

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Cardio Drumming Circle

Saturday, December 4, 11:00 AM

Creating Winter Snow Globes

Tuesday, December 28, 2:30 PM

Happy New Year Happy Hour

Wednesday, December 29, 3:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

ROOM LOCATION KEY:

Art Studio	AS	Bistro	B
Engage Life® Center	ELC	Lounge 1st Floor	L1
Fitness Center	FC		
Club Room	CR		
Library 2nd Floor	LB		
Theater 1st Floor	T1		
Theater 2nd Floor	T2		
Wine Bar	WB		
Pool	P		
Front Lobby	FL		

5
 9:30 **RSF** Church Shuttle-Sign Up Required (FL)
 11:30 **SCE** IL Shuttle: Tea Room (FL)
 2:00 **HPF** Lower Body Conditioning (T2)
 3:00 Afternoon Matinee: Resident Choice (T2)
 3:45 **HPF** Tai Chi: Balance & Posture (T1)

6
LAST DAY OF HANUKKAH ST. NICHOLAS DAY
 10:00 **RSF** Newsletter Highlight: St. Nicholas Day (T1)
 10:30 **SCE** IL Shuttle: Market Square Xmas Village (FL)
 11:00 **HPF** Moving For Memory: Walking Challenge (CR)
 1:30 **RSF** Hanukkah Celebration Series (T1)
 2:00 **LIS** Resident Run Book Club (LB)
 3:00 **HPF** Flow Yoga (T2)
 4:30 **SCE** New Resident Building Orientation (FL)

7
NATIONAL PEARL HARBOR DAY OF REMEMBRANCE
 8:45 **HPF** Tai Chi: Balance & Posture (T2)
 9:00 **LIS** Newsletter: Pearl Harbor Remembrance (T1)
 10:00 **HPF** YMCA Aqua Burn- Independent Living (P)
 11:00 **RSF** Communion St. Kilian's Parish Service (T2)
 1:00 **HPF** Pool Volleyball Club (P)
 1:30 **CPI** Ambassador Club Meeting (T1)
 3:00 **SCE** Big Band Trio (T2)
 4:00 **HPF** Upper Body Conditioning (T2)
 7:00 **CPI** Billiard Club (CR)

8
FEAST OF THE IMMACULATE CONCEPTION
 9:30 **SCE** Independent Living Shopping Shuttle (FL)
 10:00 **RSF** Newsletter: Immaculate Conception Feast (T1)
 10:30 **HPF** YMCA SAIL- Exercise Class (T2)
 11:00 **CEA** Decorating & Design Club (B)
 1:00 **HPF** Open Swim-Engage Life® Led (P)
 1:30 **LIS** ODU: Date of Dec. 7 Will Live in Infamy (T1)
 3:00 **SCE** Winter Wonderland Happy Hour (B)

9
 11:00 **HPF** Dance & Movement: Cupid Shuffle (T2)
 1:00 **LIS** Playing & Scoring Hockey
 1:15 **HPF** YMCA Yoga Foundation (T2)
 1:30 **CPI** Civic Engagement Working Session (AS)
 3:00 **HPF** Holiday Hustle Series (T2)
 4:00 Card Games & Puzzles (L1)

10
Happy Birthday John H!
 10:00 **HPF** YMCA Aqua Burn- Independent Living (P)
 11:00 **RSF** Bible Study Series: Part I (T1)
 11:30 **SCE** IL Lunch Shuttle: Springfield Grille (FL)
 1:00 **HPF** Moving For Memory: Walking Challenge (CR)
 1:30 **SCE** Holiday Brain Challenge (AS)
 3:00 **HPF** Total Body Conditioning - Advanced (T2)
 3:30 **CEA** Decorating Christmas Cookies (B)
 6:30 **CPI** Card Club (CR)

11
 10:00 **SCE** Holiday Celebration Series (T1)
 11:00 **HPF** Cardio Drumming Circle (T2)
 1:30 **CEA** BJK Journaling Series (WB)
 3:30 **HPF** Posture and Stretch Fitness Class (T2)
 7:00 **CPI** Billiard Club (CR)

12
NATIONAL POINSETTIA DAY
 9:00 **RSF** Newsletter: The Christmas Flower (CR)
 9:30 **RSF** Church Shuttle-Sign Up Required (FL)
 10:15 **HPF** Total Body Conditioning - Beginner (T2)
 10:30 **SCE** IL/PC Nutcracker @ Benedum (FL)
 4:00 **HPF** Fitness Equipment Assistance (FC)

