

# March 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



**Beginner Canasta Lessons/ Refresher Class with Resident Carol Bell**  
Mondays  
March 4, 11 and 25  
(please plan to attend all 3 classes)  
10:30 am  
Card Room  
**Registration Required by March 1**

## MONDAY

### ROAD SCHOLAR

**Road Scholar**  
**Pre-Recorded Lectures**  
Thursday, March 7 - 11 am  
Sunday, March 10 - 4 pm  
Saturday, March 23 – 4 pm  
Sunday, March 24 - 2:30 pm  
Liberty Center  
**\*Check calendar dates for lecture details**

## TUESDAY



**Celebrate International Women's Day!**  
**Rose Feinberg presents**  
**“Three Female Justices: Ruth Bader Ginsburg, Sonia Sotomayor and Elena Kagan”**  
**Saturday, March 9**  
**4:00 pm - Liberty Center**

## WEDNESDAY



**Game Night!**  
**Bring your favorite game (or use one of ours!) and play with friends!**  
**Sunday, March 10**  
**7:00 – 8:30 pm**  
**Card Room**

## THURSDAY



**Cinema Sunday**  
**7:15 pm**  
**Movie Theater**  
**March 10**  
**“Every Little Step”**  
**March 24**  
**“The Adventures of Sherlock Holmes’ Smarter Brother”**

## 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)**  
**10:00 am – Bookmobile (Front Entrance)**  
**10:00 am – Knitting Club (AR)**  
**11:30 am – Calendar Conversation with Julie Ann highlighting March Activities and a resident discussion regarding future activity suggestions (AR)**  
**1:00 pm – Self-Directed Duplicate Bridge (LC)**  
**Please register with Teddy Klein 561-223-3933**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**3:30 – 4:30 pm – Ice Cream Novelty Treats in recognition of National Employee Appreciation Day! Join us as we thank our wonderful team members. (LL)**  
**3:30 – 5:00 pm – Happy Hour (LL)**

## SATURDAY

**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 – Musical Entertainment with Duo Jozay and Patti (LC)**  
**8:30 – 9:00 pm – Socialize after the Show! Two Cookies and a Cup of Coffee available. \$3.00 per person (Lobby)**

3

**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:00 pm – Rummikub Play (CR)**  
**2:45 pm – Movie “A Haunting in Venice” (MT)**

4

**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 (GES)**  
**10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)**  
**10:30 – 11:30 am – Beginner Canasta Lessons/Refresher Class with Resident Carol Bell (1 of 3) (CR)**  
**REGISTRATION REQUIRED BY MARCH 1ST**  
**11:00 am - Leisure Stroll with Melissa (ML)**  
**11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)**  
**1:00 pm – Musical Monday DVD “Neil Diamond Hot August Night” (MT)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**3:30 – 5:00 pm – Happy Hour (LL)**  
**4:00 pm - LiveWELL Peaceful Lakeview Meditation (ULB)**  
**4:00 pm – HMLS Committee Meeting (AR)**  
**7:30 pm - Movie “A Haunting in Venice” (MT)**

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**9:00 am - Wellington Walk - Residents**  
**Meet for a Fast Paced Walk (TL)**  
**9:45 am - Balance Class with Rosalee (GES)**  
**10:15 am - Mind Body Fitness- Seated Yoga with Rosalee (GES)**  
**10:30 am – Life Enrichment Committee Meeting (AR)**  
**11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen's, CVS (Front Entrance)**  
**REGISTRATION REQUIRED 24 HOURS IN ADVANCE**  
**1:00 pm – Billiards Club (TR)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:45 pm – Movie “A Haunting in Venice” (MT)**  
**3:30 pm – Bocce Club (BC)**  
**7:30 pm – Musical Monday DVD *Encore Showing* “Neil Diamond Hot August Night” (MT)**

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**9:00 am - Wellington Walk - Residents**  
**Meet for a Fast Paced Walk (TL)**  
**9:45 am - Pre-Recorded Video - Chair Fit - Dance Groove & Lift (GES)**  
**10:30 am – Culinary Committee Meeting (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 “A Haunting in Venice” (MT)**

7

**9:00 am - Wellington Walk - Residents**  
**Meet for a Fast Paced Walk (TL)**  
**9:45 am - Balance Class with Rosalee (GES)**  
**10:15 am - Mind Body Fitness- Seated Yoga with Rosalee (GES)**  
**11:00 am - Road Scholar Pre-Recorded Lecture - Elaine Ruffolo presents “Venice: 1000 Years of History” (LC)**  
**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 “A Haunting in Venice”(MT)**  
**7:00 pm – Mexican Train Play (CR)**

