

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Civic Engagement Project Launch

Friday, December 3, 3:00 PM

Creating Winter Snow Globes

Wednesday, December 29, 2:00 PM

Happy New Year Happy Hour

Wednesday, December 29, 2:15 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

- Back Patio BP
- Library LB
- Life Guidance® Patio LGP
- Outing OT
- Theater TH
- Dining Room DR
- Game Lounge GL
- Activity Room AR
- Parlor/Cafe P
- Front Desk FD
- Hallway HW

10:30 **HPF** Tai Chi: Balance & Posture (AR) **5**
 11:00 **RSF** Protestant Services (AR)
 12:00 Sign up for outings (FD)
 1:30 **HPF** Flow Yoga (AR)
 2:00 **RSF** Sing Hymns & Prayers (LGP)
 2:00 **CPI** Civic Engagement Working Session
 3:15 **SCE** PO-KE-NO (AR)

ST. NICHOLAS DAY
LAST DAY OF HANUKKAH
 10:15 **RSF** Newsletter Highlight: St. Nicholas Day (AR)
 11:00 **RSF** Hanukkah Celebration Series (AR)
 1:30 **HPF** Lower Body Conditioning (AR)
 1:30 **HPF** Moving For Memory: Walking Challenge (BP)
 3:15 **LIS** Travelogue (P)
 3:15 **CPI** Atria Pals (AR)
 5:15 Movie Night (TH)

NATIONAL PEARL HARBOR DAY OF REMEMBRANCE
 9:00 Store Outing: Target (OT)
 10:00 **HPF** Flow Yoga
 10:30 **LIS** Newsletter: Pearl Harbor Remembrance (AR)
 1:30 **HPF** Dance & Movement: Cowboy Charleston (AR)
 3:00 **SCE** \$1 Bingo (AR)
 4:00 Community Store (GL)
 5:15 **LIS** ODU: Date of Dec. 7 Will Live in Infamy (P)

FEAST OF THE IMMACULATE CONCEPTION
 9:00 **RSF** Newsletter: Immaculate Conception Feast
 10:00 **HPF** Upper Body Conditioning
 10:30 **RSF** Bible Study (LB)
 2:15 **SCE** Winter Wonderland Happy Hour (P)
 4:00 **HPF** Tai Chi: Balance & Posture

10:00 **HPF** Total Body Conditioning - Beginner
 12:30 Lunch Outing (OT)
 1:00 **LIS** Playing & Scoring Hockey
 1:00 Steel Drums w/ Timo (DR)
 2:00 **HPF** Holiday Hustle Series
 4:00 **HPF** Dance & Movement: Cupid Shuffle

Happy Birthday Frances H.!
 9:00 **RSF** Hanukkah Celebration Series
 10:00 **HPF** Walking Challenge Monthly Launch
 2:00 Creative Vibes Music w/ Felinn (DR)
 3:00 **CPI** Civic Engagement Project Launch
 3:00 **SCE** Friday Game Day (P)
 4:00 **HPF** Total Body Conditioning - Advanced
 5:15 Documentary: Pacificum (TH)

9:00 **RSF** Hanukkah Celebration Series
 10:00 **HPF** Cardio Drumming Circle
 1:00 **CEA** BJK Journaling Series
 3:00 **SCE** \$1 Bingo (AR)
 4:00 **HPF** Posture and Stretch Fitness Class

NATIONAL POINSETTIA DAY
 10:30 **HPF** Flow Yoga (AR)
 11:00 **RSF** Newsletter: The Christmas Flower (AR)
 11:00 **RSF** Protestant Services (AR)
 12:00 Sign up for outings (FD)
 1:30 **HPF** Outdoor Walk (BP)
 2:00 **RSF** Sing Hymns & Prayers (LGP)
 3:00 **SCE** PO-KE-NO (AR)
 5:15 **LIS** ODU: Christmas in America (P)

U.S. NATIONAL GUARD BIRTHDAY
 10:00 **HPF** Lower Body Conditioning (AR)
 10:30 **LIS** Newsletter: U.S. National Guard Birthday (AR)
 1:30 **HPF** Moving For Memory: Walking Challenge (BP)
 2:00 **CPI** Engage Life® Planning Meeting (AR)
 3:00 **LIS** Travelogue (P)
 5:15 Movie Night (TH)

