

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Hanukkah Celebration Series

Wednesday, December 1, 9:00 AM

Holiday Celebration Series

Tuesday, December 14, 11:00 AM

Rolling Out the Red Carpet

Friday, December 31, 6:00 PM



DECEMBER 2021

ATRIA HAMILTON HEIGHTS engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

The Pub PUB
ELC ELC
Back ENTR BE
Plz Theater PTH
5th Floor 5th
Billiards Room BR
Card Room CRD
Plaza PLZ
Chapel CR
In-Room IR

STAFF KEY:

Maureen MBS
Shelia SM
Engage Life® Director ELD
Resident Lead Activity RLA
Outside Instructor OI

Scrabble® is a registered trademark of Hasbro, Inc.

5
10:00 **RSF** Church trips with Shelia (BE) (SM)
10:00 **HPF** Tai Chi: Balance & Posture
10:45 **LIS** What's in a Word? (PLZ) (MBS)
11:00 **LIS** Travelogue (PTH) (MBS)
11:00 **RSF** Bible Study Series: Part I
1:00 **CPI** Civic Engagement Working Session
3:15 **SCE** CinemaClassic (PTH) (MBS)
4:00 **HPF** Flow Yoga

6 LAST DAY OF HANUKKAH ST. NICHOLAS DAY
9:00 **RSF** Newsletter Highlight: St. Nicholas Day
10:00 **HPF** Moving For Memory: Walking Challenge
10:45 **LIS** News Currents Sr. Reading With Maureen (ELC) (MBS)
11:00 **RSF** Hanukkah Celebration Series
1:00 **HPF** Fox Rehab with Stephen (CR) (OI)
1:15 **LIS** Scrabble® Game (PUB) (MBS)
2:00 **SCE** Theater Suspense, Drama (PTH) (MBS)
3:30 **Happy Hour** (PUB) (MBS)
4:00 **HPF** Lower Body Conditioning

7 NATIONAL PEARL HARBOR DAY OF REMEMBRANCE
9:00 **LIS** Newsletter: Pearl Harbor Remembrance
10:00 **HPF** Flow Yoga
10:00 **HPF** Forever Fit with John (CR) (OI)
11:00 **What's in a Word?** (PLZ) (MBS)
1:00 **CPI** Ambassador Club Meeting
3:00 **SCE** Movie Comedy, Drama (PTH) (MBS)
4:00 **HPF** Dance & Movement: Cowboy Charleston
5:30 **LIS** ODU: Date of Dec. 7 Will Live in Infamy

8 FEAST OF THE IMMACULATE CONCEPTION
9:00 **RSF** Newsletter: Immaculate Conception Feast
9:15 **What's in a Word?** (ELC) (MBS)
10:00 **HPF** Upper Body Conditioning
10:45 **Scrabble®** (5th) (RLA)
11:00 **SCE** Cinema Comedy (PTH) (MBS)
3:00 **SCE** Winter Wonderland Happy Hour
4:00 **HPF** Tai Chi: Balance & Posture

9
9:30 **SCE** Documentary (PLZ) (MBS)
10:00 **HPF** Total Body Conditioning - Beginner
1:00 **HPF** Fox Rehab with Stephen (CR) (MBS)
1:00 **LIS** Playing & Scoring Hockey
1:15 **Bridge** (PUB) (RLA)
2:00 **HPF** Holiday Hustle Series
3:00 **SCE** Cinema Drama (PTH) (MBS)
4:00 **HPF** Dance & Movement: Cupid Shuffle

10
10:00 **HPF** Total Body Conditioning - Advanced
11:15 **SCE** Matinee (PTH) (ELD)
2:00 **SCE** Holiday Brain Challenge
3:00 **SCE** Cinema (PTH) (ELD)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 **LIS** Weekend Book Club (CRD) (ELD)

11
10:00 **HPF** Cardio Drumming Circle
10:30 **LIS** Weekend Book Club (PUB) (ELD)
11:00 **SCE** Holiday Celebration Series
11:15 **SCE** Matinee: The Music of Silence (PTH) (ELD)
1:00 **CEA** BJK Journaling Series
2:30 **Card With Friends** (PUB)
3:00 **SCE** Cinema (PTH) (ELD)
4:00 **HPF** Posture and Stretch Fitness Class

