

December Life Enrichment & Wellness

AR = Art Room

FC = Fitness Center

LC = Liberty Center

OP = Outdoor Pool

SC = Shuffleboard Court

BC = Bocce Court

GES = Group Exercise Studio

ML = Main Lobby

PC = Pickleball Court

TR = Trophy Room

CR = Card Room

IP = Indoor Pool

MR = Meditation Room

PG = Putting Green

WDO = Wellness Director Office

LL = Legends Lounge

MT = Movie Theater

PPC = Ping-Pong Court

YG = Yoga Garden

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Other holidays celebrated this month...



Boxing Day – December 26
In Great Britain, Australia, Canada and New Zealand, a holiday in which servants, tradespeople, and the poor traditionally were presented with gifts. By the 21st century, a day associated with shopping and sporting events.



Kwanzaa– December 26 - January 1
A festival observed by many African Americans as a celebration of their cultural heritage and traditional values.
Omisoka – December 31
The most important day of the year in Japanese tradition celebrated by cleaning the house, taking a long bath to clean oneself, and making sure one has clean clothes to wear in order to bring in the New Year.



Calendar Conversation with Julie Ann Highlighting December Activities Friday, December 1 11:30 am Art Room



Jingle and Mingle Christmas Tree Lighting Friday, December 1 4:15 pm Lobby Tree Lighting, Christmas Music, Holiday Cookies



Resident Headshots Monday, December 4 11:00 am Meditation Room Please stop by if you have not yet had your picture taken for the Resident Directory

3

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “Equalizer 3” (MT)

4

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:30 am – Pickleball Club (PC)
9:45 am - Sit to Be Fit with Nicole- 45 min (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:00 am – Resident Headshots (MR)
1:00 – 4:00 pm – Open Card Play (CR)
2:00-3:00 pm - Open Gym Instruction with Melissa - Get your questions answered and learn how to use the equipment safely and effectively! (FC)
2:30 pm – Musical Monday DVD “The LA Philharmonic Centennial Birthday Gala” (MT)
3:30 – 5:00 pm – Happy Hour (LL)
4:00 pm – Short Story Group with Karen Kurzer (MR)
7:30 pm - Movie “Equalizer 3” (MT)

5

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - Seated Yoga with Rosalee (GES)
1:00 am – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:00-4:00 pm - One-One Fitness Assessments with Melissa by Appointment (WDO) *Call Concierge to Schedule
2:45 pm – Movie “Equalizer 3” (MT)
7:30 pm – Phil Leto presents “The World in 2023” (LC)

6

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Cardio Drumming with Jay! (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
1:00 pm – Movie “Oppenheimer” (MT)
1:00 pm – Investment Club Organizational Meeting (AR)
1:00 – 4:00 pm – Open Card Play (CR)
3:30 - 5:00 pm – Happy Hour (LL)
7:15 pm – Poker Play (TR)
7:30 pm – Movie “Equalizer 3” (MT)

FIRST NIGHT OF HANUKKAH 7

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Seated Zumba with Laura - 45 min (GES)
10:00 am – Bookmobile (Front Entrance)
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Equalizer 3” (MT)
4:30 pm – Menorah Lighting (Lobby)
7:00 pm – Mexican Train Play (CR)



1

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Pre-Recorded Video - Chair Fit - Dance, Groove & Lift (GES)
10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available. (AR)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP)
11:30 am - Calendar Conversation with Julie Ann, highlighting December Activities (AR)
1:00 pm – Self-Directed Duplicate Bridge (LC)
Please register with Sonya Glasser @ 305-582-9012 or Sglasser1@gmail.com
1:00 – 4:00 pm – Open Card Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)
4:15 pm – Jingle and Mingle Christmas Tree Lighting! Tree Lighting, Christmas Music and Holiday Cookies (Lobby)

8

SECOND NIGHT OF HANUKKAH
9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Pre-Recorded Video - Chair Fit - Dance, Groove & Lift (GES)
10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available. (AR)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP)
1:00 pm – Self-Directed Duplicate Bridge (LC)
Please register with Sonya Glasser @ 305-582-9012 or Sglasser1@gmail.com
1:00 – 4:00 pm – Open Card Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)
4:30 pm – Menorah Lighting (Lobby)

2

9:30 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - 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)
7:30 pm - Movie “Barbie” (MT)

9

THIRD NIGHT OF HANUKKAH
9:30 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - 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)
2:00 pm – BINGO with Irene (LC)
4:00 pm – Hanukkah Celebration with Eduardo! Menorah Lighting, Hanukkah Music and Latkas (LC)
7:30 pm – Movie “Equalizer 3” (MT)

