

SUNDAY



One-to-One Fitness Assessments by appointment with Wellness Director Melissa Clark
 *Please see Concierge to schedule. Appointments will meet in Melissa's office.

MONDAY



Calendar Conversation with Julie Ann highlighting April activities and discussion regarding future activity suggestions
 Tuesday, April 1
 11:45 am
 Art Room

TUESDAY

1
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)
 10:30 am - Life Enrichment Committee Meeting (AR)
 11:00 am - Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:45 am - Calendar Conversation with Julie Ann highlighting April activities and discussion regarding future activity suggestions (AR)
 1:00 pm - Billiards Club (TR)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:45 pm - Movie "Lake George" (MT)
 3:30 pm - Bocce Club (BC)
 4:00 pm - Wisdom Warrior Challenge Kick-Off & Packet Pick-Up (LC)
 7:30 pm - Phil Leto presents "The First 100 Days of the Trump Administration" (LC)

WEDNESDAY

2
 9:30 am - Wisdom Warrior Challenge (TL)
 10:30 am - Culinary Committee Meeting (AR)
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 12:45 pm - Prompt bus departure for "Guys and Dolls" and the Maltz Jupiter Theatre (Front Entrance) **SOLD OUT**
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)
 7:15 pm - Poker Play (TR)
 7:30 pm - Movie "Lake George" (MT)

THURSDAY

3
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:00 am - Administration/Marketing Committee Meeting (AR)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Pilates & Core Conditioning (GES)
 10:30 am - LiveWELL Mind Body Fitness - Seated Qigong with Mindful Meditation (GES)
 11:00 am - Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:00 am - Library Committee Meeting (AR)
 1:00 pm - Ping Pong Club (2nd Floor)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:00 pm - Wellness Committee Meeting (GES)
 2:45 pm - Movie "Lake George" (MT)
 7:00 pm - Mexican Train Play (CR)

FRIDAY

4
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:00 am - Knitting Club (AR)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 11:00 am - Diamond Girls Club (AR)
 11:00 am - 4:00 pm - Open Art Room (AR)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 1:00 pm - Duplicate Bridge with Director Sid Korn (LC)
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 4:00 pm - LiveWELL Speaker Series - "Colorectal Cancer - The Latest in Prevention & Treatment Protocols" Dr. Kyle Eldredge Wellington Regional Medical Center (LC)
 7:45 pm - Outdoor Poolside Movie Night "Moonstruck" (OP) Refreshments served

SATURDAY

5
 9:00 am - Pickleball Club (PC)
 9:45 am - Balance Class with Rosalee (GES)
 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)
 12:15 pm - Prompt bus departure for "Best of Broadway" at the Kings Academy (Front Entrance) **SOLD OUT**
 1:00 pm - Movie Club "Best Marigold Hotel" (MT)
 1:00 - 4:00 pm - Open Card Play (CR)
 1:30 pm - Rummikub Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 7:30 pm - Musical Entertainer Larry Brendler and January - April Birthday Celebration (LC) Refreshments served

6
 8:30 am - Pickleball Club (PC)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:00 pm - Rummikub Play (CR)
 2:30 - 4:00 pm - Good Deeds Day Don't miss out! Join other residents and local families for this inspiring intergenerational program exploring your green thumb with a Succulent Plant Party. Create your very own arrangements - one to keep, and one to give away!
 Refreshments served (LC)
 REGISTRATION REQUIRED BY APRIL 2ND.
 2:45 pm - Movie "A Complete Unknown" (MT)

7
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:00 am - Pickleball Club (PC)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 10:30 am - 11:45 am - The Power of Ethical Wills in the Jewish Tradition with Rabbi Marci Bloch (1 of 2 classes, please plan to attend both classes) (CR) **REGISTRATION REQUIRED BY APRIL 2ND**
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 11:30 am - Open Gym Instruction with Hannah (FC)
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 4:00 pm - HMLS Committee Meeting (AR)
 7:30 pm - Movie "A Complete Unknown" (MT)

