

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Cardio Drumming Circle

Saturday, December 4, 10:30 AM

Lunch at Peaches Café

Thursday, December 9, 12:00 PM

Creating Winter Snow Globes

Wednesday, December 29, 3:30 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Activities Room AR
Great Room GR
Anytime Café AC
Front Lobby FL
Theater T
In-Room IR

STAFF KEY:

Resident Led RL
Rae Gray R
Outside Agency OA
Engage Life® Director ELD
Independent IND

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<p>10:30 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>11:00 HPF Decorating the Christmas Tree (FL) (ELD)</p> <p>1:00 LIS Monthly Book Club</p> <p>1:30 HPF Holiday Hustle Series (AC) (ELD)</p> <p>2:00 HPF Boscov's Outing (FL) (ELD)</p> <p>4:15 HPF Sit & Be Fit (AR) (ELD)</p> <p>7:00 HPF Nightly Movie Showing (IR) (IND)</p>	<p>ROOM LOCATION KEY:</p> <p>Activities Room AR Great Room GR Anytime Café AC Front Lobby FL Theater T In-Room IR</p> <p>STAFF KEY:</p> <p>Resident Led RL Rae Gray R Outside Agency OA Engage Life® Director ELD Independent IND</p>	<p>10:30 RSF Communion Services (T) (OA)</p> <p>10:45 HPF Upper Body Conditioning (AR) (ELD)</p> <p>11:15 RSF Hanukkah Celebration Series (T) (ELD)</p> <p>2:00 HPF Happy Hour w/ Tim Farkas (GR) (OA)</p> <p>3:30 HPF 10 Cent Bingo (AR) (R)</p> <p>4:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>7:00 HPF Nightly Movie Showing (IR) (IND)</p>	<p>10:30 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>11:15 LIS Playing & Scoring Hockey (AC) (ELD)</p> <p>12:00 LIS Lunch at Peaches Café (FL) (ELD)</p> <p>3:30 HPF Holiday Hustle Series (AC) (ELD)</p> <p>4:30 HPF Sit & Be Fit (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 HPF Walking Challenge Monthly Launch (FL) (ELD)</p> <p>11:15 RSF Hanukkah Celebration Series (AC) (ELD)</p> <p>2:00 SCE Holidays Around the World Happy Hour (AC) (ELD)</p> <p>3:30 HPF Prize Bingo (AR) (ELD)</p> <p>6:00 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>6:30 HPF Friday Night Theater Showing (T) (ELD)</p>	<p>10:30 HPF Cardio Drumming Circle (AR) (ELD)</p> <p>11:15 RSF Hanukkah Celebration Series (AC) (ELD)</p> <p>2:00 HPF 10 Cent Bingo (AR) (ELD)</p> <p>3:30 LIS Group Trivia (GR) (ELD)</p> <p>4:30 CEA BJK Journaling Series (AC) (ELD)</p> <p>6:00 HPF Posture and Stretch Fitness Class (AR) (ELD)</p> <p>6:30 HPF Saturday Night Theater Movie Showing (T) (R)</p>