FOURTH NIGHT OF HANUKKAH 10

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “The Unknown Country” (MT)
4:30 pm – Menorah Lighting (Lobby)

FIFTH NIGHT OF HANUKKAH 11

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:30 am – Pickleball Club (PC)
9:45 am - Sit to Be Fit with Nicole - 45 min (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
1:00 – 4:00 pm – Open Card Play (CR)
2:00-3:00 pm - Open Gym Instruction with Melissa - Get your questions answered and learn how to use the equipment safely and effectively! (FC)
2:30 pm - Musical Monday DVD “Lights: Celebrate Hanukkah Live in Concert” (MT)
3:30 – 5:00 pm – Happy Hour (LL)
4:30 pm – Menorah Lighting (Lobby)
7:30 pm – Movie “The Unknown Country” (MT)

SIXTH NIGHT OF HANUKKAH 12

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - Seated Yoga with Rosalee (GES)
10:30 am – Alzheimer’s Support Group (MR)
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:00-4:00 pm - One-One Fitness Assessments with Melissa by Appointment (WDO) *Call Concierge to Schedule
2:45 pm – Movie “The Unknown Country” (MT)
4:30 pm – Menorah Lighting (Lobby)

SEVENTH NIGHT OF HANUKKAH 13

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Cardio Drumming with Jay! (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:00 am – Bocce Club Organizational Meeting (AR)
1:00 pm – Parkinson’s Support Group (MR)
1:00 pm – Movie “Oppenheimer” (MT)
1:00 – 4:00 pm – Open Card Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)
4:30 pm – Menorah Lighting (Lobby)
7:15 pm – Poker Play (TR)
7:30 pm – Movie “The Unknown Country” (MT)

EIGHTH NIGHT OF HANUKKAH 14

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Seated Zumba with Laura - 45 min (GES)
11:00 am – Art Class with Jamey Kahl “The Bonnet House” - An art history talk, followed by a mixed-media self-portrait. (AR)
REGISTRATION REQUIRED BY DECEMBER 7TH.
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
4:30 pm – Menorah Lighting (Lobby)
7:00 pm – Mexican Train Play (CR)
7:30 pm – Harry Getzov presents “Popular Songs That Tell Us: ‘IT’S THE HOLIDAYS!’” (LC)

15

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Pre-Recorded Video - Chair Fit - Pilates & Core Conditioning (GES)
10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available (CR)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP)
1:00 pm – Self-Directed Duplicate Bridge (LC)
Please register with Sonya Glasser @ 305-582-9012 or Sglasser1@gmail.com
1:00 – 4:00 pm – Open Card Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)

16

9:30 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - 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)
7:30 pm – Movie “The Unknown Country” (MT)

December Life Enrichment & Wellness

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LL = Legends Lounge

LC = Liberty Center
ML = Main Lobby
MR = Meditation Room
MT = Movie Theater

OP = Outdoor Pool
PC = Pickleball Court
PG = Putting Green
PPC = Ping-Pong Court

SC = Shuffleboard Court
TR = Trophy Room
WDO = Wellness Director Office
YG = Yoga Garden

SUNDAY

17

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “Fremont” (MT)

MONDAY

18

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:30 am – Pickleball Club (PC)
9:45 am - Sit to Be Fit with Nicole - 45 min (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
1:00 – 4:00 pm – Open Card Play (CR)
2:00-3:00 pm - Open Gym Instruction with Melissa - Get your questions answered and learn how to use the equipment safely and effectively! (FC)
2:30 pm – Musical Monday DVD “Linda Eder – Christmas Stays the Same” (MT)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Fremont” (MT)

TUESDAY

19

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - Seated Yoga with Rosalee (GES)
1:00 pm – Scrabble Board Game Play! Join other residents for a game of Scrabble. (AR)
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:00-4:00 pm - One-One Fitness Assessments with Melissa by Appointment (WDO) ***Call Concierge to Schedule**
2:45 pm – Movie “Fremont” (MT)
4:00 pm – Joanne at the Piano – Christmas Music (LC)

WEDNESDAY

20

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Cardio Drumming with Melissa! (GES)
10:15 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
1:00 pm – Movie “Oppenheimer” (MT)
1:00 – 4:00 pm – Open Card Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)
7:15 pm – Poker Play (TR)
7:30 pm – Movie “Fremont” (MT)

THURSDAY

21

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Chair Fit - Dance, Groove & Lift (GES)
10:00 am – Bookmobile (Front Entrance)
10:30 am – Town Hall Meeting (LC)
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Fremont” (MT)
5:00 pm – Yuletide Carolers (Strolling, First Floor)
7:00 pm – Mexican Train Play (CR)

