

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Holidays Around the
World Happy Hour**

Wednesday, December 1, 3:00 PM

Civic Engagement Project Launch

Friday, December 3, 3:00 PM

Creating Winter Snow Globes

Wednesday, December 29, 11:00 AM



DECEMBER 2021

ATRIA RANCHO MIRAGE TERRACE engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Art Studio ART
Second Floor South Hub 2SH
South Hub SH
Engage Life® Room EL
In-Room IR

STAFF KEY:

Engage Life® Director ELD
Engage Life® Program Instructor ELP

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<p>8:30 LIS Daily Schedule, Menu & More 9:00 HPF Newsletter Highlight: Daylight Saving 9:00 HPF Tai Chi: Balance & Posture 10:00 CPI Civic Engagement Working Session 11:00 SCE Lunch trip to Babe's 1:30 Bingo (2SH) 3:00 Blackjack w/ Claudia (SH) (ELD) 4:00 HPF Flow Yoga</p>	<p>ROOM LOCATION KEY: Art Studio ART Second Floor South Hub 2SH South Hub SH Engage Life® Room EL In-Room IR</p> <p>STAFF KEY: Engage Life® Director ELD Engage Life® Program Instructor ELP</p>	<p>8:30 LIS Daily Schedule & Menu 9:00 RSF Hanukkah Celebration Series 9:00 HPF Newsletter Highlight: Stress Awareness 9:00 HPF Upper Body Conditioning 10:00 LIS Zodiac & Horoscope of November 11:00 SCE Connect & Play: Phase 10® Card Game (SH) 1:30 Bingo w/ ELPI (2SH) 3:00 SCE Holidays Around the World Happy Hour 4:00 HPF Tai Chi: Balance & Posture</p>	<p>8:30 LIS Daily Schedule, Menu, & More 9:00 HPF Total Body Conditioning - Beginner 10:00 CEA Jewelry Making w/ Dawn (EL) (ELD) 11:00 HPF Holiday Hustle Series 1:00 SCE Agua Caliente Casino Trip 1:30 Bingo w/ ELPI (2SH) 3:00 Blackjack w/ Dawn 3:00 CPI Civic Engagement Project Launch 4:00 HPF Dance & Movement: Cowboy Charleston</p>	<p>8:30 LIS Daily Schedule, Menu, & More 9:00 RSF Hanukkah Celebration Series 9:00 HPF Total Body Conditioning - Advanced 10:00 SCE Talent Showcase: Launch 10:00 HPF Walking Challenge Monthly Launch 11:00 LIS Playing & Scoring Football 1:30 Bingo w/ ELPI (2SH) 3:00 CPI Civic Engagement Project Launch 3:00 CEA BJK Journaling Series 4:00 HPF Total Body Conditioning - Advanced</p>	<p>8:30 LIS Daily Schedule, Menu, & More 9:00 RSF Hanukkah Celebration Series 9:00 HPF Total Body Conditioning - Advanced 10:00 SCE Talent Showcase: Launch 10:00 HPF Walking Challenge Monthly Launch 11:00 LIS Playing & Scoring Football 1:30 Bingo w/ ELPI (2SH) 3:00 CPI Civic Engagement Project Launch 3:00 CEA BJK Journaling Series 4:00 HPF Total Body Conditioning - Advanced</p>	<p>8:30 LIS Daily Schedule, Menu, & More 9:00 RSF Hanukkah Celebration Series 9:00 HPF Cardio Drumming Circle 10:00 LIS Monthly Book Club 11:00 CEA The Art of Kokedama: Moss Balls 1:30 Bingo w/ ELPI (S) (2SH) 3:00 LIS Zodiac & Horoscope of December 4:00 HPF Posture and Stretch Fitness Class</p>
