

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Adam- Singing and Guitar
Saturday, December 11, 2:30 PM

Musical Entertainment with Josef
Tuesday, December 14, 2:00 PM

Shelli Latorre Piano and Vocal
Wednesday, December 22, 2:00 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Piano LR PLR
 PUB Pub
 Lobby LBV
 Library LIB
 Fitness Center FIT
 Arts & Crafts Ctr A&C
 Theater THR
 Meeting Room MGT

STAFF KEY:

Bob Campbell BC
 Laurie Albanese, ELPI LA
 Robyn Sahagian RS
 Ryan Krippendorf RK
 Sherri Goulet SG
 David McKenzie DM

<p>8:30 RSF Church Services (LBY) (RK) 5 9:30 HPF Lower Body Conditioning (FIT) (RK) 10:15 CEA AMP Chorus (LIB) 11:00 What's in a Word? (LIB) (RK) 1:30 HPF Lower Body Conditioning (FIT) (RK) 1:30 SCE Movie - (THR) 2:30 BINGO (MGT) (RK) 4:00 SCE Trivia (Pub) (RK) 4:30 SCE Happy Hour - (Pub) (RS) 4:45 RSF Hanukkah Celebration Series/ Lighting (LIB) (LA) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Upper Body Conditioning (FIT) (RK) 6 10:15 Left, Right, and Center (LIB) (RK) 11:00 LIS The Great Courses - Travels with Darley (THR) 11:00 What's in a Word? (LIB) (RK) 1:30 SCE Movie - (THR) 1:30 HPF Upper Body Conditioning (FIT) (RK) 2:30 Bingo (MGT) (RK) 4:00 SCE Trivia (Pub) (RK) 4:30 SCE Happy Hour (Pub) (RS) 4:45 RSF Lighting of the Menorah (PLR) (RK) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Total Body Conditioning-Weights (FIT) (LA) 7 10:15 CEA AMP Chorus (LIB) (LA) 11:00 What's in a Word? (LIB) (LA) 1:15 HPF Holiday Hustle (FIT) (LA) 1:30 SCE Movie - (THR) 1:30 HPF Total Body Conditioning (FIT) (LA) 2:15 Seated Volleyball (FIT) (RK) 3:00 CPI Ambassador Club Meeting (MGT) 4:00 SCE Remembering Pearl Harbor and Trivia (LIB) (RK) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Posture and Stretch (FIT) (RK) 8 10:00 Scenic Town Tour (LBY) (DM) 11:00 LIS Great Course-America's Musical Heritage (THR) 11:00 RSF Spiritual Music and Reflection (MGT) (RK) 1:30 SCE Movie - (THR) 1:30 HPF Posture and Stretch (FIT) (LA) 1:30 Scenic Town Tour 2:00 CPI Holiday Crafts (A&C) (LA) 4:00 SCE This and That Our Favorites- Trivia (LIB) (LA) 4:30 SCE Winter Wonderland Happy Hour (Pub) (RK) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Exercise - Yoga Stretches (FIT) (LA) 9 10:15 CEA AMP Chorus (LIB) (RK) 11:00 What's in a Word? (A&C) (RK) 1:30 HPF Exercise - Yoga Stretches (FIT) (RK) 1:30 SCE Movie - (THR) 2:15 Holiday Hustle (FIT) (LA) 3:30 SCE Kevin Farley Irish Music (MGT) (LA) 4:00 SCE Trivia (Pub) (RS) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Total Body Conditioning-Weights (FIT) (LA) 10 9:30 RSF Devotional (MGT) (BC) 10:30 Scenic Ride (LIB) (DM) 11:00 What's in a Word? (LIB) (LA) 1:30 SCE Movie - (THR) 1:30 HPF Balance & Mobility Class (FIT) (LA) 2:15 Seated Volleyball (FIT) (LA) 4:00 SCE Trivia (Pub) (LA) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Yoga Stretches (FIT) (LA) 11 10:15 CEA Billie Jean King Journals (LIB) (RK) 11:00 What's in a Word? (LIB) (LA) 1:30 SCE Movie - (THR) 1:30 HPF Total Body Conditioning (FIT) 2:30 Adam- Singing and Guitar (MGT) (LA) 4:00 SCE Trivia (Pub) (LA) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie (THR)</p>
