

February Life Enrichment & Wellness

AR = Art Room GES = Group Exercise Studio ML = Main Lobby YG = Yoga Garden PC = Pickleball Court TL - Tower Lobby BC = Bocce Court IP = Indoor Pool MR = Meditation Room PG = Putting Green TR = Trophy Room

8

15

CR = Card Room LL = Legends Lounge MT = Movie Theater PPC = Ping-Pong Court ULB - Upper Lakeview Balcony FC = Fitness Center LC = Liberty Center OP = Outdoor Pool SC = Shuffleboard Court WDO = Wellness Director Office

MONDAY

7

14

TUESDAY

Rosalee (GES)

Hinrichs (IP)

SATURDAY

9:30 am - Pickleball Club (PC)

10:15 am - Mind Body Fitness -

Seated Yoga with Rosalee (GES)

11:00 am - Resident Led Activity -

Gentle Aquatic Exercises with Rose

9:45 am - Balance Class with

SUNDAY

NATIONAL WEAR RED DAY FEB. 2, 2024

National Wear Red Day

for Heart Health **Awareness** Friday, February 2 Be it lipstick, clothing, shoes, headband, or other accessory. Wear your brightest reds

today!

Dancing Through the Decades...and Dessert Saturday, February 3

> 7:00 - 9:00 pm **Liberty Center**

Cristian Gutierrez Baroque Guitarist

Hosted bu Artie and Margy Lynnworth Sunday, February 4 10:30 - 11:00 am Lobby



WEDNESDAY

Phil Leto presents "Do You Primary or Caucus?" Tuesday, February 6 7:30 pm

Liberty Center

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Chair Fit - Pilates & Core Conditioning (GES) 10:15 am - Wellington Bay Rockettes! -

THURSDAY

Advanced Dance Fusion Class (GES) 11:30 am - Calendar Conversation with Julie Ann highlighting February Activities and a resident discussion regarding future

activity suggestions (AR) 1:00 pm - Ping Pong Club (2nd Floor) 1:00 - 4:00 pm - Open Card Play (CR) 2:45 pm – Movie "Guillemo de Toro's

Pinocchio" (MT) 7:00 pm - Mexican Train Play (CR) **National Wear Red Day!**

Show your support for the awareness of heart disease.

FRIDAY

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Drumming (GES)

10:15 am - Mind Body Fitness - MirrorMe -Easy to Follow Gentle Inspirational QiGong/ Yoga Fusion Class with No Words (GES)

1:00 - 4:00 pm - Open Card Play (CR)

3:30 - 5:00 pm - Happy Hour (LL)

10:00 am - Bookmobile (Front Entrance) 1:00 - 4:00 pm - Open Card Play 10:00 am - Knitting Club (AR) (CR) 1:00 pm - Self-Directed Duplicate Bridge

1:30 pm - Rummikub Play (CR) (LC) Please register with Sonya Glasser 7:00 - 9:00 pm - "Dancing Through @ 305-582-9012 or Sglasser1@gmail.com the Decades"... and Dessert (LC)

10:30 - 11:00 am - Cristian Gutierrez Baroque Guitarist, hosted by Artie and Margie Lvnnworth (Lobby) 1:00 - 4:00 pm - Open Card

Play (CR) 2:00 pm - Rummikub Play (CR)

2:45 pm - Movie "The Holdovers" (MT)

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)

9:30 am - Pickleball Club (PC)

9:45 am - Chair Fit - Lengthen, Strengthen & 10:15 am - Mind Body Fitness - Mat Yoga with

Standing Balance Postures (GES) 11:00 am - Leisure Stroll with Melissa (ML)

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 (FC)

3:30 - 5:00 pm - Happy Hour (LL) 4:00 pm - LiveWELL Peaceful Lakeview Meditation (ULB)

7:30 pm - Movie "The Holdovers" (MT)

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)

9:45 am - Cardio Drumming (GES) 10:15 am - Mind Body Fitness- Seated Yoga with Myofascial & Lymphatic Release Self Massage (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 "The Holdovers" (MT)

3:30 pm - Bocce Club (BC) 7:30 pm - Phil Leto presents "Do You Primary or Caucus?" (LC)

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)

9:45 am - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (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)

