

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Christmas Wreath Creations

Tuesday, December 7, 11:00 AM

Happy New Year Celebration

Friday, December 31, 3:00 PM

Rolling Out the Red Carpet

Friday, December 31, 5:00 PM



DECEMBER 2021

ATRIA MOUNT PLEASANT engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

| | | | |
|--------------------|-----|--------------------|----|
| Art Studio | ART | LG Activity Center | AC |
| Club Room | CR | Cove Cafe | CC |
| Fitness Center | FIT | Dining Room | DR |
| Front Lobby | LOB | | |
| Pool | PL | | |
| Wine Bar | WB | | |
| In-Room | IR | | |
| Cooper Theater | CT | | |
| Sweetgrass Theatre | SGT | | |
| Bistro | BIS | | |

| | | | | | | |
|--|--|--|---|--|--|--|
| <p>10:30 HPF Upper Body Conditioning (FIT)</p> <p>11:00 CEA Painting: Candy Cane Martini (ART)</p> <p>1:30 RSF Hanukkah Celebration Series (CR)</p> <p>3:00 HPF Tai Chi: Balance & Posture (FIT)</p> <p>4:00 SCE Holidays Around the World Happy Hour (WB)</p> <p>6:30 Movie Night: Edge of Doom (SGT)</p> | <p>10:30 HPF Total Body Conditioning - Beginner (FIT)</p> <p>11:00 Bingo (ART)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 LIS Tech Talk Thursday (CR)</p> <p>4:30 HPF Holiday Hustle Series (FIT)</p> <p>6:30 Movie Night: Song of the South (SGT)</p> | <p>10:15 Gullah Tour (LOB)</p> <p>10:30 HPF Chair Boxing and Tai Chi (FIT)</p> <p>11:00 RSF Hanukkah Celebration Series (CR)</p> <p>3:00 CPI Civic Engagement Project Launch</p> <p>4:00 HPF Total Body Conditioning - Advanced (FIT)</p> <p>6:30 Karaoke (SGT)</p> | <p>10:30 HPF Cardio Drumming Circle (FIT)</p> <p>11:00 RSF Hanukkah Celebration Series (CR)</p> <p>1:30 CEA BJK Journaling Series (CR)</p> <p>2:00 CPI Life Guidance® Activity (AC)</p> <p>3:00 Matinee: A Stone In The Water (SGT)</p> <p>4:00 HPF Posture and Stretch Fitness Class (FIT)</p> | | | |
| <p>9:00 LIS Brain Challenge (IR)</p> <p>10:00 HPF Tai Chi: Balance & Posture (IR)</p> <p>11:00 RSF December Bible Study Readings (IR)</p> <p>2:00 SCE Card Games (CR)</p> <p>4:00 HPF Flow Yoga (IR)</p> | <p>5 LAST DAY OF HANUKKAH</p> <p>ST. NICHOLAS DAY</p> <p>9:00 RSF Newsletter Highlight: St. Nicholas Day</p> <p>10:30 Shopping Trips (LOB)</p> <p>10:30 HPF Total Body Conditioning (CT)</p> <p>11:00 RSF Hanukkah Celebration Series (CR)</p> <p>1:30 LIS Monthly Book Club (CR)</p> <p>2:00 Matinee: One Special Night (SGT)</p> <p>4:00 HPF Walking for Memory (LOB)</p> | <p>6 NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</p> <p>9:00 LIS Newsletter: Pearl Harbor Remembrance</p> <p>10:30 HPF Flow Yoga (FIT)</p> <p>11:00 CEA Christmas Wreath Creations (ART)</p> <p>1:30 CPI Ambassador Club Meeting (SGT)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 LIS ODU: Date of Dec. 7 Will Live in Infamy (SGT)</p> | <p>7 FEAST OF THE IMMACULATE CONCEPTION</p> <p>9:00 RSF Newsletter: Immaculate Conception Feast (IR)</p> <p>10:30 HPF Upper Body Conditioning (FIT)</p> <p>11:00 CEA Painting: Magical