

# INDEPENDENT LIVING

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Hanukkah Celebration Series**  
Wednesday, December 1, 9:00 AM

**Civic Engagement Project Launch**  
Friday, December 3, 3:00 PM

**Christmas Cheer(s) Happy Hour**  
Wednesday, December 22, 4:00 PM



# DECEMBER 2021

# ATRIA WOODLANDS Independent Living

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY



Atria ENGAGE LIFE

### ROOM LOCATION KEY:

Town Square TS  
Clubroom CR  
Andy's Bistro AB  
Library L  
Fitness Center FC  
Art Studio AS

### STAFF KEY:

Maddie Silverstein MS  
Pierre Fontaine PF  
David Yates DY  
Sue Stotsky SS  
Harriet Levine HL  
Chris Repetti CR  
Jerome Hampton JH  
Wendy Wels WW  
Judy Schwartzman JS  
Tyler Bogen TB

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<p>10:00 HPF Tai Chi: Balance &amp; Posture (TS) (TB)</p> <p>10:15 LIS Documentary Series (AB) (TB)</p> <p>11:00 RSF Bible Study Series: Part I (CR) (PF)</p> <p>11:15 HPF Strengthen w/ Stuart (TS) (JH)</p> <p>1:00 CPI Civic Engagement Working Session (AB) (TB)</p> <p>2:00 Concert (TS)</p> <p>3:00 SCE Bingo for Prizes! (AB) (TB)</p> <p>4:30 HPF Learn to Dance w/ Tyler (TS) (TB)</p> <p>6:45 SCE Movie Time! (TS) (TB)</p>	<p><b>5</b></p> <p><b>ST. NICHOLAS DAY LAST DAY OF HANUKKAH</b></p> <p>9:00 RSF Newsletter Highlight: St. Nicholas Day (TS) (TB)</p> <p>9:30 SCE Reminiscing: A Day at Work (TS) (TB)</p> <p>10:15 LIS Learn to Play Bridge w/ David (CR) (DY)</p> <p>10:30 HPF Morning Meditation (TS) (TB)</p> <p>11:15 HPF Chair Yoga w/ Judy (TS) (JS)</p> <p>2:00 CEA Art w/ Ed (AS) (WW)</p> <p>2:00 Monday Matinee (WW)</p> <p>4:00 SCE Happy Hour (AB) (TB)</p> <p>4:00 HPF Lower Body Conditioning (TS) (TB)</p> <p>6:45 SCE Movie Time! (TS) (WW)</p>	<p><b>6</b></p> <p><b>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</b></p> <p>9:00 LIS Newsletter: Pearl Harbor Remembrance (TS) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Fitness w/ Jerome (TS) (JH)</p> <p>1:00 CPI Ambassador Club Meeting (AB) (CR)</p> <p>2:00 CEA Jewelry w/ Sue (AS) (SS)</p> <p>3:30 HPF Zumba® w/ Chris (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>5:30 LIS ODU: Date of Dec. 7 Will Live in Infamy (TS) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>7</b></p> <p><b>FEAST OF THE IMMACULATE CONCEPTION</b></p> <p>9:00 RSF Newsletter: Immaculate Conception Feast (TS) (CR)</p> <p>10:00 LIS Learn to Play Mahjong (CR) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Chair Exercise w/ Chris (CR)</p> <p>2:00 RSF Religious Studies w/ Harriet (AB) (HL)</p> <p>3:00 HPF Creative Movement &amp; Music w/ Henriette (TS) (CR)</p> <p>3:00 CEA Drama Club w/ Tyler (AB) (TB)</p> <p>4:00 SCE Winter Wonderland Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>8</b></p> <p>9:30 CEA Reminiscing (TS) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Fitness w/ Health SOS (TS) (CR)</p> <p>1:00 LIS Playing &amp; Scoring Hockey (AB) (CR)</p> <p>2:00 CEA Opera w/ Joe Lawliss (TS) (CR)</p> <p>2:00 HPF Supervised Fitness w/ Chris (FC) (CR)</p> <p>2:00 HPF Holiday Hustle Series (TS) (CR)</p> <p>4:00 HPF Dance &amp; Movement: Cupid Shuffle (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>9</b></p> <p>9:30 CEA Reminiscing (TS) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Fitness w/ Health SOS (TS) (CR)</p> <p>1:00 LIS Learning to Play Chess w/ David (CR) (DY)</p> <p>1:45 HPF Tai Chi w/ Master Domingo (TS) (CR)</p> <p>2:00 SCE Holiday Brain Challenge (AB) (CR)</p> <p>4:00 RSF Shabbat Services w/ Harriet (TS) (HL)</p> <p>4:15 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>10</b></p> <p>9:00 RSF Hanukkah Celebration Series</p> <p>10:00 HPF Walking Challenge Monthly Launch</p> <p>10:15 LIS Learn to Play Bridge w/ David (CR) (DY)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Balance and Barre w/ Judy (TS) (JS)</p> <p>1:30 LIS Learn to Play Chess w/ David (CR) (CR)</p> <p>2:00 HPF Get Fit w/ Chris (TS) (CR)</p> <p>3:00 CPI Civic Engagement Project Launch (AB) (CR)</p> <p>3:00 LIS Learn to Sign w/ Matt (AB) (CR)</p> <p>4:00 RSF Shabbat Services, resident-run (TS) (CR)</p> <p>4:15 SCE Happy Hour (AB) (CR)</p> <p>6:30 SCE Movie Time! (TS) (CR)</p>	<p><b>11</b></p> <p>9:00 RSF Hanukkah Celebration Series</p> <p>10:00 SCE TV Series: Grace and Frankie (TS) (CR)</p> <p>11:15 HPF Chair Exercise w/ Victoria (TS) (JH)</p> <p>1:00 CEA BJK Journaling Series (AB) (CR)</p> <p>2:00 CEA Art Studio is Open! Artist's Choice! (AS) (CR)</p> <p>2:00 Concert! (TS) (CR)</p> <p>3:00 HPF Outdoor Walking Club (L) (CR)</p> <p>4:00 HPF Posture and Stretch Fitness Class (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>
<p><b>12</b></p> <p><b>NATIONAL POINSETTIA DAY</b></p> <p>9:00 RSF Newsletter: The Christmas Flower (TS) (CR)</p> <p>10:15 LIS Documentary Series (AB) (TB)</p> <p>11:00 RSF Bible Study Series: Part II (CR) (PF)</p> <p>11:15 HPF Strengthen w/ Stuart (TS) (JH)</p> <p>2:00 Concert (TS)</p> <p>3:00 SCE Bingo for Prizes! (AB) (TB)</p> <p>4:30 HPF Learn to Dance w/ Tyler (TS) (TB)</p> <p>5:30 LIS ODU: Christmas in America (AB) (TB)</p> <p>6:45 SCE Movie Time! (TS) (TB)</p>	<p><b>13</b></p> <p><b>U.S. NATIONAL GUARD BIRTHDAY</b></p> <p>9:00 LIS Newsletter: U.S. National Guard Birthday (AB) (CR)</p> <p>10:15 LIS Learn to Play Bridge w/ David (CR) (DY)</p> <p>10:30 HPF Morning Meditation (TS) (TB)</p> <p>11:15 HPF Chair Yoga w/ Judy (TS) (JS)</p> <p>2:00 CEA Art w/ Ed (AS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (TB)</p> <p>4:00 HPF Lower Body Conditioning (TS) (TB)</p> <p>6:45 SCE Movie Time! (TS) (TB)</p>	<p><b>14</b></p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:00 SCE Holiday Celebration Series (AB) (CR)</p> <p>11:15 HPF Fitness w/ Jerome (TS) (JH)</p> <p>2:00 HPF Dance &amp; Movement: Cupid Shuffle (TS) (CR)</p> <p>2:00 CEA Jewelry w/ Sue (AS) (SS)</p> <p>3:00 CPI Engage Life® Planning Meeting (AB) (CR)</p> <p>3:30 HPF Zumba® w/ Chris (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>15</b></p> <p>10:00 LIS Learn to Play Mahjong (CR) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Chair Exercise w/ Chris (CR)</p> <p>2:00 LIS Holiday Language Learning (AB) (CR)</p> <p>3:00 CEA Drama Club w/ Tyler (AB) (TB)</p> <p>3:15 HPF Supervised Fitness w/ Chris (FC) (CR)</p> <p>4:00 SCE Candy Lane Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>16</b></p> <p>9:30 CEA Reminiscing (AB) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Fitness w/ Health SOS (TS) (CR)</p> <p>2:00 LIS Political Roundtable w/ Maddie (TS) (MS)</p> <p>2:00 HPF Holiday Hustle Series (AB) (CR)</p> <p>3:00 CPI Food For Thought - Culinary Led (TS)</p> <p>3:30 HPF Dance &amp; Movement: Electric Slide (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>17</b></p> <p><b>NATIONAL MAPLE SYRUP DAY</b></p> <p>9:30 LIS Newsletter: National Maple Syrup Day (AB) (CR)</p> <p>10:15 LIS Learn to Play Bridge w/ David (CR) (DY)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Balance