

(MT)

January

Life Enrichment & Wellness

AR = Art Room GES = Group Exercise Studio ML = Main Lobby PC = Pickleball Court TL - Tower Lobby YG = Yoga Garden BC = Bocce Court IP = Indoor Pool MR = Meditation Room PG = Putting Green TR = Trophy Room CR = Card Room LL = Legends Lounge MT = Movie Theater PPC = Ping-Pong Court ULB - Upper Lakeview Balcony

SC = Shuffleboard Court WDO = Wellness Director Office

OP = Outdoor Pool

SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY** FRIDAY SATURDAY **New Year's Day** 2 3 5 1 9:00 am - Wellington Walk - Residents Meet 9:30 am - Pickleball Club (PC) Together for Fast Paced Walk (TL) 9:45 am - Balance Class with 9:30 am - Pickleball Club (PC) 9:45 am - BASE Barre Class - Balance, 9:45 am - Cardio Drumming with Jay! (GES) 9:45 am - Cardio Drumming (GES) 9:45 am - Chair Fit - Pilates & Core Rosalee (GES) Agility & Stability Exercises for Daily Living 9:45 am - Chair Fit - Lengthen, Strengthen & 10:00 am - Bookmobile (Front Entrance) 10:15 am - Mind Body Fitness- Seated Yoga with 10:15 am - Mind Body Fitness -Conditioning (GES) Tone (GES) 10:00 am - Knitting Club (AR) Myofascial & Lymphatic Release Self Massage Seated Yoga with Rosalee (GES) 10:15 am - Mind Body Fitness - Live WELL 10:15 am - Resident Led Activity - Tai Chi 10:15 am - Mind Body Fitness - Mat Yoga 11:00 am - Resident Led Activity - Intermediate (GES) 11:00 am - Resident Led Activity -Mindful Meditation with Melissa (GES) Exercises with Artie Lynnworth (GES) with Standing Balance Postures (GES) Aquatic Exercises with Isabel Suss (IP) 1:00 pm - Billiards Club (TR) Gentle Aquatic Exercises with Rose 1:00 pm - Ping Pong Club (2nd Floor) 11:00 am - Resident Led Activity - Gentle 1:00 pm - Self-Directed Duplicate Bridge (LC) 11:00 am - Leisure Stroll with Melissa (ML) 1:00 - 4:00 pm - Open Card Play (CR) Hinrichs (IP) 1:00 - 4:00 pm - Open Card Play (CR) Aquatic Exercises with Rose Hinrichs (IP) Please register with Sonya Glasser 1:00 - 4:00 pm - Open Card Play (CR) 2:00-4:00 pm - One-One Fitness Assessments 1:00 - 4:00 pm - Open Card Play 2:45 pm - Movie "What Happens Later" (MT) @ 305-582-9012 or Sglasser1@gmail.com 11:30 am - Calendar Conversation with 2:00-3:00 pm - Open Gym Instruction with with Melissa by Appointment (WDO) *Call 7:00 pm - Mexican Train Play (CR) Julie Ann highlighting January Activities and 1:00 - 4:00 pm - Open Card Play (CR) Melissa (FC) Concierge to Schedule 1:30 pm - Rummikub Play (CR) 7:30 pm - Harry Getzov presents "Carole a resident discussion regarding future activity 3:30 - 5:00 pm - Happy Hour (LL) 4:00 pm - Peaceful Lakeview Meditation -2:45 pm – Movie "What Happens Later" (MT) 7:30 pm - Movie "What Happens suggestions (CR) King: 'A Musical Tapestry'" – Part II (LC) "Setting Intentions for the New Year" (ULB) 3:30 pm - Bocce Club (BC) Later" (MT) 1:00 - 4:00 pm - Open Card Play (CR) 7:30 pm - Movie "What Happens Later" (MT) 7:30 pm - Phil Leto presents "The Long and 3:30 - 5:00 pm - Happy Hour (LL) Winding Road to the White House" (LC) **7:15 pm –** Poker Play (TR) 7:30 pm - Movie "What Happens Later" (MT) 10 11 12 13 1:00 - 4:00 pm - Open Card 9:00 am - Wellington Walk - Residents Meet 9:30 am - Pickleball Club (PC) Together for Fast Paced Walk (TL) Together for Fast Paced Walk (TL) Play (CR) Together for