12 NATIONAL POINSETTIA DAY
9:00 **RSF** Newsletter: The Christmas Flower
10:00 **RSF** Church Trips with Shelia (BE) (SM)
10:00 **HPF** Tai Chi: Balance & Posture
11:00 **LIS** Travelogue (PTH)
11:00 **RSF** Bible Study Series: Part II
3:00 **SCE** Movie Theater Classic (PTH) (MBS)
4:00 **HPF** Flow Yoga
5:30 **LIS** ODU: Christmas in America

13 U.S. NATIONAL GUARD BIRTHDAY
9:00 **LIS** Newsletter: U.S. National Guard Birthday
9:15 **What's in a Word?** (ELC) (MBS)
10:00 **HPF** Moving For Memory: Walking Challenge
10:45 **LIS** News Currents Sr. Reading (ELC) (MBS)
1:00 **HPF** Fox Rehab with Stephen (CR) (OI)
3:00 **SCE** Cinema Comedy (PTH) (MBS)
4:00 **HPF** Lower Body Conditioning

14
10:00 **HPF** Flow Yoga
10:00 **HPF** Forever Fit with John (CR) (OI)
11:00 **SCE** Holiday Celebration Series
1:00 **CPI** Engage Life® Planning Meeting
2:00 **CEA** Scentsary Art
3:00 **SCE** Cinema Drama (PTH) (MBS)
3:00 **HPF** Dance & Movement: Cupid Shuffle

15
10:00 **HPF** Upper Body Conditioning
10:30 **CEA** Jeff, the Plant Guy (BR) (OI)
2:00 **LIS** Holiday Language Learning
2:00 **SCE** Movie Action, Drama (PTH) (MBS)
3:00 **SCE** Candy Lane Happy Hour
4:00 **HPF** Tai Chi: Balance & Posture

16
10:00 **HPF** Total Body Conditioning - Beginner
10:00 **What's in a Word?** (PLZ) (MBS)
11:15 **HPF** Tai Chi
1:00 **CPI** Food For Thought - Culinary Led
1:00 **HPF** Fox Rehab with Stephen (CR) (OI)
1:15 **Bridge** game (PUB) (RLA)
2:00 **HPF** Holiday Hustle Series
3:00 **SCE** Cinema (PTH) (MBS)
4:00 **HPF** Dance & Movement: Electric Slide

17 NATIONAL MAPLE SYRUP DAY
9:00 **LIS** Newsletter: National Maple Syrup Day
9:30 **Shopping Trips** Bishops Corner (BE) (SM)
10:00 **HPF** Total Body Conditioning - Advanced
11:15 **LIS** DocuSeries (PTH)
3:00 **SCE** Cinema (PTH) (ELD)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 **LIS** Weekend Book Club (PUB) (ELD)

18 NATIONAL WREATHS ACROSS AMERICA DAY
9:00 **LIS** Newsletter: National Wreaths Day
10:00 **HPF** Cardio Drumming Circle
10:45 **LIS** Weekend Book Club (PUB) (RLA)
11:15 **SCE** Cinema (PTH) (ELD)
1:00 **CEA** BJK Journaling Series
2:30 **Cards with Friends** (PUB) (RLA)
3:00 **SCE** Cinema (PTH)
4:00 **HPF** Posture and Stretch Fitness Class

19
10:00 **RSF** Church trips with Shelia (BE) (SM)
10:00 **HPF** Tai Chi: Balance & Posture
11:00 **LIS** Travelogue (PTH) (MBS)
11:00 **RSF** Bible Study Series: Part III
3:00 **CPI** Civic Engagement Delivery
3:15 **SCE** Cinema Drama, Adventure (PTH) (MBS)
4:00 **HPF** Flow Yoga

20
10:00 **HPF** Moving For Memory: Walking Challenge
10:45 **LIS** News Currents Sr. Reading (ELC) (MBS)
1:00 **HPF** Fox Rehab with Stephen (CR) (OI)
1:00 **CEA** Music History: Christmas Carols, Part I
1:15 **Poker** game (5th) (RLA)
3:00 **SCE** Cinema Comedy (PTH) (MBS)
3:30 **Happy Hour** (PUB) (MBS)
4:00 **HPF** Lower Body Conditioning

