

October



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
<div></div> <div>Active Aging Culmination and Celebration Tuesday, October 1 11:00 am Liberty Center Linda Sauget and Dr. David Lemonick present “Celebrate Active Aging” Photos and videos will be shared! Refreshments served!</div>	<div></div> <div>Funny Friday DVD “Together Again – Tim Conway and Harvey Korman” Friday, October 4 Friday, October 18 7:30 pm Movie Theater</div>	<div>1</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Cardio Drumming (GES) 11:00 am - WELLINGTON BAY ACTIVE AGING CULMINATION & CELEBRATION featuring key note speakers Linda Sauget, Dr. Lemonick and YOU - We will be sharing your photos and videos for all to enjoy!! *Refreshments will be served (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 – Wellness Committee Meeting (AR) 2:45 pm – Movie “Sight” (MT) 7:00 pm* – Phil Leto “VEEP - A History of the American Vice-Presidency” (LC) *TIMECHANGE</div>	<div>2</div> <div>Rosh Hashanah Begins at Sundown 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Barre, Balance & Strength (GES) 10:00-11:00 am - Open Gym Instruction with Hannah (FC) 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 Rose Hinrich (IP) 11:00 am – Calendar Conversation with Julie Ann highlighting October activities and a resident discussion regarding future activity suggestions (CR) 11:15 am - Sit & Be Fit with Hannah (GES) 11:15 am - LiveWELL Peaceful Lakeview Meditation with Melissa (ULB) 1:00 – 4:00 pm – Open Card Play (CR) 2:30 – 5:00 pm – Happy Hour (LL) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Sight” (MT)</div>	<div>3</div> <div>Rosh Hashanah 10:00 am - Pre-Recorded Video - Chair Fit - Pilates & Core Conditioning (GES) 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 “Sight” (MT) 7:00 pm – Mexican Train Play (CR)</div>	<div>4</div> <div>Rosh Hashanah 10:00 am - Cardio Drumming with Jay! (GES) 10:00 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am – 12:00 pm – Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - Peaceful Lakeview Meditation with Hannah (ULB) 1:30 pm* – Duplicate Bridge with Director Sid Korn (LC) *Please note time change 1:00 – 3:00 pm – Painting Club (AR) <i>All levels welcome! Bring your own supplies</i> 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Funny Friday DVD “Together Again – Tim Conway and Harvey Korman” (MT)</div>	<div>5</div> <div>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) 1:30 pm – Rummikub Play (CR) 1:30 pm – Movie Club “An Affair to Remember” (MT) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Sight” (MT)</div>
<div>6</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Ezra” (MT)</div>	<div>7</div> <div>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) 10:00 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - LiveWELL Mind Body Fitness - Mat Pilates (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:15 am – Yiddish Club (AR) 1:00 – 4:00 pm – Open Card Play (CR) 3:00 pm – HMLS Committee Meeting (AR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 7:30 pm – Movie “Ezra” (MT)</div>	<div>8</div> <div>8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) 9:45 am - Pre-Game 15 min Cardio Warm-Up (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) 10:30 am – Alzheimer’s Support Group (MR) <i>This support group is for caregivers only</i> 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) 2:45 pm – Movie “Ezra” (MT) 4:00 pm – Investment Club “Managed and Non-Managed Accounts” (AR)</div>	<div>9</div> <div>9:00 am – Marketing/Administration Committee Meeting (AR) 9:30 – 11:00 am – Vaccine Clinic (LC) PRE-REGISTRATION REQUIRED 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Barre, Balance & Strength (GES) 10:00 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrich (IP) 11:15 am - Sit & Be Fit with Hannah (GES) 11:15 am - LiveWELL Peaceful Lakeview Meditation with Melissa (ULB) 11:30 am – ‘Fall Inspired’ Flower Arranging Class (AR) REGISTRATION REQUIRED BY OCTOBER 4TH 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 – League of Women Voters presents “2024 Ballot Review” (LC) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Ezra” (MT)</div>	<div>10</div> <div>8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) 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) 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 – Art Class with Art Educator Jamey Kahl “Painted Paper Landscapes” (AR) REGISTRATION REQUIRED BY OCTOBER 3RD 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 “Ezra” (MT) 4:00 pm – 92nd Street Y Pre-Recorded Program “Ben Platt in Conversation and Performance: Honeymind” (AR) 7:00 pm – Mexican Train Play (CR) 7:30 pm – Harry Getzov presents “The Making Of ... ‘Fiddler on the Roof’” (LC)</div>	<div>11</div> <div>Yom Kippur Begins at Sundown 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Cardio Drumming with Jay! (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) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am – 12:00 pm – Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - LiveWELL Peaceful Lakeview Meditation with Melissa (ULB) 12:30 pm* – Duplicate Bridge with Director Sid Korn (LC) *Please note time change 1:00 – 3:00 pm – Painting Club (AR) <i>All levels welcome! Bring your own supplies</i> 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL)</div>	<div>12</div> <div>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) 1:30 pm – Rummikub Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Ezra” (MT)</div>