13
U.S. NATIONAL GUARD BIRTHDAY
 9:00 **HPF** Flow Yoga (T2)
 10:00 **LIS** Newsletter: U.S. National Guard Birthday (T1)
 11:00 **HPF** Moving For Memory: Walking Challenge (T2)
 1:30 **SCE** Holiday Celebration Series (AS)
 2:00 **CEA** Fine Art Miracles (AS)
 2:00 **LIS** Resident Run Book Club (LB)
 3:30 Bingo! (T2)

14
 9:00 **HPF** Total Body Conditioning - Beginner (T2)
 9:30 **LIS** Technology Tutoring (AS)
 10:00 **HPF** YMCA Aqua Burn-Independent Living (P)
 11:00 **RSF** Rosary with St. Kilian's Parish Program (T2)
 1:00 **HPF** Pool Volleyball Club (P)
 1:30 **CPI** Engage Life® Planning Meeting (T1)
 2:00 **CEA** Christmas Wreath Design (AS)
 4:00 **HPF** Dance & Movement: Cupid Shuffle (T2)
 7:00 **CPI** Billiard Club (CR)

15
Live Music at Happy Hour Today!
 9:30 **SCE** Independent Living Shopping Shuttle (FL)
 10:30 **HPF** YMCA SAIL-Exercise Class (T2)
 11:00 **LIS** Holiday Language Learning (T1)
 1:00 **HPF** Open Swim-Engage Life® Led (P)
 3:00 **SCE** Candy Lane Happy Hour (B)
 4:30 **SCE** New Resident Building Orientation (FL)

16
 10:00 **HPF** Dance & Movement: Electric Slide (T2)
 11:00 **CEA** Intergenerational Connection Club (AS)
 1:15 **HPF** YMCA Yoga Foundation (T2)
 3:15 **CPI** Food For Thought - Culinary Led (T2)
 4:00 **HPF** Holiday Hustle Series (T2)
 6:00 **SCE** IL/PC Group #1: Shadrack Xmas Lights (FL)

17
NATIONAL MAPLE SYRUP DAY
 10:00 **LIS** Newsletter: National Maple Syrup Day (T1)
 10:00 **HPF** YMCA Aqua Burn- Independent Living (P)
 11:00 **RSF** Bible Study Series: Part II (T1)
 11:30 **SCE** IL Lunch Shuttle: Firebirds (FL)
 1:00 **HPF** Moving For Memory: Walking Challenge (CR)
 2:00 **CEA** Scentsary Art (ELC)
 4:00 **HPF** Total Body Conditioning - Advanced (T2)
 6:30 **CPI** Card Club (CR)

18
Happy Birthday Betty! NATIONAL WREATHS ACROSS AMERICA DAY
 10:00 **LIS** Newsletter: National Wreaths Day (T1)
 11:00 **HPF** Cardio Drumming Circle (T2)
 1:30 **CEA** BJK Journaling Series (WB)
 3:30 **HPF** Posture and Stretch Fitness Class (T2)
 7:00 **CPI** Billiard Club (CR)

19
Happy Birthday Mike! Christmas Spirit Week Begins
 9:30 **RSF** Church Shuttle-Sign Up Required (FL)
 1:30 **HPF** Lower Body Conditioning (T2)
 3:00 Afternoon Matinee: New Release Choice (T2)
 3:45 **HPF** Tai Chi: Balance & Posture (T1)

20
 9:00 **HPF** Moving For Memory: Walking Challenge (T2)
 10:00 **SCE** A Game of Carols (T1)
 11:00 **CEA** In The Moment Poetry with John Conte (AS)
 1:30 **CEA** Music History: Christmas Carols, Part I (T2)
 2:00 **LIS** Resident Run Book Club (LB)
 3:30 **HPF** Dance & Movement: Cowboy Charleston (T2)
 6:00 **SCE** IL/PC Group #2 Shadrack Xmas Lights (FL)

21
WINTER SOLSTICE
 9:00 **HPF** Flow Yoga (T2)
 10:00 **LIS** Newsletter Highlight: Winter Solstice (T1)
 10:00 **HPF** YMCA Aqua Burn-Independent Living (P)
 11:00 **RSF** Communion St. Kilian's Parish Service (T2)
 1:00 **HPF** Pool Volleyball Club (P)
 1:30 **LIS** ODU: When Weather Changed History (T1)
 3:00 **CPI** Civic Engagement Delivery (AS)
 3:30 **HPF** Dance & Movement: Electric Slide (T2)
 7:00 **CPI** Billiard Club (CR)

