

# May 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



**Happy Mother's Day!**  
**Mother...  
 Grandmother...  
 Daughter...  
 Aunt...Sister...  
 Mentor...Friend**  
**For all those who  
 love like a mother...**



**Wellington Bay and Lisbet's  
 Health and Wellness Fair**

Wednesday, May 1  
 10:00 am - 2:00 pm  
 A variety of health and wellness  
 vendors and breakout sessions  
 Healthy Smoothies -  
 Blood Pressure Checks -  
 Bloodmobile - Raffle Prizes  
**Please see flyer for details**



**May Musical Movies**  
 Sunday, May 5th  
 "Singin' in the Rain"  
 Sunday, May 19th  
 "Guys & Dolls"  
 7:00 pm - Movie Theater

**1**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**10:00 am - 2:00 pm** - WELLINGTON BAY HEALTH & WELLNESS FAIR - (Campus Wide) \*See enclosed flyer for event details!  
**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 "The Beekeeper" (MT)

**2**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Chair Fit - Pilates & Core Conditioning (GES)  
**10:15 am** - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)  
**11:00 am** - Transportation Route to Publix, Trader Joe's (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**  
 11:30 am - Calendar Conversation with Julie Ann highlighting May Activities and a resident discussion regarding future activity suggestions (CR)  
**1:00 pm** - Ping Pong Club (2nd Floor)  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:45 pm** - Movie "The Beekeeper" (MT)  
**4:00 pm** - Library Committee Meeting (Library)  
**7:00 pm** - Mexican Train Play (CR)

**3**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Cardio Drumming (GES)  
**10:15 am** - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class \*taught without words (GES)  
**10:00 am** - Knitting Club (AR)  
**11:00 am** - LiveWELL Peaceful Lakeview Meditation (ULB)  
**1:00 pm** - Duplicate Bridge with Director Sid Korn (LC)  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:00 pm** - Fun Friday with Hannah - Cornhole (GES)  
**3:30 - 5:00 pm** - Happy Hour (LL)

**4**  
**9:30 am** - Pickleball Club (PC)  
**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)  
**5:30 - 6:30 pm** - Celebrate Cinco de Mayo! Mariachi Band (LL) (Polo Room)  
**7:30 pm** - Movie "The Beekeeper" (MT)

**5**  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:00 pm** - Rummikub (CR)  
**2:45 pm** - Movie "The Son" (MT)  
**7:00 pm** - May Musical Movie "Singin' in the Rain" (MT)

**6**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:30 am** - Pickleball Club (PC)  
**9:45 am** - Chair Fit - Lengthen, Strengthen & Tone (GES)  
**10:15 am** - LiveWELL Mind Body Fitness - Mat Pilates (GES)  
**11:00 am** - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)  
**1:00 pm** - Musical Monday DVD "The Music of Strangers" Yo-Yo Ma & The Silk Road Ensemble (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)  
**4:00 pm** - Book Club with Karen Kurzer "The Women" by Kristin Hannah (LC)  
**7:30 pm** - Movie "The Son" (MT)


**7**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Cardio Drumming (GES)  
**10:15 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, 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)  
**2:00 pm** - Wellness Committee Meeting (AR)  
**2:45 pm** - Movie "The Son" (MT)  
**4:00 pm** - Chautauqua Pre-Recorded Program "Trevor Potter Forum on Democracy" (LC)  
**7:00 pm** - Bocce Club (BC)  
**7:30 pm** - Phil Leto presents "Firearms in America: Let the Great Debate Continue (LC)

**8**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:00 am** - Marketing/Administration Committee Meeting (AR)  
**9:15 am** - LiveWELL 1.5 MILE WALKING TOUR & Luncheon at Morikami Gardens. Register at Concierge by Friday, May 3rd. \$14 per person plus the cost of lunch to be paid directly onsite.  
**9:45 am** - Pre-Recorded Video - Chair Fit - Dance, Groove & Lift (GES)  
**10:25 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 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** - 92nd Street Y Pre-Recorded Program "Tom Selleck - 'You Never Know: A Memoir'" (LC)  
**7:15 pm** - Poker Play (TR)  
**7:30 pm** - Movie "The Son" (MT)

**9**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Chair Fit - Pilates & Core Conditioning (GES)  
**10:15 am** - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)  
**11:00 am** - Transportation Route to Publix, Whole Foods (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**  
**11:00 am** - Art Class with Art Educator Jamey Kahl "Meet the Artist - Edouard Manet" A brief lecture, followed by the creation of an inspired Acrylic work of art. (AR)  
**1:00 pm** - Ping Pong Club (2nd Floor)  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:00 pm** - Photography Club with Guest Presenter Steve Roth (AR)  
**2:45 pm** - Movie "The Son" (MT)  
**7:00 pm** - Mexican Train (CR)  
**7:30 pm** - Harry Getzov presents "Our Favorite Television Mothers" (LC)

