

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Holidays Around the
World Happy Hour**

Wednesday, December 1, 2:00 PM

Winter Wonderland Happy Hour

Wednesday, December 8, 2:00 PM

Happy New Year Happy Hour

Friday, December 31, 2:00 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

- Dining Room DR
- Great Room GR
- Bistro BIS
- Living Room LR
- Poolside PS
- Fitness Room FR
- Library LIB
- Ch. 1390 CH
- Lobby LB

STAFF KEY:

- Engage Life® Director ELD

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5
10:15 **HPF** Body Balance w/ Robert (GR)
10:30 **RSF** Catholic Services (LIB)
1:00 **CPI** Career Connections Club (LIB)
2:00 Bingo (GR)
3:30 **RSF** Devotions w/ Lora (LIB)
6:00 **HPF** Gentle Yoga (CH)

6
LAST DAY OF HANUKKAH
ST. NICHOLAS DAY
10:15 **HPF** Exercise with Monique (GR)
11:00 **HPF** Pool Fitness with Monique (PS)
1:00 **SCE** Explore San Diego Outing (LB)
1:30 Bridge Club (LIB)
2:30 **CEA** BJK Journaling Series (GR)
6:00 Chair Yoga (CH)
6:00 **HPF** Seated Back Stretch (CH)

7
NATIONAL PEARL HARBOR DAY OF REMEMBRANCE
9:15 **HPF** Yoga with Yana (GR)
10:00 **RSF** Bible Study with Joyce (LIB)
10:30 **HPF** Walking Club (GR)
1:00 **CPI** Food For Thought - Culinary Led (LIB)
2:00 **CEA** Art for All Ages Painting Class (GR)
4:00 Rummikub® (LIB)
6:00 **HPF** Tai Chi (GR)

8
FEAST OF THE CONCEPTION
10:00 **LIS** Meeting of the Minds w/ Phyllis (LIB)
10:30 **HPF** Flow Yoga with Jenny (GR)
1:00 **HPF** Holiday Hustle Series (GR)
1:00 Mahjong (LIB)
2:00 **SCE** Winter Wonderland Happy Hour (BIS)
3:15 Bingo (GR)
6:00 **HPF** Seated Back Stretch (CH)

9
10:15 **HPF** Exercise with Monique (GR)
11:00 **HPF** Pool Fitness with Monique (PS)
2:00 **LIS** Book Club (LIB)
3:15 Wheel of Fortune®! (GR)
6:00 **SCE** Market Musing w/ Peter (LIB)
6:00 **RSF** 10 Min. Guided Meditation (CH)
7:00 **SCE** Poker Club (LIB)

10
9:30 10 Min. Dynamic Warm Up (CH)
10:00 **SCE** Transitions in Life w/ Phyllis (LIB)
10:30 **HPF** Yoga Flow (GR)
1:30 Bridge Club (GR)
2:00 **CPI** Knitting w/ Alexis Houck (LIB)
6:00 **HPF** Stretches for Hand Arthritis (CH)
7:00 Rummikub® (LIB)

11
10:15 **HPF** Total Body Strength w/ Robert (GR)
11:00 **SCE** Holiday Celebration Series (LIB)
1:30 **HPF** Dance Fitness with Isabel (GR)
3:00 **CEA** Creating Winter Snow Globes (GR)
7:00 **SCE** Saturday Night Live Concert (LR)

12
NATIONAL POINSETTIA DAY
10:15 **HPF** Body Balance w/ Robert (GR)
10:30 **RSF** Catholic Services (LIB)
1:00 **CEA** Music History: Christmas Carols, Part I (LIB)
2:00 Bingo (GR)
3:30 **RSF** Devotions w/ Lora (LIB)
4:00 **LIS** Travel Talks (GR)
6:00 **HPF** Gentle Yoga (CH)

