

# September

## Life Enrichment & Wellness

AR = Art Room  
BC = Bocce Court  
CR = Card Room

FC = Fitness Center  
GES = Group Exercise Studio  
IP = Indoor Pool

LL = Legends Lounge  
LC = Liberty Center  
ML = Main Lobby  
MR = Meditation Room

MT = Movie Theater  
OP = Outdoor Pool  
PC = Pickleball Court  
PG = Putting Green

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

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY



**Calendar**  
**Conversation with**  
**Julie Ann**  
**highlighting**  
**September activities**  
**Friday, September 1**  
**11:30 am**  
**Art Room**



**Musical Monday DVD**  
**2:30 pm**  
**Movie Theater**  
**9/11 - Carol King,**  
**Welcome to My**  
**Living Room”**  
**9/18 – “Movie Songs**  
**Live”**



**At the Piano**  
**4:00 pm**  
**Joanne – September**  
**12 & 26 (Liberty**  
**Center)**  
**Howard – September**  
**19 (Pre-Function area)**



**Afternoon Curiosity Series**  
**Wednesday,**  
**September 13**  
**4:00 pm**  
**Dr. Matt Klauza presents**  
**“Author Talks – Truman**  
**Capote, The Making and**  
**Breaking of a Celebrity”**



**Bookmobile**  
**Thursday**  
**September 14 & 28**  
**10:00 am**  
**Front Entrance**

**9:45 am - Classical Barre & Core**  
**Conditioning (GES)**  
**10:00 am – Knitting Club - Everyone**  
**Welcome! Knitting lessons available.(AR)**  
**10:15 am - Chair Yoga with Myofascial &**  
**Lymphatic Release Self Massage (GES)**  
**11:00 am - Aqua Flow - Medley of Gentle**  
**Aquatic Exercises for Increased Balance,**  
**Strength & Mobility (IP)**  
**11:30 am – Calendar Conversation with**  
**Julie Ann highlighting September activities**  
**(AR)**  
**1:00 pm – Self-Directed Duplicate Bridge**  
**(LC)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:00 pm - Olympic Game Training -**  
**Cornhole (GES)**  
**3:30 – 5:00 pm – Happy Hour (LL)**

**9:45 am - Functional Strength with**  
**Fitness Trainer Alexander (GES)**  
**10:15 am - Balance & Stability**  
**with Fitness Trainer Alexander**  
**(GES)**  
**1:00 – 4:00 pm – Open Card Play**  
**(CR)**  
**1:30 pm – Rummikub Play (AR)**  
**7:30 pm – Movie “You Hurt My**  
**Feelings” (MT)**

**3**  
**1:00 – 4:00 pm – Open Card**  
**Play (CR)**  
**2:00 pm – Rummikub Play**  
**(CR)**  
**2:45 pm – Movie “Blackberry”**  
**(MT)**

**4**  
**Labor Day**  
**9:45 am - Barre, Balance & Strength**  
**(GES)**  
**10:15 am - Gentle Qigong Meditative**  
**Motion for Balance, Mobility and Inner**  
**Peace (GES)**  
**11:00 am - Aqua Flow - Medley of**  
**Gentle Aquatic Exercises for Increased**  
**Balance & Mobility (IP)**  
**1:00 – 3:15 pm – Entertainer, Ian**  
**Cooney (LL)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:00-3:00 pm - Open Gym Instruction**  
**with Melissa (FC)**  
**7:30 pm - Movie “Blackberry” (MT)**

**5**  
**9:15 am - FIT Cardio High Level Workout**  
**(GES)**  
**9:45 am - Chair Fit-Pilates & Core**  
**Conditioning (GES)**  
**10:15 am - Mat Yoga with Standing**  
**Balance Postures (GES)**  
**11:00 am – Transportation Route to Mall,**  
**Banks, Walmart, Walgreens, CVS (Front**  
**Entrance) REGISTRATION REQUIRED**  
**24 HOURS IN ADVANCE**  
**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**  
**2:45 pm – Movie “Blackberry” (MT)**