and Barre w/ Judy (TS) (JS)</p> <p>1:30 LIS Learn to Play Chess w/ David (CR) (DY)</p> <p>1:45 HPF Tai Chi w/ Master Domingo (TS) (CR)</p> <p>2:00 LIS Documentary Series (AB) (CR)</p> <p>3:00 LIS Learn to Sign w/ Matt (AB) (CR)</p> <p>4:00 RSF Shabbat Services, resident-run (TS) (CR)</p> <p>4:15 SCE Happy Hour (AB) (CR)</p> <p>6:30 SCE Movie Time! (CR)</p>	<p><b>18</b></p> <p><b>NATIONAL WREATHS ACROSS AMERICA DAY</b></p> <p>9:00 LIS Newsletter: National Wreaths Day (AB) (CR)</p> <p>10:00 SCE TV Series: Grace and Frankie (TS) (CR)</p> <p>11:15 HPF Chair Exercise w/ Victoria (TS) (JH)</p> <p>1:00 CEA BJK Journaling Series (AB) (CR)</p> <p>2:00 CEA Art Studio is Open! Artist's Choice! (AS) (CR)</p> <p>2:00 Concert! (TS) (CR)</p> <p>3:00 HPF Posture and Stretch Fitness Class (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	
<p><b>19</b></p> <p>10:15 LIS Documentary Series (AB) (TB)</p> <p>11:00 RSF Bible Study Series: Part III (CR) (PF)</p> <p>11:15 HPF Strengthen w/ Stuart (TS) (JH)</p> <p>2:00 Concert! (TS) (TB)</p> <p>3:00 SCE Bingo for Prizes! (AB) (TB)</p> <p>3:00 CPI Civic Engagement Delivery (AB) (TB)</p> <p>4:30 HPF Learn to Dance w/ Tyler (TS) (TB)</p> <p>6:45 SCE Movie Time! (TS) (TB)</p>	<p><b>20</b></p> <p>10:00 HPF Moving For Memory: Walking Challenge</p> <p>10:15 LIS Learn to Play Bridge w/ David (DY)</p> <p>10:30 HPF Morning Meditation (TS) (TB)</p> <p>11:15 HPF Chair Yoga w/ Judy (TS) (JS)</p> <p>1:00 CEA Music History: Christmas Carols, Part I (AB) (TB)</p> <p>2:00 CEA Art w/ Ed (AS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (TB)</p> <p>4:30 HPF Lower Body Conditioning (TS) (TB)</p> <p>6:45 SCE Movie Time! (TS) (TB)</p>	<p><b>21</b></p> <p><b>WINTER SOLSTICE</b></p> <p>9:00 LIS Newsletter Highlight: Winter Solstice</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Fitness w/ Jerome (TS) (JH)</p> <p>2:00 Concert (TS) (CR)</p> <p>2:00 CEA Jewelry w/ Sue (AS) (SS)</p> <p>3:30 HPF Zumba® w/ Chris (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>5:30 LIS ODU: When Weather Changed History (TS) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>22</b></p> <p>10:00 LIS Learn to Play Mahjong (CR) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Chair Exercise w/ Chris (CR)</p> <p>2:00 RSF Religious Studies w/ Harriet (AB) (HL)</p> <p>2:00 SCE A Game of Carols (AB) (CR)</p> <p>3:00 CPI Resident Council Meeting (TS) (CR)</p> <p>3:00 CEA Drama Club w/ Tyler (AB) (TB)</p> <p>3:15 HPF Supervised Fitness w/ Chris (FC) (CR)</p> <p>4:00 SCE Christmas Cheer(s) Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>23</b></p> <p>9:30 CEA Reminiscing (TS) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Fitness w/ Health SOS (TS) (CR)</p> <p>1:00 CEA Music History: Christmas Carols, Part II</p> <p>2:00 CEA Opera w/ Joe Lawliss (TS) (CR)</p> <p>2:00 HPF Holiday Hustle Series</p> <p>3:00 HPF Dance &amp; Movement: The Hustle (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>24</b></p> <p><b>CHRISTMAS EVE</b></p> <p>10:15 LIS Learn to Play Bridge w/ David (CR) (DY)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Balance and Barre w/ Judy (TS) (JS)</p> <p>1:30 LIS Learn to Play Chess w/ David (CR) (DY)</p> <p>1:45 HPF Tai Chi w/ Master Domingo (TS) (CR)</p> <p>2:00 LIS Documentary Series (AB) (CR)</p> <p>2:00 RSF Meaning &amp; Tradition of Christmas Part I (AB) (CR)</p> <p>4:00 RSF Shabbat Services w/ Harriet (TS) (HL)</p> <p>4:15 