11:00 am - LiveWELL Peaceful Lakeview Meditation (ULB) 1:00 - 4:00 pm - Open Card Play (CR)

3:30 - 5:00 pm - Happy Hour (LL) 4:00 pm - Olympians Meeting & Rehearsal (GES)

7:15 pm - Poker Play (TR) 7:30 pm - Movie "The Holdovers" (MT) 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)

9:45 am - Chair Fit - Pilates & Core Conditioning (GES)

10:15 am - Wellington Bay Rockettes! -Advanced Dance Fusion Class (GES)

1:00 pm - Ping Pong Club (2nd Floor) 1:00 - 4:00 pm - Open Card Play (CR) 2:45 pm - Movie "The Holdovers" (MT) 7:00 pm - Mexican Train Play (CR) 7:30 pm - Harry Getzov presents

"Bette Midler: The Divine Miss 'M'" (LC)

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Drumming (GES)

10:00 am - Knitting Club (AR) 10:15 am - Mind Body Fitness - MirrorMe -Easy to Follow Gentle Soulful QiGong/Yoga

Fusion Class with No Words (GES) 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)

9:30 am - Pickleball Club (PC) 9:45 am - Balance Class with Rosalee (GES)

10:15 am - 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

2:00 pm - BINGO with Irene (LC) 3:15 pm - Trivia with Irene (LC) 7:30 pm - Movie "The Holdovers"

Super Bowl Sunday

1:00 - 4:00 pm - Open Card Play (CR)

2:00 pm - Rummikub Play (CR) 2:45 pm - Movie "Mission Impossible: Dead Reckoning Part One" (MT)

4:00 - 6:00 pm - Super Bowl Exercises with Rose Hinrichs (IP) Sunday Pre-Game Tailgate (LL) \$25/per person (buffet)

RESERVATIONS REQUIRED BY FEBRUARY 2ND. NO **SHOWS WILL BE CHARGED FULL PRICE.**

4:00 pm - LiveWELL Peaceful Lakeview Meditation

11 9:00 am - Wellington Walk - Residents

Meet for a Fast Paced Walk (TL) 9:30 am - Pickleball Club (PC)

9:45 am - Chair Fit - Lengthen, Strengthen & Tone

10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)

11:15 am - Yiddish Club (LC) 11:00 am - Leisure Stroll with Melissa (ML) 11:00 am - Resident Led Activity - Gentle Aquatic

1:00 - 4:00 pm - Open Card Play (CR) 2:00-3:00 pm - Open Gym Instruction with Melissa

1:30 pm - Musical Monday DVD "My Favorite Broadway The Love Songs" (MT) 3:30 - 5:00 pm - Happy Hour (LL)

7:30 pm - Dr. Robert Watson presents "When Washington Burned" (LC) NO GUESTS PLEASE

12 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)

Part One" (MT)

9:45 am - Cardio Drumming (GES) 10:15 am - Mind Body Fitness- Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)

10:30 am - Alzheimer's Support Group (MR) 11:00 am - Transportation Route to Mall, Banks, Walmart, Walgreen's, CVS (Front Entrance)

REGISTRATION REQUIRED 24 HOURS ON ADVANCE

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 "Mission Impossible: Dead Reckoning

3:30 pm - Bocce Club (BC) 7:30 pm - Musical Monday DVD Encore Showing "My Favorite Broadway The Love Songs" (MT)

Valentine's Day 9:00 am - Wellington Walk - Residents

with Artie Lynnworth (GES)

Meet for a Fast Paced Walk (TL) 9:45 am - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (GES) 10:15 am - Resident Led Activity- Tai Chi Exercises (GES)

11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:00 am - LiveWELL Peaceful Lakeview

Meditation (ULB) 1:00 pm - Parkinson's Support Group (AR) 1:00 - 4:00 pm - Open Card Play (CR)

2:00 - 3:30 pm - Show Your Love - Share Your Wedding Photos with other Residents (AR) 3:30 - 5:00 pm - Happy Hour (LL) 4:00 pm - Olympians Meeting & Rehearsal (GES)