Snowman (ART)</p> <p>3:00 HPF Tai Chi: Balance & Posture (FIT)</p> <p>4:00 SCE Winter Wonderland Happy Hour (WB)</p> <p>6:30 Movie Night: A Fatal Inversion (SGT)</p> | <p>8</p> <p>10:30 HPF Total Body Conditioning - Beginner (FIT)</p> <p>11:00 Bingo (ART)</p> <p>1:30 LIS Playing & Scoring Hockey (CR)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 LIS Tech Talk Thursday (CR)</p> <p>4:30 HPF Holiday Hustle Series (FIT)</p> <p>6:00 SCE Card Games (CR)</p> | <p>9</p> <p>10:30 HPF Chair Boxing and Tai Chi (CT)</p> <p>11:00 CEA Painting: Whimsical Ornaments (ART)</p> <p>1:30 Outing: Washington Light Infantry Museum (LOB)</p> <p>2:00 SCE Holiday Brain Challenge (CR)</p> <p>4:00 HPF Total Body Conditioning - Advanced (FIT)</p> <p>6:30 Movie Night: A Mighty Heart (SGT)</p> | <p>10</p> <p>10:30 HPF Cardio Drumming Circle (FIT)</p> <p>11:00 SCE Holiday Celebration Series (CR)</p> <p>1:30 CEA BJK Journaling Series (CR)</p> <p>2:00 Holiday Farmers Market and Craft Show (LOB)</p> <p>4:00 HPF Posture and Stretch Fitness Class (FIT)</p> <p>6:00 SCE Music Entertainment: Nick Forte (WB)</p> |
| <p>12 NATIONAL POINSETTIA DAY</p> <p>9:00 RSF Newsletter: The Christmas Flower</p> <p>10:00 HPF Tai Chi: Balance & Posture (IR)</p> <p>11:00 RSF December Bible Study Readings (IR)</p> <p>2:00 SCE Card Games (CR)</p> <p>3:00 LIS Brain Challenge (IR)</p> <p>4:00 HPF Flow Yoga (IR)</p> | <p>13 U.S. NATIONAL GUARD BIRTHDAY</p> <p>9:00 LIS Newsletter: U.S. National Guard Birthday</p> <p>10:30 Outing: Charleston Harbor Fish House (LOB)</p> <p>10:30 HPF Total Body Conditioning (CT)</p> <p>2:00 CEA Christmas Card Creations (ART)</p> <p>4:00 HPF Walking for Memory (LOB)</p> | <p>14</p> <p>10:30 HPF Flow Yoga (FIT)</p> <p>11:00 SCE Holiday Celebration Series (CR)</p> <p>1:30 CPI Engage Life® Planning Meeting (SGT)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 CEA Christmas Garland Creation (ART)</p> | <p>15</p> <p>10:30 HPF Upper Body Conditioning (FIT)</p> <p>11:00 CEA Painting: Christmas Tree (ART)</p> <p>2:00 LIS Holiday Language Learning (CR)</p> <p>3:00 HPF Dance & Movement: Cupid Shuffle (FIT)</p> <p>4:00 SCE Candy Lane Happy Hour (WB)</p> <p>5:30 Outing: Festival of Lights (LOB)</p> | <p>16</p> <p>10:30 HPF Total Body Conditioning - Beginner (FIT)</p> <p>11:00 Bingo (ART)</p> <p>1:30 CPI Food For Thought - Culinary Led (SGT)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 LIS ODU: Christmas in America (SGT)</p> <p>4:30 HPF Holiday Hustle Series (FIT)</p> <p>5:00 SCE Music Entertainment (DR)</p> <p>6:00 Movie Night: Go Now (SGT)</p> | <p>17 NATIONAL MAPLE SYRUP DAY</p> <p>9:00 LIS Newsletter: National Maple Syrup Day</p> <p>10:30 HPF Chair Boxing and Tai Chi (CT)</p> <p>10:30 Shopping Trips (LOB)</p> <p>11:00 CEA Painting: Whimsical Santa (ART)</p> <p>2:00 CPI Civic Engagement Delivery (LOB)</p> <p>4:00 HPF Total Body Conditioning - Advanced (FIT)</p> <p>6:30 Karaoke (SGT)</p> | <p>18 NATIONAL WREATHS ACROSS AMERICA DAY</p> <p>9:00 LIS Newsletter: National Wreaths Day</p> <p>10:30 HPF Cardio Drumming Circle (FIT)</p> <p>1:30 CEA BJK Journaling Series (FIT)</p> <p>2:00 Matinee Movie: In a Lonely Place (SGT)</p> <p>4:00 HPF Posture and Stretch Fitness Class (FIT)</p> <p>6:00 CEA Music Entertainment: Kelly and Jig (WB)</p> |