SCE Happy Hour (AB) (CR)</p> <p>6:30 SCE Movie Time! (TS) (CR)</p>	<p><b>25</b></p> <p><b>CHRISTMAS DAY</b></p> <p>10:00 HPF Cardio Drumming Circle (TS) (CR)</p> <p>10:00 SCE TV Series: Grace and Frankie (TS) (CR)</p> <p>11:15 HPF Chair Exercise w/ Victoria (TS) (JH)</p> <p>1:00 CEA BJK Journaling Series (AB) (CR)</p> <p>2:00 CEA Art Studio is Open! Artist's Choice! (AS) (CR)</p> <p>2:00 Concert! (TS) (CR)</p> <p>2:00 RSF Meaning &amp; Tradition of Christmas Part II (AB) (CR)</p> <p>3:00 HPF Posture and Stretch Fitness Class (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	
<p><b>26</b></p> <p><b>BOXING DAY</b></p> <p>9:00 LIS Newsletter Highlight: Boxing Day</p> <p>10:15 LIS Documentary Series (AB) (TB)</p> <p>11:00 RSF Bible Study Series: Part IV</p> <p>11:15 HPF Strengthen w/ Stuart (TS) (JH)</p> <p>2:00 Concert! (TS) (TB)</p> <p>3:00 SCE Bingo for Prizes! (AB) (TB)</p> <p>4:30 HPF Learn to Dance w/ Tyler (TS) (TB)</p> <p>6:45 SCE Movie Time! (TS) (TB)</p>	<p><b>27</b></p> <p>10:00 HPF Moving For Memory: Walking Challenge</p> <p>10:15 LIS Learn to Play Bridge w/ David (CR) (DY)</p> <p>10:30 HPF Morning Meditation (TS) (TB)</p> <p>11:15 HPF Chair Yoga w/ Judy (TS) (JS)</p> <p>1:00 LIS Zodiac &amp; Horoscope of December (AB) (TB)</p> <p>2:00 CEA Art w/ Ed (AS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>4:30 HPF Lower Body Conditioning (TS) (TB)</p> <p>6:00 CPI Career Connections Club (AB) (TB)</p> <p>6:45 SCE Movie Time! (TS) (TB)</p>	<p><b>28</b></p> <p><b>CALL A FRIEND DAY</b></p> <p>9:30 SCE Newsletter Highlight: Call a Friend Day (AB) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Fitness w/ Jerome (TS) (JH)</p> <p>2:00 CEA Jewelry w/ Sue (AS) (SS)</p> <p>3:30 HPF Zumba® w/ Chris (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>29</b></p> <p>9:30 CEA Reminiscing (TS) (CR)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Chair Exercise w/ Chris (TS) (CR)</p> <p>2:00 CEA Creating Winter Snow Globes (AS) (CR)</p> <p>3:00 HPF Tai Chi: Balance &amp; Posture (TS) (CR)</p> <p>3:00 LIS Documentary Series (TS) (CR)</p> <p>4:00 SCE Happy New Year Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>30</b></p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:00 CEA Poetry Slam w/ Chris (AB) (CR)</p> <p>11:15 HPF Fitness w/ Health SOS (CR)</p> <p>2:00 LIS The History &amp; Origins of New Year's Eve (AB) (CR)</p> <p>2:00 HPF Holiday Hustle Awards Ceremony</p> <p>3:00 HPF Dance &amp; Movement: The Hustle (TS) (CR)</p> <p>4:00 SCE Happy Hour (AB) (CR)</p> <p>6:45 SCE Movie Time! (TS) (CR)</p>	<p><b>31</b></p> <p><b>NEW YEAR'S EVE</b></p> <p>10:15 LIS Learn to Play Bridge w/ David (CR) (DY)</p> <p>10:30 HPF Morning Meditation (TS) (CR)</p> <p>11:15 HPF Balance and Barre w/ Judy (TS) (JS)</p> <p>1:30 LIS Learn to Play Chess w/ David (CR) (DY)</p> <p>1:45 HPF Tai Chi w/ Master Domingo (TS) (CR)</p> <p>2:00 LIS Documentary Series (AB) (CR)</p> <p>3:00 LIS Learn to Sign w/ Matt (AB) (CR)</p> <p>4:00 RSF Shabbat Services, resident-run (TS) (CR)</p> <p>6:00 SCE Rolling Out the Red Carpet (TS) (CR)</p> <p>6:30 SCE Movie Time! (TS) (CR)</p> <p>7:00 Concert (TS) (CR)</p>	<ul style="list-style-type: none"> <li>HEALTH AND PHYSICAL FITNESS</li> <li>LIFELONG LEARNING AND INTELLECTUAL STIMULATION</li> <li>CREATIVE EXPRESSION AND THE ARTS</li> <li>SOCIAL CONNECTION AND ENTERTAINMENT</li> <li>CIVIC AND PROFESSIONAL INVOLVEMENT</li> <li>RELIGIOUS AND SPIRITUAL FELLOWSHIP</li> </ul>	

