



April 2026 Wellington Bay

- AR = ART ROOM FF = FRONT ENTRANCE LIB = LIBRARY OP = OUTDOOR POOL PFR = PRE-FUNCTION RM TR = TROPHY ROOM
- BC = BOCCE COURT GES = GRP EXER STUDIO LIS = LISBET @ WB PC = PICKLEBALL CT PDR = PRIVATE DINING RM UFB = UPPER FOUNTAINVIEW BALC
- CR = CARD ROOM IP = INDOOR POOL MR = MEDITATION RM PPC = PING PONG CT PG = PUTTING GREEN ULB = UPPER LAKEVIEW BALC
- CC = CHUKKER'S CAFE LL = LEGENDS LOUNGE ML = MAIN LOBBY PR = POLO ROOM SC = SHUFFLEBOARD CT WO = WELLNESS OFFICE
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>One-to-One Fitness Assessments by appointment with Wellness Director Melissa Clark. Please see Concierge to schedule. Appointments will meet in Melissa's office.</p>	 <p>Aqua Flow Tuesdays and Thursday 11:15 am Outdoor Pool Join Melissa & Kimberly for the revitalizing benefits of movement in the water.</p>	 	<p>PASSOVER 1</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Barre, Balance & Strength (GES) 10:30 Culinary Committee Meeting (AR) 10:30 Resident-Led Activity: Tai Chi with Artie Lynnworth (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 11:00 Backgammon Club (CR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 5:00 Passover Seder facilitated by Rabbi Marci Bloch RESERVATIONS REQUIRED (LC) 7:30 Movie "Eleanor the Great" (MT)</p>	<p>2</p> <p>7:30 Coffee & Company (CC) 9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Chair Fit - Pilates & Core Conditioning (GES) 10:30 Administration/Marketing Committee Meeting (AR) 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 11:00 Library Committee Meeting (LIB) 11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:15 LiveWELL Aqua Flow *Weather Permitting (OP) 1:00 Ping Pong Club (PPC) 1:00 Open Card Play (CR) 2:45 Movie "Eleanor the Great" (MT) 4:00 Happy Hour (LL) 7:00 Mexican Train Play (CR)</p>	<p>GOOD FRIDAY 3</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Cardio Drumming (GES) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 Diamond Girls Club (AR) 11:00 Open Art Room (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Duplicate Bridge with Director Sid Korn (LC) 1:00 Open Card Play (CR) 2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 4:00 Happy Hour (LL) 7:30 Musical Entertainer Kristina Notghi (LC)</p>	<p>4</p> <p>9:45 Balance Class with Guest Instructor Rosalee (GES) 10:15 Seated Yoga with Guest Instructor Rosalee (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 12:30 Prompt Bus Departure for "Man of La Mancha" @ the Maltz Theatre \$79/pp REGISTRATION REQUIRED (FE) 1:00 Open Card Play (CR) 1:00 Movie Club "Erin Brockovich" (MT) 4:00 Happy Hour (LL) 7:30 Movie "Eleanor the Great" (MT)</p>
<p>EASTER 5</p> <p>8:30 Pickleball Club (PC) 1:00 Open Card Play (CR) 2:00 Rummikub Play (CR) 2:45 Movie "Fiddler on the Roof" (MT)</p>	<p>6</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 St. Rita's Catholic Church Holy Communion (LIS) 10:00 Chair Fit - Lengthen, Strengthen & Tone (GES) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 Art Class with Art Educator Jamey Kahl "Orchid Lines & Gold" REGISTRATION REQUIRED (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Open Card Play (CR) 3:00 Wellness Committee Meeting (AR) 4:00 HMLS Committee Meeting (AR) 4:00 Happy Hour (LL) 7:30 Movie "Fiddler on the Roof" (MT)</p>	<p>7</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Cardio Drumming (GES) 10:30 Life Enrichment Committee Meeting (AR) 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:15 Outdoor Fit Walk with Melissa *Weather Permitting (PP) 11:15 LiveWELL Aqua Flow *Weather Permitting (OP) 1:00 Billiards Club (TR) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Movie "Fiddler on the Roof" (MT)</p>	<p>8</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Barre, Balance & Strength (GES) 10:30 Resident-Led Activity: Tai Chi with Artie Lynnworth (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 11:00 Backgammon Club (CR) 11:00 Java & Juice with Jay (TR) 1:00 Open Card Play (CR) 1:00 Parkinson's Support Group (AR) 4:00 Happy Hour (LL) 4:00 Travel Club "Our Wine Journey Across Land and Sea" (AR) 7:30 Movie "Marty Supreme" (MT)</p>	<p>9</p> <p>7:30 Coffee & Company (CC) 9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Chair