<p>8:30 LIS Daily Schedule, Menu & More 9:00 HPF Newsletter Highlight: Daylight Saving 9:00 HPF Tai Chi: Balance & Posture 10:00 CPI Civic Engagement Working Session 11:00 SCE Lunch trip to Babe's 1:30 Bingo (2SH) 3:00 Blackjack w/ Claudia (SH) (ELD) 4:00 HPF Flow Yoga</p>	<p>LAST DAY OF HANUKKAH ST. NICHOLAS DAY 8:30 LIS Daily Schedule, Menu, & More 9:00 HPF Moving For Memory: Walking Challenge 9:00 RSF Newsletter Highlight: St. Nicholas Day 10:00 HPF Moving For Memory: Walking Challenge 11:00 CEA Jewelry Making w/ Elidia (ART) (ELP) 11:00 RSF Hanukkah Celebration Series 1:30 Bingo (2SH) 3:00 SCE Blackjack w/ Claudia (SH) (ELD) 4:00 HPF Lower Body Conditioning</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 8:30 LIS Daily Schedule & Menu 9:00 RSF Newsletter Highlight: Day of the Dead 9:00 LIS Newsletter: Pearl Harbor Remembrance 9:00 HPF Flow Yoga 10:00 Walmart shopping trip 11:00 CPI Ambassador Club Meeting 1:30 Bingo w/ ELPI (2SH) 3:00 CEA Jewelry Making w/ Dawn (EL) (ELD) 4:00 HPF Dance & Movement: Cowboy Charleston 5:30 LIS ODU: Date of Dec.7 Will Live in Infamy</p>	<p>FEAST OF THE IMMACULATE CONCEPTION 8:30 LIS Daily Schedule, Menu, & More 9:00 LIS Newsletter Highlight: Accounting Day 9:00 RSF Newsletter: Immaculate Conception Feast 9:00 HPF Upper Body Conditioning 10:00 RSF Bible Study w/ Mr. & Mrs. Feggan 11:00 CEA Crafts making w/ Dawn (EL) (ELP) 1:30 Bingo (2SH) (ELP) 3:00 SCE Winter Wonderland Happy Hour 4:00 HPF Tai Chi: Balance & Posture</p>	<p>8:30 LIS Morning Delivery: Schedule, Menu, & More 9:00 HPF Total Body Conditioning - Beginner 10:00 RSF Yellow Ribbon Remembrance 11:00 CEA Music History: Instruments 1:00 LIS Playing & Scoring Hockey 1:30 Bingo (2SH) (ELP) 2:00 HPF Holiday Hustle Series 3:00 Blackjack w/ Claudia (SH) (ELD) 4:00 HPF Dance & Movement: Cupid Shuffle</p>	<p>8:30 LIS Morning Delivery: Schedule, Menu, & More 9:00 HPF Total Body Conditioning - Advanced 10:00 SCE Holiday Brain Challenge 11:00 Phase 10® (SH) (ELP) 1:30 Bingo (2SH) (ELP) 3:00 HPF Holiday Hustle Series 4:00 HPF Dance & Movement: Cupid Shuffle 5:00 LIS ODU: A History of Classic Television</p>	<p>8:30 LIS Morning Delivery: Schedule, Menu, & More 9:00 HPF Newsletter Highlight: World Kindness Day 9:00 HPF Cardio Drumming Circle 10:00 LIS Book Club (EL) (ELP) 11:00 CEA BJK Journaling Series 1:30 Weekend Bingo 3:00 SCE Holiday Celebration Series 4:00 HPF Posture and Stretch Fitness Class</p>
<p>NATIONAL POINSETTIA DAY 8:30 LIS Morning Delivery: Brain Games & More 9:00 RSF Newsletter: The Christmas Flower 9:00 HPF Tai Chi: Balance & Posture 10:00 LIS Tech Class with Claudia (IR) (ELP) 11:00 SCE Phase 10® 11:00 HPF Well-Being Series 1:30 Bingo (2SH) (ELP) 3:00 Blackjack w/ Claudia (SH) (ELD) 4:00 HPF Flow Yoga 5:30 LIS ODU: Christmas in America</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 8:30 LIS Morning Delivery: Schedule, Menu, & More 9:00 HPF Lower Body Conditioning 9:00 LIS Newsletter: U.S. National Guard Birthday 10:00 LIS Let's go to the library! 