

February

Life Enrichment & Wellness

AR = Art RoomBC = Bocce CourtCR = Card RoomFC = Fitness Center

GES = Group Exercise StudioIP = Indoor PoolLL = Legends LoungeLC = Liberty Center

ML = Main LobbyMR = Meditation RoomMT = Movie TheaterOP = Outdoor Pool

PC = Pickleball CourtPDR = Private Dining RoomPG = Putting GreenPPC = Ping-Pong Court

SC = Shuffleboard CourtTL = Tower LobbyTR = Trophy RoomULB = Upper Lakeview Balcony

WO = Wellness OfficeYG = Yoga Garden

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
<div><div>One-to-One Fitness Assessments by appointment with Wellness Director Melissa Clark *Please see Concierge to schedule. Appointments will meet in Melissa’s office.</div></div>	<div><div>Card Game Connections Looking for a card game? Looking for a player for an existing game? This is an informal gathering where card players who are looking for a game or player can exchange contact information Monday, February 3 Monday, February 24 1:00 pm - Art Room</div></div>	<div><div>Wine Wednesday February 5 4:00 – 5:00 pm Legends Lounge No Guests Please</div></div>	<div><div>Funny Friday DVD “Jeff Dunham Unhinged In Hollywood” Friday, February 7 Friday, February 21 7:30 pm - Movie Theater</div></div>	<div><div>“On Your Own” Super Bowl Gathering Sunday, February 9 5:30 – 10:00 pm - Legends Lounge TVs will be tuned in! Please bring your own food and drinks. <u>Please note:</u> No service will be provided</div></div>	<div><div>LiveWELL Spa Trip to Wellington European Day Spa Salt Room Halotherapy and Meditation Your choice of 2/11, 2/18, 2/25 Prompt bus departure at 2:00 pm \$25/pp to be paid directly to the Spa Limited space. Please register with Concierge</div></div>	<div><div>1</div><div>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 pm – Movie Club “Fiddler on the Roof” (MT) <i>Please note: The run time for this movie is 3 hours 21 minutes – please plan accordingly</i> 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 “We Live in Time” (MT)</div></div>	<div><div>2</div><div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Cabrinì”(MT)</div></div>	<div><div>3</div><div>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 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP) 11:00 am – Wellness Committee Meeting (AR) 1:00 pm – Card Game Connections <i>Looking for a card game? 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Approximate return time 9:15 pm REGISTRATION REQUIRED AT CONCEIRGE 7:00 pm – Mexican Train Play (CR) 7:30 pm – Harry Getzov “Barbra Streisand: ‘My Name is Barbra’ – Part II (LC)</div></div>	<div><div>14</div><div>Valentine's Day  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) 10:30-11:00 am - Open Gym Instruction with Hannah (FC) 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) 11:15 am - Sit & Be Fit with Hannah (GES) 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) 5:00 – 7:00 pm – “The Music and Magic of Valentine’s Day” (piano music 5:00 – 7:00 pm; strolling tableside magicians 5:30 – 7:30 pm) (Polo Room) RESERVATIONS REQUIRED AND OPEN 1/31 AND CLOSE 2/7 \$38 per person No parties larger than 8 please 6:00 – 7:30 pm – Coffee and Dessert Buffet only \$10 per person (Legends Lounge) NO RESERVATIONS REQUIRED 6:45 pm – Shabbat Services (Lisbet)</div></div>	<div><div>15</div><div>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 Isabel Suss (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 “Juror #2” (MT)</div></div>							