Fast Paced Walk (TL) Together for Fast Paced Walk (TL) Together for Fast Paced Walk (TL) 9:45 am - Balance Class with 9:45 am - Cardio Drumming (GES) 9:30 am - Pickleball Club (PC) 2:00 pm - Rummikub Play 9:45 am - Cardio Drumming with Jay! (GES) 10:15 am - Resident Led Activity - Tai Chi 9:45 am - Chair Fit - Pilates & Core Rosalee (GES) 10:00 am - Knitting Club (AR) 9:45 am - Chair Fit - Lengthen, Strengthen & Exercises with Artie Lynnworth (GES) Conditioning (GES) 10:15 am - Mind Body Fitness-10:30 am - Alzheimer's Support Group (MR) 10:15 am - Mind Body Fitness - MirrorMe -Tone (GES) 10:15 am - Mind Body Fitness - Live WELL 11:00 am - Resident Led Activity - Gentle Seated Yoga with Rosalee (GES) 1:00 pm - Billiards Club (TR) 2:45 pm - Movie "Origin" Easy to Follow Gentle Soulful QiGong/Yoga 10:15 am - Mind Body Fitness - Mat Yoga with Aquatic Exercises with Rose Hinrichs (IP) Mindful Meditation with Melissa (GES) 11:00 am - Resident Led Activity -(MT) 1:00 – 4:00 pm – Open Card Play (CR) Fusion Class with No Words (GES) Standing Balance Postures (GES) 1:00 pm - Parkinson's Support Group (MR) 11:00 am - Art Class with Art Educator Gentle Aquatic Exercises with Rose 2:00-4:00 pm - One-One Fitness Assessments 11:00 am - Resident Led Activity - Intermediate 11:00 am - Leisure Stroll with Melissa (ML) 1:00 - 4:00 pm - Open Card Play (CR) Jamey Kahl "Watercolor Landscape" (AR) Hinrichs (IP) with Melissa by Appointment (WDO) *Call Aquatic Exercises with Isabel Suss (IP) 11:00 am - Resident Led Activity - Gentle 3:30 - 5:00 pm - Happy Hour (LL) REGISTRATION REQUIRED BY JANUARY 1:00 - 4:00 pm - Open Card Play **Concierge to Schedule** 1:00 pm - Self-Directed Duplicate Bridge (LC) Aquatic Exercises with Rose Hinrichs (IP) **7:15 pm** – Poker Play (TR) Please register with Sonya Glasser 3:30 pm - Bocce Club (BC) 11:00 am - Yiddish Club Organizational 7:30 pm - Movie "Origin" (MT) 1:00 pm - Ping Pong Club (2nd Floor) 2:00 pm - BINGO with Irene (LC) @ 305-582-9012 or Sglasser1@gmail.com Meeting (MR) 1:00 - 4:00 pm - Open Card Play (CR) 3:30 pm - Trivia with Irene (LC) 1:00 - 4:00 pm - Open Card Play (CR) 1:00 - 4:00 pm - Open Card Play (CR) 2:00 pm - Investment Club - Dr. Pat Williams **7:30 pm** – Movie "Origin" (MT) 3:30 - 5:00 pm - Happy Hour (LL) 2:00-3:00 pm - Open Gym Instruction with presents "How to Use the Information Provided Melissa (FC) by the SEC to Evaluate a Company's Ability to **3:30 – 5:00 pm –** Happy Hour (LL) Grow Earnings and Increase Profitability" (AR) 4:00 pm - Peaceful Lakeview Meditation (ULB) 2:45 pm - Movie "Origin" (MT) 7:30 pm - Movie "Origin" (MT) 7:00 pm - Mexican Train Play (CR) 15 9:00 am - Wellington Walk - Residents 9:00 am - Wellington Walk - Residents 17 9:00 am - Wellington Walk - Residents 14 18 19 20 Meet Together for Fast Paced Walk (TL) Meet Together for Fast Paced Walk (TL) Meet Together for Fast Paced Walk (TL) 9:30 am - Pickleball Club (PC) 1:00 - 4:00 pm - Open Card 9:00 am - Wellington Walk - Residents 9:00 am - Wellington Walk - Residents 9:30 am - Pickleball Club (PC) 9:45 am - Cardio Drumming (GES) 9:45 am - BASE Barre Class - Balance. 