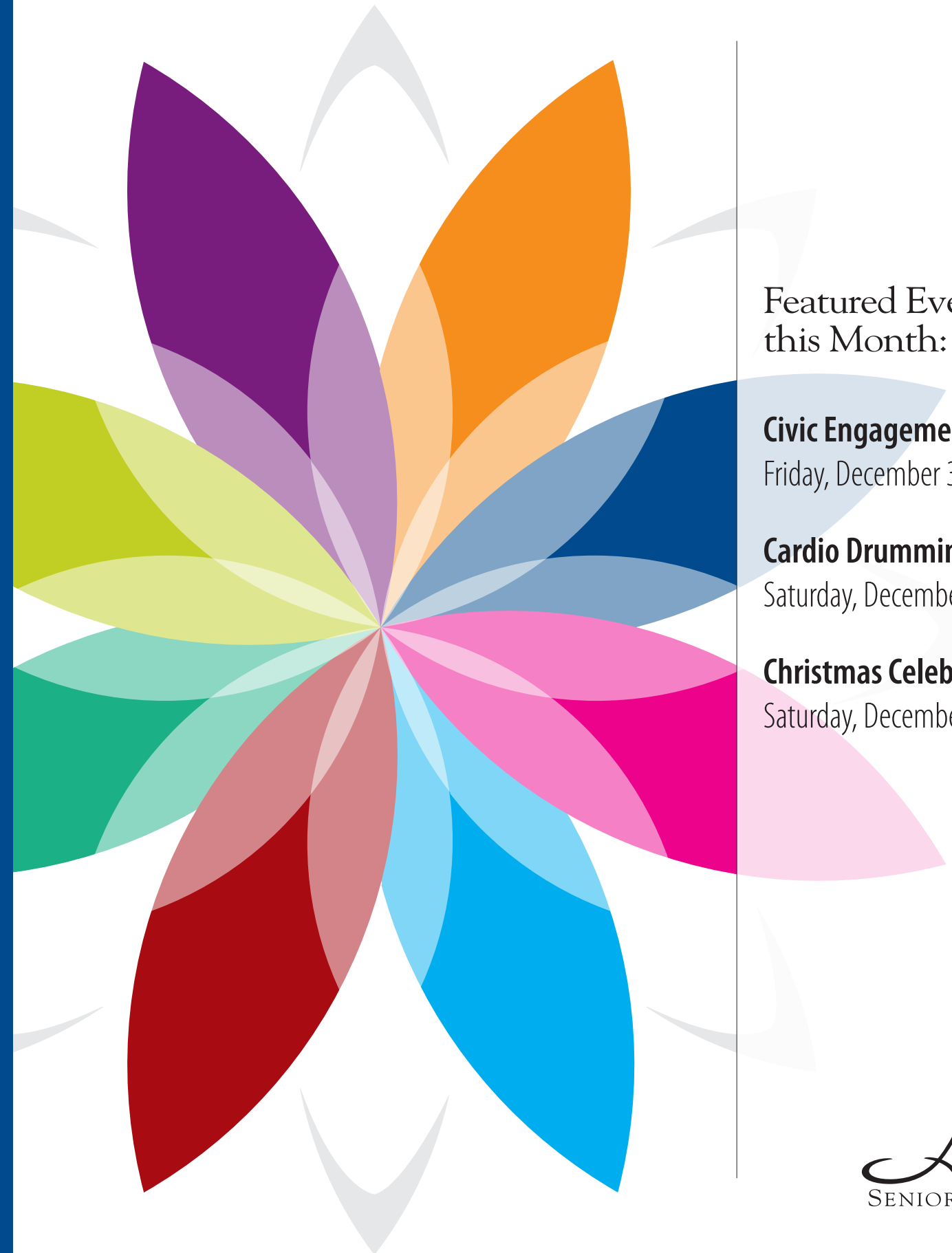


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Civic Engagement Project Launch

Friday, December 3, 3:00 PM

Cardio Drumming Circle

Saturday, December 4, 10:00 AM

Christmas Celebration

Saturday, December 25, 4:30 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:

Dining Room DR
Blackjack Corner BC
Main Lobby Entrance ML
Orchard Room OR
Activity Room AR
In-Room IR

STAFF KEY:

Jose Valenzuela JV

Scrabble® is a registered trademark of Hasbro, Inc.
YouTube™ is a registered trademark of Google Inc.