<p>9:45 RSF Mass at Christ the King (FL) (ELD)</p> <p>10:30 RSF Protestant Services (T) (RL)</p> <p>10:30 RSF Virtual Mass w/ Christ the King (AR) (ELD)</p> <p>11:30 HPF Walking Club (FL) (ELD)</p> <p>2:00 HPF Sunday Sundaes (IR) (ELD)</p> <p>3:30 LIS Whiteboard Jeopardy!® (GR) (ELD)</p> <p>4:15 HPF Flow Yoga (AR) (ELD)</p> <p>6:30 HPF Sunday Night Theater Showing (T) (ELD)</p> <p>6:30 HPF Capital Holiday Lights in the Park (FL) (ELD)</p>	<p>ST. NICHOLAS DAY LAST DAY OF HANUKKAH</p> <p>9:00 RSF Newsletter Highlight: St. Nicholas Day (IR) (IND)</p> <p>10:30 HPF Moving For Memory: Walking Challenge (FL) (ELD)</p> <p>11:15 RSF Hanukkah Celebration Series (AC) (ELD)</p> <p>2:00 HPF 10 Cent Bingo (AR) (ELD)</p> <p>4:15 HPF Lower Body Conditioning (AR) (ELD)</p> <p>6:30 HPF Capital Holiday Lights in the Park (FL) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</p> <p>9:00 LIS Newsletter: Pearl Harbor Remembrance (IR) (IND)</p> <p>10:30 HPF Flow Yoga (AR) (ELD)</p> <p>11:15 CPI Ambassador Club Meeting (T) (ELD)</p> <p>1:30 LIS ODU: Date of Dec. 7 Will Live in Infamy (AR) (ELD)</p> <p>2:00 RSF Bible Study Series: Part I (T) (RL)</p> <p>2:45 CEA DIY Christmas Ornaments (AR) (ELD)</p> <p>4:15 HPF Sit & Be Fit (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>FEAST OF THE IMMACULATE CONCEPTION</p> <p>9:00 RSF Newsletter: Immaculate Conception Feast</p> <p>10:30 RSF Communion Services (T) (OA)</p> <p>10:45 HPF Upper Body Conditioning (AR) (ELD)</p> <p>11:15 CPI Civic Engagement Project Launch (AR) (ELD)</p> <p>2:00 HPF Happy Hour w/ Brian Z (GR) (OA)</p> <p>3:30 HPF 10 Cent Bingo (AR) (R)</p> <p>4:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>11:15 LIS Playing & Scoring Hockey (AC) (ELD)</p> <p>12:00 LIS Lunch at Peaches Café (FL) (ELD)</p> <p>3:30 HPF Holiday Hustle Series (AC) (ELD)</p> <p>4:30 HPF Sit & Be Fit (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 HPF Moving For Memory: Walking Challenge (FL) (ELD)</p> <p>11:15 SCE Holiday Brain Challenge (GR) (ELD)</p> <p>2:00 SCE Winter Wonderland Happy Hour (AC) (ELD)</p> <p>3:30 HPF Prize Bingo (AR) (R)</p> <p>6:00 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>6:30 HPF Friday Night Movie Theater Showing (T) (ELD)</p>
<p>NATIONAL POINSETTIA DAY</p> <p>9:00 RSF Newsletter: The Christmas Flower (IR) (IND)</p> <p>9:45 RSF Mass at Christ the King (FL) (ELD)</p> <p>10:30 RSF Protestant Services (T) (RL)</p> <p>10:30 RSF Virtual Mass w/ Christ the King (AR) (ELD)</p> <p>11:30 HPF Walking Challenge (FL) (ELD)</p> <p>1:30 LIS ODU: Christmas in America (AR) (ELD)</p> <p>2:00 HPF Sunday Sundaes (IR) (ELD)</p> <p>3:30 HPF Nail Time w/ Jess (T) (ELD)</p> <p>4:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>6:30 HPF Sunday Night Theater Movie Showing (T) (ELD)</p>	<p>U.S. NATIONAL GUARD BIRTHDAY</p> <p>9:00 LIS Newsletter: U.S. National Guard Birthday (IR) (IND)</p> <p>10:30 HPF Moving For Memory: Walking Challenge (FL) (ELD)</p> <p>11:00 CEA DIY Mini Christmas Trees (AR) (ELD)</p> <p>2:00 HPF 10 Cent Bingo (AR) (ELD)</p> <p>3:30 CPI Civic Engagement Working Session (AR) (ELD)</p> <p>6:00 HPF Lower Body Conditioning (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 HPF Flow Yoga (AR) (ELD)</p> <p>11:15 CPI Engage Life® Planning Meeting (T) (ELD)</p> <p>2:00 RSF Bible Study Series: Part II (T) (RL)</p> <p>2:45 HPF What's in a Word? (GR) (ELD)</p> <p>3:30 SCE Holiday Celebration Series (GR) (ELD)</p> <p>4:15 HPF Dance & Movement: Cupid Shuffle (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 RSF Communion Services (T) (OA)</p> <p>10:45 HPF Upper Body Conditioning (AR) (ELD)</p> <p>11:15 CEA Art Pages for Relaxation (AR) (ELD)</p> <p>2:00 HPF Primal Drum Circle w/ Connie (OA) (OA)</p> <p>3:30 HPF 10 Cent Bingo (AR) (R)</p> <p>4:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>11:15 CPI Food For Thought - Culinary Led (T) (ELD)</p> <p>2:00 HPF Walmart Outing (FL) (ELD)</p> <p>2:00 LIS Holiday Language Learning</p> <p>4:15 HPF Sit & Be Fit (AR) (ELD)</p> <p>6:00 HPF Holiday Hustle Series (AC) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>NATIONAL MAPLE SYRUP DAY</p> <p>9:00 LIS Newsletter: National Maple Syrup Day (IR) (IND)</p> <p>10:30 HPF Moving For Memory: Walking Challenge (FL) (ELD)</p> <p>11:00 CEA Christmas Button Wreaths (AR) (ELD)</p> <p>2:00 SCE Candy Lane Happy Hour (AC) (ELD)</p> <p>3:30 HPF Pokeno® (AC) (R)</p> <p>6:00 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>6:30 HPF Friday Night Movie Theater Showing (T) (ELD)</p>
<p>9:45 RSF Mass at Christ the King (FL) (ELD)</p> <p>10:30 RSF Protestant Services (T) (RL)</p> <p>10:30 RSF Virtual Mass w/ Christ the King (AR) (ELD)</p> <p>11:30 HPF Walking Club (FL) (ELD)</p> <p>2:00 HPF Sunday Sundaes (IR) (ELD)</p> <p>3:15 LIS Whiteboard Jeopardy!® (GR) (ELD)</p> <p>4:00 HPF Flow Yoga</p> <p>4:30 CPI Civic Engagement Delivery (AR) (ELD)</p> <p>6:30 HPF Sunday Night Theater Showing (T) (ELD)</p>	<p>10:30 HPF Moving For Memory: Walking Challenge (FL) (ELD)</p> <p>11:15 CEA Music History: Christmas Carols, Part I (GR) (ELD)</p> <p>2:00 HPF 10 Cent Bingo (AR) (ELD)</p> <p>3:30 CEA DIY Santa Hats (AR) (ELD)</p> <p>4:30 HPF Lower Body Conditioning (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>WINTER SOLSTICE</p> <p>9:00 LIS Newsletter Highlight: Winter Solstice (IR) (IND)</p> <p>10:30 HPF Flow Yoga (AR) (ELD)</p> <p>11:15 HPF Pictures with Santa (GR) (ELD)</p> <p>1:30 LIS ODU: When Weather Changed History (AR) (ELD)</p> <p>2:00 RSF Bible Study Series: Part III (T) (RL)</p> <p>3:00 HPF What's in a Word? (GR) (ELD)</p> <p>4:15 HPF Sit & Be Fit (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 RSF Communion Services (T) (OA)</p> <p>10:45 HPF Upper Body Conditioning (AR) (ELD)</p> <p>11:15 SCE A Game of Carols (GR) (ELD)</p> <p>2:00 HPF 10 Cent Bingo (AR) (R)</p> <p>3:30 RSF Meaning & Tradition of Christmas Part I (GR) (ELD)</p> <p>4:15 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>7:30 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>11:15 