Fit - Pilates & Core Conditioning (GES) 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 10:30 ART CLASS COLLECTIVE DREAMS: FOR A WASTE FREE PLANET PRESENTED BY RESOURCE DEPOT "MIXED MEDIA WOVEN PIECE" REGISTRATION REQUIRED BY 4/6 (AR) 11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:15 THRIVE Life Coaching Program (MR) 11:15 LiveWELL Aqua Flow *Weather Permitting (OP) 1:00 Ping Pong Club (PPC) 1:00 Open Card Play (CR) 2:45 Movie "Marty Supreme" (MT) 4:00 Happy Hour (LL) 4:00 THRIVE Life Coaching Program (MR) 7:00 Mexican Train Play (CR) 7:30 Harry Getzov "The Life and Music of Lerner & Loewe" - Part II (Frederick Loewe - "Gigi" "Camelot") (LC)</p>	<p>10</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Cardio Drumming (GES) 10:00 Knitting Club (AR) 10:00 Bookmobile (FE) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 Diamond Girls Club (AR) 11:00 Open Art Room (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Duplicate Bridge with Director Sid Korn (LC) 1:00 Open Card Play (CR) 2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 4:00 Happy Hour (LL) 7:30 Movie "Marty Supreme" (MT)</p>	<p>11</p> <p>9:45 Balance Class with Guest Instructor Rosalee (GES) 10:15 Seated Yoga with Guest Instructor Rosalee (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Movie "Marty Supreme" (MT)</p>
<p>12</p> <p>8:30 Pickleball Club (PC) 1:00 Open Card Play (CR) 2:00 Rummikub Play (CR) 2:45 Movie "Is This Thing On?" (MT)</p>	<p>13</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 St. Rita's Catholic Church Holy Communion (LIS) 10:00 Chair Fit - Lengthen, Strengthen & Tone (GES) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 RAC Meeting (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Movie "Is This Thing On?" (MT)</p>	<p>14</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Cardio Drumming (GES) 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 10:30 Alzheimer's Caregiver Support Group *Caregivers Only (MR) 11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:00 Exploring the Old Testament Book of Psalms Club (AR) 11:15 Outdoor Fit Walk with Melissa *Weather Permitting (PP) 11:15 LiveWELL Aqua Flow *Weather Permitting (OP) 12:00 LiveWELL Luncheon Lecture with Author Jill Gordon (PDR) 1:00 Billiards Club (TR) 1:00 Open Card Play (CR) 2:00 Mind-Fit Games with Brie Hurley (AR) 2:45 Movie "Is This Thing On?" (MT) 4:00 Happy Hour (LL) 4:00 Investment Club "Keeping Your Estate Planning Documents Up to Date" (AR)</p>	<p>15</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Barre, Balance & Strength (GES) 10:30 Jewelry Making with Resident Marlene Gurst (AR) 10:30 Resident-Led Activity: Tai Chi with Artie Lynnworth (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 11:00 Backgammon Club (CR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 11:45 Men's Brunch Bunch with Guest Speaker Marty Jacobson, Region I Deputy Director of "Seniors vs. Crime Division", FL Attorney General's Office PLEASE REGISTER WITH STEVE TRACHTENBERG @sctrachtenberg@aol.com Individual checks (PDR) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Movie "Schindler's List" (MT)</p>	<p>16</p> <p>7:30 Coffee & Company (CC) 9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Chair Fit - Pilates & Core Conditioning (GES) 10:30 TOWN HALL MEETING (LC) 1:00 Ping Pong Club (PPC) 1:00 Open Card Play (CR) 2:45 Movie "Schindler's List" (MT) 4:00 Happy Hour (LL) 5:00 Culinary Theme Night: "French" (LL) 7:00 Mexican Train Play (CR)</p>	<p>17</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Cardio Drumming (GES) 10:00 Knitting Club (AR) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 Diamond Girls Club (AR) 11:00 Open Art Room (AR) 11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's (FE) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Duplicate Bridge with Director Sid Korn (LC) 1:00 Open Card Play (CR) 2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 4:00 Happy Hour (LL) 7:30 Movie "Schindler's List" (MT)</p>	<p>18</p> <p>9:45 Balance Class with Guest Instructor Rosalee (GES) 10:15 Seated Yoga with Guest Instructor Rosalee (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Musical Duo Jozay & Patti "50's Sock Hop" and April Birthday Celebration (LC)</p>





