



ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

One Flow Yoga
Monday, December 6, 1:30 PM

**Accordion Entertainment
w/ Elaine Lord**
Friday, December 10, 2:00 PM

Hui O Hawaii Hula Dancers
Thursday, December 16, 7:00 PM



DECEMBER 2021

ATRIA EL CAMINO GARDENS engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

- Activity Room AR
- Movie Theater MT
- Sierra (A Building) SA
- Front Lobby FL
- Activity Room Courtyard ARC
- Calaveras (C Building) CS
- Grille GR
- In-Room IR
- Sequoia (B Building) SQ

STAFF KEY:

- Volunteer V
- Paid Entertainer PE
- Engage Life® Team ELT
- Chauffeur (Driver) C
- Resident R
- Gina Lardie GL
- Chef Ross CR
- Resident Council President RCP
- Troy Martin TM
- Patricia Garcia PG

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<p>9:00 HPF AF Exercise (AR) (ELT) 5</p> <p>10:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>11:00 CPI Resident Craft Fair (FL) (RCP)</p> <p>1:00 RSF Virtual Chapel at the Gardens (MT) (GL)</p> <p>1:30 SCE Holiday Hustle Series (AR) (ELT)</p> <p>2:00 RSF Guided Imagery (MT) (PG)</p> <p>2:30 Free Bingo (AR) (ELT)</p> <p>2:30 SCE Movie Matinee (MT) (ELT)</p> <p>3:45 HPF AF Exercise w/ Gina (AR) (ELT)</p> <p>6:00 SCE After Dinner Building Walk (FL) (R)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 6</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 The Skinny (AR) (ELT)</p> <p>1:30 HPF One Flow Yoga (MT) (PE)</p> <p>2:15 Blackjack (AR) (PG)</p> <p>3:30 Money Bingo (AR) (ELT)</p> <p>4:30 LIS TED Talk (MT) (ELT)</p> <p>6:30 CEA Paint Night w/ Peter (AR) (R)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 7</p> <p>10:00 RSF Meditation w/ Peter (MT) (R)</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 LIS Brain Fitness (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA GS Card Making Class (AR) (GL)</p> <p>1:30 LIS What Could Being Born In December Mean? (MT) (ELT)</p> <p>2:30 Cards & Quarters (AR) (ELT)</p> <p>4:00 HPF Dance & Movement (AR) (ELT)</p> <p>6:00 LIS Trivia Challenge (MT) (R)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 8</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>10:30 CEA Gardening Club (ARC) (R)</p> <p>11:00 LIS Current Events (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA Watercolor Painting (AR) (ELT)</p> <p>2:30 SCE Winter Wonderland Happy Hour (GR) (ELT)</p> <p>3:30 HPF Fitness w/ Mr. Tom (AR) (PE)</p> <p>5:00 LIS Music Themes (AR) (ELT)</p> <p>6:00 Money Bingo (AR) (ELT)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 9</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 CEA Holiday Craft (AR) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA Music History: Christmas Carols, Part 1 (AR) (ELT)</p> <p>2:30 HPF Toning Exercise (AR) (GL)</p> <p>3:30 Cards & Quarters (AR) (ELT)</p> <p>6:00 LIS Engage Your Brain Trivia (MT) (R)</p>	<p>9:00 RSF Daily Devotional Bible Reading (AR) (R) 10</p> <p>10:00 Raley's Grocery Store (FL) (C)</p> <p>10:00 HPF Total Body Workout (AR) (TM)</p> <p>10:30 CEA BJK Journaling Series (AR) (ELT)</p> <p>11:00 HPF Total Body Workout (SA) (TM)</p> <p>1:00 CEA Beginners Rock Painting (AR) (ELT)</p> <p>1:15 SCE Root Beer Floats (FL) (ELT)</p> <p>2:00 CEA Accordion Entertainment w/ Elaine Lord (FL) (PE)</p> <p>3:00 Money Bingo (AR) (ELT)</p> <p>4:30 HPF Walking Club (FL) (ELT)</p> <p>6:00 SCE Silver Screen Stunner (MT) (ELT)</p>	<p>8:00 CPI Toy Donation for Shriner's Hospital (FL) (ELT) 4</p> <p>9:30 HPF Beginner Total Body Workout (AR) (ELT)</p> <p>10:30 HPF Exercise- Hockey Fun (FL) (ELT)</p> <p>10:30 LIS Trivia-Jeopardy!