13
U.S. NATIONAL GUARD BIRTHDAY
10:15 **HPF** Exercise with Monique (GR)
10:30 Seated Exercise Class (CH)
11:00 **HPF** Clear Choice Hearing Aid Service (FR)
11:00 **HPF** Pool Fitness with Monique (PS)
1:30 Bridge Club (GR)
2:30 **CEA** BJK Journaling Series (LIB)
4:00 Sing-Along Karaoke w/ Shawn (GR)
6:00 Chair Yoga (CH)
6:00 **HPF** Seated Back Stretch (CH)

14
9:15 **HPF** Yoga with Yana (FR)
9:30 **SCE** Men's Round Table (GR)
10:00 **RSF** Bible Study with Joyce (LIB)
10:30 Seated Yoga (CH)
10:30 **HPF** Walking Club (GR)
1:00 **CPI** Ambassador Club Meeting (LIB) (ELD)
4:00 Rummikub® (LIB)
6:00 **HPF** Tai Chi (GR)

15
10:00 **LIS** Meeting of the Minds w/ Phyllis (LIB)
10:30 **HPF** Flow Yoga with Jenny (GR)
1:00 Mahjong (LIB)
1:00 Townhall Meeting (LR)
2:00 **SCE** Candy Lane Happy Hour (BIS)
3:15 Bingo (GR)
6:00 **LIS** ODU: The Perfect Treat: Chocolate (LIB)

16
10:15 **HPF** Exercise with Monique (GR)
11:00 **HPF** Pool Fitness with Monique (PS)
2:00 **LIS** Book Club (LIB)
2:00 **HPF** Walking Club w/ Bob Ward
3:15 Family Feud™! (GR)
6:00 **SCE** Market-Musing w/ Peter (LIB)
6:00 **RSF** 10 Min. Guided Meditation (CH)
7:00 **SCE** Poker Club (LIB)

17
NATIONAL MAPLE SYRUP DAY
NATIONAL UGLY SWEATER DAY
9:30 10 Min. Dynamic Warm Up (CH)
10:00 **SCE** Transitions in Life w/ Phyllis (LIB)
10:30 **HPF** Cardio Drumming Circle (GR)
10:30 **CPI** Residents' Council Meeting (GR)
1:00 **HPF** Senior Samba w/ Tamar (FR)
1:30 Bridge Club (GR)
2:00 **CPI** Knitting w/ Alexis Houck (LIB)
3:00 **CEA** Ugly Sweater Day Holiday Fashion Show (LR)
7:00 Rummikub® (LIB)

18
NATIONAL WREATHS ACROSS AMERICA DAY
10:15 **HPF** Total Body Strength w/ Robert (GR)
11:00 **SCE** Holiday Celebration Series (LIB)
1:30 **HPF** Dance Fitness with Isabel (GR)
3:00 **LIS** Holiday Language Learning (LIB)
7:00 **SCE** Saturday Night Live Concert (LR)

19
10:15 **HPF** Body Balance w/ Robert (GR)
10:30 **RSF** Catholic Services (LIB)
1:00 **CEA** Music History: Christmas Carols, Part II (LIB)
2:00 Bingo (GR)
3:30 **RSF** Devotions w/ Lora (LIB)
4:00 **LIS** Travel Talks (GR)
6:00 **HPF** Gentle Yoga (CH)

20
10:15 **HPF** Exercise with Monique (GR)
11:00 **HPF** Pool Fitness with Monique (PS)
1:00 **SCE** Explore San Diego Outing (LB)
1:00 **SCE** Coffee & Current Events (LIB)
1:30 Bridge Club (GR)
2:30 **CEA** BJK Journaling Series (LIB)
6:00 **HPF** Seated Back Stretch (CH)

21
WINTER SOLSTICE
9:15 **HPF** Yoga with Yana (FR)
10:00 **RSF** Bible Study with Joyce (LIB)
10:30 **HPF** Walking Club (GR)
1:00 **CPI** Engage Life® Programming Meeting (LIB) (ELD)
2:00 **CEA** Craft Class w/ Barbara (GR)
4:00 Rummikub® (LIB)
6:00 **LIS** ODU: When Weather Changed History (LIB)