| <p>9:00 LIS Brain Challenge (IR)</p> <p>10:00 HPF Tai Chi: Balance & Posture (IR)</p> <p>11:00 RSF December Bible Study Readings (IR)</p> <p>2:00 SCE Card Games (CR)</p> <p>4:00 HPF Flow Yoga (IR)</p> | <p>19</p> <p>10:30 Shopping Trips (LOB)</p> <p>10:30 HPF Total Body Conditioning (CT)</p> <p>11:00 CEA Creating Sugar Scrubs (ART)</p> <p>1:30 LIS Book Club (CR)</p> <p>3:00 Matinee: Charlie Brown Christmas (SGT)</p> <p>4:00 HPF Walking for Memory (LOB)</p> | <p>20 WINTER SOLSTICE</p> <p>9:00 LIS Newsletter Highlight: Winter Solstice</p> <p>10:30 HPF Flow Yoga (FIT)</p> <p>11:00 CEA Creating Winter Snow Globes (ART)</p> <p>1:30 LIS ODU: When Weather Changed History (SGT)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>4:00 SCE Eggnog Social (BIS)</p> | <p>21</p> <p>10:30 HPF Upper Body Conditioning (FIT)</p> <p>11:00 CEA Painting: Gingerbread House (ART)</p> <p>1:30 SCE A Game of Carols (CR)</p> <p>2:00 HPF Tai Chi: Balance & Posture (FIT)</p> <p>4:00 SCE Christmas Cheer(s) Happy Hour (WB)</p> <p>6:30 Movie Night: A Christmas Carol (SGT)</p> | <p>22</p> <p>10:30 HPF Total Body Conditioning - Beginner (FIT)</p> <p>11:00 Bingo (ART)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 CEA Music History: Christmas Carols, Part I (CR)</p> <p>4:00 HPF Holiday Hustle Series (FIT)</p> | <p>23 CHRISTMAS EVE</p> <p>10:30 HPF Chair Boxing and Tai Chi (CT)</p> <p>11:00 CEA Music History: Christmas Carols, Part II (CR)</p> <p>1:30 RSF Meaning & Tradition of Christmas Part I (CR)</p> <p>3:00 SCE Christmas Party (WB)</p> <p>4:00 HPF Total Body Conditioning - Advanced (FIT)</p> <p>6:00 Movie Night: It's a Wonderful Life (SGT)</p> | <p>24 CHRISTMAS DAY</p> <p>10:30 HPF Cardio Drumming Circle (FIT)</p> <p>1:30 CEA BJK Journaling Series (CR)</p> <p>2:00 RSF Meaning & Tradition of Christmas Part II (CR)</p> <p>3:00 Matinee: Miracle on 34th Street (SGT)</p> <p>4:00 HPF Posture and Stretch Fitness Class (FIT)</p> |
| <p>26 BOXING DAY</p> <p>9:00 LIS Newsletter Highlight: Boxing Day</p> <p>10:00 HPF Tai Chi: Balance & Posture (IR)</p> <p>11:00 RSF December Bible Study Readings (IR)</p> <p>2:00 SCE Card Games (CR)</p> <p>4:00 HPF Flow Yoga (IR)</p> | <p>27</p> <p>10:30 HPF Total Body Conditioning (CT)</p> <p>11:00 LIS Zodiac & Horoscope of December (CR)</p> <p>1:30 CPI Career Connections Club (CR)</p> <p>3:00 CEA Champagne Glass Decorating (ART)</p> <p>4:00 HPF Walking for Memory (LOB)</p> | <p>28 CALL A FRIEND DAY</p> <p>9:00 SCE Newsletter Highlight: Call a Friend Day</p> <p>10:30 HPF Flow Yoga (FIT)</p> <p>1:30 CPI Resident Council Meeting (SGT)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 Puzzles (CC)</p> | <p>29</p> <p>10:30 HPF Upper Body Conditioning (FIT)</p> <p>11:00 CEA Painting: New Years Bubbly (ART)</p> <p>1:30 LIS ODU: The Events of a Memorable 1968 (SGT)</p> <p>2:00 CEA Manis for Grannies (ART)</p> <p>3:00 HPF Tai Chi: Balance & Posture (FIT)</p> <p>4:00 SCE Hot Cocoa Social (BIS)</p> | <p>30</p> <p>10:30 HPF Total Body Conditioning - Beginner (FIT)</p> <p>11:00 Bingo (ART)</p> <p>1:30 LIS The History & Origins of New Year's Eve (CR)</p> <p>2:15 HPF Water Aerobics (PL)</p> <p>3:00 LIS Tech Talk Thursday (CR)</p> <p>4:00 HPF Holiday Hustle Awards Ceremony (FIT)</p> <p>6:00 Movie Night: Copenhagen (SGT)</p> | <p>31 NEW YEAR'S EVE</p> <p>10:30 HPF Chair Boxing and Tai Chi (FIT)</p> <p>10:30 Shopping Trips (LOB)</p> <p>11:00 Puzzles (CC)</p> <p>2:00 HPF Total Body Conditioning - Advanced (FIT)</p> <p>3:00 SCE Happy New Year Celebration (WB)</p> <p>5:00 SCE Rolling Out the Red Carpet</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>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:00 CEA Music Appreciation: Last Christmas</p> <p>2:00 SCE Holidays Around the World Happy Hour</p> <p>3:00 HPF Tai Chi: Balance & Posture</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning</p> <p>1:00 CEA Music Appreciation: Songs About December</p> <p>2:00 LIS Zodiac and Horoscope for December</p> <p>3:00 HPF Dance & Movement: The Hustle</p> <p>5:00 LIS Literary Appreciation: The Holidays</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>11:00 CEA BJK Journaling & Discussion</p> <p>1:00 CEA Music Appreciation: 6th Day of Hanukkah</p> <p>2:00 CPI Civic Engagement Project Launch</p> <p>3:00 HPF Cardio Drumming Circle</p> <p>5:00 SCE Laughter Therapy</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>11:30 RSF Hanukkah Celebration Series</p> <p>1:00 CEA Music Appreciation: Top 30 Holiday Songs</p> <p>3:00 HPF Posture and Stretch Fitness Class</p> <p>5:00 LIS Find The Pairs: Holiday Edition</p> |
| <p>HOLIDAY TRADITIONS WEEK</p> <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Tai Chi: Balance & Posture</p> <p>1:00 CEA Music: Do They Know It's Christmas</p> <p>2:00 CPI Civic Engagement Working Session</p> <p>3:00 HPF Walking Challenge</p> <p>5:00 RSF Bible Study</p> | <p>ST. NICHOLAS DAY LAST DAY OF HANUKKAH</p> <p>10:00 RSF Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>1:00 CEA Music Appreciation: Saint Nicholas Day</p> <p>1:30 RSF Meaning & Tradition of Christmas: Part I</p> <p>3:00 HPF Lower Body Conditioning</p> <p>5:00 SCE Holiday Celebration Series</p> | <p>NATIONAL PEARL HARBOR DAY OF REMEMBRANCE</p> <p>10:00 LIS Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>1:00 CEA Music Appreciation: Eagles</p> <p>3:00 HPF Dance & Movement: The Macarena</p> <p>5:00 LIS Language Learning: Happy Holidays</p> | <p>FEAST OF IMMACULATE CONCEPTION</p> <p>10:00 RSF Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:00 CEA Music Appreciation: Noel by Josh Groban</p> <p>1:30 SCE Express