# ASSISTED LIVING

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Hanukkah Celebration Series**

Friday, December 3, 9:00 AM

**Civic Engagement Project Launch**

Friday, December 3, 3:00 PM

**Creating Winter Snow Globes**

Wednesday, December 29, 2:00 PM





# DECEMBER 2021

# ATRIA WOODLANDS a s s i s t e d l i v i n g

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

**ROOM LOCATION KEY:**

- Country Kitchen CK
- Clubroom CR
- Clubhouse CH
- 4th Fl. Lounge 4L
- Fitness Center FC
- Activity Room AR
- Living Room LR
- Library L
- In-Room IR
- 3rd Fl. Lounge 3L

**STAFF KEY:**

- Jerome Hampton JH
- Pierre Fontaine PF
- Domingo Colon DC
- Sue Stotsky SS
- GeorgeAnn Millard GM
- Chris Repetti CP
- Tyler Bogen TB
- Latoya Horton LH

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**5**  
9:45 LIS News and Views (LR) (TB)  
10:30 HPF Strengthen w/ Stuart (CH) (TB)  
11:00 RSF Bible Study Series: Part I (4L) (PF)  
11:15 LIS Word Games w/ Tyler (CK) (TB)  
1:00 CPI Civic Engagement Working Session (CH) (TB)  
2:00 LIS ODU (CH) (TB)  
3:00 CPI Talk It Out w/ Ross (CH) (TB)  
4:00 HPF Afternoon Stretch (CH) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**6 ST. NICHOLAS DAY  
LAST DAY OF HANUKKAH**  
9:00 RSF Newsletter Highlight:  
St. Nicholas Day (LR) (TB)  
9:30 LIS News and Views (CH) (TB)  
10:30 SCE Wii® Bowling (CH) (TB)  
11:00 RSF Hanukkah Celebration Series (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 HPF Zumba® (CH) (TB)  
3:15 CEA Drama Club (CH) (TB)  
4:00 SCE Happy Hour (CK) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**7 NATIONAL PEARL HARBOR DAY OF REMEMBRANCE**  
9:00 LIS Newsletter: Pearl Harbor  
Remembrance (LR) (TB)  
10:30 HPF Morning Meditation (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 CPI Ambassador Club Meeting (CH) (CP)  
3:00 LIS ODU: Date of Dec. 7 Will Live in Infamy (CH) (TB)  
3:00 CPI Bridge Club w/ Phyllis (3L) (TB)  
3:00 CEA Jewelry w/ Sue (4L) (LH)  
3:30 HPF Sing and Stretch (CH) (LH)  
4:00 HPF Dance & Movement:  
Cowboy Charleston (CH) (TB)  
4:00 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (TB)

**8 FEAST OF THE IMMACULATE CONCEPTION**  
9:00 RSF Newsletter: Immaculate  
Conception Feast (LR) (TB)  
9:30 LIS News and Views (L) (LH)  
10:30 HPF Morning Meditation (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 SCE Wii® Bowling (CH) (TB)  
3:00 SCE Winter Wonderland Happy Hour (CK) (TB)  
3:00 HPF Zumba® (CH) (TB)  
6:30 SCE Movie Time! (CH) (LH)

