

March Life Enrichment & Wellness

AR = Art Room GES = Group Exercise Studio ML = Main Lobby PC = Pickleball Court SC = Shuffleboard Court WO = Wellness Office
 BC = Bocce Court IP = Indoor Pool MR = Meditation Room PDR = Private Dining Room TL = Tower Lobby YG = Yoga Garden
 CR = Card Room LL = Legends Lounge MT = Movie Theater PG = Putting Green TR = Trophy Room
 FC = Fitness Center LC = Liberty Center OP = Outdoor Pool PPC = Ping-Pong Court ULB - Upper Lakeview Balcony

SUNDAY



One-to-One Fitness Assessments by appointment with Wellness Director Melissa Clark
 *Please see Concierge to schedule. Appointments will meet in Melissa's office.

MONDAY



Women's History Month 2025 "Moving Forward Together! Women Educating & Inspiring Generations."
 This theme celebrates the collective strength and influence of women who have dedicated their lives to education, mentorship, and leadership. Through their efforts, they have served as an inspiration for all generations – both past and present.

TUESDAY



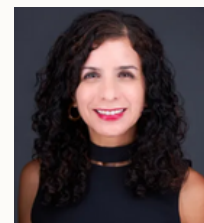
Donate New Books! To Benefit the Literacy Coalition of Palm Beach County
 March 1 – 31
 Books may be purchased from Amazon, Target, Walmart or wherever books are sold. A drop off box is located at the Concierge desk.

WEDNESDAY



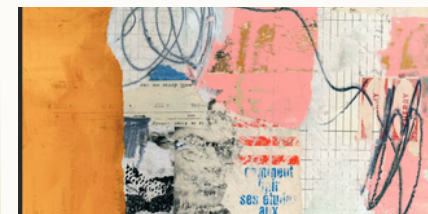
Join us! Calendar Conversation with Julie Ann highlighting March Activities and a Resident discussion regarding future activity suggestions.
 Monday, March 3
 10:30 am
 Art Room

THURSDAY



LiveWELL Speaker Series "The Role of Nutrition in the Healing and Prevention of Cancer"
 Presented by **Laura Graze, DNP**
 Owner, **Graze Anatomy**
 Monday, March 10th
 11:15 am
 Liberty Center

FRIDAY



Art Class with Art Educator Jamey Kahl "Layers & Texture: Contemporary Collage with Gesso"
 Tuesday, March 11
 11:00 am
 Art Room
REGISTRATION REQUIRED BY MARCH 4TH

SATURDAY

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)
12:30 pm – Prompt bus departure for "The Lehman Trilogy" at the Maltz Jupiter Theater (Front Entrance) **SOLD OUT**
1:00 pm – Movie Club "Five People You Meet in Heaven" (MT)
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 "Wicked" (MT)

2

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie "September 5" (MT)

3

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 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
10:30 am – Calendar Conversation with Julie Ann highlighting March activities and discussion regarding future activity suggestions (AR)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
1:00 – 4:00 pm – Open Card Play (CR)
3:00 pm – HMLS Committee Meeting (AR)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie "September 5" (MT)

4

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 - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)
10:30 am – Life Enrichment Committee Meeting (AR)
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 Trip to the Wellington European Day Spa for Salt Room Halotherapy and Mediation for your Best Health with Melissa \$25 (ML) *Register at Concierge (4 person Max)
2:45 pm – Movie "September 5" (MT)
3:30 pm – Bocce Club (BC)
7:30 pm – Phil Leto presents "Russia, Ukraine and NATO in the New Trump Era" (LC)

5

Ash Wednesday
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)
10:30 am – Culinary Committee Meeting (AR)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP)
11:00 am – Ashes from St Therese de Lisieux Catholic Church (Lisbet)
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 "September 5" (MT)
4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)

6

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
9:00 am – Administration/Marketing Committee Meeting (AR)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Chair Fit - Pilates & Core Conditioning (GES)
10:00 am – Rosary & Holy Communion (Lisbet)
10:30 am - LiveWELL Mind Body Fitness - Qigong with Mindful Meditation (GES)
10:30 am – Beginner/Refresher Canasta Lessons with Resident Carol Bell (1 of 3 classes) (CR) **REGISTRATION REQUIRED BY MARCH 2ND**
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 – Library Committee Meeting (Library)
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:00 am – Wellness Committee Meeting (GES)
2:45 pm – Movie "September 5" (MT)
4:00 pm - LiveWELL Book Study for Better Health & Well Being with Melissa "The Brain that Chooses Itself" Dr Mike Studer (MR)
6:45 pm – Prompt bus departure for Kol Esperanza at Spanish River Concerts (Front Entrance) **SOLD OUT**
7:00 pm – Mexican Train Play (CR)