22
10:00 **LIS** Meeting of the Minds w/ Phyllis (LIB)
10:30 **HPF** Flow Yoga with Jenny (GR)
1:00 **HPF** Holiday Hustle Series (GR)
1:00 Mahjong (LIB)
2:00 **SCE** Christmas Cheer(s) Happy Hour (BIS)
3:15 Bingo (GR)
6:00 **LIS** ODU: Christmas in America (LIB)

23
10:15 **HPF** Exercise with Monique (GR)
11:00 **HPF** Pool Fitness with Monique (PS)
2:00 **LIS** Book Club (LIB)
3:15 **SCE** A Game of Carols (GR)
6:00 **RSF** 10 Min. Guided Meditation (CH)
7:00 **SCE** Poker Club (LIB)

24
CHRISTMAS EVE
10:00 **SCE** Transitions in Life w/ Phyllis (LIB)
10:30 **HPF** Yoga Flow (GR)
1:30 Bridge Club (GR)
2:00 **CPI** Knitting w/ Alexis Houck (LIB)
3:00 **RSF** Meaning & Tradition of Christmas Part I (LIB)
6:00 **HPF** Stretches for Hand Arthritis (CH)
7:00 Rummikub® (LIB)

25
CHRISTMAS DAY
10:15 **HPF** Total Body Strength w/ Robert (GR)
11:00 **SCE** Holiday Brain Challenge (GR)
1:30 **HPF** Dance Fitness with Isabel (GR)
3:00 **RSF** Meaning & Tradition of Christmas Part II (LIB)
7:00 **SCE** Saturday Night Live Concert (LR)

26
BOXING DAY
10:15 **HPF** Body Balance w/ Robert (GR)
10:30 **RSF** Catholic Services (LIB)
1:00 **LIS** Zodiac & Horoscope of November (LIB)
2:00 Bingo (GR)
3:30 **RSF** Devotions w/ Lora (LIB)
4:00 **LIS** Travel Talks (GR)
6:00 **HPF** Gentle Yoga (CH)

27
10:15 **HPF** Exercise with Monique (GR)
11:00 **HPF** Pool Fitness with Monique (PS)
1:00 **SCE** Coffee & Current Events (LIB)
1:00 **SCE** Explore San Diego Outing (LB)
1:30 Bridge Club (GR)
2:30 **CEA** BJK Journaling Series (LIB)
4:00 Sing-Along Karaoke w/ Shawn (GR)
6:00 **HPF** Seated Back Stretch (CH)

28
CALL A FRIEND DAY
9:15 **HPF** Yoga with Yana (FR)
10:30 **HPF** Walking Club (GR)
12:00 **SCE** December Birthday Luncheon (DR)
2:00 Podiatrist (FR)
4:00 Rummikub® (LIB)
6:00 Gentle Yoga (CH)
6:00 **HPF** Tai Chi (GR)

29
10:00 **LIS** Meeting of the Minds w/ Phyllis (LIB)
10:30 **HPF** Flow Yoga with Jenny (GR)
1:00 **HPF** Holiday Hustle Awards Ceremony (GR)
1:00 Mahjong (LIB)
3:15 Bingo (GR)
6:00 **LIS** ODU: What's So Great About Champagne? (LIB)

30
10:15 **HPF** Exercise with Monique (GR)
11:00 **HPF** Pool Fitness with Monique (PS)
2:00 **LIS** Book Club (LIB)
3:15 Scattergories®! (GR)
6:00 **RSF** 10 Min. Guided Meditation (CH)
7:00 **SCE** Poker Club (LIB)

31
NEW YEAR'S EVE
10:00 **SCE** Transitions in Life w/ Phyllis (LIB)
10:30 **HPF** Yoga Flow (GR)
1:00 **LIS** The History & Origins of New Year's Eve (LIB)
1:30 Bridge Club (GR)
2:00 **CPI** Knitting w/ Alexis Houck (LIB)
2:00 **SCE** Happy New Year Happy Hour (BIS)
6:00 **HPF** Stretches for Hand Arthritis (CH)
7:00 Rummikub® (LIB)

- 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