

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Civic Engagement Project Launch

Friday, December 3, 10:30 AM

Cardio Drumming Circle

Saturday, December 4, 9:30 AM

Creating Winter Snow Globes

Wednesday, December 29, 10:30 AM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:
 Club Room CR
 Dining Room DR
 Bistro B
 Library L
 Lobby LB
 Outing Out

5
 8:30 **RSF** Bus Trip to Catholic Church (B)
 8:45 **RSF** Holy Catholic Communion (CR)
 9:30 **HPF** Tai Chi: Balance & Posture (CR)
 9:30 **RSF** Bus Trip to St. Margaret's (B)
 10:00 Indoor Volley-ballroom (CR)
 1:00 **HPF** Flow Yoga (CR)
 2:00 Bingo (CR)
 3:00 Live Entertainment! (L)
 4:00 San Juan Social Hour (L)
 5:30 **RSF** Hanukkah Celebration Series (LB)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

**6 LAST DAY OF HANUKKAH
 ST. NICHOLAS DAY**
 9:30 **HPF** Lower Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **RSF** Newsletter Highlight: St. Nicholas Day (CR)
 2:00 **HPF** Moving For Memory: Walking Challenge (LB)
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 5:30 **RSF** Hanukkah Celebration Series (LB)
 6:00 **SCE** 6 O'Clock Movie (CR)

**7 NATIONAL PEARL HARBOR
 DAY OF REMEMBRANCE**
 9:00 **RSF** Bible Study Series (L)
 9:30 **HPF** Fitness with Janet (CR)
 10:00 **HPF** Flow Yoga
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Newsletter: Pearl Harbor Remembrance (CR)
 1:00 **CPI** Ambassador Club Meeting
 3:00 Bingo (CR)
 4:00 **HPF** Dance & Movement: Cowboy Charleston
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **LIS** ODU: Date of Dec.7 Will Live in Infamy (CR)

8 FEAST OF THE IMMACULATE CONCEPTION
 9:30 **HPF** Upper Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **RSF** Newsletter: Immaculate Conception Feast (CR)
 2:00 **HPF** Tai Chi: Balance & Posture (CR)
 3:00 Bingo (CR)
 4:00 **SCE** Winter Wonderland Happy Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

9
 9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Playing & Scoring Hockey (CR)
 1:00 Shopping Excursion (Out)
 2:00 **HPF** Dance & Movement: Cupid Shuffle (CR)
 3:00 Bingo (CR)
 4:00 **HPF** Holiday Hustle Series (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

10
 9:30 **HPF** Total Body Conditioning - Advanced (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **SCE** Holiday Brain Challenge (CR)
 2:00 **HPF** Moving For Memory: Walking Challenge (LB)
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

11
 9:30 **HPF** Cardio Drumming Circle (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **CEA** Craft Class with Michael
 1:00 **CEA** BJK Journaling Series
 2:00 **HPF** Posture and Stretch Fitness Class (CR)
 3:00 Bingo (CR)
 4:00 **SCE** Holiday Celebration Series (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

12 NATIONAL POINSETTIA DAY
 8:30 **RSF** Holy Catholic Communion (CR)
 8:30 **RSF** Bus Trip to Catholic Church (B)
 9:30 **HPF** Tai Chi: Balance & Posture (CR)
 9:30 **RSF** Bus Trip to St. Margaret's (B)
 10:00 Indoor Volley-ballroom (CR)
 1:00 **HPF** Flow Yoga (CR)
 2:00 Bingo (CR)
 3:00 Live Entertainment! (L)
 3:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **LIS** ODU: Christmas in America (CR)

13 U.S. NATIONAL GUARD BIRTHDAY
 9:00 **HPF** Clear Choice Hearing (DR)
 9:30 **HPF** Lower Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Newsletter: U.S. National Guard Birthday (CR)
 2:00 **HPF** Moving For Memory: Walking Challenge (LB)
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