<p>8:30 RSF Church Service (LBY) (RK) 12 9:30 HPF Lower Body Conditioning (FIT) (RK) 10:15 CEA AMP Chorus (LIB) 11:00 What's in a Word? (LIB) (RK) 1:30 HPF Lower Body Conditioning (FIT) (RK) 1:30 SCE Movie (THR) 2:30 BINGO (MGT) (RK) 4:00 SCE Trivia (Pub) (RK) 4:30 SCE Happy Hour (Pub) (RK) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Upper Body Conditioning (FIT) (RK) 13 10:15 Left, Right, and Center (LIB) (RK) 11:00 LIS The Great Courses - Travels with Darley (THR) 11:00 What's in a Word? (LIB) (RK) 1:30 SCE Movie (THR) 1:30 HPF Upper Body Conditioning (FIT) (RK) 2:30 Bingo (MGT) (RK) 4:00 Newsletter /U.S. National Guard Birthday (LIB) (RK) 4:00 Trivia (LIB) (RK) 4:30 SCE Happy Hour - (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Total Body Conditioning-Weights (FIT) (LA) 14 10:15 CEA AMP Chorus (LIB) (RK) 11:00 What's in a Word? (LIB) (LA) 1:30 SCE Movie (THR) 1:30 HPF Total Body Conditioning (FIT) (RK) 2:00 Musical Entertainment with Josef (MGT) 3:00 CPI Engage Life® Meeting (MGT) 4:00 SCE Trivia (Pub) (LA) 4:30 SCE Happy Hour - (Pub) (RS) 7:00 SCE Movie (THR)</p>	<p>9:30 HPF Posture and Stretch (FIT) (LA) 15 10:00 The Morning Drive (LBY) (LA) 11:00 LIS Great Course-America's Musical Heritage (THR) 11:00 RSF Spiritual Music and Reflection (MGT) (RK) 1:30 SCE Movie (THR) 1:30 HPF Posture and Stretch (FIT) (RK) 1:30 Scenic Drive (DM) 2:15 Intergenerational Charades (LA) 4:00 SCE Trivia (Pub) (LA) 4:30 SCE Candy Lane Happy Hour (Pub) (LA) 7:00 SCE Movie (THR)</p>	<p>9:30 HPF Exercise - Yoga Stretches (FIT) (LA) 16 10:15 CEA AMP Chorus (LIB) (LA) 11:00 What's in a Word? (LIB) (RK) 1:30 HPF Exercise - Yoga Stretches (FIT) (RK) 2:00 HPF Holiday Hustle (A&C) (LA) 3:15 CEA Dance and Movement (MGT) (LA) 4:00 SCE Trivia (LIB) (LA) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie (THR)</p>	<p>9:30 RSF Devotional (MGT) (BC) 17 9:30 HPF Total Body Conditioning-Weights (FIT) (LA) 10:00 Market Basket (LIB) (DM) 11:00 What's in a Word? (LIB) (LA) 1:30 SCE Movie (THR) 1:30 HPF Balance & Mobility Class (FIT) (LA) 2:15 Seated Volleyball (FIT) (LA) 4:00 SCE Trivia (Pub) (LA) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Yoga Stretches (FIT) (LA) 18 10:15 CEA Billie Jean King Journals (LIB) (RK) 11:00 What's in a Word? (LIB) (LA) 1:00 HPF Posture and Stretch Fitness Class 1:30 SCE Movie - (THR) 1:30 CEA Cardio Drumming Circle (FIT) (LA) 2:30 Bingo (MGT) (LA) 4:00 SCE Holiday Brain Challenge (Pub) (LA) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>
<p>8:30 RSF Church Service (LBY) (RK) 19 9:30 HPF Lower Body Conditioning (FIT) (RK) 10:15 CEA AMP Chorus (LIB) 11:00 What's in a Word? (A&C) (RK) 1:30 HPF Lower Body Conditioning (FIT) (RK) 1:30 SCE Movie - (THR) 2:30 BINGO (MGT) (RK) 4:00 SCE Trivia (Pub) (RK) 4:30 SCE Happy Hour - (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Upper Body Conditioning (FIT) (RK) 20 10:15 Left, Right, and Center (LIB) (RK) 11:00 What's in a Word? (LIB) (RK) 11:00 LIS The Great Courses - Travels with Darley (THR) 1:30 SCE Movie (THR) 1:30 HPF Upper Body Conditioning (FIT) (RK) 2:30 Bingo (MGT) (RK) 4:00 SCE Trivia (Pub) (RK) 4:30 SCE Happy Hour (Pub) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Total Body Conditioning-Weights (FIT) (LA) 21 10:15 CEA AMP Chorus (LIB) (RK) 11:00 What's in a Word? (LIB) (LA) 1:30 SCE Movie (THR) 1:30 HPF Total Body Conditioning (FIT) (RK) 3:00 CPI Resident Council Meeting (MGT) (BC) 4:00 SCE Trivia (Pub) (LA) 4:30 SCE Happy Hour - (Pub) (RS) 7:00 SCE Movie (THR)</p>	<p>9:30 HPF Posture and Stretch (FIT) (RK) 22 10:00 The Morning Drive (LBY) (RK) 11:00 LIS Great Course-America's Musical Heritage (THR) 11:00 RSF Spiritual Music and Reflection (MGT) (LA) 1:30 SCE Movie (THR) 1:30 Scenic Drive (LBY) (DM) 1:30 HPF Posture and Stretch (FIT) (RK) 2:00 Shelli Latorre Piano and Vocal (PLR) (RK) 4:00 SCE Trivia (Pub) (RK) 4:30 SCE Christmas Cheer Happy Hour (RS) 7:00 SCE Movie (THR)</p>	<p>9:30 HPF Exercise - Yoga Stretches (FIT) (LA) 23 10:15 CEA AMP Chorus (LIB) (LA) 11:00 What's in a Word? (LIB) (RK) 1:30 HPF Exercise - Yoga Stretches (FIT) (RK) 1:30 SCE Movie (THR) 2:00 HPF Holiday Hustle 3:00 LIS Zodiac and Horoscope of December 4:00 Meanings and Traditions of Christmas (Pub) (RK) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Total Body Conditioning-Weights (FIT) (LA) 24 9:30 RSF Devotional (MGT) (BC) 10:30 Scenic Ride (LIB) (DM) 11:00 What's in a Word? (A&C) (LA) 1:30 SCE Movie - (THR) 1:30 HPF Balance & Mobility Class (FIT) (LA) 2:15 Seated Volleyball (FIT) (LA) 4:00 SCE Christmas Trivia and Hot Cocoa (Pub) (LA) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>Merry Christmas 25 9:30 HPF Yoga Stretches (FIT) (LA) 10:15 CEA Billie Jean King Journals (LIB) (LA) 11:00 What's in a Word? (LIB) (LA) 1:30 SCE Movie (THR) 1:30 CEA Cardio Drumming Circle (FIT) (LA) 2:30 Bingo (MGT) (LA) 4:00 Trivia (LIB) (LA) 4:30 SCE Happy Hour (Pub) (LA) 7:00 SCE Movie (THR)</p>
<p>8:30 RSF Church Service (LBY) (RK) 26 9:30 HPF Lower Body Conditioning (FIT) (RK) 10:15 CEA AMP Chorus (LIB) 11:00 What's in a Word? (LIB) (RK) 1:30 HPF Lower Body Conditioning (FIT) (RK) 1:30 SCE Movie - (THR) 2:00 SCE Mark West Pianist (PLR) (RK) 4:00 SCE Trivia (LIB) 4:30 SCE Happy Hour (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Upper Body Conditioning (FIT) (RK) 27 10:15 Left, Right, and Center (LIB) (RK) 11:00 LIS The Great Courses - Travels with Darley (THR) 11:00 What's in a Word? (LIB) (RK) 1:30 SCE Movie (THR) 1:30 HPF Upper Body Conditioning (FIT) (RK) 2:30 Bingo (MGT) (RK) 4:00 SCE Trivia (Pub) (RK) 4:30 SCE Happy Hour - (Pub) (RS) 7:00 SCE Movie - (THR)</p>	<p>9:30 HPF Total Body Conditioning-Weights (FIT) (LA) 28 10:15 CEA AMP Chorus (LIB) (RK) 11:00 What's in a Word? (A&C) (LA) 1:30 HPF Total Body Conditioning (FIT) (RK) 1:30 SCE Movie (THR) 2:00 CPI Food for Thought Meeting (A&C) (SG) 2:00 Mark West Piano (PLR) (LA) 4:00 SCE Laughter Therapy/Trivia (Pub) (LA) 4:30 SCE Happy Hour - (Pub) (RS) 7:00 SCE Movie (THR)</p>	<p>9:30 HPF Posture and Stretch (FIT) (RK) 29 10:00 The Morning Drive (LBY) (LA) 11:00 LIS Great Courses-America's Musical Heritage (THR) 11:00 RSF Spiritual Music and Reflection (MGT) (LA) 1:30 SCE Movie (THR) 1:30 HPF Posture and Stretch (FIT) (RK) 1:30 Scenic Ride (LBY) (DM) 2:15 CEA Pop of Color Jewelry Making (A&C) (LA) 4:00 SCE Trivia (LIB) (RK) 4:30 SCE Happy Hour (Pub) 7:00 SCE Movie (THR)</p>	<p>9:30 HPF Exercise-Yoga