® (MT) (R)</p> <p>11:30 SCE Holiday Hot Chocolate (AR) (TM)</p> <p>1:00 CEA Crochet (AR) (TM)</p> <p>1:00 Popcorn "Pop & Walk" (FL) (ELT)</p> <p>2:30 CEA Bobbin & Weaving Walking Club w/ Troy (FL) (ELT)</p> <p>3:00 Cards & Quarters (AR) (ELT)</p> <p>6:00 CPI Won't You Be My Neighbor (IR) (R)</p>
<p>9:00 HPF AF Exercise (AR) (ELT) 12</p> <p>10:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 RSF Virtual Chapel at the Gardens (MT) (GL)</p> <p>1:30 SCE Holiday Hustle Series (AR) (ELT)</p> <p>2:00 RSF Guided Imagery (MT) (PG)</p> <p>2:30 Free Bingo (AR) (GL)</p> <p>2:30 SCE Movie Matinee (MT) (ELT)</p> <p>3:45 HPF AF Exercise w/ Gina (AR) (ELT)</p> <p>6:00 After Dinner Building Walk (FL) (R)</p>	<p>9:00 HPF AF Exercise- B Building (SQ) (ELT) 13</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 SCE The Skinny (AR) (ELT)</p> <p>1:30 HPF Hawkins Hearing Services w/ Fred (AR)</p> <p>1:30 HPF One Flow Yoga (MT) (PE)</p> <p>2:15 SCE Blackjack (AR) (PG)</p> <p>3:30 Money Bingo (AR) (ELT)</p> <p>4:30 LIS TED Talk (MT) (ELT)</p> <p>6:30 CEA Paint Night w/ Peter (AR) (R)</p>	<p>9:00 HPF AF Exercise- B Building (SQ) (ELT) 14</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>10:00 RSF Meditation w/ Peter (MT) (R)</p> <p>11:00 LIS Brain Fitness (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>2:00 CEA ET w/ Pianist Darrell Brogden (FL) (PE)</p> <p>3:15 Cards & Quarters (AR) (ELT)</p> <p>4:15 HPF Dance & Movement (AR) (ELT)</p> <p>6:00 LIS Trivia Challenge (MT) (R)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 15</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>10:30 CEA Gardening Club (ARC) (R)</p> <p>11:00 LIS Current Events (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA Watercolor Painting (AR) (ELT)</p> <p>2:30 SCE Candy Lane Happy Hour (GR) (ELT)</p> <p>3:30 HPF Fitness w/ Mr. Tom (AR) (PE)</p> <p>5:00 CEA Music Themes (AR) (ELT)</p> <p>6:00 Money Bingo (AR) (ELT)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 16</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 SCE Holiday Stocking Stuff (ELT)</p> <p>2:00 LIS Book Club (MT) (R)</p> <p>2:30 HPF Toning Exercise (AR) (GL)</p> <p>3:15 Cards & Quarters (AR) (ELT)</p> <p>6:00 LIS Engage Your Brain Trivia (MT) (R)</p> <p>7:00 SCE Hui O Hawaii Hula Dancers (FL) (PE)</p>	<p>9:00 RSF Daily Devotional Bible Reading (AR) (R) 17</p> <p>10:00 Raley's Grocery Store (FL) (C)</p> <p>10:00 HPF Total Body Workout (AR) (TM)</p> <p>10:30 CEA BJK Journaling Series (AR) (ELT)</p> <p>11:00 HPF Total Body Workout (SA) (TM)</p> <p>1:00 CEA Beginners Rock Painting (AR) (ELT)</p> <p>1:15 SCE Root Beer Floats (FL) (ELT)</p> <p>3:00 Money Bingo (AR) (ELT)</p> <p>4:30 HPF Walking Club (FL) (ELT)</p> <p>6:00 CPI Silver Screen Stunner (MT) (ELT)</p>	<p>9:30 HPF Beginner Total Body Workout (AR) (ELT) 18</p> <p>10:00 SCE Capital Therapy Dogs (FL) (V)</p> <p>10:30 HPF Exercise- Hockey Fun (FL) (ELT)</p> <p>10:30 LIS Trivia-Jeopardy!® (MT) (R)</p> <p>1:00 CEA Jewelry Making (AR) (TM)</p> <p>1:00 Popcorn "Pop & Walk" (FL) (ELT)</p> <p>2:30 CEA Bobbin & Weaving Walking Club w/ Troy (FL) (ELT)</p> <p>3:00 Cards & Quarters (AR) (ELT)</p> <p>6:00 CPI Won't You Be My Neighbor (IR) (R)</p>