10:00 HPF Moving For Memory: Walking Challenge 11:00 CEA Painting on Canvas w/ Claudia (ART) (ELP) 1:30 Bingo (2SH) (ELD) 3:00 CEA Scentsory Art 4:00 HPF Lower Body Conditioning</p>	<p>8:30 LIS Daily Schedule, Menu, & More 9:00 HPF Yoga Flow 10:00 Target shopping trip 10:00 HPF Flow Yoga 11:00 SCE Holiday Celebration Series 1:00 CPI Engage Life® Planning Meeting 1:30 Bingo (2SH) 3:00 CPI Engage Life® Planning Meeting 3:00 HPF Dance & Movement: Cupid Shuffle 4:00 HPF Dance & Movement: Cupid Shuffle</p>	<p>8:30 LIS Morning Delivery: Schedule & More 9:00 HPF Upper Body Conditioning 10:00 HPF Holiday Hustle Series 10:00 Phase 10® (SH) (ELP) 10:00 RSF Bible Study w/ Mr. & Mrs. Feggan (SH) 11:00 HPF Well-Being Series 1:30 Bingo (2SH) (ELP) 2:00 LIS Holiday Language Learning 3:00 SCE Candy Lane Happy Hour 4:00 HPF Tai Chi: Balance & Posture 5:00 HPF Well-Being Series</p>	<p>8:30 LIS Morning Delivery: Schedule & More 9:00 HPF Total Body Conditioning - Beginner 11:00 CEA Painting w/ Elidia (EL) (ELP) 1:00 CPI Food For Thought - Culinary Led 1:30 Bingo (2SH) (ELP) 2:00 HPF Holiday Hustle Series 3:00 Manicures w/ Elidia (EL) (ELP) 4:00 HPF Dance & Movement: Electric Slide 5:30 LIS ODU: Business Strategy</p>	<p>NATIONAL MAPLE SYRUP DAY 8:30 LIS Morning Delivery: Schedule & More (ELP) 9:00 LIS Newsletter: National Maple Syrup Day 9:00 HPF Total Body Conditioning - Advanced 11:00 HPF Well-Being Series 1:30 Bingo (2SH) (ELP) 3:00 CEA Jewelry Making with Elidia (ART) (ELD) 4:00 HPF Total Body Conditioning - Advanced</p>	<p>NATIONAL WREATHS ACROSS AMERICA DAY 8:30 LIS Morning Delivery: Schedule & More 9:00 LIS Newsletter: National Wreaths Day 9:00 HPF Cardio Drumming Circle 10:00 LIS Book Club (EL) 11:00 HPF Well-Being Series 1:00 CEA BJK Journaling Series 1:30 Weekend Bingo (2SH) (ELP) 3:00 CEA BJK Journaling Series 4:00 HPF Posture and Stretch Fitness Class</p>
<p>8:30 LIS Morning Delivery: Schedule, Daily & More 9:00 LIS Newsletter Highlight: World Hello Day 9:00 HPF Tai Chi: Balance & Posture 11:00 SCE Lunch trip to Outback 1:30 Bingo (2SH) (ELD) 3:00 CEA Jewelry Making w/ Elidia (EL) (ELP) 3:00 CPI Civic Engagement Delivery 4:00 HPF Flow Yoga 5:30 LIS ODU: Sports and Civil Rights</p>	<p>9:30 HPF Walking Challenge: Moving For Memory 10:00 CEA Gratitude Garland 11:00 Phase 10® (SH) (ELP) 1:00 CEA Music History: Christmas Carols, Part I 1:30 Bingo (2SH) (ELD) 3:00 Blackjack w/ Claudia (SH) (ELD) 4:00 HPF Lower Body Conditioning</p>	<p>WINTER SOLSTICE 8:30 LIS Morning Delivery: Schedule & More 9:00 LIS Newsletter Highlight: Winter Solstice 9:00 HPF Yoga Flow 10:00 Trader Joe's shopping trip 11:00 HPF Well-Being Series 1:30 Bingo (2SH) (ELP) 3:00 SCE A Game of Carols 4:00 HPF Dance & Movement: Electric Slide 5:00 CPI Career Connections Club 5:30 LIS ODU: When Weather Changed History</p>	<p>8:30 LIS Morning Delivery: Schedule, Daily & More 9:00 HPF Upper Body Conditioning 10:00 RSF Bible Study w/ Mr. & Mrs. Feggan (SH) (ELP) 11:00 Phase 10® (SH) (ELP) 1:30 Bingo (2SH) (ELP) 3:00 SCE Christmas Cheer(s) Happy Hour 4:00 HPF Tai Chi: Balance & Posture 5:00 HPF Holiday Hustle Series</p>	<p>8:30 LIS Morning Delivery: Schedule, Daily & More (ELD) 9:00 HPF Total Body Conditioning - Beginner 10:00 HPF Holiday Hustle Series 11:00 CEA Music History: Christmas Carols, Part II 1:00 SCE Agua Caliente Casino Trip 1:30 Bingo (2SH) (ELP) 3:00 SCE Talent Showcase 4:00 HPF Dance & Movement: The Hustle</p>	<p>CHRISTMAS EVE 8:30 LIS Morning Delivery: Brain Games & More 9:00 SCE Newsletter: Black Friday Comic Strips 9:00 HPF Tai Chi: Balance & Posture 11:00 RSF Meaning & Tradition of Christmas Part I 1:30 Bingo (2SH) (ELP) 3:00 CPI Career Connections Club 4:00 HPF Total Body Conditioning - Advanced</p>	<p>CHRISTMAS DAY 8:30 LIS Morning Delivery: Brain Games & More 9:00 HPF Cardio Drumming Circle 10:00 LIS Book Club (EL) (ELP) 11:00 CEA BJK Journaling Series 1:30 Bingo (2SH) (ELP) 3:00 RSF Meaning & Tradition of Christmas Part II 4:00 HPF Posture and Stretch Fitness Class</p>
<p>BOXING DAY 8:30 LIS Morning Delivery: Brain Games & More 9:00 LIS Newsletter Highlight: Boxing Day 9:00 HPF Tai Chi: Balance & Posture 10:00 LIS Tech Class w/ Claudia (IR) (ELD) 11:00 RSF Hanukkah: A Festival of Lights 1:30 Bingo (2SH) (ELD) 3:00 Manicures w/ Elidia (EL) (ELP) 3:00 Blackjack w/ Claudia (SH) (ELD) 4:00 HPF Flow Yoga</p>	<p>8:30 LIS Morning Delivery: Brain Games & More 9:00 HPF Moving For Memory: Walking Challenge 10:00 LIS Let's go to the library! (ELP) 11:00 Manicure's w/ Elidia (ELP) 1:30 Bingo (2SH) (ELD) 3:00 Blackjack w/ Claudia 4:00 HPF Lower Body Conditioning</p>	<p>CALL A FRIEND DAY 8:30 LIS Morning Delivery: Schedule & More 9:00 SCE Newsletter Highlight: Call a Friend Day 9:00 HPF Yoga Flow 10:00 99cents store shopping Trip 11:00 CEA Musical Journaling: Gratitude 1:30 Bingo (2SH) (ELP) 2:00 CPI Resident Council Meeting 3:00 LIS The Life of an Entrepreneur 4:00 HPF Dance & Movement: The Hustle</p>	<p>8:30 LIS Morning Delivery: Schedule & More 9:00 HPF Upper Body Conditioning 10:00 RSF Bible Study w/ Mr. & Mrs. Feggan (SH) (ELD) 11:00 CEA Creating Winter Snow Globes 3:00 SCE Happy New Year Happy Hour 4:00 HPF Tai Chi: Balance & Posture 6:00 CPI Career Connections Club</p>	<p>8:30 LIS Morning Delivery: Schedule & More 9:00 HPF Total Body Conditioning - Beginner 10:00 Manicures w/ Elidia & Dawn (EL) (ELP) 11:00 LIS The History & Origins of New Year's Eve 3:00 HPF Holiday Hustle Awards Ceremony 4:00 HPF Dance & Movement: The Hustle</p>	<p>NEW YEAR'S EVE 8:30 LIS Morning Delivery: Schedule & More 9:00 HPF Moving For Memory Recognition Ceremony 10:00 Phase 10® (SH) (ELP) 11:00 CEA Painting Class w/ Elidia (EL) (ELP) 3:00 SCE Rolling Out the Red Carpet 4:00 HPF Total Body Conditioning - Advanced</p>	<ul style="list-style-type: none"> 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, 2:00 PM