FRIDAY

22

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Classical Barre & Core Conditioning (GES)
10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available. (AR)
10:15 am - Chair Yoga with Myofascial & Lymphatic Release Self Massage (GES)
11:00 am - Resident Led Activity - Intermediate Aquatic Exercises with Isabel Suss (IP)
1:00 pm – Self-Directed Duplicate Bridge (LC)
Please register with Sonya Glasser @ 305-582-9012 or Sglasser1@gmail.com
1:00 – 4:00 pm – Open Card Play (CR)
3:30 - 5:00 pm – Happy Hour (LL)

SATURDAY

23

9:30 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - 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)
2:00 pm – BINGO with Irene (LC)
3:30 pm – Trivia with Irene (LC)
7:30 pm – Movie “Fremont” (MT)

CHRISTMAS EVE

24

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “Bank of Dave”(MT)

CHRISTMAS

25

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Barre, Balance & Strength (GES)
10:15 am - Qigong - Gentle Meditative Motion for Balance, Mobility and Inner Peace (GES)
1:00 – 4:00 pm – Open Card Play (CR)
7:30 pm - Musical DVD “Andrea Bocelli and David Foster My Christmas” (MT)



26

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Chair Fit-Pilates & Core Conditioning (GES)
10:15 am - Mat Yoga with Standing Balance Postures ***An Assessment with the Wellness Director is Required before Taking this Class** (GES)
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:00-4:00 pm - One-One Fitness Assessments with Melissa by Appointment (WDO) ***Call Concierge to Schedule**
2:45 pm – Movie “Bank of Dave” (MT)

27

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Cardio Drumming with Melissa! (GES)
10:15 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
1:00 – 4:00 pm – Open Card Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)
7:15 pm – Poker Play (TR)
7:30 pm – Movie “Bank of Dave” (MT)

28

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Chair Fit - Dance, Groove & Lift (GES)
10:15 am - LiveWELL Mindful Meditation (GES)
11:00 am – Book Club with Myrna Lippman “The River We Remember” by William Kent Krueger (MR)
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Bank of Dave” (MT)
4:30 pm – Wine Club “Sparkling Wines” (AR)
7:00 pm – Mexican Train Play (CR)

29

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (ML)
9:45 am - Classical Barre & Core Conditioning (GES)
10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available. (AR)
10:15 am - Chair Yoga with Myofascial & Lymphatic Release Self Massage (GES)
11:00 am - Resident Led Activity - Intermediate Aquatic Exercises with Isabel Suss (IP)
1:00 pm – Self-Directed Duplicate Bridge (LC)
Please register with Sonya Glasser @ 305-582-9012 or Sglasser1@gmail.com
1:00 – 4:00 pm – Open Card Play (CR)
3:30 - 5:00 pm – Happy Hour (LL)

30

9:30 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee (GES)
10:15 am - 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)
7:30 pm – Movie “Bank of Dave” (MT)

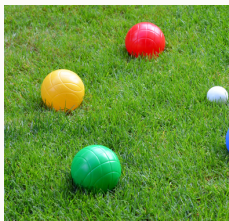
NEW YEAR'S EVE

31

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “What Happens Later”(MT)
8:30 pm – Complimentary Dessert and Coffee (Pre-Function)
9:00 pm – The Adams Family presents “One Day More” (Broadway Classics) (LC)
10:00 pm – Happy New Year! Countdown and Champagne Toast (LC)



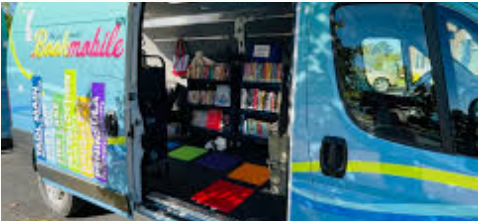
**Phil Leto presents
“The World in 2023”
Tuesday, December 5
7:30 pm
Liberty Center**



**NEW! Club Organizational Meetings
Investment Club
Wednesday, December 6 @ 1:00 pm
Bocce Club
Wednesday, December 13 @ 11:00 am
Both meetings will take place in the
Art Room**



**Menorah Lighting
December 7 - 14
4:30 pm *
Lobby
*(12/9 Menorah Lighting
will take place @ 4 pm
in the Liberty Center)**



**Bookmobile
Thursday,
December 7 and 21
10:00 am
Front Entrance**



**Scrabble Board Game Play!
Join other residents for a
game of Scrabble
Tuesday, December 19
1:00 pm
Art Room**



**Town Hall Meeting
Thursday,
December 21
10:30 am
Liberty Center**