Stretches (FIT) (RK) 30 10:15 CEA AMP Chorus (LIB) (LA) 11:00 What's in a Word? (LIB) (LA) 1:30 HPF Exercise-Yoga Stretches (FIT) (RK) 1:30 SCE Movie (THR) 2:00 HPF Holiday Hustle (A&C) 4:00 SCE Trivia (LIB) (RK) 4:30 SCE Happy Hour (Pub) 7:00 SCE Movie (THR)</p>	<p>New Year's Eve 31 9:30 RSF Devotional (MGT) (BC) 9:30 HPF Total Body Conditioning (FIT) (RK) 10:30 Scenic Ride (LBY) 11:00 What's in a Word (LIB) (RK) 1:30 SCE Movie (THR) 1:30 HPF Balance and Mobility (FIT) 2:15 Seated Volleyball (FIT) (LA) 4:00 LIS Trivia 4:30 SCE Happy New Year Happy Hour</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>9:00 RSF Bible Study 9:30 HPF Tai Chi: Balance & Posture 10:00 SCE Today's Events & Newsletter 11:00 CEA Music: Do They Know It's Christmas 2:00 CPI Civic Engagement Working Session 3:00 HPF Walking Challenge</p>	<p>LAST DAY OF HANUKKAH 6 ST. NICHOLAS DAY</p> <p>9:30 HPF Walking Challenge 10:00 RSF Today's Events & Newsletter 11:00 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>9:30 HPF Flow Yoga 10:00 LIS Today's Events & Newsletter 11:00 CEA Music Appreciation: Eagles 2:00 CEA Candy Making 3:00 HPF Dance & Movement: The Macarena 5:00 LIS Language Learning: Happy Holidays</p>	<p>OH CHRISTMAS TREE WEEK 1</p> <p>9:30 HPF Upper Body Conditioning 10:00 SCE Today's Events & Newsletter 11:00 CEA Holiday Craft 1:00 CEA Music Appreciation: Last Christmas 2:00 SCE Holidays Around the World Happy Hour 3:00 HPF Tai Chi: Balance & Posture</p>	<p>FEAST OF IMMACULATE CONCEPTION 8</p> <p>9:30 HPF Upper Body Conditioning 10:00 RSF Today's Events & Newsletter 11:00 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>Total Body Conditioning - Beginner 9</p> <p>9:30 HPF Total Body Conditioning - Beginner 10:00 SCE Today's Events & Newsletter 11:00 CEA Music: A Charlie Brown Christmas 2:00 CEA Holiday Craft 3:00 HPF Dance & Movement: The Hustle 5:00 LIS Literary Appreciation: The Holidays</p>	<p>Walking Challenge 3</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: 6th Day of Hanukkah 2:00 CPI Civic Engagement Project Launch 3:00 HPF Cardio Drumming Circle 5:00 SCE Laughter Therapy</p>
<p>CAROLING WEEK 12 NATIONAL POINSETTIA DAY</p> <p>9:00 RSF Bible Study 9:30 HPF Tai Chi: Balance & Posture 10:00 RSF Today's Events & Newsletter 1:00 CEA Music Appreciation: Frank Sinatra 2:00 CEA Holiday Favorites 3:00 HPF Walking Challenge</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13</p> <p>9:30 HPF Walking Challenge 10:00 LIS Today's Events & Newsletter 1:00 CEA Music: The Perfect Christmas Song 2:00 LIS The Game of Carols 3:00 HPF Lower Body Conditioning 5:00 SCE Holiday Celebration Series</p>	<p>Flow Yoga 14</p> <p>9:30 HPF Flow Yoga 10:00 SCE Today's Events & Newsletter 1:00 CEA Music Appreciation: Gayla Peevey 1:30 LIS Word Wonders: Animals 2:00 SCE Christmas Carol Bingo 3:00 HPF Dance & Movement: The Macarena 5:00 LIS Literary Appreciation: Poetry</p>	<p>Upper Body Conditioning 15</p> <p>9:30 HPF Upper Body Conditioning 10:00 SCE Today's Events & Newsletter 1:00 CEA Music Appreciation: Peace For Christmas 2:00 SCE Candy Land Happy Hour 2:00 CEA Music History: The Beatles 3:00 HPF Tai Chi: Balance & Posture</p>	<p>Total Body Conditioning - Beginner 