**9**  
10:00 HPF Total Body Conditioning - Beginner  
10:30 HPF Morning Meditation (CR) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
1:00 LIS Playing & Scoring Hockey (CH) (TB)  
2:00 LIS Lecture and a Listen (CH) (TB)  
2:00 HPF Holiday Hustle Series (CK) (TB)  
3:30 HPF Sing and Stretch (CH) (TB)  
4:00 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**10**  
9:30 LIS News and Views (LH)  
10:00 HPF Moving For Memory:  
Walking Challenge  
10:30 HPF Morning Meditation (CH) (LH)  
11:15 HPF Fitness Fun (CH) (LH)  
2:00 LIS Ethics Bowl (LR) (LH)  
2:00 SCE Holiday Brain Challenge (CH) (LH)  
3:00 HPF Supervised Fitness (FC) (LH)  
4:00 HPF Shabbat Services (CK) (LH)  
4:00 HPF Total Body Conditioning - Advanced  
4:30 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**11**  
9:30 LIS News and Views (LR) (LH)  
10:00 HPF Cardio Drumming Circle (CH) (CP)  
11:00 SCE Holiday Celebration Series  
11:15 HPF Chair Exercise w/ Victoria (CH) (LH)  
1:00 CEA BJK Journaling Series (CK) (LH)  
2:00 Concert! (L) (LH)  
3:00 HPF Dance Party! (CH) (LH)  
4:00 SCE Happy Hour (CK) (LH)  
4:30 HPF Posture and Stretch Fitness Class (CH) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**12 NATIONAL POINSETTIA DAY**  
9:00 RSF Newsletter: The  
Christmas Flower (LR) (TB)  
9:45 LIS News and Views (LR) (TB)  
10:30 HPF Strengthen w/ Stuart (CH) (TB)  
11:00 SCE Sunday mood with GeorgeAnn (AR) (GM)  
11:00 RSF Bible Study Series: Part II (4L) (PF)  
11:15 LIS Word Games w/ Tyler (CH) (TB)  
3:00 CPI Talk It Out w/ Ross (CH) (TB)  
4:00 HPF Flow Yoga (CH) (TB)  
5:30 LIS ODU: Christmas in America (CH) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**13 U.S. NATIONAL GUARD BIRTHDAY**  
9:00 LIS Newsletter: U.S. National  
Guard Birthday  
9:30 LIS News and Views (CH) (TB)  
10:00 HPF Moving For Memory:  
Walking Challenge (IR) (TB)  
10:30 SCE Wii® Bowling (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 HPF Zumba® (CH) (TB)  
3:15 CEA Drama Club (CH) (TB)  
4:30 SCE Happy Hour (CK) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**14**  
9:30 LIS News and Views (TB)  
10:30 HPF Morning Meditation (TB)  
11:00 SCE Holiday Celebration Series (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 CEA Scentsory Art (4L) (TB)  
2:00 CPI Engage Life® Planning Meeting (CH) (CP)  
3:00 CPI Bridge Club w/ Phyllis (3L) (TB)  
3:00 HPF Dance & Movement: Cupid Shuffle (CH) (TB)  
3:00 CEA Jewelry Making w/ Sue (SS)  
3:30 HPF Sing and Stretch (CH) (LH)  
4:00 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**15**  
9:30 LIS News and Views (L) (LH)  
10:30 HPF Morning Meditation (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 SCE Wii® Bowling (CH) (TB)  
2:00 LIS Holiday Language Learning (CH) (TB)  
3:00 HPF Zumba® (CH) (TB)  
4:00 HPF Tai Chi: Balance & Posture (CH) (LH)  
4:00 SCE Candy Lane Happy Hour (3L) (TB)  
6:30 SCE Movie Time! (CH) (LH)