**10**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Cardio Drumming (GES)  
**10:00 am** - Bookmobile (Front Entrance)  
**10:00 am** - Knitting Club (AR)  
**10:15 am** - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class \*taught without words (GES)  
**11:00 am** - LiveWELL Peaceful Lakeview Meditation (ULB)  
**11:00 am** - 92nd Street Y Pre-Recorded Program "In the Spotlight: Emily Blunt in Conversation with MTV's Josh Horowitz: Oppenheimer (LC)  
**1:00 pm** - Duplicate Bridge with Director Sid Korn (LC)  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:00 pm** - Fun Friday with Hannah - Seated Bowling (GES)  
**3:30 - 5:00 pm** - Happy Hour (LL)  
**7:30 pm** - Film Friday "The Best Exotic Marigold Hotel" (MT)

**11**  
**9:30 am** - Pickleball Club (PC)  
**9:45 am** - Balance Class with Rosalee (GES)  
**10:15 am** - Live WELL 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 - 5:00 pm** - Happy Hour (LL)  
**4:00 pm** - Rose Feinberg presents "Three Funny Women: Fanny Brice, Gilda Radner, Joan Rivers" (LC)  
**7:30 pm** - Movie "The Son" (MT)

**Happy Mother's Day!**  **12**  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:00 pm** - Rummikub (CR)  
**2:45 pm** - Movie "The Iron Claw" (MT)  
**3:00 pm** - Musical Duo James Perkowski and Gloria Thompson (LC)

**13**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:30 am** - Pickleball Club (PC)  
**9:45 am** - Chair Fit - Lengthen, Strengthen & Tone (GES)  
**10:15 am** - LiveWELL Mind Body Fitness - Mat Pilates (GES)  
**11:00 am** - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)  
**11:00 am** - RAC Meeting (AR)  
**11:15 am** - Yiddish Club (LC)  
**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 "The Iron Claw" (MT)

**14**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Cardio Drumming (GES)  
**10:15 am** - LiveWELL 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**  
**1:00 pm** - Billiards Club (TR)  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:45 pm** - Movie "The Iron Claw" (MT)  
**6:00 pm** - Prompt bus departure to the Movies of Delray for "Broadway to Hollywood 2 with Jaycee Driesen" Show Tunes and Songs of the Cinema with a Multimedia Video Production (Front Entrance) \$25/per person. **RESERVATIONS REQUIRED BY MAY 7th.**  
**7:00 pm** - Bocce Club (BC)  
**7:30 pm** - Musical Monday DVD Encore Showing "The Music of Strangers" Yo-Yo Ma & The Silk Road Ensemble (MT)

**15**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (GES)  
**10:25 am** - Resident Led Activity- Tai Chi Exercises with Artie Lynnworth (GES)  
**11:00 am** - LiveWELL Peaceful Lakeview Meditation (ULB)  
**11:00 am** - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)  
**11:45 am** - Men's Brunch Bunch with Guest Speaker: John Carey, Inspector General Palm Beach County "Preventing and Detecting Fraud" (Private Dining Room) **PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ mkirsch707@aol.com Individual checks**  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**3:30 pm** - Beginner Line Dancing Basics (GES)  
**3:30 - 5:00 pm** - Happy Hour (LL)  
**4:00 pm** - Line Dancing (GES)  
**7:15 pm** - Poker Play (TR)  
**7:30 pm** - Joyce Saltman presents "A Humorous Look at Sex and Aging" (LC)

**16**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Chair Fit - Pilates & 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)  
**2:00 pm** - Investment Club (AR)  
**2:45 pm** - Movie "The Iron Claw" (MT)  
**4:00 pm** - LiveWELL Lecture Series - "Lung Health" Marcus Eby MD, Thoracic Surgery Specialist - Wellington Regional Medical Center (LC)  
**7:00 pm** - Mexican Train (CR)

**17**  
**9:00 am** - Wellington Walk - Residents Meet for a Morning Walk (TL)  
**9:45 am** - Cardio Drumming (GES)  
**10:00 am** - Knitting Club (AR)  
**10:15 am** - Live WELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class \*taught without words (GES)  
**11:00 am** - LiveWELL Peaceful Lakeview Meditation (ULB)  
**11:00 am** - Transportation Route to Publix, Trader Joe's (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**  
**1:00 pm** - Duplicate Bridge with Director Sid Korn (LC)  
**1:00 - 4:00 pm** - Open Card Play (CR)  
**2:00 pm** - Fun Friday with Hannah - Cornhole (GES)  
**3:30 - 5:00 pm** - Happy Hour (LL)  
**7:30 pm** - Funny Friday DVD "Rita Rudner Live From Las Vegas" (MT)