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Please note: No service will be provided</div></div>	<div><div>10</div><div>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 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - LiveWELL Mind Body Fitness- Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP) 1:00 pm – Musical Monday DVD André Rieu “Love is All Around” (MT) 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) 4:00 pm – Short Story Group with Karen Kurzer (AR) 7:30 pm – Movie “Juror #2” (MT)</div></div>	<div><div>11</div><div>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 - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 10:30 am – Alzheimer’s Support Group (MR) <i>This support group is for caregivers only</i> 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 (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm - LiveWELL Weekly Trip to Wellington European Day Spa for Salt Room Halotherapy and Grounding Meditation with Melissa \$25 to be paid directly onsite (ML) *Register at Concierge to save your Spot (4 person max) 2:45 pm - Movie “Juror #2” (MT) 4:00 pm – Investment Club “Planning Meeting...For Future Meetings” (AR) 4:00 pm – Bocce Club (BC) 7:30 pm – Musical Monday DVD <i>Encore Showing</i> André Rieu “Love is All Around” (MT)</div></div>	<div><div>12</div><div>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) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 11:00 am – Prompt bus departure for the Norton Museum of Art \$32 per person, includes 1:30 pm docent tour of <i>Sorolla and the Sea exhibit</i>. Lunch beforehand on own*, time following on own. *Please bring money/cc for lunch on own. Approximate return time 4:00 pm RESERVATIONS REQUIRED BY FEBRUARY 5TH. (Lobby) 1:00 pm – Parkinson’s Support Group (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 “Juror #2 ” (MT)</div></div>	<div><div>13</div><div>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 - 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 – Craft Class with Laura Kerzner “Message in a Bottle” (AR) REGISTRATION REQUIRED BY 2/6 11:00 am – Library Committee Meeting (Library) 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Photography Club Resident David Waller presents “Photographic Illusions” <i>Please send 2 -3 images depicting “A Frame within a Frame”</i> (AR) 2:45 pm – Movie “Juror #2” (MT) 4:00 pm - LiveWELL Speaker Series - Heart Health - Sean Bannister PA-C, MBA, APP Liason from Health at Home (LC) 4:45 pm – “The Fun Fleet” Transportation only to Lakeside Market & Food Truck Music Series @ Wellington Village Park. Approximate return time 9:15 pm REGISTRATION REQUIRED AT CONCEIRGE 7:00 pm – Mexican Train Play (CR) 7:30 pm – Harry Getzov “Barbra Streisand: ‘My Name is Barbra’ – Part II (LC)</div></div>	<div><div>14</div><div>Valentine's Day  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) 10:30-11:00 am - Open Gym Instruction with Hannah (FC) 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) 11:15 am - Sit & Be Fit with Hannah (GES) 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) 5:00 – 7:00 pm – “The Music and Magic of Valentine’s Day” (piano music 5:00 – 7:00 pm; strolling tableside magicians 5:30 – 7:30 pm) (Polo Room) RESERVATIONS REQUIRED AND OPEN 1/31 AND CLOSE 2/7 \$38 per person No parties larger than 8 please 6:00 – 7:30 pm – Coffee and Dessert Buffet only \$10 per person (Legends Lounge) NO RESERVATIONS REQUIRED 6:45 pm – Shabbat Services (Lisbet)</div></div>	<div><div>15</div><div>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 Isabel Suss (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 “Juror #2” (MT)</div></div>														