5:30 - 7:30 pm - Valentine's Day Murder Mystery Dinner \$40.00 per person, includes dinner and show. (LC) RESERVATIONS REQUIRED BY FEBRUARY 7TH. NO GUESTS PLEASE. **7:15 pm** – Poker Play (TR)

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Chair Fit - Pilates & Core Conditioning

10:30 am - Town Hall Meeting (LC) 11:00 am - Transportation Route to Publix, Trader Joe's (Front Entrance) **REGISTRATION**

REQUIRED 24 HOURS ON ADVANCE 1:00 pm – Ping Pong Club (2nd Floor) 1:00 - 4:00 pm - Open Card Play (CR)

2:00 pm - Investment Club (LC) 2:45 pm - Movie "Mission Impossible: Dead Reckoning Part One" (MT)

Beach Gardens Medical Center (LC)

7:00 pm - Mexican Train Play (CR)

4:00 pm - LiveWELL Lecture Series "Risk Factor Modification to Prevent and Treat Coronary Artery Disease" - Stephen Trachtenberg MD, FACC, Director, Cardiac Rehabilitation, Palm 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Drumming (GES)

10:00 am – Bookmobile (Front Entrance) 10:00 am - Knitting Club (AR)

10:15 am - Mind Body Fitness - MirrorMe Easy to Follow Gentle Soulful QiGong/Yoga Fusion Class with No Words (GES)

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)

7:30 pm - Movie "Mission Impossible: Dead Reckoning Part One" (MT)

Hinrichs (IP)

16

(GES)



17

10

(MT)

9:30 am - Pickleball Club (PC)

Yoga with Rosalee (GES)

9:45 am - Balance Class with Rosalee

10:15 am - Mind Body Fitness- Seated

11:00 am - Resident Led Activity -

1:30 pm - Rummikub Play (CR)

Gentle Aquatic Exercises with Rose

1:00 - 4:00 pm - Open Card Play (CR)



February

Life Enrichment & Wellness

AR = Art Room GES = Group Exercise Studio ML = Main Lobby

BC = Bocce Court IP = Indoor Pool MR = Meditation Room PG = Putting Green CR = Card Room LL = Legends Lounge MT = Movie Theater

FC = Fitness Center LC = Liberty Center

WEDNESDAY

9:45 am - BASE Barre Class - Balance, Agility

& Stability Exercises for Daily Living (GES)

10:15 am - Resident Led Activity - Tai Chi

11:00 am - Resident Led Activity - Gentle

Aquatic Exercises with Rose Hinrichs (IP)

11:00 am - LiveWELL Peaceful Lakeview

11:45 am - Men's Brunch Bunch (Private

Dining Room) Guest Speaker: Frances Peyton,

Meteorologist WPTV. PLEASE REGISTER

mkirsch707@aol.com Individual checks

4:00 pm - Olympians Meeting & Rehearsal

1:00 - 4:00 pm - Open Card Play (CR)

WITH MARTY KIRSCHENBAUM @

3:30 - 5:00 pm - Happy Hour (LL)

7:15 pm – Poker Play (TR)

Exercises with Artie Lynnworth (GES)

20 9:00 am - Wellington Walk - Residents

Meditation (ULB)

Meet for a Fast Paced Walk (TL)

OP = Outdoor Pool

PC = Pickleball Court TL - Tower Lobby TR = Trophy Room

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PPC = Ping-Pong Court ULB - Upper Lakeview Balcony SC = Shuffleboard Court WDO = Wellness Director Office

SUNDAY

2:00 pm - Rummikub Play (CR)

1:00 - 4:00 pm - Open Card

2:00 pm - Rummikub Play (CR)

2:45 pm - Movie "Queen Bees"

Play (CR)

(MT)

2:45 pm - Movie "Waitress:

The Musical" (MT)

MONDAY

President's Day 18

19 9:00 am - Wellington Walk - Residents Meet for a 1:00 - 4:00 pm - Open Card Play Fast Paced Walk (TL)

9:30 am - Pickleball Club (PC)

9:45 am - Chair Fit - Lengthen, Strengthen & Tone

10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)

11:00 am - Leisure Stroll with Melissa (ML)

11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)

11:00 am - Craft Class with Elyse Fuhr "Swiping Technique Acrylic Pour on Canvas" (AR) Limited Space, REGISTRATION REQUIRED BY **FEBRUARY 12TH**

