

November

Life Enrichment & Wellness

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Holiday Spirit Drive benefitting Wellington Cares November 1 – 22 Please drop off NEW items in the Lobby Please see flyer for list of NEW items needed Please consider donating!</div></div>	<div><div>Wine Wednesday Wednesday, November 1 4:00 pm Legends Lounge NO GUESTS PLEASE</div></div>	<div><div>Daylight Savings Time Saturday, November 4 Fall Back Remember to turn your clocks back one hour before going to bed Saturday night!</div></div>	<div>HOLIDAY SPIRIT DRIVE 1</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Cardio Drumming with Jay!(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) 11:30 am – Calendar Conversation with Julie Ann highlighting November Activities (CR) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 - 5:00 pm – Wine Wednesday (LL) NO GUESTS PLEASE 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Blazing Saddles” (MT)</div>	<div>HOLIDAY SPIRIT DRIVE 2</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Seated Zumba with Laura - 45 min (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 “Blazing Saddles” (MT) 7:00 pm – Mexican Train Play (CR)</div>	<div>HOLIDAY SPIRIT DRIVE 3</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Pre-Recorded Video - Chair Fit - Dance, Groove & Lift (GES) 10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available. (CR) 11:00 am - Resident Led Activity - Intermediate Aquatic Exercises with Isabel Suss (IP) 11:00 am - Art Workshop with Art Educator Jamey Kahl “Oddly Beautiful: Mixed Media” PART 1 OF 2 (AR) MUST BE ABLE TO ATTEND BOTH DATES. SECOND DATE IS 11/17. REGISTRATION REQUIRED BY NOVEMBER 1ST. 1:00 pm – Self-Directed Duplicate Bridge (LC) PLEASE REGISTER WITH SONYA GLASSER AT 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>DAYLIGHT SAVINGS TIME / HOLIDAY SPIRIT DRIVE 4</div> <div>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 “Blazing Saddles” (MT)</div>
<div>HOLIDAY SPIRIT DRIVE 5</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Linoleum” (MT)</div>	<div>HOLIDAY SPIRIT DRIVE 6</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Barre, Balance & Strength with Melissa (GES) 10:15 am - Chair Yoga with Melissa (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) 7:30 pm - Movie “Linoleum” (MT)</div>	<div>ELECTION DAY / HOLIDAY SPIRIT DRIVE 7</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Chair Fit-Pilates & Core Conditioning with Melissa (GES) 10:15 am - Mat Yoga with Standing Balance Postures with Melissa *An Assessment with the Wellness Director is Required before Taking this Class (GES) 10:30 am – Kitchen Tour (Please meet in Chukker’s Café) REGISTRATION REQUIRED BY NOVEMBER 3RD. LIMITED SPACE. 11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreens, CVS (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 1:00 am – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Linoleum” (MT) 4:00 – 5:00 pm – Couples, Connections, Dribbles, and Nibbles (LC) PLEASE WEAR YOUR NAME TAG.</div>	<div>HOLIDAY SPIRIT DRIVE 8</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Cardio Drumming with Jay! (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 pm – Parkinson’s Support Group (MR) Everyone Welcome! 1:00 – 4:00 pm – Open Card Play (CR) 3:30 - 5:00 pm – Happy Hour (LL) 4:30 – 7:30 pm – Sing with Your Supper Karaoke Night (LL) <i>Please plan to dine with us to enjoy this event.