**16**  
9:30 SCE Reminiscing: Travel (LR) (LH)  
10:30 HPF Morning Meditation (CR) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
1:00 CPI Food For Thought - Culinary Led (CH)  
2:00 HPF Holiday Hustle Series (CH) (TB)  
3:00 CEA Let's Get Crafty (4L) (LH)  
4:00 HPF Dance & Movement: Electric Slide (CH) (TB)  
4:00 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**17 NATIONAL MAPLE SYRUP DAY**  
9:00 LIS Newsletter: National  
Maple Syrup Day (LR) (LH)  
9:30 LIS News and Views (LR) (LH)  
10:30 HPF Morning Meditation (CH) (LH)  
11:15 HPF Fitness Fun (CH) (LH)  
2:00 LIS Ethics Bowl (LR) (LH)  
3:30 HPF Total Body Conditioning - Advanced (CH) (LH)  
4:00 RSF Shabbat Services (CK) (LH)  
4:30 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**18 NATIONAL WREATHS ACROSS AMERICA DAY**  
9:00 LIS Newsletter: National  
Wreaths Day (LR) (LH)  
9:30 LIS News and Views (LR) (LH)  
11:15 HPF Chair Exercise w/ Victoria (CH) (LH)  
1:00 CEA BJK Journaling Series (CK) (LH)  
1:30 SCE Up For Discussion: Senior Citizenship (LR) (CP)  
2:00 Concert! (L) (LH)  
3:00 HPF Dance Party! (CH) (CP)  
4:00 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**19**  
9:45 LIS News and Views (LR) (TB)  
10:00 HPF Meditation (CH) (TB)  
10:30 HPF Strengthen w/ Stuart (CH) (JH)  
11:00 RSF Bible Study Series: Part III (4L) (PF)  
11:15 LIS Word Games w/ Tyler (CK) (TB)  
2:00 LIS ODU (CH) (TB)  
3:00 CPI Talk It Out w/ Ross (CH) (TB)  
3:00 Deena Goide! Performs a Sing Along!  
3:00 CPI Civic Engagement Delivery (LR) (TB)  
4:00 HPF Afternoon Stretch (CH) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**20**  
9:30 LIS News and Views (CH) (TB)  
10:00 HPF Moving For Memory:  
Walking Challenge (CH) (TB)  
10:30 SCE Wii® Bowling (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
1:00 CEA Music History: Christmas Carols, Part I (CH) (TB)  
2:00 HPF Zumba® (CH) (TB)  
3:15 CEA Drama Club (CH) (TB)  
4:30 SCE Happy Hour (CK) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**21 WINTER SOLSTICE**  
9:30 LIS News and Views (LR) (TB)  
10:30 HPF Morning Meditation (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 SCE American Film Series & Discussion (CH) (CP)  
3:00 CPI Bridge Club w/ Phyllis (3L) (TB)  
3:00 HPF Dance & Movement: Electric Slide (CH) (TB)  
3:00 CEA Jewelry Making w/ Sue (4L) (SS)  
3:30 HPF Sing and Stretch (CH) (LH)  
4:00 SCE Happy Hour (CK) (LH)  
5:30 LIS ODU: When Weather Changed History (CH) (TB)  
6:30 SCE Movie Time! (LH)

**22**  
9:30 LIS News and Views (L) (LH)  
10:30 HPF Morning Meditation (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 SCE A Game of Carols (CK) (CP)  
2:00 SCE Wii® Bowling (CH) (TB)  
3:00 CEA Poetry Slam (CH) (CP)  
3:00 HPF Zumba® (CH) (TB)  
4:00 SCE Christmas Cheer(s) Happy Hour (CK) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**23**  
9:30 SCE Reminiscing: Dating (LR) (LH)  
10:00 HPF Total Body Conditioning - Beginner  
10:30 HPF Morning Meditation (CR) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
1:00 CEA Music History: Christmas Carols, Part II (CH) (TB)  
2:00 HPF Holiday Hustle Series (CH) (TB)  
2:00 LIS Lecture and a Listen (CH) (TB)  
3:00 HPF Dance & Movement: The Hustle (CH) (TB)  
4:00 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**24 CHRISTMAS EVE**  
9:30 LIS News and Views (LR) (LH)  
10:30 HPF Morning Meditation (CH) (LH)  
11:15 HPF Fitness Fun (CH) (LH)  
2:00 LIS Ethics Bowl (LR) (LH)  
2:00 RSF Meaning & Tradition of  
Christmas Part I (CH) (LH)  
3:00 HPF Supervised Fitness (FC) (CP)  
4:00 RSF Shabbat Services (CK) (LH)  
4:30 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**25 CHRISTMAS DAY**  
9:30 LIS News and Views (LR) (LH)  
10:30 SCE Reminiscing: First Job (LR) (LH)  
11:15 HPF Chair Exercise w/ Victoria (CH) (LH)  
1:00 CEA BJK Journaling Series (CK) (LH)  
2:00 Concert! (L) (LH)  
2:00 RSF Meaning & Tradition of Christmas Part II  
3:00 HPF Dance Party! (CH) (LH)  
4:00 SCE Happy Hour (CK) (LH)  
4:30 HPF Posture and Stretch Fitness Class (CH) (LH)  
6:30 SCE Movie Time! (CH) (LH)

