

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

FC = Fitness Center      LC = Liberty Center      OP = Outdoor Pool      SC = Shuffleboard Court      WDO = Wellness Director Office

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div>	<div>New Year's Day1</div> <div>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 &amp; Tone (GES) 10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES) 11:00 am - Leisure Stroll with Melissa (ML) 1:00 – 4:00 pm – Open Card Play (CR) 2:00-3:00 pm - Open Gym Instruction with Melissa (FC) 4:00 pm - Peaceful Lakeview Meditation - “Setting Intentions for the New Year” (ULB) 7:30 pm - Movie “What Happens Later” (MT)</div>	<div>2</div> <div>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 &amp; 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 “What Happens Later” (MT) 3:30 pm – Bocce Club (BC) 7:30 pm – Phil Leto presents “The Long and Winding Road to the White House” (LC)</div>	<div>3</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - BASE Barre Class - Balance, Agility &amp; Stability Exercises for Daily Living (GES) 10:15 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnnworth (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:30 am – Calendar Conversation with Julie Ann highlighting January Activities and a resident discussion regarding future activity suggestions (CR) 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 “What Happens Later” (MT)</div>	<div>4</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - Chair Fit - Pilates &amp; Core Conditioning (GES) 10:15 am - Mind Body Fitness - Live WELL Mindful Meditation with Melissa (GES) 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “What Happens Later” (MT) 7:00 pm – Mexican Train Play (CR) 7:30 pm – Harry Getzov presents “Carole King: ‘A Musical Tapestry’” – Part II (LC)</div>	<div>5</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - Cardio Drumming with Jay! (GES) 10:00 am – Bookmobile (Front Entrance) 10:00 am – Knitting Club (AR) 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)</div>	<div>6</div> <div>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) 1:30 pm – Rummikub Play (CR) 7:30 pm - Movie “What Happens Later” (MT)</div>
<div>7</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Origin” (MT)</div>	<div>8</div> <div>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 &amp; 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) 11:00 am – Yiddish Club Organizational Meeting (MR) 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 (ULB) 7:30 pm - Movie “Origin” (MT)</div>	<div>9</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - Cardio Drumming with Jay! (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 3:30 pm – Bocce Club (BC)</div>	<div>10</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 10:15 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnnworth (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 pm – Parkinson’s Support Group (MR) 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 “Origin” (MT)</div>	<div>11</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - Chair Fit - Pilates &amp; Core Conditioning (GES) 10:15 am - Mind Body Fitness - Live WELL Mindful Meditation with Melissa (GES) 11:00 am – Art Class with Art Educator Jamey Kahl “Watercolor Landscape” (AR) REGISTRATION REQUIRED BY JANUARY 5TH 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Investment Club – Dr. Pat Williams presents “How to Use the Information Provided by the SEC to Evaluate a Company’s Ability to Grow Earnings and Increase Profitability” (AR) 2:45 pm – Movie “Origin” (MT) 7:00 pm – Mexican Train Play (CR)</div>	<div>12</div> <div>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) 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)</div>	<div>13</div> <div>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) 3:30 pm – Trivia with Irene (LC) 7:30 pm – Movie “Origin” (MT)</div>
<div>14</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Indiana Jones and the Dial of Destiny” (MT)</div>	<div>15</div> <div>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 &amp; Tone (GES) 10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES) 10:30 am – 11:30 am – Gate Sticker Distribution – Please pull your car up to the Valet area of the Clubhouse 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 “Harry Connick, Jr. The New York Big Band Concert” (MT) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm – Book Club with Karen Kurzer “The Absolutely True Diary of a Part-Time Indian” by Sherman Alexie (MR) 4:00 pm - Peaceful Lakeview Meditation (ULB) 7:30 pm – Movie “Indiana Jones and the Dial of Destiny” (MT)</div>	<div>16</div> <div>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 &amp; Lymphatic Release Self Massage (GES) 11:45 am – Card Party! Lunch and Card Play – Board Game Play Welcome too! (LC) Please bring all items needed. \$17.00 per person, includes lunch and card play. RESERVATIONS REQUIRED BY JANUARY 9TH. NO GUESTS 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 “Indiana Jones and the Dial of Destiny”(MT) 3:30 pm – Bocce Club (BC) 7:30 pm – Musical Monday DVD Encore Showing “Harry Connick, Jr. The New York Big Bank Concert” (MT)</div>	<div>17</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - BASE Barre Class - Balance, Agility &amp; Stability Exercises for Daily Living (GES) 10:15 am - Resident Led Activity- Tai Chi Exercises with Artie Lynnnworth (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:45 am – Men’s Brunch Bunch (Private Dining Room) Guest Speaker: Tom D’Angelo, Sports reporter and Columnist for the Palm Beach Post PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ mkirsch707@aol.com Individual checks 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 – Taylor Hagood presents “Sherlock Holmes: More Real Than Life Itself” (LC)</div>	<div>18</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - Chair Fit - Pilates &amp; Core Conditioning (GES) 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 “Indiana Jones and the Dial of Destiny” (MT) 4:00 pm - LiveWELL Speaker Series - “The Latest Technology in Robotic Surgery” - Dr. Eldredge from Wellington Regional Medical Center” (LC) 7:00 pm – Mexican Train Play (CR) 7:30 pm – Movie - Encore Showing “Golda” (MT)</div>	<div>19</div> <div>9:00 am - Wellington Walk - Residents Meet Together for Fast Paced Walk (TL) 9:45 am - Cardio Drumming (GES) 10:00 am – Bookmobile (Front Entrance) 10:15 am - Mind Body Fitness - MirrorMe - Easy to Follow Gentle Soulful QiGong/Yoga Fusion Class with No Words (GES) 10:00 am – Knitting Club (CR) 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) 2:30 pm – Fun Film Friday “Wait Until Dark” (MT) 3:30 – 5:00 pm – Happy Hour (LL)</div>	<div>20</div> <div>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) 1:30 pm – Rummikub Play (CR) 7:30 pm – Movie “Indiana Jones and the Dial of Destiny” (MT)</div>