<p>9:30 HPF Full Body Conditioning - Beginner (AR) (JV)</p> <p>10:30 RSF St. Simon Church Service YouTube™ TV (AR) (JV)</p> <p>11:00 HPF Nature Walk (ML) (JV)</p> <p>1:00 CPI Civic Engagement Working Session (AR) (JV)</p> <p>1:30 SCE Afternoon Bingo (AR) (JV)</p> <p>3:30 HPF Low-Impact Aerobic (AR) (JV)</p> <p>6:00 LIS Newsletter Activities (IR) (JV)</p>	<p>5</p> <p>ST. NICHOLAS DAY LAST DAY OF HANUKKAH</p> <p>10:00 HPF Moving For Memory: Walking Challenge (AR) (JV)</p> <p>11:00 RSF Hanukkah Celebration Series (AR) (JV)</p> <p>1:30 What's in a Word? (AR) (JV)</p> <p>4:00 HPF Lower Body Conditioning (AR) (JV)</p> <p>6:00 RSF Newsletter Highlight: St. Nicholas Day (IR) (JV)</p>	<p>6</p> <p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</p> <p>10:00 HPF Flow Yoga (AR) (JV)</p> <p>1:00 CPI Ambassador Club Meeting (AR) (JV)</p> <p>1:15 SCE Blackjack (AR)</p> <p>2:00 CEA Creative Art Club (AR) (JV)</p> <p>4:00 HPF Dance & Movement: Cowboy Charleston (AR) (JV)</p> <p>5:30 LIS ODU: Date of Dec. 7 Will Live in Infamy (AR) (JV)</p> <p>6:00 LIS Newsletter: Pearl Harbor Remembrance (IR) (JV)</p>	<p>7</p> <p>FEAST OF THE IMMACULATE CONCEPTION</p> <p>9:00 RSF Newsletter: Immaculate Conception Feast (IR) (JV)</p> <p>10:00 HPF Dance & Movement: Cupid Shuffle (AR)</p> <p>3:00 SCE Winter Wonderland Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR)</p>	<p>8</p> <p>9:00 RSF Hanukkah Celebration Series (AR)</p> <p>10:00 HPF Dance & Movement: Cowboy Charleston (AR)</p> <p>3:00 SCE Holidays Around the World Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR)</p>	<p>9</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR)</p> <p>1:00 LIS Monthly Book Club (AR)</p> <p>2:00 HPF Holiday Hustle Series (AR)</p> <p>3:00 CEA Seasonal Arts and Crafts (AR) (JV)</p> <p>4:00 HPF Upper Body Conditioning (AR)</p>	<p>10</p> <p>9:00 RSF Bible Study Series: Part I (BC)</p> <p>9:00 RSF Hanukkah Celebration Series (AR)</p> <p>10:00 HPF Walking Challenge Monthly Launch (ML)</p> <p>1:30 SCE Texas Hold'Em (AR)</p> <p>2:30 CPI Round table meeting (AR)</p> <p>3:00 CPI Civic Engagement Project Launch (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (AR)</p>	<p>11</p> <p>9:00 RSF Hanukkah Celebration Series (AR)</p> <p>10:00 HPF Cardio Drumming Circle (AR)</p> <p>1:30 SCE Poker (AR)</p> <p>2:00 CEA BJK Journaling Series (AR)</p> <p>2:45 CPI Current Events (AR)</p> <p>3:45 HPF Posture and Stretch Fitness Class (AR)</p>
<p>NATIONAL POINSETTIA DAY</p> <p>9:00 RSF Newsletter: The Christmas Flower (IR) (JV)</p> <p>10:00 HPF Tai Chi: Balance & Posture (AR) (JV)</p> <p>1:30 Afternoon Bingo (AR) (JV)</p> <p>4:00 HPF Flow Yoga (AR) (JV)</p> <p>5:30 LIS ODU: Christmas in America (AR) (JV)</p>	<p>12</p> <p>U.S. NATIONAL GUARD BIRTHDAY</p> <p>9:00 LIS Newsletter: U.S. National Guard Birthday (IR) (JV)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (ML) (JV)</p> <p>1:30 What's in a Word? (AR) (JV)</p> <p>4:00 HPF Lower Body Conditioning (AR) (JV)</p>	<p>13</p> <p>10:00 HPF Dance & Movement: Electric Slide (AR)</p> <p>10:00 HPF Flow Yoga (AR) (JV)</p> <p>11:00 SCE Holiday Celebration Series (AR) (JV)</p> <p>1:00 CPI Engage Life® Planning Meeting (AR) (JV)</p> <p>1:30 SCE Blackjack (AR)</p> <p>2:00 CEA