9:45 am - Chair Fit - Lengthen, Strengthen & Tone Meet Together for Fast Paced Walk (TL) Play (CR) 9:45 am - Balance Class with Rosalee Meet Together for Fast Paced Walk (TL) 10:15 am - Mind Body Fitness- Seated Yoga with Agility & Stability Exercises for Daily Living 9:45 am - Cardio Drumming (GES) 2:00 pm - Rummikub Play (CR) (GES) 9:45 am - Chair Fit - Pilates & Core Myofascial & Lymphatic Release Self Massage (GES) 10:15 am - Mind Body Fitness - Mat Yoga with Standing (GES) **10:00 am –** Bookmobile (Front Entrance) 10:15 am - Mind Body Fitness- Seated 2:45 pm - Movie "Indiana Jones 11:45 am - Card Party! Lunch and Card Play - Board Conditioning (GES) Balance Postures (GES) 10:15 am - Resident Led Activity- Tai Chi 10:15 am - Mind Body Fitness - MirrorMe -Game Play Welcome too! (LC) Please bring all items Yoga with Rosalee (GES) and the Dial of Destiny" (MT) 10:30 am - 11:30 am - Gate Sticker Distribution -10:30 am - Town Hall Meeting (LC) Exercises with Artie Lynnworth (GES) Easy to Follow Gentle Soulful QiGong/Yoga Please pull your car up to the Valet area of the needed. \$17.00 per person, includes lunch and card 11:00 am - Resident Led Activity -11:00 am - Resident Led Activity - Gentle 1:00 pm - Ping Pong Club (2nd Floor) Fusion Class with No Words (GES) Clubhouse play. RESERVATIONS REQUIRED BY JANUARY Gentle Aquatic Exercises with Rose 1:00 - 4:00 pm - Open Card Play (CR) Aquatic Exercises with Rose Hinrichs (IP) 11:00 am - Leisure Stroll with Melissa (ML) 10:00 am - Knitting Club (CR) 9TH. NO GUESTS PLEASE. Hinrichs (IP) 11:45 am - Men's Brunch Bunch (Private 11:00 am - Resident Led Activity - Gentle Aquatic 2:45 pm - Movie "Indiana Jones and the Dial 11:00 am - Resident Led Activity - Intermediate 1:00 pm - Billiards Club (TR) 1:00 - 4:00 pm - Open Card Play (CR) Exercises with Rose Hinrichs (IP) Dining Room) Guest Speaker: Tom D'Angelo, of Destiny" (MT) Aquatic Exercises with Isabel Suss (IP) 1:00 - 4:00 pm - Open Card Play (CR) 1:00 - 4:00 pm - Open Card Play (CR) 1:30 pm - Rummikub Play (CR) Sports reporter and Columnist for the Palm 1:00 pm - Self-Directed Duplicate Bridge (LC) 2:00-4:00 pm - One-One Fitness Assessments with 4:00 pm - LiveWELL Speaker Series -2:00-3:00 pm - Open Gym Instruction with Melissa (FC) Beach Post PLEASE REGISTER WITH 7:30 pm - Movie "Indiana Jones and Melissa by Appointment (WDO) *Call Concierge to Please register with Sonya Glasser 2:30 pm - Musical Monday DVD "Harry Connick, Jr. The "The Latest Technology in Robotic Surgery" MARTY KIRSCHENBAUM the Dial of Destiny" (MT) @ 305-582-9012 or Sglasser1@gmail.com New York Big Band Concert" (MT) Dr. Eldredge from Wellington Regional @ mkirsch707@aol.com Individual checks 3:30 - 5:00 pm - Happy Hour (LL) 2:45 pm - Movie "Indiana Jones and the Dial of 1:00 - 4:00 pm - Open Card Play (CR) Medical Center" (LC) 4:00 pm - Book Club with Karen Kurzer "The Absolutely 1:00 - 4:00 pm - Open Card Play (CR) Destiny"(MT) 2:30 pm - Fun Film Friday "Wait Until Dark" 7:00 pm - Mexican Train Play (CR) True Diary of a Part-Time Indian" by Sherman Alexie 3:30 - 5:00 pm - Happy Hour (LL) 3:30 pm - Bocce Club (BC) 7:30 pm - Movie - Encore Showing "Golda" 7:30 pm - Musical Monday DVD Encore Showing **7:15 pm – Poker Play (TR)** 3:30 - 5:00 pm - Happy Hour (LL) 4:00 pm - Peaceful Lakeview Meditation (ULB) "Harry Connick, Jr. The New York Big Bank Concert" 7:30 pm – Taylor Hagood presents "Sherlock 7:30 pm - Movie "Indiana Jones and the Dial of Destiny"