Yourself: December Holidays</p> <p>2:00 SCE Winter Wonderland Happy Hour</p> <p>3:00 HPF Tai Chi: Balance & Posture</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning - Beginner</p> <p>1:00 CEA Music: A Charlie Brown Christmas</p> <p>3:00 HPF Dance & Movement: The Hustle</p> <p>5:00 LIS Literary Appreciation: The Holidays</p> | <p>10:00 SCE Today's Events & Newsletters</p> <p>10:30 HPF Walking Challenge</p> <p>11:00 CEA BJK Journaling & Discussion</p> <p>1:00 CEA Music: Christmas Poems, Emily Dickinson</p> <p>3:00 HPF Cardio Drumming Circle</p> <p>5:00 SCE Laughter Therapy</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>1:00 CEA Today's Music: All I Want For Christmas</p> <p>3:00 HPF Posture and Stretch Fitness Class</p> <p>5:00 LIS Sensory Stimulation: iSpy the Holidays</p> |
| <p>NATIONAL POINSETTIA DAY CAROLING WEEK</p> <p>9:00 RSF Today's Events & Newsletter</p> <p>10:30 HPF Tai Chi: Balance & Posture</p> <p>1:00 CEA Music Appreciation: Frank Sinatra</p> <p>3:00 HPF Walking Challenge</p> <p>5:00 RSF Bible Study</p> | <p>U.S. NATIONAL GUARD BIRTHDAY</p> <p>10:00 LIS Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>1:00 CEA Music: The Perfect Christmas Song</p> <p>1:30 LIS The Game of Carols</p> <p>3:00 HPF Lower Body Conditioning</p> <p>5:00 SCE Holiday Celebration Series</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>1:00 CEA Music Appreciation: Gayla Peevey</p> <p>1:30 LIS Word Wonders: Animals</p> <p>3:00 HPF Dance & Movement: The Macarena</p> <p>5:00 LIS Literary Appreciation: Poetry</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:00 CEA Music Appreciation: Peace For Christmas</p> <p>1:30 CEA Music History: The Beatles</p> <p>2:00 SCE Candy Land Happy Hour</p> <p>3:00 HPF Tai Chi: Balance & Posture</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning - Beginner</p> <p>1:00 CEA Music Appreciation: Jingle Bells</p> <p>1:30 CEA Music History: Origins of Carols, Pt. I</p> <p>3:00 HPF Dance & Movement: The Hustle</p> <p>5:00 LIS Literary Appreciation: The Holidays</p> | <p>NATIONAL MAPLE SYRUP DAY NATIONAL UGLY SWEATER DAY</p> <p>9:00 LIS Newsletter: National Maple Syrup Day</p> <p>10:30 HPF Walking Challenge</p> <p>11:00 CEA BJK Journaling & Discussion</p> <p>1:00 CEA Music Appreciation: Quirky Holiday Songs</p> <p>3:00 HPF Cardio Drumming Circle</p> <p>5:00 SCE Laughter Therapy</p> | <p>NATIONAL WREATHS ACROSS AMERICA DAY</p> <p>9:00 LIS Newsletter: National Wreaths Day</p> <p>10:30 HPF Flow Yoga</p> <p>1:00 CEA Today's Music: Fairytale in New York</p> <p>1:30 CEA Sing Across America: New York</p> <p>3:00 HPF Posture and Stretch Fitness Class</p> <p>5:00 LIS Find The Pairs: Holiday Edition</p> |