Scentsory Art (AR) (JV)</p> <p>2:00 CEA Creative Art Club (AR) (JV)</p> <p>3:00 HPF Dance & Movement: Cupid Shuffle (AR) (JV)</p>	<p>14</p> <p>2:00 LIS Holiday Language Learning (AR)</p> <p>3:00 SCE Candy Lane Happy Hour (AR)</p> <p>3:30 HPF Tai Chi: Balance & Posture (AR)</p>	<p>15</p> <p>9:00 RSF Bible Study Series: Part II (AR)</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR)</p> <p>1:00 CPI Food For Thought - Culinary Led (OR)</p> <p>2:00 HPF Holiday Hustle Series (AR)</p> <p>3:00 CEA Seasonal Art (AR)</p> <p>3:30 HPF Upper Body Conditioning (AR)</p> <p>3:30 HPF Walking Club (ML)</p>	<p>16</p> <p>9:00 LIS Newsletter: National Maple Syrup Day (IR)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (ML)</p> <p>1:30 SCE Texas Hold'Em (AR)</p> <p>2:30 CPI Round table meeting (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (AR)</p>	<p>17</p> <p>NATIONAL WREATHS ACROSS AMERICA DAY</p> <p>9:00 LIS Newsletter: National Wreaths Day (IR)</p> <p>10:00 HPF Cardio Drumming Circle (AR)</p> <p>1:30 SCE Poker (AR)</p> <p>2:00 CEA BJK Journaling Series (AR)</p> <p>2:45 CPI Current Events (AR)</p> <p>4:00 HPF Posture and Stretch Fitness Class (AR)</p>	
<p>10:00 HPF Tai Chi: Balance & Posture (AR) (JV)</p> <p>1:30 Afternoon Bingo (AR) (JV)</p> <p>3:00 CPI Civic Engagement Delivery (AR) (JV)</p> <p>4:00 HPF Flow Yoga (AR) (JV)</p>	<p>18</p> <p>10:00 HPF Moving For Memory: Walking Challenge (ML) (JV)</p> <p>1:00 CEA Music History: Christmas Carols, Part I (AR) (JV)</p> <p>1:30 What's in a Word? (AR) (JV)</p> <p>4:00 HPF Lower Body Conditioning (AR) (JV)</p>	<p>19</p> <p>WINTER SOLSTICE</p> <p>9:00 LIS Newsletter Highlight: Winter Solstice (IR) (JV)</p> <p>10:00 HPF Flow Yoga (AR) (JV)</p> <p>1:15 SCE Blackjack (AR)</p> <p>2:00 CEA Creative Art Club (AR) (JV)</p> <p>3:00 HPF Dance & Movement: Electric Slide (AR) (JV)</p> <p>5:30 LIS ODU: When Weather Changed History (AR) (JV)</p>	<p>20</p> <p>10:00 HPF Dance & Movement: The Hustle (AR)</p> <p>2:00 SCE A Game of Carols (AR)</p> <p>3:00 SCE Christmas Cheer(s) Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR)</p>	<p>21</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR)</p> <p>1:00 CEA Music History: Christmas Carols, Part II (AR)</p> <p>2:00 HPF Holiday Hustle Series (AR)</p> <p>3:00 CEA Seasonal Art (AR)</p> <p>3:30 HPF Upper Body Conditioning (AR)</p>	<p>22</p> <p>9:00 RSF Bible Study Series: Part III (AR)</p> <p>10:00 HPF Moving For Memory: Walking Challenge (ML)</p> <p>1:30 SCE Texas Hold'Em (AR)</p> <p>2:00 RSF Meaning & Tradition of Christmas Part I (AR)</p> <p>3:45 HPF Total Body Conditioning - Advanced (AR)</p>	<p>23</p> <p>10:00 HPF Cardio Drumming Circle (AR)</p> <p>1:30 SCE Poker (AR)</p> <p>2:00 CEA BJK Journaling Series (AR)</p> <p>2:00 RSF Meaning & Tradition of Christmas Part II (AR)</p> <p>2:45 CPI Current Events (AR)</p> <p>3:45 HPF Posture and Stretch Fitness Class (AR)</p> <p>4:30 SCE Christmas Celebration (DR)</p>	
