

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Winter Wonderland Happy Hour**

Wednesday, December 8, 3:00 PM

**Music History:**

**Christmas Carols, Part I**

Monday, December 20, 2:00 PM

**Creating Winter Snow Globes**

Wednesday, December 29, 11:00 AM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

**ROOM LOCATION KEY:**

Activity Room AR  
Bus B  
Courtyard CTY  
Dining Room DR  
Fireside Room FR  
TV Room TV  
Courtyard CY  
Library L

**STAFF KEY:**

Rebecca ELD  
Sarah ELP  
Shawn Vol  
Ramiro DRV

10:00 **RSF** St. Rose of Lima Catholic Mass (TV) **5**  
10:00 **HPF** Tai Chi: Balance & Posture (AR)  
11:00 Scenic Drive (B)  
1:30 **HPF** Flow Yoga (AR)  
2:00 **CPI** Civic Engagement Working Session (TV)  
2:00 **SCE** Bingo (AR)

**LAST DAY OF HANUKKAH ST. NICHOLAS DAY** **6**  
10:00 **HPF** Moving For Memory: Walking Challenge (CTY)  
10:00 **RSF** Newsletter Highlight: St. Nicholas Day (AR)  
10:15 Walmart Shopping Trip (B) (ELP)  
11:45 Bank Runs (B) (ELP)  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Lower Body Conditioning (AR)  
2:00 **RSF** Hanukkah Celebration Series (TV)  
2:00 **SCE** Bingo (AR)

**NATIONAL PEARL HARBOR DAY OF REMEMBRANCE** **7**  
9:45 **RSF** Catholic Communion (FR)  
10:00 **HPF** Flow Yoga (AR)  
10:00 **LIS** Newsletter: Pearl Harbor Remembrance (AR)  
1:30 **HPF** Dance & Movement: Cowboy Charleston (AR)  
2:00 **SCE** Golf Card Game (AR)  
2:00 **CPI** Ambassador Club Meeting (TV)  
3:00 **SCE** Wine, Cheese & Trivia (TV) (ELP)  
5:30 **LIS** ODU: Date of Dec.7 Will Live in Infamy (TV)

**FEAST OF THE IMMACULATE CONCEPTION** **8**  
9:00 **RSF** Newsletter: Immaculate Conception Feast (AR)  
9:15 **HPF** Total Body Workout with Robert (AR)  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Tai Chi: Balance & Posture (AR)  
3:00 **SCE** Winter Wonderland Happy Hour (AR)

9:30 **HPF** Total Body Conditioning - Beginner (AR) **9**  
10:00 **LIS** Playing & Scoring Hockey  
1:30 **HPF** Dance & Movement: Cupid Shuffle (AR)  
2:00 **HPF** Holiday Hustle Series (AR)  
2:00 **RSF** Bible Education with Major (TV)  
3:00 **SCE** Loteria (AR) (DRV)  
6:00 **RSF** Bible Study with Shawn (FR) (Vol)

10:00 **HPF** Moving For Memory: Walking Challenge **10**  
10:30 **SCE** Holiday Brain Challenge  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Total Body Conditioning - Advanced (AR)  
2:00 **SCE** Golf Card Games (AR)  
2:00 Movie Showing: (TV)

10:00 **HPF** Cardio Drumming Circle (AR) **11**  
11:00 **SCE** Holiday Celebration Series (AR)  
1:00 **CEA** BJK Journaling Series (AR)  
1:30 **HPF** Posture and Stretch Fitness Class (AR)  
2:00 **SCE** Bingo (AR)

**NATIONAL POINSETTIA DAY** **12**  
10:00 **RSF** Newsletter: The Christmas Flower (AR)  
10:00 **RSF** St. Rose of Lima Catholic Mass (TV)  
10:00 **HPF** Tai Chi: Balance & Posture (AR)  
1:30 **HPF** Flow Yoga (AR)  
2:00 **LIS** ODU: Christmas in America (TV)  
2:00 **SCE** Bingo (AR)

**U.S. NATIONAL GUARD BIRTHDAY** **13**  
10:00 **HPF** Moving For Memory: Walking Challenge (CTY)  
10:00 **LIS** Newsletter: U.S. National Guard Birthday (CY)  
10:15 Dollar Tree Shopping Trip (B) (ELP)  
11:45 Bank Runs (B) (ELP)  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Lower Body Conditioning (AR)  
2:00 **SCE** Bingo (AR)