Holmes: More Real Than Life Itself" (LC)

FC = Fitness Center LC = Liberty Center



January

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Life Enrichment & Wellness

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

BC = Bocce Court IP = Indoor Pool

CR = Card Room LL = Legends Lounge FC = Fitness Center LC = Liberty Center OP = Outdoor Pool

MR = Meditation Room PG = Putting Green MT = Movie Theater

PC = Pickleball Court

TL - Tower Lobby TR = Trophy Room

YG = Yoga Garden

PPC = Ping-Pong Court ULB - Upper Lakeview Balcony

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SC = Shuffleboard Court WDO = Wellness Director Office

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1:00 - 4:00 pm - Open Card Play 2:00 pm - Rummikub Play (CR)

9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:30 am - Pickleball Club (PC)

2:45 pm – Movie "Far Haven" (MT) 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 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 - Peaceful Lakeview Meditation

7:30 pm - Movie "Far Haven" (MT)

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9:00 am - Wellington Walk - Residents Meet Together for 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)

10:30 am - Kitchen Tour (Please meet in Chukker's Café) REGISTRATION REQUIRED BY JANUARY 15TH.

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 "Far Haven" (MT) 3:30 pm - Bocce Club (BC)

9:00 am - Wellington Walk - Residents Meet Together for 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)

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 "Far Haven" (MT)

24 9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - Chair Fit - Pilates & Core Conditioning (GES)

10:15 am - Mind Body Fitness - Live WELL Mindful Meditation with Melissa (GES) 11:00 am - LiveWELL Speaker Series - Maria Fitos, Director of Liberty Physical Therapy presents "Proper Body Mechanics and Fall

Prevention" (LC) 1:00 pm - Ping Pong Club (2nd Floor)

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

4:30 pm - Wine Club "Spanish Wines" (AR)

6:00 pm – Prompt bus departure for "Beautiful" at the Maltz Theater (Please meet in Lobby) SOLD OUT!

7:00 pm - Mexican Train Play (CR) 7:30 pm - Movie - Encore Showing "Golda" FRIDAY

26 9:00 am - Wellington Walk - Residents

Meet Together for 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)

11:00 am - Resident Led Activity - Intermediate Aquatic Exercises with Isabel Suss (IP) 11:00 am - Art Class with Art Educator Jamey

Kahl "Gesso & Charcoal Still Life" (AR) **REGISTRATION REQUIRED BY JANUARY** 19TH.

1:00 pm - Self-Directed Duplicate Bridge (LC) Please register with Sonya Glasser @ 305-582-9012 or Sqlasser1@gmail.com 1:00 - 4:00 pm - Open Card Play (CR)

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

SATURDAY

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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) 3:30 pm - Charles Troy presents

"The Creation of the Music Man" (LC) 7:30 pm – Movie "Far Haven" (MT)

1:00 - 4:00 pm - Open Card

Play (CR) 2:00 pm - Rummikub Play

2:45 pm - Movie "Guillemo del Toro's Pinocchio" (MT)

9:00 am - Wellington Walk - Residents Meet Together for 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)

2:30 pm - Musical Monday DVD "Mozart: The Magic Flute" (Metropolitan Opera) (MT) 3:30 - 5:00 pm - Happy Hour (LL) 4:00 pm - Peaceful Lakeview Meditation

7:30 pm – Movie "Guillemo del Toro's Pinocchio" (MT)

9:00 am - Wellington Walk - Residents Meet Together for 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 - "Winter White" Flower Arranging Class (AR) REGISTRATION REQUIRED BY JANUARY

23rd. Limited space. ONE ARRANGEMENT PER **HOUSEHOLD PLEASE**

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 "Guillemo del Toro's Pinocchio" (MT 3:30 pm - Bocce Club (BC)

4:00 pm – Technology Club "Sharpen Your Email Skills" followed by both group and one on one assistance (AR)

7:30 pm - Musical Monday DVD Encore Showing "Mozart: The Magic Flute" (Metropolitan Opera) (MT) 9:00 am - Wellington Walk - Residents Meet Together for 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)

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 "Guillemo del Toro's Pinocchio" (MT)

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Calendar Conversation Wednesday, January 3 11:30 am **Card Room** Join Julie Ann to review the January calendar of events, and resident discussion regarding future

activity suggestions.



Bookmobile NOW ON FRIDAYS Friday, January 5 and 19 10:00 am

Front Entrance



Support Groups

Alzheimer's Support Group Tuesday, January 9 10:30 am

Parkinson's Support Group Wednesday, January 10 1:00 pm

> **Mediation Room Everyone Welcome!**



Gate Sticker Distribution

Monday, January 15 10:30 - 11:30 am Please pull your car up to the Valet area of the Clubhouse



Card Party!

Lunch and Card Play -Board Game Play welcome too! Tuesday, January 16 11:45 am - Liberty Center Please bring all items needed. \$17/per person, includes lunch and card play RESERVATIONS REQUIRED BY

JANUARY 9TH. NO GUESTS PLEASE.



Town Hall Meeting

Town Hall Meeting Thursday, January 18 10:30 am **Liberty Center**



Kitchen Tour

Tuesday, January 23 10:30 am

Please meet in Chukker's Café **REGISTRATION REOUIRED BY JANUARY 15th**



"Beautiful" **Maltz Jupiter Theater** Thursday, January 25 \$71.00/per person Prompt bus departure at 6:00 pm Please meet in Lobby



Charles Troy presents "The Creation of the **Music Man**" Saturday, January 27 3:30 pm **Liberty Center**



Flower Arranging Class "Winter White" **Tuesday, January 30** 11:00 am **Art Room REGISTRATION REQUIRED BY JANUARY 23RD**

Limited Space ONE ARRANGEMENT PER HOUSEHOLD PLEASE