8

**9:00 am - Wellington Walk - Residents**  
**Meet for a Fast Paced Walk (TL)**  
**9:45 am - Pre-Recorded Video - Chair Fit - Pilates & Core Conditioning (GES)**  
**10:00 am – Knitting Club (AR)**  
**1:00 pm – Self-Directed Duplicate Bridge (LC)**  
**Please register with Teddy Klein 561-223-3933**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**3:30 – 5:00 pm – Happy Hour (LL)**

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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 (CR)**  
**2:00 pm – Trivia with Irene (LC)**  
**4:00 pm – Celebrate International Women's Day! Rose Feinberg presents “Three Female Justices: Ruth Bader Ginsburg, Sonia Sotomayor, Elena Kagan (LC)**  
**7:30 pm – Movie “A Haunting in Venice” (MT)**

**Daylight Savings Time “Spring Ahead One Hour”**

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**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:00 pm – Rummikub Play (CR)**  
**2:45 pm – Movie “My Sailor My Love” (MT)**  
**4:00 pm - Road Scholar Pre-Recorded Lecture – Chris Cameron presents “Bird Migration with a Focus on Peregrine Falcons” (LC)**  
**7:00 – 8:30 pm – Game Night! Bring your favorite board game (or use one of ours!) and play with friends! (CR)**  
**7:15 pm – Cinema Sunday “Every Little Step” (MT)**

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**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 (GES)**  
**10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)**  
**10:30 – 11:30 am – Beginner Canasta Lessons/Refresher Class with Resident Carol Bell (2 of 3) (CR)**  
**REGISTRATION REQUIRED BY MARCH 1ST**  
**11:15 am – Yiddish Club (AR)**  
**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)**  
**3:30 – 5:00 pm – Happy Hour (LL)**  
**4:00 pm - LiveWELL Peaceful Lakeview Meditation (ULB)**  
**7:30 pm – Movie “My Sailor My Love” (MT)**

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**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)**  
**10:30 am – Alzheimer's Support Group (MR)**  
*This support group is for caregivers only*  
**11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen's, CVS (Front Entrance)**  
**REGISTRATION REQUIRED 24 HOURS IN ADVANCE**  
**11:00 am – Craft Class with Elyse Fuhr “Color by Diamonds Canvases” (1 of 3) (AR)**  
**REGISTRATION REQUIRED BY MARCH 4TH. \$12 per person – paid directly to instructor**  
**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**  
**2:00 pm – Wellness Committee Meeting (AR)**  
**2:45 pm – Movie “My Sailor My Love” (MT)**  
**3:30 pm – Bocce Club (BC)**  
**7:30 pm – Contrast Duo – Pianist, Darren Matias and Violinist, Yasa Poletaeva (LC)**

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**9:00 am - Wellington Walk - Residents**  
**Meet for a Fast Paced Walk (TL)**  
**9:00 am – Marketing/Administration Committee Meeting (AR)**  
**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)**  
**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 MARCH 6TH**  
**NO GUESTS PLEASE.**  
**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 “My Sailor My Love” (MT)**

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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 - LiveWELL Speaker Series “Confidence is Your Best Asset - Unveiling Radiance from the Inside Out” Dr Al Carlotti, Plastic Surgeon, Health & Nutrition Expert**  
**\*PLEASE REGISTER FOR THIS SESSION WITH CONCIERGE BY FRIDAY, MARCH 8 (LC)**  
**11:00 am – Transportation Route to Publix, Whole Foods (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)**  
**2:00 pm – Photography Club (AR)**  
**2:45 pm – Movie “My Sailor My Love” (MT)**  
**7:00 pm – Mexican Train Play (CR)**  
**7:30 pm – Harry Getzov presents “Extraordinary Moments in Sports” (LC)**

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**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)**  
**11:30 am - WELLNESS TRIP! Walking Tour & Luncheon at Al Hatfield's Eye Candy Ranch! Fee for Luncheon**  
**\*REGISTER WITH CONCIERGE BY FRIDAY, MARCH 1ST TO RESERVE YOUR SPACE!**  
**11:00 am – Art Class with Art Educator Jamey Kahl “Abstract Geometric Painting” (AR)**  
**REGISTRATION REQUIRED BY MARCH 8TH.**  
**1:00 pm – Self-Directed Duplicate Bridge (LC)**  
**Please register with Teddy Klein 561-223-3933**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**3:30 – 5:00 pm – Happy Hour (LL)**