16</p> <p>9:30 HPF Total Body Conditioning - Beginner 10:00 SCE Today's Events & Newsletter 1:00 CEA Music Appreciation: Jingle Bells 2:00 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>9:30 HPF Walking Challenge 10:00 LIS Newsletter: National Maple Syrup Day 11:00 CEA BJK Journaling & Discussion 2:00 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>9:30 HPF Flow Yoga 10:00 LIS Newsletter: National Wreaths Day 1:00 CEA Today's Music: Fairytale in New York 2:00 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>9:00 RSF Bible Study 9:30 HPF Tai Chi: Balance & Posture 10:00 SCE Today's Events & Newsletter 2:00 CEA Music Appreciation: "A Christmas Carol" 3:00 CPI Civic Engagement Delivery 4:00 HPF Walking Challenge</p>	<p>Walking Challenge 20</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 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>9:30 HPF Flow Yoga 10:00 LIS Newsletter: Winter Solstice 1:00 CEA Music Appreciation: The Winter Solstice 2:00 CEA Holiday Cookie Bake and Decorate 3:00 HPF Dance & Movement: The Macarena 5:00 LIS Language Learning: Merry Christmas</p>	<p>Upper Body Conditioning 22</p> <p>9:30 HPF Upper Body Conditioning 10:00 SCE Today's Events & Newsletter 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>Total Body Conditioning - Beginner 23</p> <p>9:30 HPF Total Body Conditioning - Beginner 10:00 SCE Today's Events & Newsletter 1:00 CEA Music: Twas The Night Before Christmas 2:00 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>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Silent Night 2:00 CEA Miracle on 34th St 2:30 HPF Holiday Party 3:00 HPF Cardio Drumming Circle 5:00 SCE Laughter Therapy</p>	<p>CHRISTMAS DAY 25</p> <p>9:30 HPF Flow Yoga 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: Meaning of Christmas 1:00 RSF Meaning of Christmas, Part II 2:00 HPF White Christmas 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>9:00 RSF Bible Study 9:30 HPF Tai Chi: Balance & Posture 10:00 CPI Today's Events & Newsletter 1:00 CEA Music Appreciation: Good King Wenceslas 3:00 HPF Walking Challenge</p>	<p>Walking Challenge 27</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Venues: Radio City Music Hall 1:30 CEA Music History: Iconic Music Venues, II 2:00 CEA Winter Craft 3:00 HPF Lower Body Conditioning 5:00 SCE Holiday Celebration Series</p>	<p>Flow Yoga 28</p> <p>9:30 HPF Flow Yoga 10:00 SCE Today's Events & Newsletter 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>Upper Body Conditioning 29</p> <p>9:30 HPF Upper Body Conditioning 10:00 SCE Today's Events & Newsletter 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>Total Body Conditioning 30</p> <p>9:30 HPF Total Body Conditioning 10:00 SCE Today's Events & Newsletter 11:00 CEA Music Appreciation: Neil Young 2:00 CEA Painting Class 3:00 HPF Dance & Movement: The Hustle 5:00 LIS Literary Appreciation: The Holidays</p>	<p>NEW YEAR'S EVE 31</p> <p>9:30 HPF Walking Challenge 10:00 SCE Today's Events & Newsletter 11:00 CEA BJK Journaling & Discussion 1:30 LIS History of New Year's Eve 2:00 CEA Music Appreciation: Auld Lang Syne 2:30 HPF New Year's Eve Party 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>