<div>13</div> <div>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Thelma” (MT)</div>	<div>14</div> <div>9:30 am – Pickleball Club (PC) 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Sit & Be Fit with Hannah (GES) 10:00 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 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) 1:00 pm – Foreign Film “Driving Madeleine” (MT) 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) 4:00 pm – Book Club with Karen Kurzer “The Namesake” by Jhumpa Lahiri (AR) 7:30 pm – Movie “Thelma” (MT)</div>	<div>15</div> <div>8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) 9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Cardio Drumming (GES) 10:00 am – 11:30 pm - Beading Class (Necklaces) with Resident Marlene Gurst (1 of 2 classes) (AR) REGISTRATION REQUIRED BY OCTOBER 8TH 10:00 am – 12:00 pm – Lisbet Open House 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 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Thelma” (MT) 7:30 pm - Foreign Film <i>Encore Showing</i> “Driving Madeleine” (MT)</div>	<div>16</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Barre, Balance & Strength (GES) 10:00-11:00 am - Open Gym Instruction with Hannah (FC) 10:00 am - 11:30 pm – Beading Class (Necklaces) with Resident Marlene Gurst (2 of 2 classes) (AR) REGISTRATION REQUIRED BY OCTOBER 8TH 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 with Melissa (ULB) 11:45 am – Men’s Brunch Bunch with Guest Speaker Jose Zayas “Senior Programs/Elder Care” (PDR) PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ Mkirsch707@aol.com Limited seating <i>Individual checks</i> 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 “Thelma” (MT)</div>	<div>17</div> <div>8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) 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) 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 “Thelma” (MT) 7:30 – 9:30 pm – Second Anniversary Celebration! Complimentary Dancing and Desserts (LC)</div>	<div>18</div> <div>9:45 am - Pre-Game 15 min Cardio Warm-Up (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) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am – 12:00 pm – Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - LiveWELL Peaceful Lakeview Meditation with Melissa (ULB) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 3:00 pm – Painting Club (AR) <i>All levels welcome! Bring your own supplies</i> 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Funny Friday DVD “Together Again – Tim Conway and Harvey Korman” (MT)</div>	<div>19</div> <div>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) 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 “Thelma” (MT)</div>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “The Nana Project” (MT)	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 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Hannah (ULB) 7:30 pm – Movie “The Nana Project” (MT)	10:00 am - Pre-Recorded Video Chair Fit - Dance, Groove & Lift (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 – Alzheimer’s Discussion Group (Resident-Led) (MR) 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “The Nana Project” (MT)	9:45 am - Pre-Game 15 min Cardio Warm-Up (GES) 10:00 am - Barre, Balance & Strength (GES) 11:00-11:00 am - Open Gym Instruction with Hannah (FC) 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 with Melissa(ULB) 11:30 am – Ladies Lunch Bunch with Guest Speaker Hannah Aleman presents “Nutrition Tips and Tricks for Good Health” (PDR) PLEASE REGISTER VIA EMAIL wbladieslunch@gmail.com by 10/16 Organized by Caroli Raskin. Limited Seating <i>Individual checks</i> 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 Nana Project” (MT)	8:45 RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) 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) 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 “The Nana Project” (MT) 4:00 pm - LiveWELL Speaker Series - “Get the Most out of Your Medicare Benefits” - Arlene Smith, Licensed Insurance Agent (LC) 7:00 pm – Mexican Train Play (CR) 7:00 pm – Play the Night Away GAME NIGHT! (CR) Play with friends! Bring your favorite board or card game (or use one of ours!)	9:45 am - Pre-Game 15 min Cardio Warm-Up (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) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am – 12:00 pm – Diamond Girls Club (AR) 11:00 am – 4:00 pm - Open Art Room (AR) 11:15 am - Peaceful Lakeview Meditation with Melissa (ULB) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 3:00 pm – Painting Club (AR) <i>All levels welcome! Bring your own supplies</i> 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – “Music in the Vineyard” Join us for a glass of wine and a classical piano performance by Roberta Rust (LC)	7:30 am – Prompt bus departure for the Walk to End Alzheimer’s (Front Entrance) REGISTRATION REQUIRED 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) 1:30 pm – Rummikub Play (CR) 2:45 pm – Saturday Matinee Movie “The Greatest Showman” (MT) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “The Nana Project” (MT)
27	28	29	30	HALLOWEEN 31	 ‘Fall Inspired’ Flower Arranging Class Wednesday, October 9 11:30 am Art Room REGISTRATION REQUIRED BY OCTOBER 4TH	 League of Women Voters presents “2024 Ballot Review” Wednesday, October 9 4:00 pm Liberty Center
 Art Class with Art Educator Jamey Kahl “Painted Paper Landscapes” Thursday, October 10 11:00 am Art Room REGISTRATION REQUIRED BY OCTOBER 3RD	 92nd Street Y Pre-Recorded Program “Ben Platt in Conversation and Performance: Honeymind” Thursday, October 10 4:00 pm Art Room	 Beading Class with Resident Marlene Gurst Tuesday, October 15 and Wednesday, October 16 (please plan to attend both dates) 10:00 am – 11:30 pm Art Room REGISTRATION REQUIRED BY OCTOBER 8TH	 LiveWELL Speaker Series Arlene Smith, Licensed Insurance Agent presents “Get the Most Your of Your Medical Benefits” Thursday, October 24 4:00 pm - Liberty Center Please bring your smart phone or tablet, Medicare card or Medicare ID	 Craft Class with Resident Elyse Fuhr “Paint by Number” Monday, October 28 OR Tuesday, October 29 11:00 am Art Room REGISTRATION REQUIRED BY OCTOBER 21ST	 Card Party! Lunch and Card Play - Board Game Play Welcome Too! Wednesday, October 30 11:45 am Liberty Center \$18.00 per person REGISTRATION REQUIRED BY OCTOBER 23RD No Guests Please <i>Please bring all items needed</i>	 Halloween Celebration and Costume Contest Thursday, October 31 4:00 – 5:00 pm Legends Lounge Refreshments – Music - Prizes Costumes not required, but strongly encouraged