Cardio Drumming Circle

Friday, December 17, 4:00 PM

Creating Winter Snow Globes

Tuesday, December 28, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p>HOLIDAY TRADITIONS WEEK 5</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Tai Chi: Balance & Posture 10:00 RSF Bible Study 1:00 CEA Music: Do They Know It's Christmas 1:30 Bingo 2:00 CPI Civic Engagement Working Session 3:00 CEA Karaoke Night 4:00 HPF Walking Challenge 6:00 Sunday Movie Night</p>	<p>ST. NICHOLAS DAY 6 LAST DAY OF HANUKKAH</p> <p>9:00 RSF Today's Events & Newsletter 9:30 HPF Walking Challenge 10:00 SCE Holiday Celebration Series 1:00 CEA Music Appreciation: Saint Nicholas Day 1:30 RSF Meaning & Tradition of Christmas: Part I 3:00 CEA Painting and Acrylics 4:00 HPF Lower Body Conditioning 6:00 Comedy Night</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7</p> <p>9:00 LIS Today's Events & Newsletter 9:30 HPF Flow Yoga 10:00 CEA Jewelry Making Class 1:00 CEA Music Appreciation: Eagles 1:30 Bingo 3:00 LIS Language Learning: Happy Holidays 4:00 HPF Dance & Movement: The Macarena 6:00 It's Show Time</p>	<p>FEAST OF IMMACULATE CONCEPTION 8</p> <p>9:00 RSF Today's Events & Newsletter 9:30 HPF Upper Body Conditioning 10:00 CEA Making Snow Flakes 1:00 CEA Music Appreciation: Noel by Josh Groban 1:30 SCE Express Yourself: December Holidays 3:00 SCE Winter Wonderland Happy Hour 4:00 HPF Tai Chi: Balance & Posture 6:00 Group Puzzles</p>	<p>HAPPY BIRTHDAY BETTY 2</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Total Body Conditioning 10:00 LIS Literary Appreciation: The Holidays 1:00 CEA Music Appreciation: Songs About December 1:30 Bingo 3:00 LIS Zodiac and Horoscope for December 4:00 HPF Dance & Movement: The Hustle 6:00 Evening Movie</p>	<p>3</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Walking Challenge 10:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: 6th Day of Hanukkah 2:00 CPI Civic Engagement Project Launch 3:00 SCE Laughter Therapy 4:00 HPF Cardio Drumming Circle 6:00 Cinema & Popcorn</p>	<p>4</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Flow Yoga 10:00 RSF Hanukkah Celebration Series 1:00 CEA Music Appreciation: Top 30 Holiday Songs 1:30 Bingo 3:00 LIS Find The Pairs: Holiday Edition 4:00 HPF Posture and Stretch Fitness Class 6:00 Small Group Puzzles</p>
<p>CAROLING WEEK 12 NATIONAL POINSETTIA DAY</p> <p>9:00 RSF Today's Events & Newsletter 9:30 HPF Tai Chi: Balance & Posture 10:00 RSF Bible Study 1:00 CEA Music Appreciation: Frank Sinatra 1:30 Bingo 3:00 CEA Karaoke Night 4:00 HPF Walking Challenge 6:00 Sunday Movie Night</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13</p> <p>9:00 LIS Today's Events & Newsletter 9:30 HPF Walking Challenge 10:00 SCE Holiday Celebration Series 1:00 CEA Music: The Perfect Christmas Song 1:30 LIS The Game of Carols 3:00 CEA Painting and Acrylics 4:00 HPF Lower Body Conditioning 6:00 Comedy Night</p>	<p>14</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Flow Yoga 10:00 CEA Jewelry Making Class 11:00 LIS Word Wonders: Animals 1:00 CEA Music Appreciation: Gayla Peevey 1:30 Bingo 3:00 LIS Literary Appreciation: Poetry 4:00 HPF Dance & Movement: The Macarena 6:00 It's Show Time</p>	<p>15</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Upper Body Conditioning 10:00 CEA Decorating Christmas Stockings 1:00 CEA Music Appreciation: Peace For Christmas 1:30 CEA Music History: The Beatles 3:00 SCE Candy Land Happy Hour 4:00 HPF Tai Chi: Balance & Posture 6:00 Group Puzzles</p>	<p>16</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Total Body Conditioning - Beginner 10:00 LIS Literary Appreciation: The Holidays 1:00 CEA Music Appreciation: Jingle Bells 1:30 Bingo 3:00 CEA Music History: Origins of Carols, Pt. I 4:00 HPF Dance & Movement: The Hustle 6:00 Evening Movie</p>	<p>17</p> <p>NATIONAL MAPLE SYRUP DAY NATIONAL UGLY SWEATER DAY</p> <p>9:00 LIS Newsletter: National Maple Syrup Day 9:30 HPF Walking Challenge 10:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Quirky Holiday Songs 3:00 SCE Laughter Therapy 4:00 HPF Cardio Drumming Circle 6:00 Cinema and Popcorn</p>	<p>18</p> <p>NATIONAL WREATHS ACROSS AMERICA DAY</p> <p>9:00 LIS Newsletter: National Wreaths Day 9:30 HPF Flow Yoga 10:00 CEA Sing Across America: New York 1:00 CEA Today's Music: Fairytale in New York 1:30 Bingo 3:00 LIS Find The Pairs: Holiday Edition 4:00 HPF Posture and Stretch Fitness Class 6:00 Small Group Puzzles</p>
