

July


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>92NY</div> <div>92nd Street Y Pre-Recorded Programs</div> <div>6/2 @ 4:00 pm</div> <div>“The Art of Diplomacy”</div> <div>6/11 @ 4:00 pm</div> <div>“A Conversation on the Future of the First Amendment”</div>	<div>1</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Mat Pilates (GES)</div> <div>10:30-11:00 am - Open Gym Instruction with Hannah (FC)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:30 am – Calendar Conversation with Julie Ann highlighting July Activities and a resident discussion regarding future activity suggestions (AR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>4:00 pm - LiveWELL Mindful Meditation (ULB)</div> <div>4:00 pm – HMLS Committee Meeting (AR)</div> <div>7:30 pm - Movie “The Boys in the Boat” (MT)</div>	<div>2</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Chair Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>10:30 am – Life Enrichment Committee Meeting (AR)</div> <div>11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen’s, CVS (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Wellness Committee Meeting (AR)</div> <div>2:45 pm – Movie “The Boys in the Boat” (MT)</div> <div>4:00 pm – 92nd Street Y Pre-Recorded Program “Ambassador Stuart E. Eizenstat in Conversation with David Rubenstein: The Art of Diplomacy: How American Negotiators Reached Historic Agreements that Changed the World” (LC)</div> <div>7:30 pm – Phil Leto presents “Conventional American Presidential Conventions” (LC)</div>	<div>3</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Line Dancing (GES)</div> <div>10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)</div> <div>10:30 am – Culinary Committee Meeting (AR)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:15 am - Sit & Be Fit with Hannah (GES)</div> <div>11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 - 5:00 pm – Happy Hour (LL)</div> <div>7:15 pm – Poker Play (TR)</div> <div>7:30 pm – Movie “The Boys in the Boat” (MT)</div>	<div>4</div> <div>Fourth of July </div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)</div> <div>11:00 am - Water Walking with Hannah! (OP)</div> <div>1:00 - 4:00 pm – July 4th BBQ with music provided by Ian Cooney (LL) (Polo Room) \$30/pp</div> <div>Reservations deadline: June 27th. To avoid a charge, please cancel 24 hours in advance. Last reservation is 3:00 pm. All restaurants closed for regular lunch and dinner hours.</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>7:30 pm – Movie “About My Father” (MT)</div> <div>9:00 pm – Additional seating available for area fireworks viewing (ULB)</div>	<div>5</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (GES)</div> <div>10:00 am – Knitting Club (AR)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe Gentle Inspirational Qigong/Yoga Fusion Class to Follow Along Taught without Words (GES)</div> <div>10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)</div> <div>11:00 am – 4:00 pm – Open Art Room (AR)</div> <div>11:15 am - Sit & Be Fit with Hannah (GES)</div> <div>11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB)</div> <div>1:00 – 3:00 pm – Painting Club (AR)</div> <div>All levels welcome! Bring your own supplies</div> <div>1:00 pm – Duplicate Bridge with Director Sid Korn (LC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Laurie and Phil Adams present “America the Beautiful” (LC)</div>	<div>6</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - LiveWELL Mind Body Fitness- Seated Yoga with Rosalee (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>1:30 pm – Rummikub Play (CR)</div> <div>3:30 - 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “The Boys in the Boat” (MT)</div>