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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 (CR)**  
**1:30 pm – Rummikub Play (CR)**  
**7:30 pm – Movie “My Sailor My Love” (MT)**



March

Life Enrichment & Wellness

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>St. Patrick's Day17</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 “The Color Purple (2023)” (MT)</div>	<div>18</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - 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>11:00 am – RAC Meeting (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 – Book Club with Karen Kurzer “The Frozen River” by Ariel Lawhon (MR)</div> <div>7:30 pm - Movie “The Color Purple (2023)” (MT)</div>	<div>19</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Drumming with Jay! (GES)</div> <div>11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen's, CVS (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:00 am – Craft Class with Elyse Fuhr “Color by Diamonds Canvases” (2 of 3) (AR)</div> <div>REGISTRATION REQUIRED BY MARCH 4TH. \$12 per person – paid directly to instructor.</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 “The Color Purple (2023)” (MT)</div> <div>3:30 pm – Bocce Club (BC)</div> <div>7:30 pm – Phil Leto presents “The Renewed Abortion Debate in America” (LC)</div>	<div>20</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>10:15 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>11:45 am – Men's Brunch Bunch with Guest Speaker: Nick Pugliese, Gannett Florida Sports Editor and Palm Beach Post Sports Editor (Private Dining Room)</div> <div>PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ mkirsch707@aol.com. Individual checks</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 Color Purple (2023)” (MT)</div>	<div>21</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Pre-Recorded Video - Chair Yoga (GES)</div> <div>10:30 am – Town Hall Meeting (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 “PBC Librarian Valerrie Pritt explores business tools and resources your library card provides” (AR)</div> <div>2:45 pm – Movie “The Color Purple (2023)” (MT)</div> <div>7:00 pm – Mexican Train Play (CR)</div>	<div>22</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Pre-Recorded Video Dance, Groove &amp; Lift (GES)</div> <div>10:00 am – Knitting Club (AR)</div> <div>11:00 am – Transportation Route to Publix, Trader Joe's (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>1:00 pm – Self-Directed Duplicate Bridge (LC)</div> <div>Please register with Teddy Klein 561-223-3933</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 - 5:00 pm – Happy Hour (LL)</div>	<div>23</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - 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>3:00 pm – BINGO (LC)</div> <div>4:00 pm - Road Scholar Pre-Recorded Lecture – Elaine Ruffolo presents “The Young Michelangelo” Part I (LC)</div> <div>7:30 pm – “Dive-In” Movie Night “Nobody's Fool” (1994) (OP)</div>
<div>24</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Rummikub Play (CR)</div> <div>2:30 pm – Road Scholar Pre-Recorded Lecture – Elaine Ruffolo presents “A Genius Michelangelo” Part II (LC)</div> <div>2:45 pm – Movie “Poor Things” (MT)</div> <div>4:30 – 6:00 pm – “Paint and Sip” (Acrylic Painting and House Wine) with Art Educator Jamey Kahl (AR)</div> <div>REGISTRATION REQUIRED BY MARCH 15TH.</div> <div>7:15 pm – Cinema Sunday “The Adventure of Sherlock Holmes’ Smarter Brother” (MT)</div>	<div>25</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Chair Fit - Lengthen, Strengthen &amp; Tone (GES)</div> <div>10:15 am - Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)</div> <div>10:30 – 11:30 am – Beginner Canasta Lessons/Refresher Class with Resident Carol Bell (3 of 3) (CR)</div> <div>REGISTRATION REQUIRED BY MARCH 1ST</div> <div>11:00 am - Leisure Stroll with Melissa (ML)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 pm – Musical Monday DVD “Leonard Bernstein's New York” (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 Peaceful Lakeview Meditation (ULB)</div> <div>7:30 pm – Movie “Poor Things” (MT)</div>	<div>26</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Drumming (GES)</div> <div>10:15 am - Mind Body Fitness- Seated Yoga with Myofascial &amp; Lymphatic Release Self Massage (GES)</div> <div>11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreen's, CVS (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:00 am – Craft Class with Elyse Fuhr “Color by Diamonds Canvases” (3 of 3) (AR)</div> <div>REGISTRATION REQUIRED BY MARCH 4TH. \$12 per person – paid directly to instructor</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00-4:00 pm - One-One Fitness Assessments with Melissa by Appointment (WDO) *Call Concierge to Schedule</div> <div>2:45 pm – Movie “Poor Things” (MT)</div> <div>3:30 pm – Bocce Club (BC)</div> <div>4:00 pm – Technology Club “Artificial Intelligence ‘Copilot’ App” followed both group and one on one assistance (AR)</div> <div>7:30 pm – Musical Monday DVD Encore Showing “Leonard Bernstein's New York” (MT)</div>	<div>27</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - BASE Barre Class - Balance, Agility &amp; Stability Exercises for Daily Living (GES)</div> <div>10:15 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>11:00 am - LiveWELL Peaceful Lakeview Meditation (ULB)</div> <div>11:45 am – Prompt bus departure for “42nd Street” @ the Maltz Theater. SOLD OUT</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 “Poor Things” (MT)</div>	<div>28</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Chair Fit - Pilates &amp; Core Conditioning (GES)</div> <div>10:15 am - Wellington Bay Rockettes! - Advanced Dance Fusion Class (GES)</div> <div>11:00 am – Transportation Route to Publix, Whole Foods (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:00 am – “Spring has Sprung” Flower Arranging Class (AR)</div> <div>REGISTRATION REQUIRED BY MARCH 21ST. ONE ARRANGEMENT PER APARTMENT PLEASE.</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 “Poor Things” (MT)</div> <div>4:30 pm – Wine Club “Wine Spectator's picks for ‘Smart Buys’ to Expand Your Palate” (AR)</div> <div>7:00 pm – Mexican Train Play (CR)</div> <div>7:30 pm – Taylor Hagood presents “The Million Dollar Quartet” (LC)</div>	<div>29</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:30 am – Prompt bus departure for outing to the “Bunker Artspace – Rotating Exhibitions and Viewable Storage of the Beth Rundin DeWoody Collection” (Front Entrance)</div> <div>REGISTRATION REQUIRED BY MARCH 15TH.</div> <div>9:45 am - Cardio Drumming (GES)</div> <div>10:00 am – Knitting Club (AR)</div> <div>10:00 am – Bookmobile (Front Entrance)</div> <div>10:15 am - Mind Body Fitness - MirrorMe - Easy to Follow Gentle Soulful QiGong/Yoga Fusion Class with No Words (GES)</div> <div>1:00 pm – Self-Directed Duplicate Bridge (LC)</div> <div>Please register with Teddy Klein 561-223-3933</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>3:30 - 5:00 pm – Happy Hour (LL)</div>	<div>30</div> <div>9:30 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - 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>7:30 pm – Movie “Poor Things” (MT)</div>
<div>Easter31</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 “TBA” (MT)</div>	<div></div> <div>Card Party!</div> <div>Lunch and Card Play – Board Game Play Welcome Too!</div> <div>Wednesday, March 13</div> <div>11:45 am - Liberty Center</div> <div>Please bring all items needed \$17/per person, includes lunch and card play</div> <div>Registration Required by March 6th. NO GUESTS PLEASE.</div>	<div></div> <div>LiveWELL Lecture Series</div> <div>“Confidence is your Best Asset – Unveiling Radiance from the Inside Out”</div> <div>Dr. Al Carlotti, Plastic Surgeon and Health and Nutrition Expert</div> <div>Thursday, March 14 - 11:00 am</div> <div>Liberty Center</div> <div>REGISTRATION REQUIRED BY FRIDAY, MARCH 8TH</div>	<div></div> <div>Town Hall Meeting</div>	<div></div> <div>BINGO</div> <div>Saturday, March 23</div> <div>3:00 pm</div> <div>Liberty Center</div>	<div></div> <div>“Spring has Sprung”</div> <div>Flower Arranging Class</div> <div>Thursday, March 28</div> <div>11:00 am</div> <div>Art Room</div> <div>REGISTRATION REQUIRED BY MARCH 21ST.</div> <div>ONE ARRANGEMENT PER APARTMENT PLEASE.</div>	<div></div> <div>Off-Property Excursion</div> <div>The Bunker Artspace</div> <div>Rotating Exhibitions and Viewable Storage of the Beth Rundin DeWoody Collection</div> <div>Friday, March 29</div> <div>Prompt bus departure at 9:30 am</div> <div>Approximate return time 12:15 pm</div> <div>\$41/per person</div> <div>REGISTRATION REQUIRED BY MARCH 15TH</div> <div></div>