**6**  
**National Read-A-Book Day –**  
**A great day to visit our**  
**Wellington Bay Library!**  
**9:45 am - Cardio Drumming (GES)**  
**10:15 am - Resident Led Activity -**  
**Tai Chi Style Exercises with Artie**  
**Lynnworth (GES)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**4:00 pm – Wine Wednesday (LL) No**  
**Guests Please**  
**7:15 pm – Poker Play (TR)**  
**7:30 pm – Harry Getzov presents**  
**“There’s ‘gOLD’ In Them Thar’ Hills!”**  
**(LC)**

**7**  
**9:15 am - FIT Cardio High Level**  
**Workout (GES)**  
**9:45 am - Chair Fit - Dance, Groove &**  
**Lift (GES)**  
**10:15 am - Live WELL Mindful**  
**Meditation with Melissa (GES)**  
**11:00 am – Transportation Route to**  
**Publix, Trader Joe's (Front Entrance)**  
**REGISTRATION REQUIRED 24**  
**HOURS IN ADVANCE**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:45 pm – Movie “Blackberry” (MT)**  
**7:15 pm – Mexican Train Play (CR)**  
**7:30 pm – Dr. Robert Watson presents**  
**“The Manhattan Project: Oppenheimer,**  
**Truman, and the A-Bomb” (LC)**

**8**  
**9:45 am - Classical Barre & Core**  
**Conditioning (GES)**  
**10:00 am – Knitting Club - Everyone**  
**Welcome! Knitting lessons available.**  
**(AR)**  
**10:15 am - Chair Yoga with Myofascial**  
**& Lymphatic Release Self Massage**  
**(GES)**  
**11:00 am - Aqua Flow - Medley**  
**of Gentle Aquatic Exercises for**  
**Increased Balance, Strength & Mobility**  
**(IP)**  
**1:00 pm – Self-Directed Duplicate**  
**Bridge (LC)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:00 pm - Olympic Game Training -**  
**Seated Bowling (GES)**  
**3:30 – 5:00 pm – Happy Hour (LL)**

**9**  
**9:45 am - Functional Strength with**  
**Fitness Trainer Alexander (GES)**  
**10:15 am - Balance & Stability with**  
**Fitness Trainer Alexander (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 pm – Trivia with Irene (LC)**  
**7:30 pm - Movie “Blackberry” (MT)**

**Grandparents Day**  
**10**  
**1:00 – 4:00 pm – Open Card**  
**Play (CR)**  
**2:00 pm – Rummikub Play**  
**(CR)**  
**2:45 pm – Movie “The Thief**  
**Collector” (MT)**

**11**  
**9:45 am - Barre, Balance & Strength**  
**(GES)**  
**10:15 am - Gentle Qigong Meditative**  
**Motion for Balance, Mobility and Inner**  
**Peace (GES)**  
**11:00 am - Aqua Flow - Medley of Gentle**  
**Aquatic Exercises for Increased Balance &**  
**Mobility (IP)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:30 pm – Musical Monday DVD**  
**“Carol King, Welcome to My Living Room”**  
**(MT)**  
**2:00 - 3:00 pm - Open Gym Instruction**  
**with Melissa (FC)**  
**3:30 – 5:00 pm – Happy Hour (LL)**  
**7:30 pm - Movie “The Thief Collector” (MT)**

**12**  
**9:15 am - FIT Cardio High Level Workout**  
**(GES)**  
**9:45 am - Chair Fit-Pilates & Core Conditioning**  
**(GES)**  
**10:15 am - Mat Yoga with Standing Balance**  
**Postures (GES)**  
**11:00 am – Transportation Route to Mall, Banks,**  
**Walmart, Walgreens, CVS (Front Entrance)**  
**REGISTRATION REQUIRED 24 HOURS IN**  
**ADVANCE**  
**10:30 am – Alzheimer’s Support Group – Everyone**  
**Welcome! (MR)**  
**12:45 pm – Opera Hits DVD – Many of opera’s best**  
**loved aria’s, duets and choruses performed (MT)**  
**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**  
**2:45 pm – Movie “The Thief Collector” (MT)**