February

Life Enrichment & Wellness

AR = Art Room
BC = Bocce Court
CR = Card Room
FC = Fitness Center

GES = Group Exercise Studio
IP = Indoor Pool
LL = Legends Lounge
LC = Liberty Center

ML = Main Lobby
MR = Meditation Room
MT = Movie Theater
OP = Outdoor Pool

PC = Pickleball Court
PDR = Private Dining Room
PG = Putting Green
PPC = Ping-Pong Court

SC = Shuffleboard Court
TL = Tower Lobby
TR = Trophy Room
ULB = Upper Lakeview Balcony

WO = Wellness Office
YG = Yoga Garden

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>16</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “A Real Pain” (MT)</div>	<div>President’s Day</div> <div>17</div> <div>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 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP) 11:00 am – RAC Meeting (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) 4:00 pm – Book Club with Karen Kurzer “The Lion Women of Tehran” by Marjan Kamali (AR) 7:30 pm – Movie “A Real Pain” (MT)</div>	<div>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 - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (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 – Art Class with Art Educator Jamey Kahl “Watercolor Valentine’s Day Balloons” (AR) REGISTRATION REQUIRED BY FEBRUARY 11TH 1:00 pm – Billiards Club (BC) 2:00 pm - LiveWELL Weekly Trip to Wellington European Day Spa for Salt Room Halotherapy and Grounding Meditation with Melissa \$25 to be paid directly onsite (ML) *Register at Concierge to save your Spot (4 person max) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “A Real Pain” (MT) 4:00 pm – Bocce Club (BC) 7:30 pm – Deborah Bigelesien presents “From Ordinary to Extraordinary: Looking at Art Through the Eyes and Mind of an Artist” (LC)</div> <div>18</div>	<div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 9:45 am – Prompt bus departure for the Palm Beach Zoo RESERVATIONS REQUIRED BY FEBRUARY 10TH. \$42/pp Includes: Panther/Cougar Close Encounter Experience, Private-Guided 90-minute Tour, Lunch on Own*, Time on own*, Transportation *Please bring money/ cc for lunch on own, and gift shop items. Approximate Return Time 2:15 pm (Lobby) 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) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 11:45 am – Men’s Brunch Bunch with Guest Speaker Village of Wellington Vice Mayor John T. McGovern (PDR) PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ Mkirsch707@aol.com Limited Seating <i>Individual checks</i> 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 “A Real Pain” (MT)</div> <div>19</div>	<div>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) 10:30 am – Town Hall Meeting (LC) <i>Join us for the latest community updates</i> 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “A Real Pain” (MT) 4:00 pm - LiveWELL Book Study for Better Health & Well Being with Melissa - Week 1 of 4 “The Brain that Chooses Itself” Dr Mike Studer (MR) *Register at Concierge by Friday, February 7 to reserve your space and place the order for your book (\$15 charge to your account.) 7:00 pm – Mexican Train Play (CR)</div> <div>20</div>	<div>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) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 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) 11:15 am - Sit & Be Fit with Hannah (GES) 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 “Jeff Dunham Unhinged in Hollywood” (MT)</div> <div>21</div>	<div>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 – BINGO with Irene (LC) 2:45 pm – Trivia with Irene (LC) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “A Real Pain”(MT)</div> <div>22</div>
<div>23</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Wicked” (MT)</div>	<div>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 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP) 11:15 am – Yiddish Club (AR) 1:00 pm – Card Game Connections <i>Looking for a card game? Looking for a player for an existing game?</i> This is an informal gathering where card players who are looking for a game or player can exchange contact information. (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) 7:30 pm – Movie “Wicked” (MT)</div> <div>24</div>	<div>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 - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am – Alzheimer’s Discussion Group: “Recent Advances in Alzheimers Research” presented by Tonya Blackwell from the Alzheimer’s Researcher and Treatment Center (MR) 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 Elyse Fuhr “Rhinestone Bear Keychains” (1 of 2 classes – please plan to attend both classes) (AR) REGISTRATION REQUIRED BY 2/18 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm - LiveWELL Weekly Trip to Wellington European Day Spa for Salt Room Halotherapy and Grounding Meditation with Melissa \$25 to be paid directly onsite (ML) *Register at Concierge to save your Spot (4 person max) 2:45 pm – Movie “Wicked” (MT) 4:00 pm – Bocce Club (BC) 4:00 pm – Technology Club (AR)</div> <div>25</div>	<div>8:00 am - WELLNESS WALKING TRIP! Bonnet House Museum & Gardens 2 Hour Tour Followed by Lunch at Casablanca Cafe in Fort Lauderdale overlooking the ocean. (ML) \$25 for entry to Bonnet House (Lunch will be paid to the restaurant directly on your own) Register by Friday, February 14. 