**18**  
**9:30 am** - Pickleball Club (PC)  
**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 Iron Claw" (MT)

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

19

1:00 – 4:00 pm – Open Card Play (CR)  
 2:00 pm – Rummikub (CR)  
 2:45 pm – Movie “One Life” (MT)  
 7:00 pm – Musical May Movie “Guys and Dolls” (MT)

20

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:30 am – Pickleball Club (PC)  
 9:45 am - Chair Fit - Lengthen, Strengthen & Tone (GES)  
 10:15 am - LiveWELL Mind Body Fitness - Mat Pilates (GES)  
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)  
 1:00 pm – Musical Monday DVD “Andrea Bocelli Live in Tuscany” (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)  
 7:30 pm – Movie “One Life” (MT)

21

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - Cardio Drumming (GES)  
 10:15 am - LiveWELL Mind Body Fitness - Seated 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 pm – Billiards Club (TR)  
 1:00 – 4:00 pm – Open Card Play (CR)  
 2:45 pm – Movie “One Life” (MT)  
 4:00 pm - LiveWELL Lecture Series - “How Mindfulness & Meditation can Enhance Your Life & Health” with Wellness Director Melissa in honor of National Meditation Day (LC)  
 7:00 pm – Bocce Club (BC)  
 7:30 pm – Musical Monday DVD *Encore Showing* “Andrea Bocelli Live in Tuscany” (MT)

22

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (GES)  
 10:25 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)  
 11:00 am - LiveWELL Peaceful Lakeview Meditation (ULB)  
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)  
 11:30 am – Ladies Lunch Bunch (Private Dining Room)  
**PLEASE REGISTER WITH CAROLL RASKIN BY 5/19 @ wbladieslunch@gmail.com Limited Seating Individual Checks**  
 1:00 – 4:00 pm – Open Card Play (CR)  
 3:30 pm - Beginner Line Dancing Basics (GES)  
 3:30 – 5:00 pm – Happy Hour (LL)  
 4:00 pm - Line Dancing (GES)  
 7:15 pm – Poker Play (TR)  
 7:30 pm – Antonio Fins, Politics and Business Editor, Palm Beach Post and USA Today Florida Network presents “Changes in the News Media and How it Impacts the Audience” (LC)

23

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - Chair Fit - Pilates & Core Conditioning (GES)  
 10:15 am - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)  
 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)  
 2:45 pm – Movie “One Life” (MT)  
 4:00 pm - 92nd Street Y Pre-Recorded Program “Caring from Mental Health through Friendship and Creativity: U.S. Surgeon General Dr. Vivek Murthy, Sara Bareilles and Dan Harris in Conversation” (LC)  
 7:00 pm – Mexican Train (CR)

24

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - Cardio Drumming (GES)  
 10:00 am – Bookmobile (Front Entrance)  
 10:00 am – Knitting Club (AR)  
 10:15 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class \*taught without words (GES)  
 11:00 - LiveWELL Peaceful Lakeview Meditation (ULB)  
 1:00 pm – Duplicate Bridge with Director Sid Korn (LC)  
 1:00 – 4:00 pm – Open Card Play (CR)  
 2:00 pm - Fun Friday with Hannah - Seated Bowling (GES)  
 3:30 - 5:00 pm – Happy Hour (LL)  
 7:30 pm – Film Friday “The Parallax View” (MT)

25

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)  
 3:00 pm – Trivia with Irene (LC)  
 3:30 – 5:00 pm – Happy Hour (LL)  
 7:30 pm – Laurie and Phil Adams present “Songs of the 70’s” (LC)

26

1:00 – 4:00 pm – Open Card Play (CR)  
 2:00 pm – Rummikub (CR)  
 2:45 pm – Movie “Land of Bad” (MT)

27

**Memorial Day**  
 ===== ★★★★★ =====  
 9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:30 am – Pickleball Club (PC)  
 9:45 am - Chair Fit - Lengthen, Strengthen & Tone (GES)  
 10:15 am - LiveWELL Mind Body Fitness - Mat Pilates (GES)  
 12:00 pm – Palm Beach Sherriff’s Honor Guard presentation of “The Colors” and Patriotic Music Sing-A-Long with Resident Shelly Block (LC)  
 1:00 – 4:00 pm – Open Card Play (CR)  
 1:00 – 4:00 pm\* - Memorial Day BBQ with music provided by Ian Cooney (LL) (Chukker’s Café) \$30/pp  
**RESERVATIONS REQUIRED BY MAY 20TH 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.**  
 4:00 pm - LiveWELL Peaceful Lakeview Meditation (ULB)  
 7:30 pm – Movie “Land of Bad” (MT)