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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:30 Pickleball Club (PC) 19
 1:00 Open Card Play (CR)
 2:00 Rummikub Play (CR)
 2:45 Movie "The Boy in the Stripped Pajamas" (MT)

9:00 LiveWELL Walk at WELLington Bay (ML) 20
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 St. Rita's Catholic Church Holy Communion (LIS)
 10:00 Chair Fit - Lengthen, Strengthen & Tone (GES)
 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)
 11:00 Craft Class with Resident Elyse Fuhr (1 of 2) "Tote-ally Dazzling" This is a 2-day class REGISTRATION REQUIRED BY 4/13 (AR)
 11:15 LiveWELL Mindful Meditation with Melissa (ULB)
 1:00 Open Card Play (CR)
 1:00 Musical Monday DVD Neil Sedaka "The Show Goes On" (MT)
 4:00 Happy Hour (LL)
 4:00 Circle Rally Ball (MR)
 7:30 Movie "The Boy in the Stripped Pajamas" (MT)

9:00 LiveWELL Walk at WELLington Bay (ML) 21
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 Cardio Drumming (GES)
 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)
 11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)
 11:00 Craft Class with Resident Elyse Fuhr (2 of 2) "Tote-ally Dazzling" This is a 2-day class REGISTRATION REQUIRED BY 4/13 (AR)
 11:15 Outdoor Fit Walk with Melissa *Weather Permitting (PP)
 11:15 LiveWELL Aqua Flow *Weather Permitting (OP)
 1:00 Billiards Club (TR)
 1:00 Open Card Play (CR)
 2:45 Movie "The Boy in the Stripped Pajamas" (MT)
 4:00 Happy Hour (LL)
 7:30 Musical Monday DVD Neil Sedaka "The Show Goes On" (MT)

EARTH DAY 22
 9:00 LiveWELL Walk at WELLington Bay (ML)
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 Barre, Balance & Strength (GES)
 10:30 Resident-Led Activity: Tai Chi with Artie Lynnworth (GES)
 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)
 11:00 Backgammon Club (CR)
 11:15 LiveWELL Mindful Meditation with Melissa (ULB)
 11:30 Ladies Lunch Bunch with Guest Speaker Jeff Heinz, Palm Beach County Community Educator presents "Fall Prevention" PLEASE REGISTER WITH CONCEIRGE Individual checks (PDR)
 1:00 Open Card Play (CR)
 4:00 Happy Hour (LL)
 7:30 Movie TBA (MT)

7:30 Coffee & Company (CC) 23
 9:00 LiveWELL Walk at WELLington Bay (ML)
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 Chair Fit - Pilates & Core Conditioning (GES)
 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)
 11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)
 11:15 Journaling Workshop with Melissa (MR)
 11:15 LiveWELL Aqua Flow *Weather Permitting (OP)
 1:00 Ping Pong Club (PPC)
 1:00 Open Card Play (CR)
 2:45 Movie TBA (MT)
 4:00 Happy Hour (LL)
 4:00 Wine Club "Sicily in a Glass: Exploring the Island's Sun-Drenched Wines" (AR)
 7:00 Mexican Train Play (CR)

9:00 LiveWELL Walk at WELLington Bay (ML) 24
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 Cardio Drumming (GES)
 10:00 Knitting Club (AR)
 10:00 Bookmobile (FE)
 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)
 11:00 Diamond Girls Club (AR)
 11:00 Open Art Room (AR)
 11:15 LiveWELL Mindful Meditation with Melissa (ULB)
 1:00 Duplicate Bridge with Director Sid Korn (LC)
 1:00 Open Card Play (CR)
 4:00 Happy Hour (LL)
 7:30 Kings Academy Honors Choir performs (LC)