<div>7</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Rummikub Play (CR)</div> <div>2:45 pm – Movie “Monkey Man” (MT)</div>	<div>8</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Mat Pilates (GES)</div> <div>10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:15 am – Yiddish Club (AR)</div> <div>1:00 pm – Musical Monday DVD “Johnny Mathis Gold: 50th Anniversary Celebration” (MT)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>4:00 pm - LiveWELL Mindful Meditation (ULB)</div> <div>4:00 pm – Book Club with Karen Kurzer “Interpreter of Maladies” by Jhumpa Lahiri (AR)</div> <div>7:30 pm - Movie “Monkey Man” (MT)</div>	<div>9</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Chair Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>10:30 am – Alzheimer’s Support Group (MR)</div> <div>This support group is for caregivers only</div> <div>11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen’s, CVS (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Wellness Committee Meeting (AR)</div> <div>2:45 pm – Movie “Monkey Man” (MT)</div> <div>7:00 pm – Bocce Club (BC)</div> <div>7:30 pm – Musical Monday DVD <i>Encore Showing</i> “Johnny Mathis Gold: 50th Anniversary Celebration” (MT)</div>	<div>10</div> <div>9:00 am – Marketing/Administration Committee Meeting (AR)</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Line Dancing (GES)</div> <div>10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:15 am - Sit & Be Fit with Hannah (GES)</div> <div>11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB)</div> <div>1:00 pm – Parkinson’s Support Group (AR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 – 5:00 pm – Wine Wednesday (LL)</div> <div>NO GUESTS PLEASE</div> <div>7:15 pm – Poker Play (TR)</div> <div>7:30 pm – Movie “Monkey Man” (MT)</div>	<div>11</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)</div> <div>11:00 am - Water Walking with Hannah! (OP)</div> <div>11:00 am – Transportation Route to Publix, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>1:00 pm – Ping Pong Club (2nd Floor)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Monkey Man” (MT)</div> <div>4:00 pm – 92nd Street Y Pre-Recorded Program “A Conversation on the Future of the First Amendment” with Bret Stephens, Nadine Strussen, Floyd Abrams, Thane Rosenbaum (LC)</div> <div>7:00 pm – Mexican Train Play (CR)</div> <div>7:30 pm – Harry Getzov presents “Singing Along With . . . Peter, Paul and Mary” (LC)</div>	<div>12</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (GES)</div> <div>10:00 am – Knitting Club (AR)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe Gentle Inspirational Qigong/Yoga Fusion Class to Follow Along Taught without Words (GES)</div> <div>10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)</div> <div>11:15 am - Sit & Be Fit with Hannah (GES)</div> <div>11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB)</div> <div>11:30 pm – RAC Meeting (AR)</div> <div>1:00 pm – Duplicate Bridge with Director Sid Korn (LC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Funny Friday DVD “Jerry Seinfeld Live on Broadway: I’m Telling You for the Last Time” (MT)</div>	<div>13</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – BINGO with Irene (LC)</div> <div>3:15 pm – Trivia with Irene (LC)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Monkey Man” (MT)</div>
<div>14</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Rummikub Play (CR)</div> <div>2:45 pm – Movie “Break” (MT)</div>	<div>15</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Mat Pilates (GES)</div> <div>10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 – 5:00 pm - Happy Hour (LL)</div> <div>4:00 pm - LiveWELL Mindful Meditation (MR)</div> <div>7:30 pm – Movie “Break” (MT)</div>	<div>16</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Chair Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>11:00 am – NEW! Pottery Painting with Potters Cove “Terracotta Pottery Glaze Painted Mugs” (AR)</div> <div>REGISTRATION REQUIRED BY JULY 9TH</div> <div>11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen’s, CVS (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Break” (MT)</div> <div>4:00 pm - LiveWELL LecturesSeries</div> <div>The Latest Developments in Alzheimer’s Prevention</div> <div>Dr. David Watson, World Renowned Alzheimer’s Expert, CEO, Principal Investigator at Alzheimer’s Research & Treatment Center (LC)</div> <div>7:00 pm – Bocce Club (BC)</div> <div>7:30 pm – Musical Movie “Chicago” (MT)</div>	<div>17</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Line Dancing (GES)</div> <div>10:30 am - Resident Led Activity- Tai Chi Exercises with Artie Lynnworth (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:15 am - Sit & Be Fit with Hannah (GES)</div> <div>11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB)</div> <div>11:45 am – Men’s Brunch