**13**  
**9:45 am - Cardio Drumming (GES)**  
**10:15 am - Resident Led Activity - Tai Chi**  
**Style Exercises with Artie Lynnworth (GES)**  
**11:00 am - Resident Led Activity - Gentle**  
**Aquatic Exercises with Rose Hinrichs (IP)**  
**11:00 am – Art Class with Elyse Fuhr “Creative**  
**Tin Dolls” (AR) \$20.00 per person paid directly**  
**to instructor. LIMITED SPACE. REGISTRATION**  
**REQUIRED BY SEPTEMBER 5TH.**  
**1:00 pm – Parkinson’s Support Group – Everyone**  
**Welcome! (MR)**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**3:30 – 5:00 pm – Happy Hour (LL)**  
**4:00 pm – Afternoon Curiosity Series: Dr. Matt**  
**Klauza presents “Author Talks – Truman**  
**Capote, The Making and Breaking of a**  
**Celebrity” (LC)**  
**7:15 pm – Poker Play (TR)**  
**7:30 pm – Movie “The Thief Collector” (MT)**

**14**  
**9:15 am - FIT Cardio High Level Workout**  
**(GES)**  
**9:45 am - Chair Fit - Dance, Groove & Lift (GES)**  
**10:00 am – Bookmobile (Front Entrance)**  
**10:15 am - Live WELL Mindful Meditation with**  
**Melissa (GES)**  
**11:00 am – Art Class with Elyse Fuhr “Creative**  
**Tin Dolls” (AR) \$20.00 per person paid directly to**  
**instructor. LIMITED SPACE. REGISTRATION**  
**REQUIRED BY SEPTEMBER 5TH .**  
**11:00 am – Transportation Route to Publix,**  
**Whole Foods (Front Entrance) REGISTRATION**  
**REQUIRED 24 HOURS IN ADVANCE**  
**1:00 – 4:00 pm – Open Card Play (CR)**  
**2:45 pm – Movie “The Thief Collector” (MT)**  
**4:00 pm – Sing-A-Long with resident Shelly**  
**Block (LC)**  
**7:15 pm – Mexican Train Play (CR)**

**15**  
**Erev Rosh Hashanah**  
**9:45 am - Pre-Recorded Video Chair**  
**Fit - Dance, Groove & Lift (GES)**  
**10:00 am – Knitting Club - Everyone**  
**Welcome! Knitting lessons available.**  
**(AR)**  
**1:00 pm – Self-Directed Duplicate**  
**Bridge (LC)**  
**1:00 – 4:00 pm – Open Card Play**  
**(CR)**  
**3:30 – 5:00 pm – Happy Hour (LL)**

**16**  
**Rosh Hashanah**  
**9:45 am - Functional Strength with**  
**Fitness Trainer Alexander (GES)**  
**10:15 am - Balance & Stability with**  
**Fitness Trainer Alexander (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 “The Thief**  
**Collector” (MT)**





# September

## Life Enrichment & Wellness

AR = Art Room

FC = Fitness Center

LL = Legends Lounge

MT = Movie Theater

SC = Shuffleboard Court

BC = Bocce Court

GES = Group Exercise Studio

LC = Liberty Center

OP = Outdoor Pool

TR = Trophy Room

CR = Card Room

IP = Indoor Pool

ML = Main Lobby

PC = Pickleball Court

WDO = Wellness Director Office

MR = Meditation Room

PG = Putting Green

YG = Yoga Garden

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

Rosh Hashanah 17

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

18

**9:45 am** - Barre, Balance & Strength (GES)  
**10:15 am** - Gentle Qigong Meditative Motion for Balance, Mobility and Inner Peace (GES)  
**11:00 am** - Aqua Flow - Medley of Gentle Aquatic Exercises for Increased Balance & Mobility (IP)  
**1:00 – 4:00 pm** – Open Card Play (CR)  
**2:30 pm** – Musical Monday DVD “Movie Songs Live” (MT)  
**2:00 - 3:00 pm** - Open Gym Instruction with Melissa (FC)  
**3:30 – 5:00 pm** – Happy Hour (LL)  
**4:00 pm** – Short Story Group with Karen Kurzer (MR)  
**7:30 pm** – Movie “Air” (MT)