</i> 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Linoleum” (MT)</div>	<div>HOLIDAY SPIRIT DRIVE 9</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Seated Zumba with Laura - 45 min (GES) 10:00 am – Bookmobile (Front Entrance) 11:00 am – Transportation Route to Publix, Whole Foods (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:00 am – Caring Visitors Club Organizational Meeting (AR) 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Linoleum” (MT) 7:00 pm – Mexican Train Play (CR) 7:30 pm – Harry Getzov presents “Carole King: ‘A Musical Tapestry’” – Part I (LC)</div>	<div>VETERAN’S DAY OBSERVED / HOLIDAY SPIRIT DRIVE 10</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Pre-Recorded Video - Chair Fit - Pilates & Core Conditioning(GES) 10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available. (AR) 10:00 am – Veteran’s Coffee – Are you a Veteran? Please join us for coffee and conversation with other Veterans. (Chukkers Café) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP) 12:30 pm – Veteran’s Day Ceremony with the Palm Beach Sheriff’s Office Honor Guard – Patriotic Music (LC) 1:15* pm – Self-Directed Duplicate Bridge (LC) PLEASE REGISTER WITH SONYA GLASSER AT 305-582-9012 OR SGLASSER1@GMAIL.COM * Please note start time 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL)</div>	<div>VETERAN’S DAY / HOLIDAY SPIRIT DRIVE 11</div> <div>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 “Linoleum” (MT)</div>
<div>HOLIDAY SPIRIT DRIVE 12</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Scrapper” (MT)</div>	<div>HOLIDAY SPIRIT DRIVE 13</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Sit to Be Fit with Nicole - 45 min (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 – 4:00 pm – Open Card Play (CR) 2:15 pm - Musical Monday DVD “Joshua Bell with Friends at the Penthouse – A Lincoln Center Special” (MT) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm - Movie “Scrapper” (MT)</div>	<div>HOLIDAY SPIRIT DRIVE 14</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Balance with Rosalee (GES) 10:15 am - Chair Yoga with Rosalee (GES) 10:30 am – Alzheimer’s Support Group (MR) Everyone Welcome! 11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreens, CVS (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:45 am – Card Party! Lunch and Card Play – Board Game Play welcome too! (LC) Please bring all items needed. \$14.00 per person, includes lunch and card play. RESERVATIONS REQUIRED BY NOVEMBER 7TH. NO GUESTS PLEASE. 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Scrapper” (MT) 4 pm – Joanne at the Piano (Pre-Function)</div>	<div>HOLIDAY SPIRIT DRIVE 15</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Cardio Drumming with Jay!(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) 11:45 am – Men’s Brunch Bunch (Private Dining Room) PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ mkirsch707@aol.com <i>Individual checks</i> 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm – Afternoon Curiosity Series “Seniors vs. Crime” presented by Wayne Picone, Regional Director Seniors vs. Crime Project. Learn how to protect yourself from all forms of financial victimization. (LC) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Scrapper” (MT)</div>	<div>HOLIDAY SPIRIT DRIVE 16</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Seated Zumba with Laura - 40 min (GES) 10:30 am – Town Hall Meeting (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) 7:00 pm – Mexican Train Play (CR)</div>	<div>HOLIDAY SPIRIT DRIVE 17</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML) 9:45 am - Pre-Recorded Video - Chair Yoga (GES) 10:00 am – Knitting Club - Everyone Welcome! Knitting lessons available (CR) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP) 11:00 am – Art Workshop with Art Educator Jamey Kahl “Oddly Beautiful: Mixed Media” PART 2 OF 2 (AR) MUST BE ABLE TO ATTEND BOTH DATES. FIRST DATE IS 11/3. REGISTRATION REQUIRED BY NOVEMBER 1ST. 1:00 pm – Self-Directed Duplicate Bridge (LC) PLEASE REGISTER WITH SONYA GLASSER AT 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>HOLIDAY SPIRIT DRIVE 18</div> <div>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 “Scrapper” (MT)</div>