22
Live Music today at Happy Hour!
 9:30 **SCE** Independent Living Shopping Shuttle (FL)
 10:30 **HPF** YMCA SAIL-Exercise Class (T2)
 11:00 **CPI** Resident Council Meeting (T1)
 1:00 **HPF** Open Swim-Engage Life® Led (P)
 3:00 **SCE** Christmas Cheer(s) Happy Hour

23
Ugly Sweater Competition today!
 9:00 **CEA** Music History: Christmas Carols, Part II (T1)
 10:00 **HPF** Total Body Conditioning - Beginner (T2)
 11:30 **SCE** IL/PC Lunch Shuttle: Domenico's (FL)
 1:15 **HPF** YMCA Yoga Foundation (T2)
 3:00 **SCE** Ugly Sweater Competition Fashion Show (T2)
 4:00 **HPF** Holiday Hustle Series (T2)

24
CHRISTMAS EVE
 9:30 **LIS** ODU: Christmas in America (T1)
 10:00 **HPF** YMCA Aqua Burn- Independent Living (P)
 11:00 **RSF** Bible Study Series: Part III (T1)
 1:00 **HPF** Moving For Memory: Walking Challenge (FL)
 2:00 **RSF** Meaning & Tradition of Christmas Part I (L1)
 4:00 **HPF** Upper Body Conditioning (T2)
 6:30 **CPI** Card Club (CR)

25
CHRISTMAS DAY
 10:30 **HPF** Cardio Drumming Circle (T2)
 1:30 **CEA** BJK Journaling Series (WB)
 2:00 **RSF** Meaning & Tradition of Christmas Part II (T1)
 3:30 **HPF** Posture and Stretch Fitness Class (T2)
 7:00 **CPI** Billiard Club (CR)

26
BOXING DAY
 9:00 **LIS** Newsletter Highlight: Boxing Day (CR)
 9:30 **RSF** Church Shuttle-Sign Up Required (FL)
 10:15 **HPF** Dance & Movement: The Hustle (T2)
 3:00 Afternoon Matinee: BroadWay Choice (T2)
 3:45 **HPF** Lower Body Conditioning (T1)

27
 10:00 **HPF** Moving For Memory: Walking Challenge (CR)
 10:30 **SCE** IL Shuttle: Phipps Conservatory (FL)
 1:00 **LIS** Zodiac & Horoscope of December (T1)
 2:00 **LIS** Resident Run Book Club (LB)
 3:30 **LIS** Wellness Clinic & Happy Hour (T2)
 4:00 **HPF** Flow Yoga (T2)
 4:30 **SCE** New Resident Building Orientation (FL)

28
Happy Birthday Fred Z! CALL A FRIEND DAY
 9:00 **SCE** Newsletter Highlight: Call a Friend Day (AS)
 9:30 **LIS** Technology Tutoring (AS)
 10:00 **HPF** YMCA Aqua Burn-Independent Living (P)
 11:00 **RSF** Rosary with St. Kilian's Parish Program (T2)
 1:00 **HPF** Pool Volleyball Club (P)
 2:30 **CEA** Creating Winter Snow Globes (ELC)
 4:00 **HPF** Flow Yoga (T2)
 7:00 **CPI** Billiard Club (CR)

29
Happy Birthday Peggy T! Live Elvis show today at Happy Hour!
 9:30 **SCE** Independent Living Shopping Shuttle (FL)
 10:30 **HPF** YMCA Sail- Exercise Class
 11:00 **CPI** Career Connections Club (L1)
 1:00 **HPF** Open Swim-Engage Life® Led
 3:00 **SCE** Happy New Year Happy Hour

30
 10:00 **HPF** Total Body Conditioning - Beginner (T2)
 11:30 **SCE** IL/PC Lunch Outing: Buffalo Wild Wings (FL)
 1:00 **LIS** The History & Origins of New Year's Eve (T1)
 2:00 **HPF** Holiday Hustle Awards Ceremony (T2)
 2:30 Bingo! (T2)
 4:00 **HPF** Dance & Movement: The Hustle (T2)

31
NEW YEAR'S EVE
 10:00 **HPF** Moving for Memory Recognition Ceremony (CR)
 11:00 **RSF** Bible Study Series: Part IV (T1)
 1:00 **HPF** Upper Body Conditioning (T2)
 3:00 **SCE** Rolling Out the Red Carpet Happy Hour (B)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Holidays Around the
World Happy Hour**