CEA Music History: Christmas Carols, Part II (GR) (ELD)</p> <p>12:00 HPF Lunch at Panera Bread (FL) (ELD)</p> <p>3:30 HPF Giant Crossword (GR) (ELD)</p> <p>4:15 HPF Sit & Be Fit (AR) (ELD)</p> <p>6:00 HPF Holiday Hustle Series (AR) (ELD)</p> <p>7:15 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>CHRISTMAS EVE</p> <p>10:30 HPF Moving For Memory: Walking Challenge (FL) (ELD)</p> <p>11:00 HPF Baking Santa's Cookies (AC) (ELD)</p> <p>2:00 SCE Christmas Cheer(s) Happy Hour</p> <p>3:30 HPF Prize Bingo (AR) (R)</p> <p>4:15 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>6:30 HPF Friday Night Theater Movie Showing (T) (ELD)</p>
<p>BOXING DAY</p> <p>9:00 LIS Newsletter Highlight: Boxing Day (IR) (IND)</p> <p>9:45 RSF Mass at Christ the King (FL) (ELD)</p> <p>10:30 RSF Protestant Services (T) (RL)</p> <p>10:30 RSF Virtual Mass w/ Christ the King (AR) (ELD)</p> <p>11:30 HPF Walking Club (FL) (ELD)</p> <p>2:00 HPF Sunday Sundaes (IR) (ELD)</p> <p>3:30 HPF Nail Time w/ Jess (T) (ELD)</p> <p>4:15 HPF Flow Yoga (AR) (ELD)</p> <p>6:30 HPF Sunday Night Theater Movie Showing (T) (ELD)</p>	<p>10:30 HPF Moving For Memory: Walking Challenge (FL) (ELD)</p> <p>11:15 LIS Zodiac & Horoscope of December (GR) (ELD)</p> <p>2:00 HPF 10 Cent Bingo (AR) (ELD)</p> <p>3:30 HPF What's in a Word? (GR) (ELD)</p> <p>4:30 HPF Lower Body Conditioning (AR) (ELD)</p> <p>6:00 CEA Art Pages for Relaxation (GR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>CALL A FRIEND DAY</p> <p>9:00 SCE Newsletter Highlight: Call a Friend Day (IR) (IND)</p> <p>10:30 HPF Flow Yoga (AR) (ELD)</p> <p>11:15 CPI Resident Council Meeting (T) (ELD)</p> <p>2:00 RSF Bible Study Series: Part IV (T) (RL)</p> <p>2:45 HPF Hot Cocoa Social (AR) (ELD)</p> <p>4:15 HPF Sit & Be Fit (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 RSF Communion Services (T) (OA)</p> <p>10:45 HPF Upper Body Conditioning (AR) (ELD)</p> <p>2:00 HPF 10 Cent Bingo (AR) (ELD)</p> <p>3:30 CEA Creating Winter Snow Globes (AR) (ELD)</p> <p>4:30 HPF Tai Chi: Balance & Posture (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>10:30 HPF Total Body Conditioning - Beginner (AR) (ELD)</p> <p>11:15 LIS The History & Origins of New Year's Eve (GR) (ELD)</p> <p>2:00 HPF Holiday Hustle Awards Ceremony (GR) (ELD)</p> <p>3:00 HPF Pokeno® (GR) (ELD)</p> <p>4:15 HPF Sit & Be Fit (AR) (ELD)</p> <p>7:00 HPF Nightly In Room Movie Showing (IR) (IND)</p>	<p>NEW YEAR'S EVE</p> <p>10:30 HPF Moving for Memory Recognition Ceremony (FL) (ELD)</p> <p>11:00 CEA DIY New Years Hats (AR) (ELD)</p> <p>2:00 HPF Prize Bingo (AR) (ELD)</p> <p>4:15 HPF Total Body Conditioning - Advanced (AR) (ELD)</p> <p>7:00 SCE Rolling Out the Red Carpet (GR) (ELD)</p> <p>7:00 SCE Happy New Year Happy Hour (GR) (ELD)</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