**14**  
9:30 **HPF** Flow Yoga (AR)  
9:45 **RSF** Catholic Communion (FR)  
11:00 **SCE** Holiday Celebration Series (AR)  
1:00 **CPI** Engage Life® Planning Meeting (TV)  
1:30 **HPF** Dance & Movement: Cupid Shuffle (AR)  
2:00 **SCE** Golf Card Game (AR)  
2:00 **CEA** Scentsory Art (TV)  
3:00 **SCE** Wine, Cheese and Trivia (TV)

9:15 **HPF** Total Body Workout with Robert (AR) **15**  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Tai Chi: Balance & Posture  
2:00 **LIS** Holiday Language Learning (TV)  
3:00 **SCE** Candy Lane Happy Hour

9:30 **HPF** Total Body Conditioning - Beginner **16**  
10:00 Hearing Aid Assistance (AR)  
1:30 **HPF** Dance & Movement: Electric Slide (AR)  
2:00 **CPI** Food For Thought - Culinary Led (DR)  
2:00 **HPF** Holiday Hustle Series (AR)  
2:00 **RSF** Bible Education with Major (TV)  
3:00 **SCE** Loteria (AR) (DRV)  
6:00 **RSF** Bible Study with Shawn (FR)

**NATIONAL MAPLE SYRUP DAY** **17**  
9:30 **LIS** Newsletter: National Maple Syrup Day (AR)  
10:00 **HPF** Moving For Memory: Walking Challenge (CTY)  
10:00 **CEA** Art for All Ages (AR)  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Total Body Conditioning - Advanced  
2:00 **SCE** Golf Card Game (AR)  
2:00 Movie Showing: (TV)

**NATIONAL WREATHS ACROSS AMERICA DAY** **18**  
9:30 **LIS** Newsletter: National Wreaths Day (AR)  
10:00 **HPF** Cardio Drumming Circle (AR)  
1:00 **CEA** BJK Journaling Series (AR)  
1:30 **HPF** Posture and Stretch Fitness Class (AR)  
2:00 **SCE** Bingo (AR)

10:00 **RSF** St. Rose of Lima Catholic Mass (TV) **19**  
10:00 **HPF** Tai Chi: Balance & Posture (AR)  
1:30 **HPF** Flow Yoga (AR)  
2:00 **SCE** Bingo (AR)  
3:00 **CPI** Civic Engagement Delivery (B)

10:00 **HPF** Moving For Memory: Walking Challenge (CTY) **20**  
10:15 Trader Joe's Shopping Trip (B) (ELP)  
11:45 Bank Run (B) (ELP)  
1:30 **HPF** Lower Body Conditioning  
2:00 **CEA** Music History: Christmas Carols, Part I (TV)  
2:00 **SCE** Bingo (AR)

**WINTER SOLSTICE** **21**  
9:45 **RSF** Catholic Communion (FR)  
10:00 **HPF** Flow Yoga  
10:00 **LIS** Newsletter Highlight: Winter Solstice (AR)  
10:30 **LIS** Travel Log with Hernan (TV)  
1:30 **HPF** Dance & Movement: Electric Slide (AR)  
2:00 **SCE** Golf Card Game (AR)  
2:00 **LIS** ODU: When Weather Changed History (TV)  
3:00 **SCE** Wine, Cheese, and Trivia (TV)

9:15 **HPF** Total Body Exercise with Robert (AR) (ELD) **22**  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Tai Chi: Balance & Posture (AR)  
2:00 **SCE** A Game of Carols (AR)  
3:00 **SCE** Christmas Cheer(s) Happy Hour

9:30 **HPF** Total Body Conditioning - Beginner (AR) **23**  
1:30 **HPF** Dance & Movement: The Hustle (AR)  
2:00 **HPF** Holiday Hustle Series (AR)  
2:00 **CEA** Music History: Christmas Carols, Part II (TV)

**CHRISTMAS EVE** **24**  
10:00 **HPF** Moving For Memory: Walking Challenge (CTY)  
11:00 **RSF** Meaning & Tradition of Christmas Part I (TV)  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Total Body Conditioning - Advanced (AR)  
2:00 **SCE** Golf Card Game (AR)  
2:00 Movie Showing: (TV)

**CHRISTMAS DAY** **25**  
10:00 **HPF** Cardio Drumming Circle (AR)  
1:00 **CEA** BJK Journaling Series (AR)  
1:30 **HPF** Posture and Stretch Fitness Class (AR)  
2:00 **RSF** Meaning & Tradition of Christmas Part II (TV)  
2:00 **SCE** Bingo (AR)

**BOXING DAY** **26**  
10:00 **LIS** Newsletter Highlight: Boxing Day (AR)  
10:00 **RSF** St. Rose of Lima Catholic Mass (TV)  
10:00 **HPF** Tai Chi: Balance & Posture (AR)  
1:30 **HPF** Flow Yoga (AR)  
2:00 **SCE** Bingo (AR)