8
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)
 11:00 am - Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 10:30 am - Alzheimer's Support Group (MR) *This support group is for caregivers only*
 11:00 am - Art Class with Art Educator Jamey Kahl "Live Model Figure Drawing with Charcoal" (AR) **REGISTRATION REQUIRED BY APRIL 4TH**
 1:00 pm - Billiards Club (TR)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:00 pm - LiveWELL Trip to the Wellington European Day Spa for Salt Room Halotherapy and Mediation for your Best Health with Melissa \$25 (ML) *Register at Concierge (4 person Max)
 2:45 pm - Movie "A Complete Unknown" (MT)
 3:30 pm - Bocce Club (BC)
 4:00 pm - Investment Club "Bonds, Mutual Funds and ETF's (Exchange Traded Funds)" (AR)

9
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Barre, Balance & Strength (GES)
 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 11:00 am - Java and Juice with Jay Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay (TR)
 1:00 pm - Parkinson Support Group (AR)
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)
 7:15 pm - Poker Play (TR)
 7:30 pm - Movie "A Complete Unknown" (MT)

10
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Pilates & Core Conditioning (GES)
 10:00 am - Rosary & Holy Communion (Lisbet)
 10:30 am - LiveWELL Mind Body Fitness - Seated Qigong with Mindful Meditation (GES)
 11:00 am - Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:00 am - NEW! Resident-Led Choral Club Organizational Meeting (AR)
 1:00 pm - Ping Pong Club (2nd Floor)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:45 pm - Movie "A Complete Unknown" (MT)
 4:00 pm - 92nd Street Y Pre-Recorded Program "Human Intelligences: An Update - Howard Gardner and Daniel Goleman in Conversation" (AR)
 7:00 pm - Mexican Train (CR)
 7:30 pm - Harry Getzov presents "Neil Diamond: A Solitary Man" (LC)

11
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:00 am - Bookmobile (Front Entrance)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 11:00 am - Diamond Girls Club (AR)
 11:00 am - 4:00 pm - Open Art Room (AR)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 1:00 pm - Duplicate Bridge with Director Sid Korn (LC)
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 6:45 pm - Shabbat Services (Lisbet)

12
First Night of Passover
 9:00 am - Pickleball Club (PC)
 9:45 am - Balance Class with Rosalee (GES)
 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 1:00 - 4:00 pm - Open Card Play (CR)
 1:30 pm - Rummikub Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 5:00 pm - Passover Seder facilitated by Gabrielle Shore (LC) **RESERVATIONS REQUIRED BY APRIL 7TH**
 7:30 pm - Movie "A Complete Unknown" (MT)

13
Second Night of Passover
 8:30 am - Pickleball Club (PC)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:00 pm - Rummikub Play (CR)
 2:45 pm - Movie "The Brutalist" (MT)

14
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:00 am - Pickleball Club (PC)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 10:30 am - 11:45 am - The Power of Ethical Wills in the Jewish Tradition with Rabbi Marci Bloch (2 of 2 classes, please plan to attend both classes) (CR) **REGISTRATION REQUIRED BY APRIL 2ND.**
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 11:00 am - RAC Meeting (AR)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 11:30 am - Open Gym Instruction with Hannah (FC)
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 4:00 pm - Short Story Group with Karen Kurzer (AR)
 7:30 pm - Movie "The Brutalist" (MT)

15
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)
 11:00 am - Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:00 am - Craft Class with Resident Laura Kerzner "Creating and Painting Your Own Collaborative Still Life" (AR) **REGISTRATION REQUIRED BY APRIL 8TH**
 1:00 pm - Billiards Club (TR)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:00 pm - LiveWELL Trip to the Wellington European Day Spa for Salt Room Halotherapy and Mediation for your Best Health with Melissa \$25 (ML) *Register at Concierge (4 person Max)
 2:45 pm - Movie "The Brutalist" (MT)
 3:30 pm - Bocce Club (BC)

16
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Barre, Balance & Strength (GES)
 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)
 10:30 am - Beading Class with Resident, Marlene Gurst (AR) **REGISTRATION REQUIRED BY APRIL 9TH.**
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 11:45 am - Men's Brunch Bunch with Guest Speaker Dr. Jared Cohen, Urologist (PDR) **PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ Mkirsch707@aol.com Limited Seating Individual checks**
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)
 7:15 pm - Poker Play (TR)
 7:30 pm - Movie "The Brutalist" (MT)