| <p>CHRISTMAS WEEK</p> <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Tai Chi: Balance & Posture</p> <p>1:00 CEA Music Appreciation: "A Christmas Carol"</p> <p>3:00 CPI Civic Engagement Delivery</p> <p>4:00 HPF Walking Challenge</p> <p>5:00 RSF Bible Study</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>1:00 CEA Today's Music: It's A Wonderful Life</p> <p>2:00 CEA Scentsary Art</p> <p>3:00 HPF Lower Body Conditioning</p> <p>5:00 SCE Holiday Celebration Series</p> | <p>FIRST DAY OF WINTER</p> <p>10:00 LIS Newsletter: Winter Solstice</p> <p>10:30 HPF Flow Yoga</p> <p>1:00 CEA Music Appreciation: The Winter Solstice</p> <p>3:00 HPF Dance & Movement: The Macarena</p> <p>5:00 LIS Language Learning: Merry Christmas</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:00 CEA Music Appreciation: The Chipmunk Song</p> <p>2:00 SCE Christmas Cheer(s) Happy Hour</p> <p>3:00 HPF Tai Chi: Posture & Balance</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning - Beginner</p> <p>1:00 CEA Music: 'Twas The Night Before Christmas</p> <p>1:30 CEA Music History: Origins of Carols, Pt. II</p> <p>3:00 HPF Dance & Movement: The Hustle</p> <p>5:00 LIS Literary Appreciation: The Holidays</p> | <p>CHRISTMAS EVE</p> <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>11:00 CEA BJK Journaling & Discussion</p> <p>1:00 CEA Music Appreciation: Silent Night</p> <p>3:00 HPF Cardio Drumming Circle</p> <p>5:00 SCE Laughter Therapy</p> | <p>CHRISTMAS DAY</p> <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>1:00 CEA Music Appreciation: Meaning of Christmas</p> <p>1:30 RSF Meaning of Christmas, Part II</p> <p>3:00 HPF Posture and Stretch Fitness Class</p> <p>5:00 LIS Sensory Stimulation: iSpy the Holidays</p> |
| <p>NEW YEAR'S WEEK BOXING DAY</p> <p>10:00 CPI Today's Events & Newsletter</p> <p>10:30 HPF Tai Chi: Balance & Posture</p> <p>1:00 CEA Music Appreciation: Good King Wenceslas</p> <p>3:00 HPF Walking Challenge</p> <p>5:00 RSF Bible Study</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>1:00 CEA Music Venues: Radio City Music Hall</p> <p>1:30 CEA Music History: Iconic Music Venues, II</p> <p>3:00 HPF Lower Body Conditioning</p> <p>5:00 SCE Holiday Celebration Series</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>1:00 CEA Music Appreciation: Shirley Temple</p> <p>2:00 CEA Creating Winter Snow Globes</p> <p>3:00 HPF Dance & Movement: The Macarena</p> <p>5:00 LIS Literary Appreciation: Poetry</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:00 CEA Music Appreciation: Beethoven The Great</p> <p>1:30 CEA Music History: Classical</p> <p>2:00 SCE Happy New Year Happy Hour</p> <p>3:00 HPF Tai Chi: Balance & Posture</p> | <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning</p> <p>1:00 CEA Music Appreciation: Neil Young</p> <p>3:00 HPF Dance & Movement: The Hustle</p> <p>5:00 LIS Literary Appreciation: The Holidays</p> | <p>NEW YEAR'S EVE</p> <p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>11:00 CEA BJK Journaling & Discussion</p> <p>1:00 CEA Music Appreciation: Auld Lang Syne</p> <p>1:30 LIS History of New Year's Eve</p> <p>3:00 HPF Cardio Drumming Circle</p> <p>5:00 SCE Laughter Therapy</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 |