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, 1:30 PM



DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:
Dining Room DR
Living Room LR

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<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Tai Chi: Balance & Posture 11:00 RSF Daily TV Mass 11:15 RSF Bible Study 1:00 CEA Music: Do They Know It's Christmas 1:30 SCE Wheel of Fortune® 2:00 CPI Civic Engagement Working Session 2:30 SCE Sundaes on Sunday 3:00 HPPF Walking Challenge 6:30 SCE Sunday Snacks and Movie</p>	<p>ROOM LOCATION KEY: Dining Room DR Living Room LR</p>	<p>9:30 SCE Today's Events & Newsletter 10:00 HPPF Upper Body Conditioning 10:15 CEA Make Your Own Ornament (DR) 11:00 RSF Communion Service 1:15 CEA Music Appreciation: Last Christmas 2:00 CEA Music Entertainment 3:00 SCE Holidays Around the World Happy Hour 3:00 SCE Tree Trimming Party 4:00 HPPF Tai Chi: Balance & Posture 6:30 SCE Mid-Week Movie</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Total Body Conditioning 11:00 LIS Literary Appreciation: The Holidays 1:30 LIS Zodiac and Horoscope for December 2:00 CEA Music Appreciation: Songs About December 3:00 HPPF Dance & Movement: The Hustle 6:30 SCE Movie Night</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Walking Challenge 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: 6th Day of Hanukkah 2:00 CPI Civic Engagement Project Launch 3:00 HPPF Cardio Drumming Circle 5:00 SCE Laughter Therapy 6:30 SCE Friday Feature Film</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Flow Yoga 11:30 RSF Hanukkah Celebration Series 1:00 CEA Music Appreciation: Top 30 Holiday Songs 3:00 HPPF Posture and Stretch Fitness Class 5:00 LIS Find The Pairs: Holiday Edition 6:30 SCE Saturday Night Cinema</p>
<p>HOLIDAY TRADITIONS WEEK 5 10:00 SCE Today's Events & Newsletter 10:30 HPPF Tai Chi: Balance & Posture 11:00 RSF Daily TV Mass 11:15 RSF Bible Study 1:00 CEA Music: Do They Know It's Christmas 1:30 SCE Wheel of Fortune® 2:00 CPI Civic Engagement Working Session 2:30 SCE Sundaes on Sunday 3:00 HPPF Walking Challenge 6:30 SCE Sunday Snacks and Movie</p>	<p>LAST DAY OF HANUKKAH 6 ST. NICHOLAS DAY 9:30 RSF Today's Events & Newsletter 10:00 HPPF Lower Body Conditioning 10:30 CEA Winter Craft Class 1:00 CEA Music Appreciation: Saint Nicholas Day 1:30 RSF Meaning & Tradition of Christmas: Part I 2:30 SCE Holiday Celebration Series 3:30 HPPF Walking Challenge 6:30 SCE Monday Night Movie</p>	<p>NATIONAL PEARL HARBOR 7 DAY OF REMEMBRANCE 9:30 LIS Today's Events & Newsletter 10:00 HPPF Flow Yoga 10:30 CEA Music Relaxation Group 1:00 CEA Music Appreciation: Eagles 1:30 LIS Language Learning: Happy Holidays 2:30 SCE Refreshments & Reminiscing 3:30 HPPF Dance & Movement: The Macarena 6:30 SCE Tuesday Night Film</p>	<p>FEAST OF IMMACULATE CONCEPTION 8 9:30 RSF Today's Events & Newsletter 10:00 HPPF Upper Body Conditioning 10:30 Hymn Sing 11:00 RSF Communion Service 1:30 CEA Music Appreciation: Noel by Josh Groban 2:00 CEA Music Entertainment 3:00 SCE Winter Wonderland Happy Hour 4:00 HPPF Tai Chi: Balance & Posture 6:00 SCE Tips for Visiting at the Holidays (LR)</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Total Body Conditioning - Beginner 1:00 CEA Music: A Charlie Brown Christmas 3:00 HPPF Dance & Movement: The Hustle 5:00 LIS Literary Appreciation: The Holidays 6:30 SCE Movie Night</p>	<p>10:00 SCE Today's Events & Newsletters 10:30 HPPF Walking Challenge 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music: Christmas Poems, Emily Dickinson 3:00 HPPF Cardio Drumming Circle 5:00 SCE Laughter Therapy 6:30 SCE Friday Feature Film</p>