17
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Pilates & Core Conditioning (GES)
 10:30 am - Town Hall Meeting (LC) Join us for the latest community updates
 1:00 pm - Ping Pong Club (2nd Floor)
 1:00 - 4:00 pm - Open Card Play (CR)
 2:45 pm - Movie "The Brutalist" (MT)
 7:00 pm - Mexican Train Play (CR)

18
Good Friday
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:00 am - Knitting Club (AR)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 11:00 am - Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:00 am - Diamond Girls Club (AR)
 11:00 am - 4:00 pm - Open Art Room (AR)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 1:00 pm - Duplicate Bridge with Director Sid Korn (LC)
 1:00 - 4:00 pm - Open Card Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 7:30 pm - Funny Friday DVD Yakov Smirnoff "Just Off the Boat" (MT)

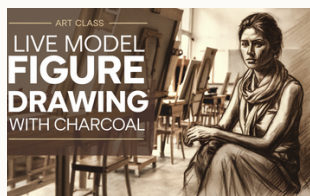
19
 9:00 am - Pickleball Club (PC)
 9:45 am - Balance Class with Rosalee (GES)
 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 1:00 - 4:00 pm - Open Card Play (CR)
 1:30 pm - Rummikub Play (CR)
 3:30 - 5:00 pm - Happy Hour (LL)
 7:30 pm - Movie "The Brutalist" (MT)

April Life Enrichment & Wellness

AR = Art Room GES = Group Exercise Studio ML = Main Lobby PC = Pickleball Court SC = Shuffleboard Court WO = Wellness Office
 BC = Bocce Court IP = Indoor Pool MR = Meditation Room PDR = Private Dining Room TL = Tower Lobby YG = Yoga Garden
 CR = Card Room LL = Legends Lounge MT = Movie Theater PG = Putting Green TR = Trophy Room
 FC = Fitness Center LC = Liberty Center OP = Outdoor Pool PPC = Ping-Pong Court ULB = Upper Lakeview Balcony

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Easter 20 8:30 am – Pickleball Club (PC) 11:30 am – 2:00 pm – Easter Brunch (Chukkers Café) \$42/pp Last reservation @ 1:30 pm No parties larger than 8 please RESERVATIONS REQUIRED BY 4/14 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Green and Gold” (MT)	21 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:00 am – Pickleball Club (PC) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 pm – Musical Monday DVD “In Concert at The Met” Part I - Tatiana Troyanos & Placido Domingo, Leontyne Price and Marilyn Horne, The Metropolitan Opera Orchestra and Chorus (MT) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Green and Gold” (MT)	22 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Cardio Drumming (GES) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 1:00 pm – Billiards Club (BC) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm - LiveWELL Trip to the Wellington European Day Spa for Salt Room Halotherapy and Meditation for your Best Health with Melissa \$25 (ML) *Register at Concierge (4 person Max) 2:45 pm – Movie “Green and Gold” (MT) 3:30 pm – Bocce Club (BC)	23 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Barre, Balance & Strength (GES) 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:30 am – Ladies Lunch Bunch with Guest Speaker Dr. Debra Shadoff “Audiology with a Heart” PLEASE REGISTER AT THE CONCIERGE DESK BY 4/16 Organized by Carol Raskin Limited Seating Individual checks 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 7:15 pm – Poker Play (TR) 7:30 pm – Kings Academy Honors Choir performs (LC)	24 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Pilates & Core Conditioning (GES) 10:00 am – Rosary and Holy Communion (Lisbet) 10:30 am - LiveWELL Mind Body Fitness - Seated Qigong with Mindful Meditation (GES) 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Green and Gold” (MT) 4:00 pm – NEW! Resident-Led Travel Club Organizational Meeting (AR) 7:00 pm – Mexican Train Play (CR)	25 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Cardio Drumming (GES) 10:00 am – Bookmobile (Front Entrance) 10:00 am – Knitting Club (AR) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am - Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 6:45 pm – Shabbat Services (Lisbet) 7:30 pm – Funny Friday DVS Yakov Smirnoff “Just Off the Boat” (MT)	26 9:00 am – Pickleball Club (PC) 9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – BINGO with Irene (CR) 2:45 pm – Trivia with Irene (LC) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Musical Duo Jozay and Patti (LC)