10:00 **HPF** Flow Yoga (AR)
 10:30 **SCE** Holiday Celebration Series (AR)
 1:30 **HPF** Dance & Movement: Cupid Shuffle (P)
 2:00 **CEA** Scentsory Art (P)
 3:00 **SCE** \$1 Bingo (AR)

10:00 **HPF** Upper Body Conditioning
 10:30 **RSF** Bible Study (LB)
 2:00 **LIS** Holiday Language Learning
 2:15 **SCE** Candy Lane Happy Hour (P)
 4:00 **HPF** Tai Chi: Balance & Posture

10:00 **HPF** Total Body Conditioning - Beginner
 12:00 Lunch Outing (OT)
 1:00 **CPI** Food For Thought - Culinary Led
 2:00 **HPF** Holiday Hustle Series
 3:15 **SCE** Poker (GL)
 4:00 **HPF** Dance & Movement: Electric Slide

NATIONAL MAPLE SYRUP DAY
 9:00 **LIS** Newsletter: National Maple Syrup Day
 10:00 **HPF** Moving For Memory: Walking Challenge
 2:00 **SCE** Friday Game Day (P)
 3:15 Music Video Requests (AR)
 4:00 **HPF** Total Body Conditioning - Advanced
 5:15 Documentary: Secrets of Whales (P)

NATIONAL WREATHS ACROSS AMERICA DAY
Happy Birthday Fred J.!
 9:00 **LIS** Newsletter: National Wreaths Day
 10:00 **HPF** Cardio Drumming Circle
 1:00 **CEA** BJK Journaling Series
 3:00 **SCE** \$1 Bingo (AR)
 4:00 **HPF** Posture and Stretch Fitness Class

10:30 **HPF** Tai Chi: Balance & Posture (AR)
 11:00 **RSF** Protestant Services (AR)
 12:00 Sign up for outings (OT)
 1:30 **HPF** Flow Yoga (HW)
 2:00 **RSF** Sing Hymns & Prayers (LGP)
 3:00 PO-KE-NO (AR)
 3:00 **CPI** Civic Engagement Delivery (P)
 5:00 **HPF** Evening Stroll (BP)

10:00 **HPF** Lower Body Conditioning (AR)
 10:30 **CEA** Music History: Christmas Carols, Part I (AR)
 1:30 **HPF** Moving For Memory: Walking Challenge (BP)
 3:00 **SCE** PO-KE-NO (AR)
 3:15 **LIS** Travelogue (AR)

WINTER SOLSTICE
 9:00 **LIS** Newsletter Highlight: Winter Solstice
 9:00 Store Outing: Safeway (OT)
 10:00 **HPF** Flow Yoga (AR)
 1:30 **HPF** Dance & Movement: Electric Slide (AR)
 2:00 **CPI** Ambassador Club Meeting (AR)
 3:00 **SCE** \$1 Bingo (AR)
 4:00 Community Store (GL)
 5:15 **LIS** ODU: When Weather Changed History (P)

10:00 **HPF** Upper Body Conditioning
 10:30 **RSF** Bible Study (LB)
 2:00 **SCE** A Game of Carols
 2:15 **SCE** Christmas Cheer(s) Happy Hour (P)
 3:15 **LIS** Spanish Loteria w/ Sara (AR)
 4:00 **HPF** Tai Chi: Balance & Posture

Happy Birthday Jacqueline B.!
 10:00 **HPF** Total Body Conditioning - Beginner
 12:00 Lunch Outing (OT)
 1:00 **CEA** Music History: Christmas Carols, Part II
 2:00 **HPF** Holiday Hustle Series
 4:00 **HPF** Dance & Movement: The Hustle

CHRISTMAS EVE
 10:00 **HPF** Moving For Memory: Walking Challenge
 2:00 **RSF** Meaning & Tradition of Christmas Part I
 2:00 **SCE** Friday Game Day (P)
 4:00 **HPF** Total Body Conditioning - Advanced
 5:15 Movie Night (TH)

CHRISTMAS DAY
 10:00 **HPF** Cardio Drumming Circle
 11:00 Catholic Services (AR)
 1:00 **CEA** BJK Journaling Series
 2:00 **RSF** Meaning & Tradition of Christmas Part II
 3:00 **SCE** \$1 Bingo (AR)
 4:00 **HPF** Posture and Stretch Fitness Class