Bunch with Guest Speaker: Ed Chase, Director of Intergovernmental Affairs, Palm Beach County presents “State and Federal Issues” (Private Dining Room) PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ mkirsch707@aol.com</div> <div>Limited seating <i>Individual checks</i></div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>7:15 pm – Poker Play (TR)</div> <div>7:30 pm – Movie “Break” (MT)</div>	<div>18</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am – Town Hall Meeting Join us for the latest community updates (LC)</div> <div>1:00 pm – Ping Pong Club (2nd Floor)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Investment Club “How to Use AI to Research Investments: AI vs. the Traditional Methods of Research (AR)</div> <div>2:45 pm – Movie “Break” (MT)</div> <div>4:00 pm - LiveWELL Lecture Series - Wound Care - Eileen Misas-Alvarez, Director of Wound Care, Wellington Regional Medical Center (LC)</div> <div>7:00 pm – Mexican Train Play (CR)</div>	<div>19</div> <div>10:00 am - Sit & Be Fit with Hannah (GES)</div> <div>10:00 am – Bookmobile (Front Entrance)</div> <div>10:00 am – Knitting Club (AR)</div> <div>10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)</div> <div>11:00 am – Transportation Route to Publix, Whole Foods (Front Entrance) REGISTRATION REQUIRED 24 HOURS ON ADVANCE</div> <div>11:00 am – 4:00 pm – Open Art Room (AR)</div> <div>11:15 am - Sit & Be Fit with Hannah (GES)</div> <div>1:00 pm – Duplicate Bridge with Director Sid Korn (LC)</div> <div>1:00 – 3:00 pm – Painting Club (AR) <i>All levels welcome! Bring your own supplies</i></div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Duo Pianists Whipple and Morales present “From Bach to Rock” (LC)</div>	<div>20</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>1:30 pm – Rummikub Play (CR)</div> <div>3:30 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Break” (MT)</div>



July

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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 “The Last Stop in Yuma County” (MT)	22 9:30 am – Pickleball Club (PC) 10:00 am - Sit & Be Fit with Hannah (GES) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 4:30 pm – Celebrate National Ice Cream Day! Join us for a complimentary ice cream novelty treat. (Lobby) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “The Last Stop in Yuma County” (MT)	23 10:00 am - Cardio Drumming with Jay! (GES) 11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen’s, CVS (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:30 am – Flower Arranging “Patriotic Petals” REGISTRATION REQUIRED BY JULY 16TH . ONE ARRANGMENT PER APARTMENT PLEASE. Limited space. 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “The Last Stop in Yuma County” (MT) 7:00 pm – Bocce Club (BC) 7:30 pm – Musical Movie “Chicago” (MT)	24 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Line Dancing (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 - Sit & Be Fit with Hannah (FC) 11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB) 11:30 am - Ladies Lunch Bunch “All About Wellington” with Guest Speakers: Councilwoman Maria Antuna, Councilwoman Amanda Silverstri, Councilwoman Tayna Siskind, Michelle Garvey, Asst. Dir. of Community Events, Village of Wellington (Private Dining Room) PLEASE REGISTER WITH CAROLL RASKIN BY 7/17 @ wbladieslunch@gmail.com Limited Seating Individual checks 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:30 – 7:30 pm – Karaoke Night (LL) RESERVATIONS REQUIRED. RESERVATIONS OPEN JULY 10TH . RESERVATION DEADLINE JULY 17TH . No tables larger than 8. A simplified Pub-Style menu will be offered. Please plan to dine with us to enjoy this event. 