Wednesday, December 1, 3:00 PM

Christmas Cheer(s) Happy Hour

Wednesday, December 22, 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:30 Bowling Challenge</p> <p>3:00 SCE Holidays Around the World Happy Hour</p> <p>3:30 CEA Music Appreciation: Last Christmas</p> <p>4:30 HPF Tai Chi: Balance & Posture</p> <p>6:30 SCE Movie Night</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning</p> <p>1:30 LIS Zodiac and Horoscope for December</p> <p>2:00 HPF YMCA Class</p> <p>3:30 CEA Music Appreciation: Songs About December</p> <p>4:30 HPF Dance & Movement: The Hustle</p> <p>6:00 LIS Literary Appreciation: The Holidays</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>11:30 CPI Civic Engagement Project Launch</p> <p>1:30 CEA BJK Journaling & Discussion</p> <p>2:00 CEA Accordion Player</p> <p>3:00 HPF Cardio Drumming Circle</p> <p>3:30 CEA Music Appreciation: 6th Day of Hanukkah</p> <p>6:00 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>1:30 Five In A Row</p> <p>3:30 CEA Music Appreciation: Top 30 Holiday Songs</p> <p>4:30 HPF Posture and Stretch Fitness Class</p> <p>6:00 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>1:30 CPI Civic Engagement Working Session</p> <p>3:30 CEA Music: Do They Know Its Christmas</p> <p>4:30 HPF Walking Challenge</p> <p>6:00 RSF Bible Study</p>	<p>LAST DAY OF HANUKKAH ST. NICHOLAS DAY</p> <p>10:00 RSF Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>1:30 RSF Meaning & Tradition of Christmas: Part I</p> <p>3:30 CEA Music Appreciation: Saint Nicholas Day</p> <p>4:30 HPF Lower Body Conditioning</p> <p>6:00 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>1:30 Hand Massage and Manicures</p> <p>3:30 CEA Music Appreciation: Eagles</p> <p>4:30 HPF Dance & Movement: The Macarena</p> <p>6:00 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>1:30 SCE Express Yourself: December Holidays</p> <p>3:00 SCE Winter Wonderland Happy Hour</p> <p>3:30 CEA Music Appreciation: Noel by Josh Groban</p> <p>4:30 HPF Tai Chi: Balance & Posture</p> <p>6:30 SCE Movie Night</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning - Beginner</p> <p>1:30 Match the Pieces</p> <p>2:00 HPF YMCA Class</p> <p>3:30 CEA Music: A Charlie Brown Christmas</p> <p>4:30 HPF Dance & Movement: The Hustle</p> <p>6:00 LIS Literary Appreciation: The Holidays</p>	<p>10:00 SCE Today's Events & Newsletters</p> <p>10:30 HPF Walking Challenge</p> <p>1:30 CEA BJK Journaling & Discussion</p> <p>2:15 Build The Tower</p> <p>3:30 CEA Music: Christmas Poems, Emily Dickinson</p> <p>4:30 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>1:30 Five In A Row</p> <p>2:15 SCE Hot Chocolate Bar</p> <p>3:30 CEA Today's Music: All I Want For Christmas</p> <p>4:30 HPF Posture and Stretch Fitness Class</p> <p>6:00 LIS Sensory Stimulation: iSpy the Holidays</p>
<p>CAROLING WEEK NATIONAL POINSETTIA DAY</p> <p>10:00 RSF Today's Events & Newsletter</p> <p>10:30 HPF Tai Chi: Balance & Posture</p> <p>3:30 CEA Music Appreciation: Frank Sinatra</p> <p>4:30 HPF Walking Challenge</p> <p>6:00 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>1:30 LIS The Game of Carols</p> <p>3:30 CEA Music: The Perfect Christmas Song</p> <p>4:30 HPF Lower Body Conditioning</p> <p>6:00 SCE Holiday Celebration Series</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>1:30 LIS Word Wonders: Animals</p> <p>2:00 Hand Massage and Manicures</p> <p>3:30 CEA Music Appreciation: Gayla Peevey</p> <p>4:30 HPF Dance & Movement: The Macarena</p> <p>6:00 LIS Literary Appreciation: Poetry</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:30 CEA Music History: The Beatles</p> <p>3:00 SCE Candy Land Happy Hour</p> <p>3:30 CEA Music Appreciation: Peace For Christmas</p> <p>4:30 HPF Tai Chi: Balance & Posture</p> <p>6:30 SCE Movie Night</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning - Beginner</p> <p>1:30 CEA Music History: Origins of Carols, Pt. I</p> <p>2:00 HPF YMCA Class</p> <p>3:30 CEA Music Appreciation: Jingle Bells</p> <p>4:30 HPF Dance & Movement: The Hustle</p> <p>6:00 LIS Literary