BOXING DAY
 10:30 **HPF** Tai Chi: Balance & Posture (AR)
 11:00 **LIS** Newsletter Highlight: Boxing Day (AR)
 11:00 **RSF** Protestant Services (AR)
 1:30 **HPF** Flow Yoga (AR)
 2:00 Sing Hymns & Prayers (DR)
 3:00 **SCE** PO-KE-NO (AR)

10:00 **HPF** Lower Body Conditioning (AR)
 10:30 **LIS** Zodiac & Horoscope of December (AR)
 1:30 **HPF** Moving For Memory: Walking Challenge (BP)
 2:00 **CPI** Career Connections Club (AR)
 5:15 Movie Night (TH)

CALL A FRIEND DAY
 10:00 **HPF** Flow Yoga (AR)
 10:30 **SCE** Newsletter Highlight: Call a Friend Day (AR)
 1:30 **HPF** Dance & Movement: The Hustle (AR)
 3:00 **SCE** \$1 Bingo (AR)

10:00 **HPF** Upper Body Conditioning
 2:00 **CEA** Creating Winter Snow Globes (AR)
 2:15 **SCE** Happy New Year Happy Hour (P)
 4:00 **HPF** Tai Chi: Balance & Posture

10:00 **HPF** Total Body Conditioning - Beginner
 12:00 Lunch Outing (OT)
 1:00 **LIS** The History & Origins of New Year's Eve
 2:00 SF Chromatic Autoharp Performs (DR)
 2:00 **HPF** Holiday Hustle Awards Ceremony
 3:15 **SCE** Poker (GL)
 4:00 **HPF** Dance & Movement: The Hustle

NEW YEAR'S EVE
 10:00 **HPF** Moving for Memory Recognition Ceremony
 2:15 **SCE** Friday Game Day (P)
 4:00 **HPF** Total Body Conditioning - Advanced
 5:15 Movie Night (TH)
 6:00 **SCE** Rolling Out the Red Carpet

- 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[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Civic Engagement Project Launch

Friday, December 3, 3:15 PM

Christmas Tree Lighting

Wednesday, December 8, 5:00 PM

Creating Winter Snow Globes

Tuesday, December 28, 2:00 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:
Dining Room DR
Activity Room AR

<p>HOLIDAY TRADITIONS WEEK 5</p> <p>10:00 SCE Today's Events & Newsletter 10:30 HPF Tai Chi: Balance & Posture 11:00 RSF Protestant Services (AR) 1:00 CEA Music: Do They Know It's Christmas 2:00 RSF Bible Study 2:30 CPI Civic Engagement Working Session 3:00 HPF Walking Challenge 5:00 SCE Movie Night (AR)</p>	<p>LAST DAY OF HANUKKAH 6 ST. NICHOLAS DAY</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 3:15 CPI Atria Pals 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 5:00 RSF Christmas Tree Lighting</p>	<p>Outing 9</p> <p>10:00 SCE Outing 10:30 HPF Total Body Conditioning - Beginner 11:00 SCE Today's Events & Newsletter 1:00 SCE Steel Drums w/ Timo 2:00 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>NATIONAL POINSETTIA DAY CAROLING WEEK 12</p> <p>9:00 RSF Today's Events & Newsletter 10:30 HPF Tai Chi: Balance & Posture 11:00 RSF Protestant Services (AR) 1:00 CEA Music Appreciation: Frank Sinatra 2:00 RSF Bible Study 3:00 HPF Walking Challenge 5:00 SCE Movie Night</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>Christmas Lights Outing 16</p> <p>10:00 SCE Christmas Lights Outing 10:30 HPF Total Body Conditioning - Beginner 11:00 SCE Today's Events & Newsletter 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 11:00 RSF Protestant Services (AR) 1:00 CEA Music Appreciation: "A Christmas Carol" 2:00 RSF Bible Study 3:00 CPI Civic Engagement Delivery 4:00 HPF Walking Challenge 5:00 SCE Movie Night</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>NEW YEAR'S WEEK BOXING DAY 26</p> <p>10:00 CPI Today's Events & Newsletter 10:30 HPF Tai Chi: Balance & Posture 11:00 RSF Protestant Services (AR) 1:00 CEA Music Appreciation: Good King Wenceslas 2:00 RSF Bible Study 3:00 HPF Walking Challenge 5:00 SCE Movie</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 2:00 SCE New Year's Eve Celebration 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>