21 WINTER SOLSTICE
9:00 **LIS** Newsletter Highlight: Winter Solstice
9:15 **What's in a Word?** (PLZ) (MBS)
10:00 **HPF** Flow Yoga
10:00 **HPF** Forever Fit with John
1:15 **Scrabble®** (PUB) (RLA)
2:30 **CEA** Art Classes with Michelle (ELC) (OI)
3:00 **SCE** Cinema Classic Drama, Romance. (PTH) (MBS)
3:00 **HPF** Dance & Movement: Electric Slide
5:30 **LIS** ODU: When Weather Changed History

22
10:00 **HPF** Upper Body Conditioning
10:30 **LIS** Comedy (PTH) (MBS)
2:00 **SCE** Movie (PTH) (MBS)
2:00 **SCE** A Game of Carols
3:00 **SCE** Christmas Cheer(s) Happy Hour
4:00 **HPF** Tai Chi: Balance & Posture

23
10:00 **HPF** Total Body Conditioning - Beginner
1:00 **HPF** Fox Rehab with Stephen (CR) (OI)
1:00 **CEA** Music History: Christmas Carols, Part II
2:00 **HPF** Holiday Hustle Series
2:30 **SCE** December Birthdays Celebration (IR) (ELD)
3:00 **SCE** Cinema (PTH) (MBS)
4:00 **HPF** Dance & Movement: The Hustle

24 CHRISTMAS EVE
9:30 **Shopping Trips** Bishops Corner (BE) (SM)
10:00 **HPF** Total Body Conditioning - Advanced
11:15 **SCE** Matinee: (PTH) (ELD)
2:00 **RSF** Meaning & Tradition of Christmas Part I
3:00 **SCE** Cinema (PTH) (ELD)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 **LIS** Weekend Book Club (PUB)

25 CHRISTMAS DAY
10:00 **HPF** Cardio Drumming Circle
10:45 **LIS** Weekend Book Club (PUB) (ELD)
11:15 **SCE** Matinee: (PTH) (ELD)
1:00 **CEA** BJK Journaling Series
2:00 **RSF** Meaning & Tradition of Christmas Part II
2:30 **Cards with Friends** (PUB) (RLA)
3:00 **SCE** Cinema The Healer (PTH) (ELD)
4:00 **HPF** Posture and Stretch Fitness Class

26 BOXING DAY
9:00 **LIS** Newsletter Highlight: Boxing Day
10:00 **RSF** Church Trip with Shelia (BE) (SM)
10:00 **HPF** Tai Chi: Balance & Posture
11:00 **SCE** CinemaDrama (PTH) (MBS)
11:00 **RSF** Bible Study Series: Part IV
3:00 **LIS** Entertainment Movie (PTH) (MBS)
4:00 **HPF** Flow Yoga

27
9:30 **What's in a Word?** (ELC) (MBS)
10:00 **HPF** Moving For Memory: Walking Challenge
10:30 **LIS** News Currents Sr. Reading (ELC) (MBS)
11:30 **SCE** Cinema Adventure (PTH) (MBS)
1:00 **HPF** Fox Rehab with Stephen (CR) (OI)
1:00 **LIS** Zodiac & Horoscope of December
3:30 **SCE** New Residents Welcome Happy Hour (PUB) (MBS)
4:00 **HPF** Lower Body Conditioning
6:00 **CPI** Career Connections Club

28 CALL A FRIEND DAY
9:00 **SCE** Newsletter Highlight: Call a Friend Day
10:00 **HPF** Flow Yoga
10:00 **HPF** Forever Fit with John (CR) (OI)
2:00 **CPI** Resident Council Meeting
2:30 **CEA** Art Classes with Michelle (ELC) (OI)
3:00 **SCE** Cinema Drama (PTH) (MBS)
4:00 **HPF** Dance & Movement: The Hustle

29
10:00 **HPF** Upper Body Conditioning
2:00 **CEA** Creating Winter Snow Globes
3:00 **SCE** Happy New Year Happy Hour
4:00 **HPF** Tai Chi: Balance & Posture

30
10:00 **HPF** Total Body Conditioning - Beginner
1:00 **LIS** The History & Origins of New Year's Eve
2:00 **HPF** Holiday Hustle Awards Ceremony
4:00 **HPF** Dance & Movement: The Hustle

31 NEW YEAR'S EVE
10:00 **HPF** Total Body Conditioning - Advanced
4:00 **HPF** Moving For Memory Recognition Ceremony
6:00 **SCE** Rolling Out the Red Carpet

- 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 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 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</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>