14
 9:00 **RSF** Bible Study Series (L)
 9:30 **HPF** Fitness with Janet (CR)
 9:30 **HPF** Flow Yoga
 10:00 Indoor Volley-ballroom (CR)
 10:30 **SCE** Holiday Celebration Series (CR)
 1:00 **CPI** Engage Life® Planning Meeting
 2:00 **CEA** Scentsary Art
 3:00 **HPF** Dance & Movement: Cupid Shuffle
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

15
 9:30 **HPF** Upper Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Holiday Language Learning (CR)
 2:00 **HPF** Tai Chi: Balance & Posture (CR)
 3:00 Bingo (CR)
 4:00 **SCE** Candy Lane Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

16
 9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 Indoor Volley-ballroom (CR)
 1:00 Shopping Excursion (Out)
 2:00 **HPF** Dance & Movement: Electric Slide (CR)
 3:00 Bingo (CR)
 4:00 **HPF** Holiday Hustle Series (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

17 NATIONAL MAPLE SYRUP DAY
 9:30 **HPF** Total Body Conditioning - Advanced (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Newsletter: National Maple Syrup Day (CR)
 2:00 **HPF** Moving For Memory: Walking Challenge (LB)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

**18 NATIONAL WREATHS
 ACROSS AMERICA DAY**
 9:30 **HPF** Cardio Drumming Circle (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **CEA** Craft Class with Michael
 10:30 **LIS** Newsletter: National Wreaths Day (CR)
 1:00 **CEA** BJK Journaling Series
 2:00 **HPF** Posture and Stretch Fitness Class (CR)
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

19
 8:30 **RSF** Bus Trip to Catholic Church (B)
 8:45 **RSF** Holy Catholic Communion (CR)
 9:30 **RSF** Bus Trip to St. Margaret's (B)
 9:30 **HPF** Tai Chi: Balance & Posture (CR)
 10:00 Indoor Volley-ballroom (CR)
 1:00 **HPF** Flow Yoga (CR)
 2:00 Bingo (CR)
 3:00 **CPI** Civic Engagement Delivery
 3:00 Live Entertainment! (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

20
 9:30 **HPF** Lower Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **CEA** Music History: Christmas Carols, Part I (CR)
 2:00 **HPF** Moving For Memory: Walking Challenge (LB)
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

21 WINTER SOLSTICE
 9:00 **RSF** Bible Study Series (L)
 9:30 **HPF** Fitness with Janet (CR)
 10:00 **HPF** Flow Yoga
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Newsletter Highlight: Winter Solstice (CR)
 1:00 **CPI** Food For Thought - Culinary Led
 3:00 **HPF** Dance & Movement: Electric Slide
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

22
 9:30 **HPF** Upper Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **SCE** A Game of Carols (CR)
 2:00 **HPF** Tai Chi: Balance & Posture (CR)
 3:00 Bingo (CR)
 4:00 **SCE** Christmas Cheer(s) Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

23
 9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **CEA** Music History: Christmas Carols, Part II (CR)
 1:00 Shopping Excursion (Out)
 2:00 **HPF** Dance & Movement: The Hustle (CR)
 3:00 Bingo (CR)
 4:00 **HPF** Holiday Hustle Series (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

24 CHRISTMAS EVE
 9:30 **HPF** Total Body Conditioning - Advanced (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **CEA** Timeless Melodies (CR)
 2:00 **HPF** Moving For Memory: Walking Challenge (LB)
 4:00 **RSF** Meaning & Tradition of Christmas Part I (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

25 CHRISTMAS DAY
 9:30 **HPF** Cardio Drumming Circle (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **CEA** Craft Class with Michael
 1:00 **CEA** BJK Journaling Series
 2:00 **HPF** Posture and Stretch Fitness Class (CR)
 3:00 Bingo (CR)
 4:00 **RSF** Meaning & Tradition of Christmas Part II (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'clock Movie (CR)