**26 BOXING DAY**  
9:00 LIS Newsletter Highlight:  
Boxing Day (LR) (TB)  
9:45 LIS News and Views (LR) (TB)  
10:30 HPF Strengthen w/ Stuart (CH) (TB)  
11:00 RSF Bible Study Series: Part IV (4L) (PF)  
11:00 GeorgeAnn rocks! (AR) (GM)  
11:15 LIS Word Games w/ Tyler (CH) (TB)  
2:00 CEA Afternoon at the Opera (CH) (TB)  
3:00 CPI Talk It Out w/ Ross (CH) (TB)  
4:00 HPF Afternoon Stretch (CH) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**27**  
9:30 LIS News and Views (CH) (TB)  
10:00 HPF Moving For Memory:  
Walking Challenge (TB)  
10:30 SCE Wii® Bowling (CH) (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
1:00 LIS Zodiac & Horoscope of December  
2:45 HPF Zumba® (CH) (TB)  
3:15 CEA Drama Club (CH) (TB)  
4:30 SCE Happy Hour (TB)  
6:00 CPI Career Connections Club (CH) (CP)  
6:30 SCE Movie Time! (CH) (TB)

**28 CALL A FRIEND DAY**  
9:00 SCE Newsletter Highlight:  
Call a Friend Day (LR) (TB)  
9:30 LIS News and Views (LR) (TB)  
10:30 HPF Morning Meditation (TB)  
11:15 HPF Chair Exercise (CH) (TB)  
2:00 CPI Resident Council Meeting (CH) (CP)  
3:00 CPI Bridge Club w/ Phyllis (3L) (TB)  
3:00 CEA Jewelry Making w/ Sue (4L) (SS)  
3:30 HPF Sing and Stretch (CH) (LH)  
4:00 SCE Happy Hour (CK) (LH)  
6:30 SCE Movie Time! (LH)

**29**  
9:30 LIS News and Views (LR) (TB)  
10:30 HPF Morning Meditation (CH) (TB)  
11:15 HPF Chair Exercise w/ Tyler (CH) (TB)  
2:00 CEA Creating Winter Snow Globes  
3:00 LIS Appreciation of History, Music, Art (CH) (TB)  
3:00 HPF Tai Chi: Balance & Posture (CH) (DC)  
4:00 SCE Happy New Year Happy Hour  
6:30 SCE Movie Time! (CH) (TB)

**30**  
9:30 LIS News and Views (LR) (TB)  
10:15 CEA Art Classes (CH) (TB)  
11:15 HPF Chair Exercise w/ Tyler (CH) (TB)  
1:00 LIS The History & Origins of  
New Year's Eve (CH) (TB)  
2:00 HPF Holiday Hustle Awards Ceremony (CH) (CP)  
3:00 SCE Wii® Bowling (CH) (TB)  
3:00 HPF Dance & Movement: The Hustle (CH) (TB)  
4:00 SCE Happy Hour (CK) (TB)  
6:30 SCE Movie Time! (CH) (TB)

**31 NEW YEAR'S EVE**  
9:30 LIS News and Views (LR) (LH)  
10:30 HPF Morning Meditation (CH) (LH)  
11:15 HPF Fitness Fun (CH) (LH)  
2:00 LIS Ethics Bowl (LR) (LH)  
3:00 HPF Supervised Fitness (FC) (LH)  
4:00 RSF Shabbat Services (CK) (LH)  
4:30 SCE Happy Hour (CK) (LH)  
6:00 SCE Rolling Out the Red Carpet (CH) (LH)  
6:30 SCE Movie Time! (CH) (LH)

- 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



# 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          12:00 <b>SCE</b> Georgeanne Millard          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</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>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</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</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          3:30 <b>SCE</b> Ella Entertainment          5:00 <b>LIS</b> Sensory Stimulation: iSpy the Holidays</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          2:00 <b>SCE</b> Ella Entertainment          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          11:00 <b>SCE</b> Georgeanne Millard          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> Scentsary 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>