7

Employee Appreciation 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 – Knitting Club (AR)
10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
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)
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)
6:15 pm – Prompt bus departure for "West Side Story" at Kings Academy (Front Entrance) **SOLD OUT**

8

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 "September 5" (MT)

9

Daylight Savings Time
11:00 am – Sudoku for Beginners with Resident Michael Hechtman (AR)
1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie "The Order" (MT)

10

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 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:15 am - LiveWELL Speaker Series - The Role of Nutrition in the Healing & Prevention of Cancer Laura Graze Owner/Director of Graze Anatomy (LC)
1:00 – 4:00 pm - Open Card Play (CR)
3:30 – 5:00 pm - Happy Hour (LL)
4:00 pm – Short Story Group with Karen Kurzer (AR)
7:30 pm – Movie "The Order" (MT)

11

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 - Seated Yoga with Myofascial & Lymphatic Release Self Massage (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 "Layers & Texture: Contemporary Collage with Gesso" (AR) **REGISTRATION REQUIRED BY MARCH 4TH**
11:00 am – Alzheimer's Support Group (MR) *This support group is for caregivers only*
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm - LiveWELL Trip to the Wellington European Day Spa for Salt Room Halotherapy and Mediation for your Best Health with Melissa \$25 (ML) *Register at Concierge (4 person Max)
2:45 pm - Movie "The Order" (MT)
3:30 pm – Bocce Club (BC)
4:00 pm – Investment Club (AR)
5:30 pm – Prompt bus departure for "The Edwards Twins" at Boca Black Box Center for the Arts (Front Entrance) **SOLD OUT**

12

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)
11:00 am – Java and Juice with Jay *Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay (TR)*
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)
4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)
7:15 pm – Poker Play (TR)
7:30 pm – Movie "The Order" (MT)

13

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 - Qigong with Mindful Meditation (GES)
10:30 am – Beginner/Refresher Canasta Lessons with Resident Carol Bell (2 of 3 classes) (CR) **REGISTRATION REQUIRED BY MARCH 2ND**
11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, 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)
2:00 pm – Photography Club Meeting "AI in Photo Editing" presented by Resident Fred Perry (AR)
2:45 pm – Movie "The Order" (MT)
4:00 LiveWELL Book Study for Better Health & Well Being with Melissa "The Brain that Chooses Itself" Dr Mike Studer (MR)
7:00 pm – Mexican Train Play (CR)
7:30 pm – Harry Getzov presents "Heeeeee's Johnny! The Tonight Show Starring Johnny Carson" (LC)

14

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)
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)
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 – Poolside BBQ (Outdoor Pool) \$35/pp **Reservations Required and close 3/7. No parties larger than 8 please. *Please Note: Polo Room and Legends Lounge will be closed for dinner. Limited "To Go" menu available until 5 pm.***
6:45 pm – Shabbat Services (Lisbet)
7:30 pm – Funny Friday DVD Jeff Allen Live "Happy Wife, Happy Life Revisited" (MT)

15

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 – Rummikub Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie "The Order" (MT)



March Life Enrichment & Wellness

AR = Art Room GES = Group Exercise Studio ML = Main Lobby PC = Pickleball Court SC = Shuffleboard Court WO = Wellness Office
 BC = Bocce Court IP = Indoor Pool MR = Meditation Room PDR = Private Dining Room TL = Tower Lobby YG = Yoga Garden
 CR = Card Room LL = Legends Lounge MT = Movie Theater PG = Putting Green TR = Trophy Room
 FC = Fitness Center LC = Liberty Center OP = Outdoor Pool PPC = Ping-Pong Court ULB = Upper Lakeview Balcony