<p>CAROLING WEEK 12 NATIONAL POINSETTIA DAY 9:00 RSF Today's Events & Newsletter 10:30 HPPF Tai Chi: Balance & Posture 11:00 RSF Daily TV Mass 11:15 RSF Bible Study 1:00 CEA Music Appreciation: Frank Sinatra 1:30 CEA Musical Pictionary™ 2:30 SCE Sundaes on Sunday 3:00 HPPF Walking Challenge 6:30 SCE Sunday Snacks and Movie</p>	<p>U.S. NATIONAL GUARD BIRTHDAY 13 9:30 LIS Today's Events & Newsletter 10:00 HPPF Lower Body Conditioning 10:30 CEA Winter Craft Class 1:00 CEA Music: The Perfect Christmas Song 1:30 LIS The Game of Carols 2:30 SCE Holiday Celebration Series 3:30 HPPF Walking Challenge 6:30 SCE Monday Night Movie</p>	<p>9:30 SCE Today's Events & Newsletter 10:00 HPPF Flow Yoga 10:30 CEA Music Relaxation Group 1:00 CEA Music Appreciation: Gayla Peevey 1:30 LIS Literary Appreciation: Poetry 2:30 SCE Refreshments & Reminiscing 3:30 HPPF Dance & Movement: The Macarena 5:00 LIS Word Wonders: Animals 6:30 SCE Tuesday Night Film</p>	<p>9:30 SCE Today's Events & Newsletter 10:00 HPPF Upper Body Conditioning 10:30 RSF Hymn Sing 11:00 RSF Communion Service 1:00 CEA Music Appreciation: Peace For Christmas 2:00 CEA Music Entertainment 3:00 SCE Candy Land Happy Hour 4:00 HPPF Tai Chi: Balance & Posture 6:30 SCE Mid-Week Movie</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Total Body Conditioning - Beginner 1:00 CEA Music Appreciation: Jingle Bells 1:30 CEA Music History: Origins of Carols, Pt. I 3:00 HPPF Dance & Movement: The Hustle 5:00 LIS Literary Appreciation: The Holidays 6:30 SCE Movie Night</p>	<p>NATIONAL MAPLE SYRUP DAY 17 NATIONAL UGLY SWEATER DAY 9:00 LIS Newsletter: National Maple Syrup Day 10:30 HPPF Walking Challenge 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Quirky Holiday Songs 3:00 HPPF Cardio Drumming Circle 5:00 SCE Laughter Therapy 6:30 SCE Friday Feature Film</p>
<p>CHRISTMAS WEEK 19 10:00 SCE Today's Events & Newsletter 10:30 HPPF Tai Chi: Balance & Posture 11:00 RSF Daily TV Mass 11:15 RSF Bible Study 1:00 CEA Music Appreciation: "A Christmas Carol" 1:30 SCE Wheel of Fortune® 2:30 SCE Sundaes on Sunday 3:00 CPI Civic Engagement Delivery 4:00 HPPF Walking Challenge 6:30 SCE Sunday Snacks and Movie</p>	<p>9:30 SCE Today's Events & Newsletter 10:00 HPPF Lower Body Conditioning 10:30 CEA Winter Craft Class 1:00 CEA Today's Music: It's A Wonderful Life 1:30 CEA Scentsary Art 2:30 SCE Holiday Celebration Series 3:30 HPPF Walking Challenge 6:30 SCE Monday Night Movie</p>	<p>FIRST DAY OF WINTER 21 7:00 SCE Refreshments & Reminiscing 9:30 LIS Newsletter: Winter Solstice 10:00 HPPF Flow Yoga 10:30 CEA Music Relaxation Group 1:00 CEA Music Appreciation: The Winter Solstice 1:30 LIS Language Learning: Merry Christmas 2:30 SCE Refreshments & Reminiscing 3:30 HPPF Dance & Movement: The Macarena 6:30 SCE Tuesday Night Film</p>	<p>9:30 SCE Today's