>HPF</b> Cardio Drumming Circle (AR) 11:00 <b>SCE</b> Holiday Celebration Series (AR) 1:00 <b>CEA</b> BJK Journaling Series (AR) 2:00 <b>BINGO</b> (AR) 3:30 <b>HPF</b> Posture and Stretch Fitness Class (AR)</p>
<p><b>12</b> <b>NATIONAL POINSETTIA DAY</b> 9:00 <b>RSF</b> Newsletter: The Christmas Flower (IR) 10:00 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR) 11:00 <b>RSF</b> Bible Study Series: Part II (LIB) 2:00 <b>CEA</b> Scentsary Art (AR) 4:00 <b>HPF</b> Flow Yoga (AR) 5:30 <b>LIS</b> ODU: Christmas in America (AR)</p>	<p><b>13</b> <b>U.S. NATIONAL GUARD BIRTHDAY</b> 9:00 <b>LIS</b> Newsletter: U.S. National Guard Birthday (IR) 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (LOB) 4:00 <b>HPF</b> Lower Body Conditioning (AR)</p>	<p><b>14</b> 10:00 <b>HPF</b> Flow Yoga (AR) 11:00 <b>SCE</b> Holiday Celebration Series (AR) 1:00 <b>CPI</b> Engage Life® Planning Meeting (AR) 2:30 <b>BINGO</b> (AR) 4:00 <b>HPF</b> Dance &amp; Movement: Cupid Shuffle (AR)</p>	<p><b>15</b> 10:00 <b>HPF</b> Upper Body Conditioning (AR) 2:00 <b>LIS</b> Holiday Language Learning (AR) 3:30 <b>SCE</b> Candy Lane Happy Hour (PUB) 4:30 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR)</p>	<p><b>16</b> 10:00 <b>HPF</b> Total Body Conditioning - Beginner (AR) 1:00 <b>CPI</b> Food For Thought - Culinary Led (AR) 2:00 <b>HPF</b> Holiday Hustle Series (AR) 4:00 <b>HPF</b> Dance &amp; Movement: Electric Slide (AR)</p>	<p><b>17</b> <b>NATIONAL MAPLE SYRUP DAY</b> 9:00 <b>LIS</b> Newsletter: National Maple Syrup Day (IR) 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (LOB) 4:00 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p>	<p><b>18</b> <b>NATIONAL WREATHS ACROSS AMERICA DAY</b> 9:00 <b>LIS</b> Newsletter: National Wreaths Day (IR) 10:00 <b>HPF</b> Cardio Drumming Circle (AR) 1:00 <b>CEA</b> BJK Journaling Series (AR) 2:00 <b>BINGO</b> (AR) 3:30 <b>HPF</b> Posture and Stretch Fitness Class (AR)</p>
<p><b>19</b> 10:00 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR) 11:00 <b>RSF</b> Bible Study Series: Part III (LIB) 3:00 <b>CPI</b> Civic Engagement Delivery (AR) 4:00 <b>HPF</b> Flow Yoga (AR)</p>	<p><b>20</b> 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (LOB) 10:30 <b>CEA</b> Painting with Sharon (AR) 2:00 <b>CEA</b> Music History: Christmas Carols, Part I (AR) 4:00 <b>HPF</b> Lower Body Conditioning (AR)</p>	<p><b>21</b> <b>WINTER SOLSTICE</b> 9:00 <b>LIS</b> Newsletter Highlight: Winter Solstice (IR) 10:00 <b>HPF</b> Flow Yoga (AR) 2:30 <b>BINGO</b> (AR) 4:00 <b>HPF</b> Dance &amp; Movement: Electric Slide (AR) 5:00 <b>LIS</b> ODU: When Weather Changed History (AR)</p>	<p><b>22</b> 10:00 <b>HPF</b> Upper Body Conditioning (AR) 2:00 <b>SCE</b> A Game of Carols (AR) 3:30 <b>SCE</b> Christmas Cheer(s) Happy Hour (PUB) 4:30 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR)</p>	<p><b>23</b> 10:00 <b>HPF</b> Total Body Conditioning - Beginner (AR) 1:00 <b>CEA</b> Music History: Christmas Carols, Part II (AR) 2:00 <b>HPF</b> Holiday Hustle Series (AR) 4:00 <b>HPF</b> Dance &amp; Movement: The Hustle (AR)</p>	<p><b>24</b> <b>CHRISTMAS EVE</b> 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (AR) 2:00 <b>RSF</b> Meaning &amp; Tradition of Christmas Part I (AR) 4:00 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p>	<p><b>25</b> <b>CHRISTMAS DAY</b> 10:00 <b>HPF</b> Cardio Drumming Circle (AR) 1:00 <b>CEA</b> BJK Journaling Series (AR) 2:00 <b>RSF</b> Meaning &amp; Tradition of Christmas Part II (AR) 3:30 <b>HPF</b> Posture and Stretch Fitness Class (AR)</p>
<p><b>26</b> <b>BOXING DAY</b> 9:00 <b>LIS</b> Newsletter Highlight: Boxing Day (IR) 10:00 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR) 11:00 <b>RSF</b> Bible Study Series: Part IV (LIB) 2:00 <b>BINGO</b> (AR) 4:00 <b>HPF</b> Flow Yoga (AR)</p>	<p><b>27</b> 10:00 <b>HPF</b> Moving For Memory: Walking Challenge (AR) 1:00 <b>LIS</b> Zodiac &amp; Horoscope of December (LIB) 3:00 <b>CPI</b> Career Connections Club (TH) 4:00 <b>HPF</b> Lower Body Conditioning (AR)</p>	<p><b>28</b> <b>CALL A FRIEND DAY</b> 9:00 <b>SCE</b> Newsletter Highlight: Call a Friend Day (IR) 10:00 <b>HPF</b> Flow Yoga (AR) 2:00 <b>CPI</b> Resident Council Meeting (AR) 2:30 <b>BINGO</b> (AR) 4:00 <b>HPF</b> Dance &amp; Movement: The Hustle (AR)</p>	<p><b>29</b> 10:00 <b>HPF</b> Upper Body Conditioning (AR) 1:00 <b>LIS</b> Playing &amp; Scoring Hockey (AR) 2:00 <b>CEA</b> Creating Winter Snow Globes (AR) 4:00 <b>HPF</b> Tai Chi: Balance &amp; Posture (AR)</p>	<p><b>30</b> 10:00 <b>HPF</b> Total Body Conditioning - Beginner (AR) 1:00 <b>LIS</b> The History &amp; Origins of New Year's Eve (AR) 2:30 <b>HPF</b> Holiday Hustle Awards Ceremony (AR) 4:00 <b>HPF</b> Dance &amp; Movement: The Hustle (AR)</p>	<p><b>31</b> <b>NEW YEAR'S EVE</b> 10:00 <b>HPF</b> Moving for Memory Recognition Ceremony (AR) 2:30 <b>SCE</b> Happy New Year Happy Hour (AR) 4:00 <b>HPF</b> Total Body Conditioning - Advanced (AR)</p>	<ul style="list-style-type: none"> <li><span style="color: purple;">■</span> HEALTH AND PHYSICAL FITNESS</li> <li><span style="color: green;">■</span> LIFELONG LEARNING AND INTELLECTUAL STIMULATION</li> <li><span style="color: red;">■</span> CREATIVE EXPRESSION AND THE ARTS</li> <li><span style="color: orange;">■</span> SOCIAL CONNECTION AND ENTERTAINMENT</li> <li><span style="color: blue;">■</span> CIVIC AND PROFESSIONAL INVOLVEMENT</li> <li><span style="color: pink;">■</span> RELIGIOUS AND SPIRITUAL FELLOWSHIP</li> </ul>

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Civic Engagement Project Launch**

Friday, December 3, 2:00 PM

**Winter Wonderland Happy Hour**

Wednesday, December 8, 2:00 PM

**Cardio Drumming Circle**

Friday, December 17, 3:00 PM



# DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

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