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Sit & Be Fit with Hannah (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) 11:15 am - LiveWELL Mindful Meditation with Hannah (ULB) 11:30 am – Ladies Lunch Bunch with Guest Speaker Karen Garcia, Community Engagement Coordinator, Literacy Coalition of Palm Beach County “Literacy Coalition Initiatives” PLEASE REGISTER AT THE CONCIERGE DESK BY 2/12 Organized by Carol Raskin Limited Seating <i>Individual checks</i> 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm – 92nd St Y Pre-Recorded Program Jeffrey Toobin in Conversation with CNN’s John Berman “The Pardon” Nixon, Ford and the Politics of Presidential Mercy” (AR) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Wicked” (MT)</div> <div>26</div>	<div>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 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 – Craft Class with Elyse Fuhr “Rhinestone Bear Keychains” (2 of 2 classes – please plan to attend both classes) (AR) REGISTRATION REQUIRED BY 2/18 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Wicked” (MT) 4:00 pm - LiveWELL Book Study for Better Health & Well Being with Melissa - Week 2 of 4 “The Brain that Chooses Itself” Dr Mike Studer (MR) 4:30 pm – Wine Club “Are boxed wines any good or are they just a new form of packaging for popular wines?” Come try a few and decide for yourself. (AR) <i>Members only please \$30 dues for first half of 2025</i> 7:00 pm – Mexican Train Play (CR) 7:30 pm – Dan Hudak presents “Best Picture Oscar Talk” (LC)</div> <div>27</div>	<div>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) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 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) 11:15 am - Sit & Be Fit with Hannah (GES) 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 – Prompt bus departure for Jane Curry’s Bigger Night Out (Lobby) RESERVATIONS REQUIRED 6:45 pm – Shabbat Services (Lisbet)</div> <div>28</div>	<div><div>Norton Museum of Art Outing</div><div>Wednesday, February 12</div><div>Prompt departure at 11:00 am</div><div>Approximate return time 3:30 pm. \$32 per person, includes 1:30 pm docent tour of Sorolla and the Sea exhibit. Lunch beforehand and time following on your own, RESERVATIONS REQUIRED BY FEBRUARY 5TH</div></div>
<div><div>Craft Class with Resident Laura Kerzner “Message in a Bottle” Thursday, February 13th 11:00 am - Art Room REGISTRATION REQUIRED BY FEBRUARY 6TH</div></div>	<div><div>LiveWELL Speaker Series Sean Bannister, PA-C, MBA, APP Liaison from Health at Home “Heart Health” Thursday, February 13 4:00 pm – Liberty Center</div></div>	<div><div>“The Music and Magic of Valentine’s Day” Piano Music, Strolling Tableside Magicians, Dessert Buffet Friday, February 14 5:00 – 7:00 pm - Polo Room \$38/pp – Reservations Required and open 1/31 and close 2/7 No parties larger than 8 please Dessert Buffet ONLY 6:00 – 7:30 pm – Legends Lounge \$10/pp – No Reservations Required</div></div>	<div><div>Palm Beach Zoo Outing Wednesday, February 19 Prompt bus departure at 9:45 am. Approximate return time 2:15 pm Meet in Lobby \$42/pp, includes private guided 90 minute tour and panther/ cougar close encounter experience Lunch on own Please register with Concierge</div></div>	<div><div>LiveWELL Book Study for Better Health & Well Being with Melissa “The Brain that Chooses Itself” by Dr. Mike Studer Thursdays, 2/20, 2/27, 3/6, 3/13 4:00 pm - Meditation Room \$15 per person for book Please register with Concierge by Friday, February 7th Dr. Studer will be speaking at Wellington Bay on 3/25 @ 11:00 am</div></div>	<div><div>Craft Class with Resident Elyse Fuhr “Rhinestone Bear Keychains” Tuesday, February 25 AND Thursday, February 27 (please plan to attend both classes) 11:00 am - Art Room REGISTRATION REQUIRED BY FEBRUARY 18TH</div></div>	<div><div>Wellness Walking Trip! Bonnet House Museum and Gardens Wednesday, February 26 Two-hour tour, followed by lunch at Casablanca Café, Ft. Lauderdale \$25/pp plus lunch own your own paid directly to restaurant REGISTRATION REQUIRED BY FEBRUARY 14TH</div><div></div></div>