7:15 pm – Poker Play (TR) 7:30 pm – Movie “The Last Stop in Yuma County” (MT)	25 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Chair Fit - Pilates & Core Conditioning (GES) 10:30 am - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES) 10:30 am – Kitchen Tour with Tim D’Antuono, Culinary Director (Please meet in Chukker’s Café) RESERVATIONS REQUIRED BY JULY 18TH Limited Space (LC) 11:00 am - Water Walking with Hannah (OP) 11:00 am – Transportation Route to Publix, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “The Last Stop in Yuma County” (MT) 4:30 pm – Wine Club “I♥NY” – Wines, that is! Taste samples from the Empire State’s luscious grapes. (AR) Members only please 7:00 pm – Mexican Train Play (CR)	26 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (GES) 10:00 am – Knitting Club (AR) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe Gentle Inspirational Qigong/Yoga Fusion Class to Follow Along Taught without Words (GES) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:15 am - Sit & Be Fit with Hannah (FC) 11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB) 11:00 am – 4:00 pm - Open Art Room (AR) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 3:00 pm – Painting Club (AR) All levels welcome! Bring your own supplies 1:00 – 4:00 pm – Open Card Play (CR) 3:30 - 5:00 pm – Happy Hour (LL) 7:30 pm – Funny Friday DVD “Jerry Seinfeld Live on Broadway: I’m Telling You for the Last Time” (MT)	27 9:30 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) 2:00 pm – BINGO with Irene (LC) 3:15 pm – Trivia with Irene (LC) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “The Last Stop in Yuma County” (MT)	
28 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Mel Brooks Movie Festival “The Producers” (MT)	29 9:30 am – Pickleball Club (PC) 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES) 10:30 am - LiveWELL Mind Body Fitness - Mat Pilates (GES) 10:30 - 11:00 - Open Gym Instruction with Hannah (FC) 11:00 am - Resident Led Activity- Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 pm – Musical Monday DVD “Bernstein: Wonderful Town” (MT) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation (ULB) 4:00 pm – Short Story Group with Karen Kurzer (LC) 7:30 pm – Mel Brooks Movie Festival “History of the World Part I” (MT)	30 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Cardio Drumming (GES) 10:30 am - LiveWELL Mind Body Fitness - Chair 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 IN ADVANCE 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Mel Brooks Movie Festival “High Anxiety” (MT) 3:30 – 5:00 pm – Happy Hour (LL) 7:15 pm – Poker Play (TR) 7:30 pm – Musical Monday DVD Encore Showing “Bernstein: Wonderful Town” (MT)	31 9:00 am – Prompt bus departure for complimentary SWA Recycling Facility Tour (Front Entrance) REGISTRATION REQUIRED BY JULY 17TH . Expected return time 1:00 pm. 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Line Dancing (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 - Sit & Be Fit with Hannah (GES) 11:15 am - LiveWELL Peaceful Lakeview Meditation (ULB) 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 – Mel Brooks Movie Festival “Young Frankenstein” (MT)	 <p>Fourth of July Activities 1:00 – 4:00 pm Red, White and BBQ with music by Ian Cooney Legends Lounge/Polo Room 7:30 pm Movie “About My Father” Movie Theater 9:00 pm Additional seating available for area fireworks viewing Upper Lakeview Balcony</p>		 <p>Funny Friday DVD “Jerry Seinfeld Live on Broadway: I’m Telling You for the Last Time” Friday, July 12 Friday, July 26 7:30 pm Movie Theater</p>	 <p>Dr. David Watson presents “If You Could Prevent Alzheimer’s, Would You?” Tuesday, July 16 4:00 pm Liberty Center</p>
 <p>Musical Movie “Chicago” Tuesday, July 16 Tuesday, July 23 7:30 pm Movie Theater</p>	 <p>Wound Care Presented by Eileen Misas-Alvarez, Director of Wound Care Wellington Regional Medical Center Thursday, July 18 4:00 pm Liberty Center</p>	 <p>Celebrate National Ice Cream Day! Join us for a complimentary ice cream novelty treat Monday, July 22 3:30 – 4:30 pm Lobby</p>	 <p>Flower Arranging Class “Patriotic Petals” Tuesday, July 23 11:30 am - Art Room Registration Required by July 16TH. One arrangement per apartment please. Limited Space</p>	 <p>Karaoke Night Wednesday, July 24 - 4:30 – 7:30 pm Reservations Required Reservations Open JULY 10TH Reservations Deadline JULY 17TH No tables larger than 8 please A simplified Pub-Style menu will be offered. Please plan to dine with us to enjoy this event.</p>	 <p>Kitchen Tour with Tim D’Antuono, Culinary Director Thursday, July 25 - 10:30 am Please meet in Chukker’s Cafe Reservations Required by July 18th Limited Space</p>	 <p>Outing SWA Recycling Facility Tour Wednesday, July 31 Front Entrance Prompt bus departure: 9:00 am Approximate return time: 1:00 pm Complimentary Reservations Required by July 17th</p> 	