28

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - Cardio Drumming (GES)  
 10:15 am - LiveWELL Mind Body Fitness- Seated 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 pm – Billiards Club (TR)  
 1:00 – 4:00 pm – Open Card Play (CR)  
 2:45 pm – Movie “Land of Bad” (MT)  
 4:00 pm – Technology Club “Bring Your Device, Get Your Questions Answered” (AR)  
 7:00 pm – Bocce Club (BC)

29

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - BASE Barre Class - Balance, Agility & Stability Exercises for Daily Living (GES)  
 11:00 am - Wellington Bay 2nd Annual LiveWELL Celebration! \*Refreshments, Prizes & Lots of Fun in Honor of National Senior Health & Fitness Day! (LC)  
 1:00 – 4:00 pm – Open Card Play (CR)  
 3:30 pm - Beginner Line Dancing Basics (GES)  
 3:30 – 5:00 pm – Happy Hour (LL)  
 4:00 pm - Line Dancing (GES)  
 4:00 pm – Short Story Group with Karen Kurzer (AR)  
 7:15 pm – Poker Play (TR)  
 7:30 pm – Movie “Land of Bad” (MT)

30

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - Chair Fit - Pilates & Core Conditioning (GES)  
 10:15 am - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES)  
 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 “Land of Bad” (MT)  
 4:30 pm – Wine Club “Rosé Wines” (AR)  
 7:00 pm – Mexican Train (CR)  
 7:30 pm – Motown Music with Ray Coke (LC)

31

9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL)  
 9:45 am - Cardio Drumming (GES)  
 10:00 am – Knitting Club (AR)  
 10:15 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class \*taught without words (GES)  
 11:00 - LiveWELL Peaceful Lakeview Meditation (ULB)  
 1:00 pm – Duplicate Bridge with Director Sid Korn (LC)  
 1:00 – 4:00 pm – Open Card Play (CR)  
 2:00 pm - Fun Friday with Hannah - Cornhole (GES)  
 3:30 - 5:00 pm – Happy Hour (LL)  
 7:30 pm – Funny Friday DVD “Rita Rudner Live From Las Vegas” (MT)



**Chautauqua Pre-Recorded Program**  
 ‘Trevor Potter Forum on Democracy’  
 Tuesday, May 7th  
 4:00 pm  
 Liberty Center



**Film Friday**  
 Friday, May 10  
 “The Best Exotic Marigold Hotel”  
 Friday, May 24  
 “The Parallax View”  
 7:30 pm - Movie Theater



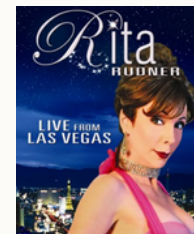
**Celebrate Mother’s Day with Musical Duo James Perkowski and Gloria Thompson**  
 Sunday, May 12  
 3:00 pm  
 Liberty Center



**Outing to the Movies of Delray**  
 JayCee Driesen presents  
**“Broadway to Hollywood - Part 2”**  
 Tuesday, May 14  
 Prompt bus departure @ 6:00 pm  
 Show Tunes and Songs of the Cinema with a Multimedia Video Production  
 \$25/per person  
**Reservations Required by May 7th**



**LiveWell Lecture Series**  
**Thursday, May 16**  
 Dr. Marcus Eby, MD Thoracic Surgery Specialist, Wellington Regional Medical Ctr  
**Tuesday, May 21**  
 Melissa Clark, Wellness Director  
 “How Mindfulness & Meditation Can Enhance Your Life and Health”  
 4:00 pm - Liberty Center



**Funny Friday DVD**  
 “Rita Rudner - Live from Las Vegas”  
 7:30 pm - Movie Theater  
 Two Showings:  
 Friday, May 17 and  
 Friday, May 31



**Memorial Day Celebration**  
 Palm Beach Sherriff’s Honor Guard Presentation of “The Colors” and Patriotic Music Sing-A-Long with Resident Shelly Block  
 Monday, May 27  
 12:00 pm  
 Liberty Center

**92NY**

92nd Street Y  
**Pre-Recorded Programs!**  
 • Tom Selleck ‘You Never Know: A Memoir’  
 • ‘In the Spotlight: Emily Blunt in Conversation with MTV’s Josh Horowitz: Oppenheimer’  
 • ‘Caring from Mental Health through Friendship and Creativity: U.S. Surgeon General Dr. Vivek Murthy, Sara Bareilles and Dan Harris in Conversation’.  
 All lectures will be held in the Liberty Center.  
**Please see your calendar for specific dates and times.**