1:00 - 4:00 pm - Open Card Play (CR) 2:00-3:00 pm - Open Gym Instruction with Melissa

3:30 - 5:00 pm - Happy Hour (LL)

4:00 pm - LiveWELLPeaceful Lakeview Meditation

4:00 pm - Short Story Group with Karen Kurzer (MR) 7:30 pm - Movie "Waitress: The Musical" (MT)

26

9:00 am - Wellington Walk - Residents

Meet for a Fast Paced Walk (TL) 9:30 am - Pickleball Club (PC)

25

9:45 am - Chair Fit - Lengthen, Strengthen & Tone (GES)

10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)

11:00 am - Leisure Stroll with Melissa (ML) 11:00 am - Resident Led Activity - Gentle

Aguatic Exercises with Rose Hinrichs (IP) 1:00 - 4:00 pm - Open Card Play (CR)

2:00-3:00 pm - Open Gym Instruction with Melissa (FC)

1:30 pm - Musical Monday DVD "Best of Verdi Opera Choruses" (MT) 3:30 - 5:00 pm - Happy Hour (LL)

4:00 pm - LiveWELL Peaceful Lakeview Meditation (ULB)

7:30 pm - Movie "Queen Bees" (MT)

TUESDAY

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)

9:45 am - Cardio Drumming (GES)

10:15 am - Mind Body Fitness- Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am - Transportation Route to Mall. Banks.

Walmart, Walgreen's, CVS (Front Entrance) **REGISTRATION REQUIRED 24 HOURS ON ADVANCE**

11:00 am - Craft Class with Elyse Fuhr "Swiping Technique Acrylic Pour on Canyas" (AR) Limited Space, REGISTRATION REQUIRED BY **FEBRUARY 12TH**

1:00 pm - Billiards Club (TR)

1:00 - 4:00 pm - Open Card Play (CR)

9:00 am - Wellington Walk - Residents

Meet for a Fast Paced Walk (TL)

1:00 pm - Billiards Club (TR)

3:30 pm - Bocce Club (BC)

Schedule

(LC)

9:45 am - Cardio Drumming (GES)

2:00-4:00 pm - One-One Fitness Assessments with Melissa by Appointment (WDO) *Call Concierge to Schedule

2:45 pm - Movie "Waitress: The Musical" (MT)

3:30 pm - Bocce Club (BC)

7:30 pm - Dan Hudak presents "Best Picture Oscar Talk" (LC)

10:15 am - Mind Body Fitness- Seated Yoga with

11:00 am - Transportation Route to Mall. Banks.

Walmart, Walgreen's, CVS (Front Entrance)

1:00 - 4:00 pm - Open Card Play (CR)

2:45 pm - Movie "Queen Bees" (MT)

REGISTRATION REQUIRED 24 HOURS ON

Myofascial & Lymphatic Release Self Massage (GES)

2:00-4:00 pm - One-One Fitness Assessments with

Melissa by Appointment (WDO) *Call Concierge to

4:00 pm - Technology Club "How-To's of the Apple

7:30 pm - The Kings Academy Honors Choir performs

Watch" followed by both group and one on one

7:30 pm - Movie "Waitress: The Musical" (MT) 27

(GES)

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - BASE Barre Class - Balance, Agility

& Stability Exercises for Daily Living (GES) 10:15 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)

10:30 am - Fun and Friendship Meet & Greet 'Red Hat Style' High Tea Breakfast (PDR) \$18/per person REGISTRATION REQUIRED BY FEBRUARY 15TH

11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:00 am - LiveWELL Peaceful Lakeview

Meditation (ULB) 1:00 - 4:00 pm - Open Card Play (CR) 3:30 - 5:00 pm - Happy Hour (LL)

4:00 pm - Olympians Meeting & Rehearsal

7:15 pm – Poker Play (TR)

7:30 pm - Movie "Queen Bees" (MT)

THURSDAY

9:00 am - Wellington Walk - Residents Meet 22 for a Fast Paced Walk (TL)

9:45 am - Chair Fit - Pilates & Core Conditioning

10:15 am - Wellington Bay Rockettes! - Advanced Dance Fusion Class (GES)

