

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Holiday Hustle: Gift Exchange

Thursday, December 9, 3:00 PM

Holiday Sip and Stroll

Saturday, December 18, 3:00 PM

**New Year's Happy
Hour Celebration**

Friday, December 31, 5:30 PM



DECEMBER 2021

ATRIA WILLOW GLEN
engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Bus	B	Living Room	LR
Pool & Patio Area	P	Monterey	MO
Exercise Room	EX	Sequoia	SQ
Ice Cream Parlor	ICP	Evergreen Upstairs	EV2
Dining Room	DR	Patio Area	PA
Redwood Library	RE	Fitness Center	FC
Lobby	L		
Aspen	AS		
Cedar	CE		
Cypress	CY		

Pictionary™ is a trademark of Hasbro, Inc.
Rummikub® is a registered trademark of Rummikub.
UNO® is a registered trademark of Mattel, Inc.

<p>9:30 HPF Total Body Conditioning w/ Krys (EX) 5</p> <p>10:30 CEA Classic Song-Sing Along (CE)</p> <p>11:30 Big Word Little Word (EX)</p> <p>1:00 Movie Matinee (EX)</p> <p>1:30 CEA Coloration w/ Naomi (SQ)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>2:00 HPF Upper Body Conditioning (CE)</p> <p>3:00 LIS iPhone Photography Class (EX)</p> <p>3:00 CPI New Resident Orientation (L)</p> <p>6:00 Movie Night (EX)</p>	<p>8:30 HPF Total Body Workout w/ Doug (EX) 6</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 HPF Strength & Balance w/ Troy (EX)</p> <p>10:30 SCE Food For Thought (CE)</p> <p>11:00 CEA Ukulele Class w/ Daniel (LR)</p> <p>2:00 Card Games: Five Crowns (SQ)</p> <p>2:00 SCE Food For Thought (DR)</p> <p>2:30 CEA Cedar Live Musical Performance (CE)</p> <p>2:30 LIS Willow Glen Library Outing (B)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>4:00 RSF Bible Study (RE)</p> <p>6:00 Movie Night</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE 7</p> <p>9:00 RSF Good Morning Meditation (EX)</p> <p>9:30 HPF Tai Chi (EX)</p> <p>10:00 LIS Monthly Book Club (RE)</p> <p>10:00 SCE Pictionary™ (CE)</p> <p>10:30 HPF Lower Body Workout (CE)</p> <p>1:00 Lunch Outing (B)</p> <p>1:30 HPF Strength and Flexibility w/ Bill (EX)</p> <p>2:00 LIS Tea & Trivia (CE)</p> <p>3:00 BINGO! (EX)</p> <p>3:00 CEA BJK Journals/Creative Writing (RE)</p> <p>6:00 LIS ODU: Date of Dec. 7 Will Live in Infamy (EX)</p>	<p>FEAST OF THE IMMACULATE CONCEPTION 8</p> <p>9:00 HPF Total Body Conditioning w/ Jenna (EX)</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 Cedar Bingo! (CE)</p> <p>10:30 HPF Upper Body Conditioning (CE)</p> <p>1:00 Music & Art (CE)</p> <p>1:30 CEA Handcrafted Designs w/ Naomi (SQ)</p> <p>1:30 Lunardi's & CVS Shopping (B)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>2:00 CPI Friends of the Library (RE)</p> <p>3:00 SCE Winter Wonderland Happy Hour</p> <p>6:00 Movie Night (EX)</p>	<p>8:30 HPF Total Body Workout w/ Doug (EX) 9</p> <p>9:30 LIS Current Events Discussion (LR)</p> <p>10:00 HPF Yoga w/ Ellen (EX)</p> <p>10:30 HPF Lower Body Conditioning (CE)</p> <p>1:00 Target Shopping (B)</p> <p>1:30 SCE Big Word Little Word (CE)</p> <p>1:30 Card Games: Bridge (SQ)</p> <p>2:00 CPI Questions for Resident Council (EX)</p> <p>2:00 Dominoes (CY)</p> <p>3:00 HPF Holiday Hustle: Gift Exchange (LR)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>6:00 Movie Night (EX)</p>	<p>9:00 Safeway & Rite Aid Shopping (B) 10</p> <p>9:30 HPF Total Body Conditioning w/ Krys (EX)</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 RSF Morning Meditation (CE)</p> <p>10:30 Banking and Walgreens Shopping (B)</p> <p>10:30 HPF Tai Chi: Balance and Posture (CE)</p> <p>11:30 SCE Pictionary™ w/ Debbie (EX)</p> <p>1:00 CEA Sip and Paint: Watercolors (AS)</p> <p>1:00 Cedar Scenic Drive (B)</p> <p>3:00 BINGO! (EX)</p> <p>6:00 Movie Night (EX)</p> <p>6:30 Card Games: Pinochle (SQ)</p>	<p>9:30 HPF Cardio Drumming (EX) 11</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 HPF Walking Challenge (CE)</p> <p>10:30 CEA Live Music with Pianist Brian Boyle (LR)</p> <p>11:30 SCE Cornhole w/ Debbie (EX)</p> <p>1:00 SCE Card Games: UNO® (CE)</p> <p>1:00 SCE Furry Friends (P)</p> <p>1:30 HPF Dance & Movement: Elvira Line Dance (EX)</p> <p>2:00 Dominoes (CY)</p> <p>3:00 BINGO! (EX)</p> <p>4:00 SCE Ping Pong (MO)</p> <p>6:00 Movie Night (EX)</p>
<p>NATIONAL POINSETTIA DAY 12</p> <p>9:30 HPF Total Body Conditioning w/ Krys (EX)</p> <p>10:30 CEA Classic Song Sing Along (CE)</p> <p>11:30 Big Word Little Word (EX)</p> <p>1:00 Movie Matinee (EX)</p> <p>1:30 CEA Coloration w/ Naomi (SQ)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>2:00 HPF Upper Body Conditioning (CE)</p> <p>3:00 LIS iPhone Photography Class (EX)</p> <p>6:00 LIS ODU: Christmas in America (EX)</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13</p> <p>8:30 HPF Total Body Workout w/ Doug (EX)</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 HPF Strength & Balance w/ Troy (EX)</p> <p>11:00 CEA Ukulele Class w/ Daniel (LR)</p> <p>1:00 Safeway & Rite Aid Shopping (B)</p> <p>2:00 Card Games: Five Crowns (SQ)</p> <p>2:30 CEA Cedar Live Musical Performance (CE)</p> <p>2:30 LIS Willow Glen Library Outing (B)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>4:00 RSF Bible Study (RE)</p> <p>6:00 Movie Night (EX)</p>	<p>9:00 RSF Good Morning Meditation (EX) 14</p> <p>9:30 HPF Tai Chi (EX)</p> <p>10:00 SCE Pictionary™ (CE)</p> <p>10:30 HPF Lower Body Workout (CE)</p> <p>1:00 Oakridge Mall Shopping (B)</p> <p>1:30 HPF Strength and Flexibility w/ Bill (EX)</p> <p>2:00 CEA Scentsory Art (CE)</p> <p>2:00 CEA Floral Arranging w/ Priscilla (ICP)</p> <p>3:00 BINGO! (EX)</p> <p>3:00 CEA BJK Journals/Creative Writing (RE)</p> <p>6:00 Movie Night (EX)</p>	<p>9:00 HPF Total Body Conditioning w/ Jenna (EX) 15</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 Cedar Bingo! (CE)</p> <p>10:00 SCE Holiday Gift Wrap (LR)</p> <p>10:30 HPF Upper Body Conditioning (CE)</p> <p>1:00 LIS Holiday Language Learning (CE)</p> <p>1:30 Big Lots Shopping (B)</p> <p>1:30 CEA Handcrafted Designs w/ Naomi (SQ)</p> <p>2:00 CPI Friends of the Library (RE)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>3:00 SCE Candy Lane Happy Hour</p> <p>6:00 Movie Night (EX)</p>	<p>8:30 HPF Total Body Workout w/ Doug (EX) 16</p> <p>9:30 LIS Current Events Discussion (LR)</p> <p>10:00 HPF Yoga w/ Ellen (EX)</p> <p>10:30 HPF Lower Body Conditioning (CE)</p> <p>1:00 Dollar Tree Shopping (B)</p> <p>1:15 CEA Drama Club (LR)</p> <p>1:30 Card Games: Bridge (SQ)</p> <p>2:00 CPI Resident Council Meeting (EX)</p> <p>2:00 Dominoes (CY)</p> <p>3:00 SCE Chair Volleyball (LR)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>6:00 Movie Night (EX)</p>	<p>NATIONAL MAPLE SYRUP DAY 17</p> <p>9:30 HPF Total Body Conditioning w/ Krys (EX)</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 EL Outing (B)</p> <p>10:00 RSF Morning Meditation (CE)</p> <p>10:30 HPF Tai Chi: Balance and Posture (CE)</p> <p>11:30 SCE Pictionary™ w/ Debbie (EX)</p> <p>1:00 CEA Sip and Paint: Watercolors (AS)</p> <p>1:00 RSF Meaning & Tradition of Christmas (CE)</p> <p>3:00 BINGO! (EX)</p> <p>6:00 Movie Night (EX)</p> <p>6:30 Card Games: Pinochle (SQ)</p>	<p>NATIONAL WREATHS ACROSS AMERICA DAY 18</p> <p>9:30 HPF Cardio Drumming (EX)</p> <p>10:00 HPF Walking Challenge (CE)</p> <p>10:00 Rummikub® (CY)</p> <p>10:30 CEA Live Music with Pianist Brian Boyle (LR)</p> <p>11:00 Bingo (EX)</p> <p>1:00 SCE Card Game: UNO® (CE)</p> <p>1:30 HPF Dance & Movement: Cupid Shuffle (EX)</p> <p>2:00 Dominoes (CY)</p> <p>3:00 SCE Holiday Sip and Stroll (P)</p> <p>4:00 SCE Ping Pong (MO)</p> <p>6:00 Movie Night (EX)</p>
<p>9:30 HPF Total Body Conditioning w/ Krys (EX) 19</p> <p>10:30 CEA Music History: Christmas Carols (CE)</p> <p>11:30 Big Word Little Word (EX)</p> <p>1:00 Movie Matinee (EX)</p> <p>1:30 CPI Civic Engagement Delivery</p> <p>1:30 CEA Coloration w/ Naomi (SQ)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>2:00 HPF Upper Body Conditioning (CE)</p> <p>3:00 LIS iPhone Photography Class (EX)</p> <p>6:00 Movie Night (EX)</p>	<p>8:30 HPF Total Body Workout w/ Doug (EX) 20</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 HPF Strength and Balance w/ Troy (EX)</p> <p>10:30 Card Games: UNO® (CE)</p> <p>11:00 CEA Ukulele Class w/ Daniel (LR)</p> <p>1:00 Safeway & Rite Aid Shopping (B)</p> <p>2:00 Card Games: Five Crowns (SQ)</p> <p>2:30 CEA Cedar Live Musical Performance (CE)</p> <p>2:30 LIS Willow Glen Library Outing (B)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>4:00 RSF Bible Study (RE)</p> <p>6:00 Movie Night (EX)</p>	<p>WINTER SOLSTICE 21</p> <p>9:00 RSF Good Morning Meditation (EX)</p> <p>9:30 HPF Tai Chi (EX)</p> <p>10:00 SCE Pictionary™ (CE)</p> <p>10:30 HPF Lower Body Workout (CE)</p> <p>1:00 Target