<p>CHRISTMAS WEEK 19</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Tai Chi: Balance & Posture 10:00 RSF Bible Study 1:00 CEA Music Appreciation: "A Christmas Carol" 1:30 Bingo 3:00 CPI Civic Engagement Delivery 3:00 CEA Karaoke Night 4:00 HPF Walking Challenge 6:00 Sunday Movie Night</p>	<p>20</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Walking Challenge 10:00 SCE Holiday Celebration Series 1:00 CEA Today's Music: It's A Wonderful Life 1:30 SCE Fun Facts For The Day 3:00 CEA Scentsory Art 4:00 HPF Lower Body Conditioning 6:00 Comedy Night</p>	<p>FIRST DAY OF WINTER 21</p> <p>9:00 LIS Newsletter: Winter Solstice 9:30 HPF Flow Yoga 10:00 CEA Jewelry Making Class 1:00 CEA Music Appreciation: The Winter Solstice 1:30 Bingo 3:00 LIS Language Learning: Merry Christmas 4:00 HPF Dance & Movement: The Macarena 6:00 It's Show Time</p>	<p>22</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Upper Body Conditioning 10:00 CEA Wooden Christmas Trees 1:00 CEA Music Appreciation: The Chipmunk Song 3:00 SCE Christmas Cheer(s) Happy Hour 4:00 HPF Tai Chi: Posture & Balance 6:00 Group Puzzles</p>	<p>23</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Total Body Conditioning - Beginner 10:00 LIS Literary Appreciation: The Holidays 1:00 CEA Music: Twas The Night Before Christmas 1:30 Bingo 3:00 CEA Music History: Origins of Carols, Pt. II 4:00 HPF Dance & Movement: The Hustle 6:00 Evening Movie</p>	<p>CHRISTMAS EVE 24</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Walking Challenge 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Silent Night 3:00 SCE Laughter Therapy 4:00 HPF Cardio Drumming Circle 6:00 Cinema and Popcorn</p>	<p>CHRISTMAS DAY 25</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Flow Yoga 10:00 RSF Meaning of Christmas, Part II 1:00 CEA Music Appreciation: Meaning of Christmas 1:30 Bingo 3:00 LIS Sensory Stimulation: iSpy the Holidays 4:00 HPF Posture and Stretch Fitness Class 6:00 Small Group Puzzles</p>
<p>NEW YEAR'S WEEK 26 BOXING DAY</p> <p>9:00 CPI Today's Events & Newsletter 9:30 HPF Tai Chi: Balance & Posture 10:00 RSF Bible Study 1:00 CEA Music Appreciation: Good King Wenceslas 1:30 Bingo 3:00 CEA Karaoke Night 4:00 HPF Walking Challenge 6:00 Sunday Movie Night</p>	<p>27</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Walking Challenge 10:00 SCE Holiday Celebration Series 1:00 CEA Music Venues: Radio City Music Hall 1:30 CEA Music History: Iconic Music Venues, II 3:00 CEA Painting and Acrylics 4:00 HPF Lower Body Conditioning 6:00 Comedy Night</p>	<p>28</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Flow Yoga 10:00 CEA Jewelry Making Class 1:00 CEA Music Appreciation: Shirley Temple 1:30 Bingo 2:00 CEA Creating Winter Snow Globes 3:00 LIS Literary Appreciation: Poetry 4:00 HPF Dance & Movement: The Macarena 6:00 It's Show Time</p>	<p>29</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Upper Body Conditioning 10:00 SCE New Year Resolutions 1:00 CEA Music Appreciation: Beethoven The Great 1:30 CEA Music History: Classical 3:00 SCE Happy New Year Happy Hour 4:00 HPF Tai Chi: Balance & Posture 6:00 Group Puzzles</p>	<p>30</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Total Body Conditioning 10:00 LIS Literary Appreciation: The Holidays 1:00 CEA Music Appreciation: Neil Young 1:30 Bingo 4:00 HPF Dance & Movement: The Hustle 6:00 Evening Movie</p>	<p>NEW YEAR'S EVE 31</p> <p>9:00 SCE Today's Events & Newsletter 9:30 HPF Walking Challenge 10:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Auld Lang Syne 1:30 LIS History of New Year's Eve 3:00 SCE Laughter Therapy 4:00 HPF Cardio Drumming Circle 6:00 Cinema & Popcorn</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>