27 8:30 am – Pickleball Club (PC) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Prompt bus departure for Outing to Polo Matches @ National Polo Center \$38/pp REGISTRATION REQUIRED BY APRIL 18TH (Front Entrance) <i>Approximate return time 6:30 pm.</i> 2:45 pm – Movie “In the Summers” (MT)	28 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:00 am – Pickleball Club (PC) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 11:30 am - Open Gym Instruction with Hannah (FC) 11:15 am – Yiddish Club (AR) 1:00 pm – Musical Monday DVD “In Concert at The Met” Part II - Placido Domingo & Sherrill Milnes, Leontyne Price & Marilyn Horne, The Metropolitan Opera Orchestra and Chorus (MT) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - Book Club with Karen Kurzer “The God of the Woods” by Liz Moore (AR) 7:30 pm – Movie “In the Summers” (MT)	29 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Cardio Drumming (GES) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:00 am – Craft Class with Resident Elyse Fuhr “Resin Tic-Tac-Toe Sets” (1 of 2 classes, please plan to attend both classes) \$5.00 per person, paid directly to resident (AR) REGISTRATION REQUIRED BY APRIL 22ND 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm - LiveWELL Trip to the Wellington European Day Spa for Salt Room Halotherapy and Mediation for your Best Health with Melissa \$25 (ML) *Register at Concierge (4 person Max) 2:45 pm – Movie “In the Summers” (MT) 3:30 pm – Bocce Club (BC) 4:00 pm – Technology Club “Using the Wellington Bay Community App” (AR) 7:30 pm – Dr. Robert Watson presents “The Stories Behind the Stories” (LC)	30 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Barre, Balance & Strength (GES) 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:00 am – Craft Class with Resident Elyse Fuhr “Resin Tic-Tac-Toe Sets” (2 of 2 classes, please plan to attend both classes) \$5.00 per person, paid directly to resident (AR) REGISTRATION REQUIRED BY APRIL 22ND 1:00 pm – Open Card Play (CR) 3:00 – 5:00 pm – Wine Club “Food and Wine Pairing” (PDR) Registered members only please 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “In the Summers” (MT)	 <p>Dr. Kyle Eldredge “Colorectal Cancer The Latest in Treatment and Prevention Protocols” Friday, April 4 4:00 pm Liberty Center</p>	 <p>Don't Miss Out! Good Deeds Day Sunday, April 6 2:30 – 4:00 pm Liberty Center</p> <p>Join other residents and local families for this inspiring intergenerational program. Explore your green thumb with a Succulent Plant Party. Create your very own arrangements – one to keep and one to give away! Refreshments served <i>Presented by Wellington Bay in cooperation with the Jewish Federation of Palm Beach County's PJ Library program</i> REGISTRATION REQUIRED BY APRIL 2ND</p>	 <p>The Power of Ethical Wills in the Jewish Tradition with Rabbi Marci Bloch Monday, April 7 Monday, April 14 (please plan to attend both classes) 10:30 – 11:45 am Art Room REGISTRATION REQUIRED BY APRIL 2ND</p>
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Art Class with Art Educator Jamey Kahl
“Live Model Figure Drawing with Charcoal”
 Tuesday, April 8
 11:00 am - Art Room
REGISTRATION REQUIRED BY APRIL 4TH



Java and Juice with Jay
Wednesday, April 9
11:00 am - Trophy Room
 Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay.



NEW! Resident-Led Clubs Organizational Meetings
Choral Club
 Thursday, April 10
 11:00 am – Art Room

Travel Club
 Thursday, April 24
 4:00 pm – Art Room



Craft Class with Resident Laura Kerzner
“Creating and Painting Your Own Collaborative Still Life”
Tuesday April 15
11:00 am - Art Room
REGISTRATION REQUIRED BY APRIL 8TH



Funny Friday DVD
“Yakov Smirnoff
“Just Off the Boat”
April 18 OR April 25
7:30 pm
Movie Theater



Afternoon Outing to the Polo Matches
 National Polo Center
 Sunday, April 27
 \$38/pp
 Prompt bus departure at 2:45 pm (Please meet in Lobby)
REGISTRATION REQUIRED BY APRIL 18TH
 Approximate return time 6:30 pm



Craft Class with Elyse Fuhr
 Resin Tic-Tac-Toe Sets
Tuesday, April 29 AND Wednesday, April 30
(please plan to attend both classes)
11:00 am - Art Room
\$5.00/pp to be paid directly to Elyse