<p>9:00 HPF AF Exercise (AR) (ELT) 19</p> <p>10:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 RSF Virtual Chapel at the Gardens (MT) (GL)</p> <p>2:00 RSF Guided Imagery (MT) (PG)</p> <p>2:30 Free Bingo (AR) (GL)</p> <p>2:30 CEA Movie Matinee (MT) (ELT)</p> <p>3:45 HPF AF Exercise w/ Gina (AR) (ELT)</p> <p>6:00 After Dinner Building Walk (FL) (R)</p>	<p>9:00 HPF AF Exercise- B Building (SQ) (ELT) 20</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CPI Engage Life® Program Meeting (AR) (ELT)</p> <p>1:30 HPF One Flow Yoga (MT) (PE)</p> <p>2:15 Blackjack (AR) (PG)</p> <p>3:30 Money Bingo (AR) (ELT)</p> <p>4:30 LIS TED Talk (MT) (ELT)</p> <p>6:30 CEA Paint Night w/ Peter (AR) (R)</p>	<p>9:00 HPF AF Exercise- B Building (SQ) (ELT) 21</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>10:00 RSF Meditation w/ Peter (MT) (R)</p> <p>11:00 LIS Brain Fitness (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 RSF Meaning & Traditions of Christmas: PT 2 (AR) (GL)</p> <p>2:30 Cards & Quarters (AR) (ELT)</p> <p>4:00 HPF Dance & Movement (AR) (ELT)</p> <p>6:00 LIS Trivia Challenge (MT) (R)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 22</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>10:30 CEA Gardening Club (ARC) (R)</p> <p>11:00 LIS Current Events (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA Watercolor Painting (AR) (ELT)</p> <p>2:30 SCE Christmas Cheers Happy Hour (GR) (ELT)</p> <p>3:30 HPF Fitness w/ Mr. Tom (AR) (PE)</p> <p>5:00 LIS Music History: Christmas Carols, Part 11 (AR) (ELT)</p> <p>6:00 Money Bingo (AR) (ELT)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 23</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 CEA Holiday Craft (AR) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 SCE Holiday Hustle Award Ceremony (FL) (ELT)</p> <p>2:30 HPF Toning Exercise (AR) (GL)</p> <p>3:15 Cards & Quarters (AR) (ELT)</p> <p>6:00 LIS Engage Your Brain Trivia (MT) (R)</p>	<p>9:00 RSF Daily Devotional Bible Reading (AR) (R) 24</p> <p>10:00 Raley's Grocery Store (FL) (C)</p> <p>10:00 HPF Total Body Workout (AR) (TM)</p> <p>10:30 CEA BJK Journaling Series (AR) (ELT)</p> <p>11:00 HPF Total Body Workout (SA) (TM)</p> <p>1:00 CEA Beginners Rock Painting (AR) (ELT)</p> <p>1:15 SCE Root Beer Floats (FL) (ELT)</p> <p>3:00 Money Bingo (AR) (ELT)</p> <p>4:30 HPF Walking Club (FL) (ELT)</p> <p>6:00 SCE Silver Screen Stunner (MT) (ELT)</p>	<p>9:30 HPF Beginner Total Body Workout (AR) (ELT) 25</p> <p>10:30 LIS Trivia-Jeopardy!® (MT) (ELT)</p> <p>1:00 CEA Crochet (AR) (TM)</p> <p>1:00 RSF The Meaning & Traditions of Christmas (FL) (ELT)</p> <p>2:30 CEA Bobbin & Weaving Walking Club w/ Troy (FL) (ELT)</p> <p>3:00 Cards & Quarters (AR) (ELT)</p> <p>6:00 CPI Won't You Be My Neighbor (IR) (R)</p>