10:00 **HPF** Moving For Memory: Walking Challenge (CTY) **27**  
10:15 Food4Less Shopping Trip (B) (ELP)  
11:00 **LIS** Zodiac & Horoscope of December  
11:45 Bank Run (B) (ELP)  
12:30 **SCE** Bridge Club (FR)  
1:30 **HPF** Lower Body Conditioning (AR)  
2:00 **LIS** Critter Encounter (FR)  
2:00 **CPI** Career Connections Club (TV)  
2:00 **SCE** Bingo (AR)

**CALL A FRIEND DAY** **28**  
9:45 **RSF** Catholic Communion (FR)  
10:00 **HPF** Flow Yoga (AR)  
10:00 **SCE** Newsletter Highlight: Call a Friend Day (AR)  
1:30 **HPF** Dance & Movement: The Hustle (AR)  
2:00 **SCE** Golf Card Game (AR)  
2:00 **CPI** Resident Council Meeting (TV)  
3:00 **SCE** Wine, Cheese, and Trivia (TV) (ELP)

9:15 **HPF** Total Body workout with Robert (AR) **29**  
11:00 **CEA** Creating Winter Snow Globes (AR)  
1:30 **HPF** Tai Chi: Balance & Posture (AR)  
3:00 **SCE** Happy New Year Happy Hour (AR)

9:30 **HPF** Total Body Conditioning - Beginner (AR) **30**  
10:00 **LIS** The History & Origins of New Year's Eve (TV)  
1:30 **HPF** Dance & Movement: The Hustle (AR)  
2:00 **HPF** Holiday Hustle Awards Ceremony (AR)

**NEW YEAR'S EVE** **31**  
10:30 **HPF** Moving for Memory Recognition Ceremony (AR)  
1:30 **HPF** Total Body Conditioning - Advanced (AR)  
5:00 **SCE** Rolling Out the Red Carpet (DR)

- 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

# LIFE GUIDANCE<sup>®</sup>

## 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



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 It's Christmas          2:00 <b>CPI</b> Civic Engagement Working Session          3:00 <b>HPF</b> Walking Challenge          5:00 <b>RSF</b> Bible Study</p>	<p><b>LAST DAY OF HANUKKAH</b> <b>6</b>  <b>ST. NICHOLAS DAY</b></p> <p>10:00 <b>RSF</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Walking Challenge          1:00 <b>CEA</b> Music Appreciation: Saint Nicholas Day          1:30 <b>RSF</b> Meaning &amp; Tradition of Christmas: Part I          3:00 <b>HPF</b> Lower Body Conditioning          5:00 <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</p>	<p><b>FEAST OF IMMACULATE CONCEPTION</b> <b>8</b></p> <p>10:00 <b>RSF</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Upper Body Conditioning          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</p>	<p><b>Today's Events &amp; Newsletter</b> <b>2</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: Songs About December          2:00 <b>LIS</b> Zodiac and Horoscope for December          3:00 <b>HPF</b> Dance &amp; Movement: The Hustle          5:00 <b>LIS</b> Literary Appreciation: The Holidays</p>	<p><b>Today's Events &amp; Newsletter</b> <b>3</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: 6th Day of Hanukkah          2:00 <b>CPI</b> Civic Engagement Project Launch          3:00 <b>HPF</b> Cardio Drumming Circle          5:00 <b>SCE</b> Laughter Therapy</p>	<p><b>Today's Events &amp; Newsletter</b> <b>4</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Flow Yoga          11:30 <b>RSF</b> Hanukkah Celebration Series          1:00 <b>CEA</b> Music Appreciation: Top 30 Holiday Songs          3:00 <b>HPF</b> Posture and Stretch Fitness Class          5:00 <b>LIS</b> Find The Pairs: Holiday Edition</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</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>HPF</b> Lower Body Conditioning          5:00 <b>SCE</b> Holiday Celebration Series</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</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</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</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</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</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</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          1:00 <b>CEA</b> Today's Music: It's A Wonderful Life          2:00 <b>CEA</b> Scentsory Art          3:00 <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</p>	<p><b>Today's Events &amp; Newsletter</b> <b>22</b></p> <p>10:00 <b>SCE</b> Today's Events &amp; Newsletter          10:30 <b>HPF</b> Upper Body Conditioning          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</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</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</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</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</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          1:00 <b>CEA</b> Music Venues: Radio City Music Hall          1:30 <b>CEA</b> Music History: Iconic Music Venues, II          3:00 <b>HPF</b> Lower Body Conditioning          5:00 <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</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</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</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</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>