11:00 am - Transportation Route to Publix, Whole Foods (Front Entrance) REGISTRATION **REQUIRED 24 HOURS ON ADVANCE**

11:00 am - Art Class with Art Educator Jamey Kahl "The Bonnet House" An Art History talk, followed by a Mixed-Media Self-Portrait (AR) REGISTRATION

REQUIRED BY FEBRUARY 15TH 1:00 pm - Ping Pong Club (2nd Floor)

1:00 - 4:00 pm - Open Card Play (CR) 2:00 pm - Photography Club Organizational Meeting (AR)

2:45 pm - Movie "Waitress: The Musical" (MT) 3:30 pm - LiveWELL Lecture Series- "Heart Health" Tammy Levasseur, Cardiovascular Coordinator from

Wellington Regional Medical Center (LC) 7:00 pm - Mexican Train Play (CR)

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9:00 am - Wellington Walk - Residents

Meet for a Fast Paced Walk (TL) 9:45 am - Chair Fit - Pilates & Core

Conditioning (GES) 10:15 am - Wellington Bay Rockettes! -

Advanced Dance Fusion Class (GES) 11:00 am - Transportation Route to Publix,

Trader Joe's (Front Entrance) REGISTRATION **REQUIRED 24 HOURS ON ADVANCE** 11:00 am - First Annual "For the Love of

Dogs" Wellington Bay Dog Show (Paddock) Everyone Welcome! PLEASE PICK UP YOUR ENTRY FORM AT THE CONCIERGE DESK.

DEADLINE TO ENTER: FEBRUARY 15TH. 1:00 pm - Ping Pong Club (2nd Floor)

1:00 - 4:00 pm - Open Card Play (CR) 2:45 pm - Movie "Queen Bees" (MT)

4:30 pm - Wine Club "Sherry - A Versatile Wine" (AR)

7:00 pm - Mexican Train Play (CR)

FRIDAY

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)

10:00 am - Knitting Club (AR)

9:45 am - Cardio Drumming (GES)

10:15 am - Mind Body Fitness - MirrorMe -Easy to Follow Gentle Soulful OiGong/Yoga Fusion Class with No Words (GES)

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

YG = Yoga Garden

24

9:30 am - Pickleball Club (PC) 9:45 am - Balance Class with Rosalee

(GES) 10:15 am - 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) 2:00 pm - BINGO with Irene (LC) 3:15 pm - Trivia with Irene (LC) 7:30 pm - Movie "Waitress:

The Musical" (MT)

Super Bowl Sunday Pre-Game Tailgate

Sunday, February 11 4:00 - 6:00 pm **Legends Lounge** \$25/per person (buffet) **Reservations Required** by February 2nd.

No-Shows will be charged full price.



Dr. Robert Watson presents "When Washington Burned" Monday, February 12 7:30 pm Liberty Center NO GUESTS PLEASE



Show Your Love!

Share Your Wedding Photos with other Residents Wednesday, February 14 2:00 - 3:30 pm - Art Room 2 – 3 pictures please Refreshments Served



Valentine's Day Murder **Mystery Dinner**

Wednesday, February 14 5:30 - 7:30 pm - Liberty Center \$40/per person - Soft Drinks included. Cash Bar Available.

Reservations required by February 7th. Table maximum 6 residents – No exceptions

Parties may be grouped together. Dressy Attire. NO GUESTS PLEASE.





Dan Hudak presents "Best Picture Oscar Talk"

Tuesday, February 20 7:30 pm Liberty Center



The Kings Academy **Honors Choir performs**

Tuesday, February 27 7:30 pm Liberty Center



Harry Getzov presents

"Bette Midler:

The Divine Miss 'M"

Thursday, February 8

7:30 pm

Liberty Center

Fun and Friendship Meet & Greet 'Red Hat Style' High Tea Wednesday, February 28

February 15th.

10:30 am Private Dining Room \$18/per person **Registration Required by**



First Annual "For the Love of Dogs" **Wellington Bay Dog Show** Where every dog is a winner! Thursday, February 29

11:00 am - Paddock **Everyone Welcome! Ribbons Awarded!** Please pick up your entry form at the Concierge Desk. **Deadline to enter:**

February 15th.