# January Life Enrichment & Wellness

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## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

21

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

22

**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 & 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 (ULB)  
**7:30 pm** – Movie “Far Haven” (MT)

23

**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)

24

**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)

25

**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” (MT)

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 Sglasser1@gmail.com**  
**1:00 – 4:00 pm** – Open Card Play (CR)  
**3:30 - 5:00 pm** – Happy Hour (LL)

27

**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)  
**3:30 pm** – Charles Troy presents “The Creation of the Music Man” (LC)  
**7:30 pm** – Movie “Far Haven” (MT)

28

**1:00 – 4:00 pm** – Open Card Play (CR)  
**2:00 pm** – Rummikub Play (CR)  
**2:45 pm** – Movie “Guillermo del Toro’s Pinocchio” (MT)

29

**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 & 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)  
**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 (ULB)  
**7:30 pm** – Movie “Guillermo del Toro’s Pinocchio” (MT)

30

**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 “Guillermo 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)

31

**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 “Guillermo del Toro’s Pinocchio” (MT)



**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**  
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**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.**



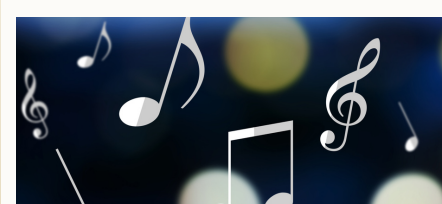
**Town Hall Meeting**  
**Thursday, January 18**  
**10:30 am**  
**Liberty Center**



**Kitchen Tour**  
**Tuesday, January 23**  
**10:30 am**  
**Please meet in Chukker’s Café**  
**REGISTRATION REQUIRED**  
**BY JANUARY 15th**



**SOLD OUT**  
**“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**