19

**9:15 am** - FIT Cardio High Level Workout (GES)  
**9:45 am** - Chair Fit-Pilates & Core Conditioning (GES)  
**10:15 am** - Mat Yoga with Standing Balance Postures (GES)  
**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 SEPTEMBER 12TH. NO GUESTS PLEASE.**  
**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**  
**2:45 pm** – Movie “Air” (MT)  
**4:00 pm** – Howard at the Piano (Pre-Function)

20

**9:45 am** - Cardio Drumming (GES)  
**10:15 am** - Resident Led Activity - Tai Chi Style 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** *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 “Air” (MT)

21

**9:15 am** - FIT Cardio High Level Workout (GES)  
**9:45 am** - Chair Fit - Dance, Groove & Lift (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 - 4:00 pm** – Open Card Play (CR)  
**2:45 pm** – Movie “Air” (MT)  
**4:00 pm** - Live WELL Group Discussion with Melissa (GES)  
**7:15 pm** – Mexican Train Play (CR)

22

**9:45 am** - Classical Barre & Core Conditioning (GES)  
**10:00 am** – Knitting Club - Everyone Welcome! Knitting lessons available. (AR)  
**10:15 am** - Chair Yoga with Myofascial & Lymphatic Release Self Massage (GES)  
**11:00 am** - Aqua Flow - Medley of Gentle Aquatic Exercises for Increased Balance, Strength & Mobility (IP)  
**11:00 am** – Art Workshop with Art Educator Jamey Kahl “Meet the Artist 101: Vincent van Gogh (AR) **REGISTRATION REQUIRED BY SEPTEMBER 15TH**  
**1:00 pm** – Self-Directed Duplicate Bridge (LC)  
**1:00 – 4:00 pm** – Open Card Play (CR)  
**2:00 pm** - Olympic Game Training - Bocce & Shuffleboard (BC/SC)  
**3:30 - 5:00 pm** – Happy Hour

23

**9:45 am** - Functional Strength with Trainer Alexander (GES)  
**10:15 am** - Balance & Stability with Trainer Alexander (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 pm** – Name That Tune with Irene (LC)  
**7:30 pm** – Movie “Air” (MT)

Erev Yom Kippur 24

**1:00 – 4:00 pm** – Open Card Play (CR)  
**2:00 pm** – Rummikub Play (CR)  
**2:45 pm** – Movie “What’s Love Got to Do with It?” (MT)

Yom Kippur 25

**9:45 am** - Barre, Balance & Strength (GES)  
**10:15 am** - Gentle Qigong Meditative Motion for Balance, Mobility and Inner Peace (GES)  
**11:00 am** - Aqua Flow - Medley of Gentle Aquatic Exercises for Increased Balance & Mobility (IP)  
**1:00 – 4:00 pm** – Open Card Play (CR)  
**2:00 - 3:00 pm** - Open Gym Instruction with Melissa (FC)  
**3:30 – 5:00 pm** – Happy Hour (LL)  
**7:30 pm** - Movie “What’s Love Got to Do with It?” (MT)

26

**9:15 am** - FIT Cardio High Level Workout (GES)  
**9:45 am** - Chair Fit-Pilates & Core Conditioning (GES)  
**10:15 am** - Live WELL Mindful Meditation with Melissa (GES)  
**11:00 am** – Brain Games for Active Minds with Julie Ann (AR)  
**11:00 am** – Transportation Route to Mall, Banks, Walmart, Walgreens, CVS (Front Entrance)  
**REGISTRATION REQUIRED 24 HOURS IN ADVANCE**  
**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**  
**2:45 pm** – Movie “What’s Love Got to Do with It?” (MT)  
**4:00 pm** – Technology Club “How to Use Your Microwave/Oven and Programmable Thermostat”, followed by both group and one on one assistance (AR)