November

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MT = Movie Theater

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PG = Putting Green
PPC = Ping-Pong Court

SC = Shuffleboard Court
TR = Trophy Room
WDO = Wellness Director Office
YG = Yoga Garden

SUNDAY

HOLIDAY SPIRIT DRIVE 19

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “The Unknown Country” (MT)

MONDAY

HOLIDAY SPIRIT DRIVE 20

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
9:45 am - Sit to Be Fit with Nicole - 45 min (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:00 am – Craft Class with Resident Elyse Fuhr “Collaborative Canvases with Acrylic Paint” (AR) **REGISTRATION REQUIRED BY NOVEMBER 13TH. LIMITED SPACE.**
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 (MR)
7:30 pm – Movie “The Unknown Country” (MT)

TUESDAY

HOLIDAY SPIRIT DRIVE 21

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
9:45 am - Balance with Rosalee (GES)
10:15 am - Chair Yoga with Rosalee (GES)
11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreens, CVS (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
11:00 am – Craft Class with Resident Elyse Fuhr “Collaborative Canvases with Acrylic Paint” (AR) **REGISTRATION REQUIRED BY NOVEMBER 13TH. LIMITED SPACE.**
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “The Unknown Country” (MT)

WEDNESDAY

HOLIDAY SPIRIT DRIVE 22

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
9:45 am - Cardio Drumming with Jay! (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 “The Unknown Country” (MT)

THURSDAY

23



FRIDAY

24

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
9:45 am - Pre-Recorded Video - Chair Fit - Dance, Groove & Lift (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP)
1:00 pm – Self-Directed Duplicate Bridge (LC) **PLEASE REGISTER WITH SONYA GLASSER AT 305-582-9012 OR SGLASSER1@GMAIL.COM**
1:00 – 4:00 pm – Open Card Play (CR)
3:30 - 5:00 pm – Happy Hour (LL)

SATURDAY

25

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 “The Unknown Country” (MT)

26

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

27

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
9:45 am - Sit to Be Fit with Nicole - 45 min (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
1:00 – 4:00 pm – Open Card Play (CR)
2:30 pm – Musical Monday DVD – “Great Stars of Opera Live in Concert” Baltsa, Shicoff, Aliberti and more! (MT)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm - Movie “Fremont” (MT)

28

9:49:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
5 am - Balance with Rosalee (GES)
10:15 am - Chair Yoga with Rosalee (GES)
11:00 am - “Proper Body Mechanics and Fall Prevention” presented by Maria Fitos, Director of Liberty Rehab (LC)
11:00 am – Transportation Route to Mall, Banks, Walmart, Walgreens, 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 “Fremont” (MT)
4:00 pm – Technology Club “Artificial Intelligence”, followed by both group and one on one assistance (AR)
7:30 pm – Comedian Peter Fogel (LC) **NO GUESTS PLEASE**

29

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
9:45 am - Cardio Drumming with Jay! (GES)
9:45 am – Prompt departure for outing to Loggerhead Marinelife Center Private Guided Tour - Return to Wellington Bay at approximately 12:30 pm. **\$25.00 PER PERSON, REGISTRATION REQUIRED BY NOVEMBER 8TH. MINIMUM OF 12 RESIDENTS FOR THIS TRIP TO RUN.**
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 “Fremont” (MT)

30

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (ML)
9:45 am - Seated Zumba with Laura - 45 min (GES)
11:00 am – Transportation Route to Publix, Whole Foods (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
11:00 am – Book Club with Myrna Lippman “Tom Lake” by Ann Patchett (MR)
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Fremont” (MT)
4:30 pm – Wine Club “Stickies and Sweeties” Pairing bite-sized sweets with dessert wines (AR)
7:00 pm – Mexican Train Play (CR)



Kitchen Tour
Tuesday, November 7
10:30 am
Please meet in
Chukker’s Café
REGISTRATION REQUIRED
BY NOVEMBER 3RD.
LIMITED SPACE



Couples, Connections,
Dribbles and Nibbles
Tuesday, November 7
4:00 – 5:00 pm
Liberty Center
A get-together for
couples to meet
other couples



Caring Visitors
Organizational
Meeting
Thursday,
November 9
11:00 am
Art Room



Veteran’s Day Observed
Friday, November 10
10:00 am – Veteran’s Coffee
and Conversation
12:30 pm – Ceremony
featuring
Palm Beach County
Sheriff’s Office
Honor Guard
and Patriotic Music
Liberty Center



Saturdays with Irene
Saturday,
November 11 and 25
2:00 pm - BINGO
3:30 pm - Trivia
Liberty Center



Card Party!
Lunch and Card Play
(Board Game Play Welcome too!)
Tuesday, November 14
11:45 am - Liberty Center
Please bring all items needed.
\$14/per person
RESERVATIONS REQUIRED BY
NOVEMBER 7TH.
NO GUESTS PLEASE.



Afternoon Curiosity Series
“Seniors vs. Crime”
Presented by
Wayne Picone
Wednesday, November 15
4:00 pm
Learn how to protect
yourself from all forms of
financial victimization



Comedian Peter Fogel
Tuesday, November 28
7:30 pm
Liberty Center
NO GUESTS PLEASE



For Book Lovers!
Short Story Group with
Karen Kurzer
Monday, November 20
4:00 pm – Meditation Room

Book Club with Myrna Lippman
“Tom Lake” by Ann Patchett
Thursday, November 30
11:00 am – Meditation Room