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</p> <p>11:00 am – Intermediate Sudoku with Resident Michael Hechtman (AR) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “A Real Pain” (MT)</p>	<p>St. Patrick's Day</p> <p>17</p> <p>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 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:00 am – RAC Meeting (AR) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm – Book Club with Karen Kurzer “Peace Like a River” by Leif Enger (AR) 7:30 pm – Movie “A Real Pain” (MT)</p>	<p>18</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Cardio Drumming with Jay! (GES) 10:30 am - Pre-Recorded Video - Chair Yoga (GES) 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:30 am – Beading Class (Necklaces) with Resident Marlene Gurst (AR) NEW PARTICIPANTS ONLY PLEASE REGISTRATION REQUIRED BY MARCH 11TH 1:00 pm – Billiards Club (BC) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “A Real Pain” (MT) 3:30 pm – Bocce Club (BC) 4:00 pm – 92nd Street Y Pre-Recorded Program Reid Hoffman in Conversation with Secretary Hillary Rodham Clinton “Superagency: What Could Possibly Go Right with Our AI Future” (AR) 7:30 pm – <i>Encore Showing “Juror #2 (MT)</i></p>	<p>19</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Barre, Balance & Strength 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) 11:30 am – It’s Spring! Flower Arranging Class (AR) REGISTRATION REQUIRED BY MARCH 12TH 11:45 am – Men’s Brunch Bunch with Guest Speaker Jeff Heinz, Fire Safety Specialist Palm Beach County Fire Rescue (PDR) PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ MKirsch707@aol.com Limited seating 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 – Movie “A Real Pain” (MT)</p>	<p>20</p> <p>First Day of Spring</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Sit & Be Fit with Hannah (GES) 10:00 am – Rosary and Holy Communion (Lisbet) 10:30 am – Town Hall Meeting (LC) Join us for the latest community updates 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 – 92nd Street Y Pre-Recorded Program Joy Behar, Susan Lucci, Sherri Shepard and Judy Gold in Conversation “My First Ex-Husband” (AR) 7:30 pm – Mexican Train Play (CR)</p>	<p>21</p> <p>10:00 am - Cardio Drumming with Hannah (GES) 10:00 am – Knitting Club (AR) 10:30 am - Pre-Recorded Video - Chair Yoga (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 - Diamond Girls Club (AR) 11:00 am – 4:00 pm - Open Art Room (AR) 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 – Entertainer Terry Cooper (LC)</p>	<p>22</p> <p>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 – Rummikub Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “A Real Pain” (MT)</p>
<p>23</p> <p>11:00 am – Advanced Sudoku with Resident Michael Hechtman (AR) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “White Bird” (MT)</p>	<p>24</p> <p>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 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 11:15 am – Yiddish Club (AR) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “White Bird” (MT)</p>	<p>25</p> <p>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) 11:00 am - LiveWELL Speaker SPECIAL EVENT! Dr. Mike Studer - Keynote speaker from the ICAA Conference, Dr. Studer is a Physical Therapist specializing in Brain Function. He will be presenting “The Brain that Chooses Itself” Lecture & Book Signing (LC) 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 Trip to the Wellington European Day Spa for Salt Room Halotherapy and Mediation for your Best Health with Melissa \$25 (ML) *Register at Concierge (4 person Max) 2:45 pm – Movie “White Bird” (MT) 3:30 pm – Bocce Club (BC) 4:00 pm – Technology Club “Email, Tips and Tricks” (AR) 7:30 pm – <i>Encore Showing “Juror #2 (MT)</i></p>	<p>26</p> <p>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) 11:30 am – Ladies Lunch Bunch with Guest Speaker Linda Sauget “The Road to Positive Thinking” (PDR) PLEASE REGISTER AT THE CONCEIRGE DESK BY 3/19 Organized by Carol Raskin <i>Limited seating Individual checks</i> 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – Book Reading and Signing from “Dharma of Death & Desire” and “Mother Wind” by Poet/Author Dr. Susannah Winters Simpson (Lisbet) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “White Bird” (MT)</p>	<p>27</p> <p>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 - Qigong with Mindful Meditation (GES) 10:30 am – Beginner/Refresher Canasta Lessons with Resident Carol Bell (3 of 3 classes) (CR) REGISTRATION REQUIRED BY MARCH 2ND 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, 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 “White Bird” (MT) 4:30 pm – Wine Club “South Africa Wines” (AR) <i>Members only please</i> 7:00 pm – Mexican Train Play (CR)</p>	<p>28</p> <p>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) 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) 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 – Shabbat Services (Lisbet) 7:30 pm – Funny Friday DVD Jeff Allen Live “Happy Wife, Happy Life Revisited” (MT)</p>	<p>29</p> <p>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 – Rummikub Play (CR) 3:30 – 5:00 pm – Happy Hour (LL)</p>
<p>30</p> <p>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Lake George” (MT)</p>	<p>31</p> <p>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 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Lake George” (MT)</p>	 <p>Java and Juice with Jay Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay Wednesday, March 12 11:00 am Trophy Room</p>	 <p>Poolside BBQ \$35/pp. Reservations Required and close 3/7. No parties larger than 8 please. Friday, March 14 5:00-7:00 pm Outdoor Pool</p>	 <p>Funny Friday DVD Jeff Allen Live “Happy Wife, Happy Life Revisited” Friday, March 14 OR Friday, March 28 7:30 pm Movie Theater</p>	 <p>It’s Spring! Flower Arranging Class Wednesday, March 19 11:30 am Art Room REGISTRATION REQUIRED BY MARCH 12TH</p>	  <p>LiveWELL Special Event! Dr. Mike Studer <i>The Brain that Chooses Itself</i> Tuesday, March 25 11:00 am Liberty Center</p>