27

**9:45 am** - Cardio Drumming (GES)  
**9:45 am** – Prompt bus departure for Outing: The Elections Experience Tour – Join Supervisor of Elections, Wendy Sartory Link for a behind-the-scenes guided tour and a unique look at Palm Beach County elections. (Front Entrance) **LIMITED SPACE. REGISTRATION REQUIRED BY SEPTEMBER 18TH . Please Note: This is a 60 minute walking tour.**  
**10:15 am** - Resident Led Activity - Tai Chi Style 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 “What’s Love Got to Do with It?” (MT)

28

**9:15 am** - FIT Cardio High Level Workout (GES)  
**9:45 am** - Chair Fit -Dance, Groove & Lift (GES)  
**10:00 am** – Bookmobile (Front Entrance)  
**10:15 am** - Live WELL Mindful Meditation with Melissa (GES)  
**11:00 am** – Book Club with Myrna Lippman “Covenant of Water” by Abraham Verghese (MR)  
**11:00 am** – Transportation Route to Publix and Whole Foods (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**  
**1:00 – 4:00 pm** – Open Card Play (CR)  
**2:45 pm** – Movie “What’s Love Got to Do with It?” (MT)  
**4:30 pm** – Wine Club “The History of Wine: From Babylon to James Bond” (AR)  
**7:15 pm** – Mexican Train Play (CR)

29

**9:45 am** - Classical Barre & Core Conditioning (GES)  
**10:00 am** – Knitting Club - Everyone Welcome! Knitting lessons available. (AR)  
**10:15 am** - Chair Yoga with Myofascial & Lymphatic Release Self Massage (GES)  
**11:00 am** - Aqua Flow - Medley of Gentle Aquatic Exercises for Increased Balance, Strength & Mobility (IP)  
**1:00 pm** – Self-Directed Duplicate Bridge (LC)  
**1:00 – 4:00 pm** – Open Card Play (CR)  
**3:30 pm** - **ALL OLYMPIANS MEET (GES)**  
**\*Wear your T-Shirt to this meeting!**  
**4:00 pm** - **Liberty Game Olympics Opening Ceremony & Social with Kickoff Events** Water Bullseye Drop and Balloon Toss (LL) **\* All Welcome!**

30

**9:45 am** - Functional Strength with Trainer Alexander (GES)  
**10:15 am** - Balance & Stability with Trainer Alexander (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 “What’s Love Got to Do with It?” (MT)



**SING-A-LONG WITH RESIDENT SHELLY BLOCK THURSDAY, SEPTEMBER 14 4:00 PM LIBERTY CENTER**



**Card Party! Lunch and Card Play (Board Gameplay welcome too!) Tuesday, September 19 11:45 am - Liberty Center**  
**Please bring all materials needed. \$14.00 per person, includes lunch and card play. Registration Required by September 12th. No Guests please.**



**Men’s Brunch Bunch Wednesday, September 20 11:45 am Private Dining Room Individual checks PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ mkirsch707@aol.com**



**Art Workshop with Art Educator Jamey Kahl “Meet the Artist 101: Vincent van Gogh” Friday, September 22 11:00 am - Art Room REGISTRATION REQUIRED BY SEPTEMBER 15TH**



**Brain Games for Active Minds with Julie Ann Tuesday, September 26 11:00 am Art Room**



**Wellington Bay Olympics Wellington Wildhorses vs. Silver Stallions September 29 – October 6 Come cheer on your fellow residents! Please see Olympics flyer for event times and locations**



**NEW! Weekly Transportation Route Tuesday and Thursday Bus departs at 11:00 am Please see calendar for route locations REGISTRATION REQUIRED 24 HOURS IN ADVANCE**