26 BOXING DAY
 8:30 **RSF** Bus Trip to Catholic Church (B)
 8:45 **RSF** Holy Catholic Communion (CR)
 9:30 **RSF** Bus Trip to St. Margaret's (B)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Newsletter Highlight: Boxing Day (CR)
 1:00 **HPF** Flow Yoga (CR)
 2:00 Bingo (CR)
 3:00 Live Entertainment! (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

27
 9:30 **HPF** Lower Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** Zodiac & Horoscope of December (CR)
 2:00 **HPF** Moving For Memory: Walking Challenge (LB)
 3:00 Bingo (CR)
 4:00 **CPI** Career Connections Club (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

28 CALL A FRIEND DAY
 9:00 **RSF** Bible Study Series (L)
 9:30 **HPF** Fitness with Janet (CR)
 10:00 **HPF** Flow Yoga
 10:00 Indoor Volley-ballroom (CR)
 10:30 **SCE** Newsletter Highlight: Call a Friend Day (CR)
 3:00 Bingo (CR)
 4:00 **HPF** Dance & Movement: The Hustle
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** 6 O'Clock Movie (CR)

29
 9:30 **HPF** Upper Body Conditioning (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **CEA** Creating Winter Snow Globes (CR)
 2:00 **HPF** Tai Chi: Balance & Posture (CR)
 3:00 Bingo (CR)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)

30
 9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 Indoor Volley-ballroom (CR)
 10:30 **LIS** The History & Origins of New Year's Eve (CR)
 1:00 Shopping Excursion (Out)
 2:00 **HPF** Dance & Movement: The Hustle (CR)
 3:00 Bingo (CR)
 4:00 **HPF** Holiday Hustle Awards Ceremony (L)
 4:00 **CPI** Resident Council Meeting (L)
 4:00 San Juan Social Hour (L)
 5:30 Card & Tile Games (B)

31 NEW YEAR'S EVE
 9:30 **HPF** Total Body Conditioning - Advanced (CR)
 10:00 Indoor Volley-ballroom (CR)
 2:00 **HPF** Moving For Memory Recognition Ceremony (LB)
 3:00 Bingo (CR)
 4:00 **SCE** Happy New Year Social Hour (L)
 5:30 Card & Tile Games (B)
 6:00 **SCE** Rolling Out the Red Carpet (L)

- 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, 3:00 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>10:00 SCE Today's Events & Newsletter 10:30 HPF Tai Chi: Balance & Posture 1:00 CEA Music: Do They Know It's Christmas 2:00 CPI Civic Engagement Working Session 3:00 HPF Walking Challenge 5:00 RSF Bible Study</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 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</p>	<p>Today's Events & Newsletter 9</p> <p>10:00 SCE Today's Events & Newsletter 10:30 HPF Total Body Conditioning - Beginner 1:00 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>CAROLING WEEK 12 NATIONAL POINSETTIA DAY</p> <p>9:00 RSF Today's Events & Newsletter 10:30 HPF Tai Chi: Balance & Posture 1:00 CEA Music Appreciation: Frank Sinatra 3:00 HPF Walking Challenge 5:00 RSF Bible Study</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 Lane Happy Hour 3:00 HPF Tai Chi: Balance & Posture</p>	<p>Today's Events & Newsletter 16</p> <p>10:00 SCE Today's Events & Newsletter 10:30 HPF Total Body Conditioning - Beginner 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 17 NATIONAL UGLY SWEATER DAY</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 1:00 CEA Music Appreciation: "A Christmas Carol" 3:00 CPI Civic Engagement Delivery 4:00 HPF Walking Challenge 5:00 RSF Bible Study</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>BOXING DAY 26 NEW YEAR'S WEEK</p> <p>10:00 CPI Today's Events & Newsletter 10:30 HPF Tai Chi: Balance & Posture 1:00 CEA Music Appreciation: Good King Wenceslas 3:00 HPF Walking Challenge 5:00 RSF Bible Study</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 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>