Shopping (B)</p> <p>1:30 HPF Strength and Flexibility w/ Bill (EX)</p> <p>2:00 CPI Ambassador Club Meeting (RE)</p> <p>2:00 LIS Tea & Trivia (CE)</p> <p>3:00 CEA BJK Journals/Creative Writing (RE)</p> <p>6:00 LIS ODU: When Weather Changed History (EX)</p>	<p>9:00 HPF Total Body Conditioning w/ Jenna (EX) 22</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 Cedar Bingo! (CE)</p> <p>10:30 HPF Upper Body Conditioning (CE)</p> <p>1:00 SCE A Game of Carols (CE)</p> <p>1:30 Trader Joe's & Whole Foods Shopping (B)</p> <p>1:30 CEA Handcrafted Designs w/ Naomi (SQ)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>2:00 CPI Friends of the Library (RE)</p> <p>3:00 SCE Christmas Cheer(s) Happy Hour</p> <p>6:00 Movie Night (EX)</p>	<p>8:30 HPF Total Body Workout w/ Doug (EX) 23</p> <p>9:30 LIS Current Events Discussion (LR)</p> <p>10:00 HPF Yoga w/ Ellen (EX)</p> <p>10:00 HPF Holiday Hustle Series (CE)</p> <p>10:30 HPF Lower Body Conditioning (CE)</p> <p>1:15 CEA Drama Club (LR)</p> <p>1:30 Card Games: Bridge (SQ)</p> <p>1:30 CPI Knitting & Crocheting Club (EV2)</p> <p>2:00 Dominoes (CY)</p> <p>3:00 SCE Chair Volleyball (LR)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>6:00 Movie Night (EX)</p>	<p>9:00 Safeway & Rite Aid Shopping (B) 24</p> <p>9:30 HPF Total Body Conditioning w/ Krys (EX)</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 RSF Morning Meditation (CE)</p> <p>10:30 Banking & Walgreens Shopping (B)</p> <p>10:30 HPF Tai Chi: Balance and Posture (CE)</p> <p>11:30 SCE Pictionary™ w/ Debbie (EX)</p> <p>1:00 Cedar Scenic Drive (B)</p> <p>1:30 HPF Walking Challenge (L)</p> <p>3:00 BINGO! (EX)</p> <p>6:00 Movie Night (EX)</p> <p>6:30 Card Games: Pinochle (SQ)</p>	<p>CHRISTMAS DAY 25</p> <p>9:30 HPF Cardio Drumming (EX)</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 HPF Walking Challenge (CE)</p> <p>10:30 CEA Live Music w/ Pianist Brian Boyle (LR)</p> <p>11:00 Bingo (EX)</p> <p>1:00 SCE Card Games: UNO® (CE)</p> <p>1:30 LIS Tech Time (EX)</p> <p>2:00 Dominoes (CY)</p> <p>4:00 SCE Ping Pong (MO)</p> <p>6:00 Movie Night (EX)</p>
<p>BOXING DAY 26</p> <p>9:30 HPF Total Body Conditioning w/ Krys (EX)</p> <p>10:30 CEA Classic Song-Sing Along (CE)</p> <p>11:30 Big Word Little Word (EX)</p> <p>1:00 Movie Matinee (EX)</p> <p>1:30 CEA Coloration with Naomi (SQ)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>2:00 HPF Upper Body Conditioning (CE)</p> <p>3:00 LIS iPhone Photography Class (EX)</p> <p>6:00 Movie Night (EX)</p>	<p>8:30 HPF Total Body Workout w/ Doug (EX) 27</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 HPF Strength and Balance w/ Troy (EX)</p> <p>11:00 CEA Ukulele Class w/ Daniel (LR)</p> <p>1:00 Safeway & Rite Aid Shopping (B)</p> <p>2:00 Card Games: Five Crowns (SQ)</p> <p>2:30 CEA Cedar Live Musical Performance (CE)</p> <p>2:30 LIS Willow Glen Library Outing (B)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>4:00 RSF Bible Study (RE)</p> <p>6:00 CPI Career Connections Club</p> <p>6:00 Movie Night (EX)</p>	<p>CALL A FRIEND DAY 28</p> <p>9:00 RSF Good Morning Meditation (EX)</p> <p>9:30 HPF Tai Chi w/ Irene (PA)</p> <p>10:00 SCE Pictionary™ (CE)</p> <p>10:30 HPF Lower Body Workout (CE)</p> <p>1:00 Lunch Outing (B)</p> <p>1:30 HPF Strength and Flexibility w/ Bill (EX)</p> <p>2:00 CEA Floral Arranging with Priscilla (ICP)</p> <p>3:00 Bingo (EX)</p> <p>3:00 CEA BJK Journals/Creative Writing (RE)</p> <p>6:00 Movie Night (EX)</p>	<p>9:00 HPF Total Body Conditioning w/ Jenna (EX) 29</p> <p>10:00 Cedar Bingo! (CE)</p> <p>10:00 Rummikub® (CY)</p> <p>10:30 HPF Upper Body Conditioning (CE)</p> <p>1:00 CEA Creating Winter Snow Globes (CE)</p> <p>1:00 Music & Art (CE)</p> <p>1:30 CEA Handcrafted Designs w/ Naomi (SQ)</p> <p>2:00 Card Games: Canasta (CY)</p> <p>2:00 CPI Engage Life® Planning Meeting (LR)</p> <p>2:00 CPI Friends of the Library (RE)</p> <p>3:00 SCE Happy Hour (LR)</p> <p>6:00 Movie Night (EX)</p>	<p>8:30 HPF Total Body Workout w/ Doug (EX) 30</p> <p>9:30 LIS Current Events Discussion (LR)</p> <p>10:00 HPF Yoga w/ Ellen (EX)</p> <p>10:30 HPF Lower Body Conditioning (CE)</p> <p>11:00 HPF Holiday Hustle Series (FC)</p> <p>1:00 Dollar Tree Shopping (B)</p> <p>1:15 CEA Drama Club (LR)</p> <p>1:30 Card Games: Bridge (SQ)</p> <p>2:00 Dominoes (CY)</p> <p>3:00 SCE Chair Volleyball (LR)</p> <p>3:30 SCE Ping Pong (MO)</p> <p>6:00 Movie Night (EX)</p>	<p>NEW YEAR'S EVE 31</p> <p>10:00 Rummikub® (CY)</p> <p>10:00 HPF Tai Chi w/ Dan (CE)</p> <p>10:30 Banking & Walgreens Shopping (B)</p> <p>10:30 HPF Total Body Conditioning w/ Krys (EX)</p> <p>1:00 BINGO! (EX)</p> <p>1:00 Cedar Scenic Drive (B)</p> <p>2:15 CEA Sip and Paint: Watercolors (AS)</p> <p>5:30 SCE New Year's Happy Hour Celebration (LR)</p> <p>6:00 Movie Night (EX)</p> <p>6:30 Card Games: Pinochle (SQ)</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, 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 Its 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 6:30 Three Tenors Holiday Concert</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 6:30 CEA Les Miserables live from London</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 6:30 Dean Martin Holiday Concert</p>	<p>Today's Events & Newsletter 11</p> <p>10:00 SCE Today's Events & Newsletter 10:30 HPF Flow Yoga 1:00 CEA Today's Music: All I Want For Christmas 3:00 HPF Posture and Stretch Fitness Class 5:00 LIS Sensory Stimulation: iSpy the Holidays</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 6:30 SCE It's a Wonderful Life</p>	<p>FIRST DAY OF WINTER 21</p> <p>7:00 CEA Christmas Carol 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 6:30 Sound of Music Sing Along</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>