Appreciation: The Holidays</p>	<p>NATIONAL MAPLE SYRUP DAY NATIONAL UGLY SWEATER DAY</p> <p>10:00 LIS Newsletter: National Maple Syrup Day</p> <p>10:30 HPF Walking Challenge</p> <p>1:30 CEA BJK Journaling & Discussion</p> <p>2:00 Build the Tower</p> <p>3:30 CEA Music Appreciation: Quirky Holiday Songs</p> <p>4:30 HPF Cardio Drumming Circle</p> <p>6:00 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>1:30 CEA Sing Across America: New York</p> <p>2:00 Five in a Row</p> <p>3:30 CEA Today's Music: Fairytale in New York</p> <p>4:30 HPF Posture and Stretch Fitness Class</p> <p>6:00 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>1:30 CPI Civic Engagement Delivery</p> <p>3:30 CEA Music Appreciation: "A Christmas Carol"</p> <p>4:30 HPF Walking Challenge</p> <p>6:00 RSF Bible Study</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>1:30 CEA Scentsary Art</p> <p>3:30 CEA Today's Music: It's A Wonderful Life</p> <p>4:30 HPF Lower Body Conditioning</p> <p>6:00 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>1:30 Hand Massage and Manicures</p> <p>3:30 CEA Music Appreciation: The Winter Solstice</p> <p>4:30 HPF Dance & Movement: The Macarena</p> <p>6:00 LIS Language Learning: Merry Christmas</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:30 Bowling Challenge</p> <p>3:00 SCE Christmas Cheer(s) Happy Hour</p> <p>3:30 CEA Music Appreciation: The Chipmunk Song</p> <p>4:30 HPF Tai Chi: Posture & Balance</p> <p>6:30 SCE Movie Night</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning - Beginner</p> <p>1:30 CEA Music History: Origins of Carols, Pt. II</p> <p>2:00 HPF YMCA Class</p> <p>3:30 CEA Music: 'Twas The Night Before Christmas</p> <p>4:30 HPF Dance & Movement: The Hustle</p> <p>6:00 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>1:30 CEA BJK Journaling & Discussion</p> <p>2:00 Build the Tower</p> <p>3:30 CEA Music Appreciation: Silent Night</p> <p>4:30 HPF Cardio Drumming Circle</p> <p>6:00 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>1:30 RSF Meaning of Christmas, Part II</p> <p>2:00 Five in a Row</p> <p>3:30 CEA Music Appreciation: Meaning of Christmas</p> <p>4:30 HPF Posture and Stretch Fitness Class</p> <p>6:00 LIS Sensory Stimulation: iSpy the Holidays</p>
<p>BOXING DAY NEW YEAR'S WEEK</p> <p>10:00 CPI Today's Events & Newsletter</p> <p>10:30 HPF Tai Chi: Balance & Posture</p> <p>3:30 CEA Music Appreciation: Good King Wenceslas</p> <p>4:30 HPF Walking Challenge</p> <p>6:00 RSF Bible Study</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Walking Challenge</p> <p>1:30 CEA Music History: Iconic Music Venues, II</p> <p>3:30 CEA Music Venues: Radio City Music Hall</p> <p>4:30 HPF Lower Body Conditioning</p> <p>6:00 SCE Holiday Celebration Series</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Flow Yoga</p> <p>11:00 Hand Massage and Manicures</p> <p>1:30 CEA Creating Winter Snow Globes</p> <p>2:00 CEA Big Band Duo</p> <p>3:30 CEA Music Appreciation: Shirley Temple</p> <p>4:30 HPF Dance & Movement: The Macarena</p> <p>6:00 LIS Literary Appreciation: Poetry</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Upper Body Conditioning</p> <p>1:30 Bowling Challenge</p> <p>3:00 SCE Happy New Year Happy Hour</p> <p>3:30 CEA Music Appreciation: Beethoven The Great</p> <p>4:30 HPF Tai Chi: Balance & Posture</p> <p>6:00 CEA Music History: Classical</p>	<p>10:00 SCE Today's Events & Newsletter</p> <p>10:30 HPF Total Body Conditioning</p> <p>1:30 Match the Pieces</p> <p>2:00 HPF YMCA Class</p> <p>3:30 CEA Music Appreciation: Neil Young</p> <p>4:30 HPF Dance & Movement: The Hustle</p> <p>6:00 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>1:30 CEA BJK Journaling & Discussion</p> <p>2:30 LIS History of New Year's Eve</p> <p>3:30 CEA Music Appreciation: Auld Lang Syne</p> <p>4:30 HPF Cardio Drumming Circle</p> <p>5:00 SCE Laughter Therapy</p>	

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- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
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- RELIGIOUS AND SPIRITUAL FELLOWSHIP