Events & Newsletter 10:00 HPPF Upper Body Conditioning 10:30 RSF Hymn Sing 11:00 RSF Communion Service 1:30 CEA Music Appreciation: The Chipmunk Song 2:00 CEA Music Entertainment 3:00 SCE Christmas Cheer(s) Happy Hour 4:00 HPPF Tai Chi: Posture & Balance 6:30 SCE Mid-Week Movie</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF 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 HPPF Dance & Movement: The Hustle 5:00 LIS Literary Appreciation: The Holidays 6:30 SCE Movie Night</p>	<p>CHRISTMAS EVE 24 10:00 SCE Today's Events & Newsletter 10:30 HPPF Walking Challenge 11:00 CEA BJK Journaling & Discussion 1:00 CEA Music Appreciation: Silent Night 3:00 HPPF Cardio Drumming Circle 5:00 SCE Laughter Therapy 6:30 SCE Christmas Eve Feature Film</p>
<p>BOXING DAY 26 NEW YEAR'S WEEK 10:00 CPI Today's Events & Newsletter 10:30 HPPF Tai Chi: Balance & Posture 11:00 RSF Daily TV Mass 11:15 RSF Bible Study 1:00 CEA Music Appreciation: Good King Wenceslas 1:30 CEA Musical Pictionary™ 2:30 SCE Sundaes on Sunday 3:00 HPPF Walking Challenge 6:30 SCE Sunday Snacks and Movie</p>	<p>9:30 SCE Today's Events & Newsletter 10:00 HPPF Lower Body Conditioning 10:30 CEA Winter Craft Class 1:00 CEA Music History: Iconic Music Venues, II 1:30 CEA Music Venues: Radio City Music Hall 2:30 SCE Holiday Celebration Series 3:30 HPPF Walking Challenge 6:30 SCE Monday Night Movie</p>	<p>9:30 SCE Today's Events & Newsletter 10:00 HPPF Flow Yoga 10:30 CEA Music Relaxation Group 1:00 CEA Music Appreciation: Shirley Temple 1:30 CEA Creating Winter Snow Globes 2:30 SCE Refreshments & Reminiscing 3:30 HPPF Dance & Movement: The Macarena 5:00 LIS Literary Appreciation: Poetry 6:30 SCE Tuesday Night Film</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Upper Body Conditioning 11:00 RSF Communion Service 1:30 CEA Music History: Classical 2:00 CEA Music Entertainment 3:00 SCE Happy New Year Happy Hour 4:00 HPPF Tai Chi: Balance & Posture 6:30 SCE Mid-Week Movie</p>	<p>10:00 SCE Today's Events & Newsletter 10:30 HPPF Total Body Conditioning 1:30 CEA Music Appreciation: 2:30 HPPF Bowling 5:00 LIS Literary Appreciation: The Holidays 6:30 SCE Movie Night</p>	<p>NEW YEAR'S EVE 31 10:00 SCE Today's Events & Newsletter 10:30 HPPF 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 HPPF Cardio Drumming Circle 5:00 SCE Laughter Therapy 6:30 SCE NYE Feature Film</p>

- 10:00 SCE Today's Events & Newsletter
- 10:30 HPPF Flow Yoga
- 1:00 CEA Today's Music: All I Want For Christmas
- 3:00 HPPF Posture and Stretch Fitness Class
- 5:00 LIS Sensory Stimulation: iSpy the Holidays
- 6:30 SCE Saturday Night Cinema

- 9:00 LIS Newsletter: National Wreaths Day
- 10:30 HPPF Flow Yoga
- 1:00 CEA Today's Music: Fairytale in New York
- 1:30 CEA Sing Across America: New York
- 3:00 HPPF Posture and Stretch Fitness Class
- 5:00 LIS Find The Pairs: Holiday Edition
- 6:30 SCE Saturday Night Cinema

- 10:00 SCE Today's Events & Newsletter
- 10:30 HPPF Flow Yoga
- 1:00 CEA Music Appreciation: Meaning of Christmas
- 1:30 RSF Meaning of Christmas, Part II
- 3:00 HPPF Posture and Stretch Fitness Class
- 5:00 LIS Sensory Stimulation: iSpy the Holidays
- 6:30 SCE Saturday Night Cinema

- 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