<p>BOXING DAY</p> <p>9:00 LIS Newsletter Highlight: Boxing Day (IR) (JV)</p> <p>10:00 HPF Tai Chi: Balance & Posture (AR) (JV)</p> <p>1:30 Afternoon Bingo (AR) (JV)</p> <p>4:00 HPF Flow Yoga (AR) (JV)</p>	<p>24</p> <p>10:00 HPF Moving For Memory: Walking Challenge (ML) (JV)</p> <p>1:00 LIS Zodiac & Horoscope of December (IR) (JV)</p> <p>1:30 What's in a Word? (AR) (JV)</p> <p>4:00 HPF Lower Body Conditioning (AR) (JV)</p> <p>6:00 CPI Career Connections Club (AR) (JV)</p>	<p>25</p> <p>CALL A FRIEND DAY</p> <p>9:00 SCE Newsletter Highlight: Call a Friend Day (IR) (JV)</p> <p>10:00 HPF Flow Yoga (AR) (JV)</p> <p>11:00 CPI Resident Council Meeting (AR) (JV)</p> <p>1:30 SCE Blackjack (AR)</p> <p>2:00 CEA Creative Art Club (AR) (JV)</p> <p>4:00 HPF Dance & Movement: The Hustle (AR) (JV)</p>	<p>26</p> <p>10:00 HPF Dance & Movement: The Hustle (AR)</p> <p>2:00 CEA Creating Winter Snow Globes (AR)</p> <p>3:00 SCE Happy New Year Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR)</p>	<p>27</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR)</p> <p>1:00 LIS The History & Origins of New Year's Eve (AR)</p> <p>2:00 HPF Holiday Hustle Awards Ceremony (OR)</p> <p>3:00 CEA Flower Arrangements (AR)</p> <p>3:30 HPF Upper Body Conditioning (AR)</p>	<p>28</p> <p>10:00 HPF Moving for Memory Recognition Ceremony (AR)</p> <p>11:00 RSF Bible Study Series: Part IV (AR)</p> <p>1:30 SCE Texas Hold'Em (AR)</p> <p>2:30 SCE Scrabble® (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (AR)</p> <p>4:30 SCE New Year's Day Celebration (DR)</p> <p>6:00 SCE Rolling Out the Red Carpet (OR)</p>	<p>29</p> <p>NEW YEAR'S EVE</p> <p>10:00 HPF Moving for Memory Recognition Ceremony (AR)</p> <p>11:00 RSF Bible Study Series: Part IV (AR)</p> <p>1:30 SCE Texas Hold'Em (AR)</p> <p>2:30 SCE Scrabble® (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (AR)</p> <p>4:30 SCE New Year's Day Celebration (DR)</p> <p>6:00 SCE Rolling Out the Red Carpet (OR)</p>	
<p>9:00 LIS Newsletter Highlight: Boxing Day (IR) (JV)</p> <p>10:00 HPF Tai Chi: Balance & Posture (AR) (JV)</p> <p>1:30 Afternoon Bingo (AR) (JV)</p> <p>4:00 HPF Flow Yoga (AR) (JV)</p>	<p>30</p> <p>10:00 HPF Moving For Memory: Walking Challenge (ML) (JV)</p> <p>1:00 LIS Zodiac & Horoscope of December (IR) (JV)</p> <p>1:30 What's in a Word? (AR) (JV)</p> <p>4:00 HPF Lower Body Conditioning (AR) (JV)</p> <p>6:00 CPI Career Connections Club (AR) (JV)</p>	<p>31</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>	<p>32</p> <p>10:00 HPF Dance & Movement: The Hustle (AR)</p> <p>2:00 CEA Creating Winter Snow Globes (AR)</p> <p>3:00 SCE Happy New Year Happy Hour (AR)</p> <p>4:00 HPF Tai Chi: Balance & Posture (AR)</p>	<p>33</p> <p>10:00 HPF Total Body Conditioning - Beginner (AR)</p> <p>1:00 LIS The History & Origins of New Year's Eve (AR)</p> <p>2:00 HPF Holiday Hustle Awards Ceremony (OR)</p> <p>3:00 CEA Flower Arrangements (AR)</p> <p>3:30 HPF Upper Body Conditioning (AR)</p>	<p>34</p> <p>10:00 HPF Moving for Memory Recognition Ceremony (AR)</p> <p>11:00 RSF Bible Study Series: Part IV (AR)</p> <p>1:30 SCE Texas Hold'Em (AR)</p> <p>2:30 SCE Scrabble® (AR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (AR)</p> <p>4:30 SCE New Year's Day Celebration (DR)</p> <p>6:00 SCE Rolling Out the Red Carpet (OR)</p>	<p>35</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>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 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>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>