<p>9:00 HPF AF Exercise (AR) (ELT) 26</p> <p>10:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 RSF Virtual Chapel at the Gardens (MT) (GL)</p> <p>2:00 RSF Guided Imagery (MT) (PG)</p> <p>2:30 Free Bingo (AR) (GL)</p> <p>2:30 CEA Movie Matinee (MT) (ELT)</p> <p>3:45 HPF AF Exercise w/ Gina (AR) (ELT)</p> <p>6:00 After Dinner Building Walk (FL) (R)</p>	<p>9:00 HPF AF Exercise- B Building (SQ) (ELT) 27</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CPI The Skinny (AR) (ELT)</p> <p>1:30 HPF One Flow Yoga (MT) (PE)</p> <p>2:15 Blackjack (AR) (PG)</p> <p>3:30 Money Bingo (AR) (ELT)</p> <p>4:30 LIS TED Talk (MT) (ELT)</p> <p>6:30 CEA Paint Night w/ Peter (AR) (R)</p>	<p>9:00 HPF AF Exercise- B Building (SQ) (ELT) 28</p> <p>10:00 RSF Meditation w/ Peter (MT) (R)</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 LIS Bookmobile (FL)</p> <p>11:00 LIS Brain Fitness (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA Create Art from What You Smell: Pine (AR) (ELT)</p> <p>2:00 HPF Dance & Movement (AR) (ELT)</p> <p>2:30 SCE Country Music w/ Denis Colletet (FL) (PE)</p> <p>3:45 Cards & Quarters (AR) (ELT)</p> <p>6:00 LIS Trivia Challenge (MT) (R)</p>	<p>9:00 HPF AF Exercise-B Building (SQ) (ELT) 29</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>10:30 CEA Gardening Club (ARC) (R)</p> <p>11:00 LIS Current Events (AR) (PG)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA Watercolor Painting (AR) (ELT)</p> <p>1:15 SCE Root Beer Floats (GR) (ELT)</p> <p>3:30 HPF Fitness w/ Mr. Tom (AR) (PE)</p> <p>5:00 LIS Music Themes (AR) (ELT)</p> <p>6:00 Money Bingo (AR) (ELT)</p>	<p>9:00 HPF AF Exercise-B Building (AR) (ELT) 30</p> <p>10:00 HPF AF Exercise- C Building (CS) (ELT)</p> <p>11:00 CEA Holiday Crafts (AR) (ELT)</p> <p>11:00 HPF AF Exercise- A Building (SA) (ELT)</p> <p>1:00 CEA Quirky Song Titles Challenge (MT) (GL)</p> <p>2:30 HPF Toning Exercise (AR) (GL)</p> <p>3:15 Cards & Quarters (AR) (ELT)</p> <p>6:00 LIS Engage Your Brain Trivia (MT) (R)</p>	<p>9:00 RSF Daily Devotional Bible Reading (AR) (R) 31</p> <p>10:00 Raley's Grocery Store (FL) (C)</p> <p>10:00 HPF Total Body Workout (AR) (TM)</p> <p>10:30 CEA BJK Journaling Series (AR) (ELT)</p> <p>11:00 HPF Total Body Workout (SA) (TM)</p> <p>2:00 CEA New Years Eve ET w/ Songbird Trio (FL) (PE)</p> <p>2:30 SCE Happy New Year Happy Hour (FL) (ELT)</p> <p>3:30 Money Bingo (AR) (ELT)</p> <p>4:30 HPF Walking Club (FL) (ELT)</p> <p>6:00 SCE Silver Screen Stunner (MT) (ELT)</p>	<p>HEALTH AND PHYSICAL FITNESS</p> <p>LIFELONG LEARNING AND INTELLECTUAL STIMULATION</p> <p>CREATIVE EXPRESSION AND THE ARTS</p> <p>SOCIAL CONNECTION AND ENTERTAINMENT</p> <p>CIVIC AND PROFESSIONAL INVOLVEMENT</p> <p>RELIGIOUS AND SPIRITUAL FELLOWSHIP</p>

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



DECEMBER 2021

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>Happy Birthday Lloyd Grant! 7 NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</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>Happy Birthday Cesar Cisneros! 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 Land 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>Happy Birthday Lilia Crawley! 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>