9:45 Balance Class with Guest Instructor Rosalee (GES) 25
 10:15 Seated Yoga with Guest Instructor Rosalee (GES)
 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)
 1:00 Open Card Play (CR)
 4:00 Happy Hour (LL)
 7:30 Movie TBA (MT)

8:30 Pickleball Club (PC) 26
 1:00 Open Card Play (CR)
 2:00 Rummikub Play (CR)
 2:45 Movie "The Odd Couple" (MT)

9:00 LiveWELL Walk at WELLington Bay (ML) 27
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 St. Rita's Catholic Church Holy Communion (LIS)
 10:00 Chair Fit - Lengthen, Strengthen & Tone (GES)
 10:00 Outing: Transportation only to Seminole Casino Coconut Creek Return departure from casino to Wellington Bay 3:00 pm REGISTRATION REQUIRED BY 4/20 (FE)
 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)
 11:15 LiveWELL Mindful Meditation with Melissa (ULB)
 1:00 Open Card Play (CR)
 4:00 Happy Hour (LL)
 4:00 Book Club facilitated by Karen Kurzer "The Rest of Our Lives" by Ben Markovitz (AR)
 7:30 Movie "The Odd Couple" (MT)


9:00 LiveWELL Walk at WELLington Bay (ML) 28
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 Cardio Drumming (GES)
 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)
 11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)
 11:15 Outdoor Fit Walk with Melissa *Weather Permitting (PP)
 11:15 LiveWELL Aqua Flow *Weather Permitting (OP)
 1:00 Billiards Club (TR)
 1:00 Open Card Play (CR)
 2:00 Mind-Fit Games with Brie Hurley (AR)
 2:45 Movie "The Odd Couple" (MT)
 4:00 Happy Hour (LL)
 4:00 Technology Club "Create Professional-Grade Photos with Just Your Phone" (AR)

9:00 LiveWELL Walk at WELLington Bay (ML) 29
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 Barre, Balance & Strength (GES)
 10:30 WORDS OF THE HEART - The Power of Ethical Wills in Jewish Tradition with Rabbi Marci Bloch (1 of 2) This is a 2-part class REGISTRATION REQUIRED BY 4/22 (AR)
 10:30 Resident-Led Activity: Tai Chi with Artie Lynnworth (GES)
 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)
 11:00 Backgammon Club (CR)
 11:15 LiveWELL Mindful Meditation with Melissa (ULB)
 1:00 Open Card Play (CR)
 4:00 Happy Hour (LL)
 4:00 LiveWELL Lecture Series dr Leminick & Linda Sauget "Good-bye Sadness" (LC)
 7:30 Movie TBA (MT)

7:30 Coffee & Company (CC) 30
 9:00 LiveWELL Walk at WELLington Bay (ML)
 9:45 Cardio Warm-Up *15 min (GES)
 10:00 Chair Fit - Pilates & Core Conditioning (GES)
 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)
 10:30 WORDS OF THE HEART - The Power of Ethical Wills in Jewish Tradition with Rabbi Marci Bloch (2 of 2) This is a 2-part Class REGISTRATION REQUIRED BY 4/22 (AR)
 11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)
 11:15 LiveWELL Aqua Flow *Weather Permitting (OP)
 1:00 Ping Pong Club (PPC)
 1:00 Open Card Play (CR)
 2:45 Movie TBA (MT)
 4:00 Happy Hour (LL)
 7:00 Mexican Train Play (CR)



"Man of La Mancha"
 Maltz Theatre
 Saturday, April 4
 Prompt 12:30 pm
 Bus Departure
 \$79/per person
 Registration Required



Java and Juice with Jay
 Wednesday, April 8
 11:00 am
 Trophy Room




Collective Dreams For A Waste-Free Planet
 presented by Resource Depot
"Mixed Media Woven Piece"
 Thursday, April 9 | 10:30 am
 Art Room
 Registration Required by 4/6




LiveWELL Luncheon
"Stress Less, Live More: Master the Surprising Secrets to Relieve Stress for Seniors 70s+"
 presented by Jill Gordon,
 Tuesday, April 14
 12:00 pm
 Private Dining Room
 Registration Required



Town Hall Meeting
 Thursday, April 16
 10:30 am
 Liberty Center




April Culinary Theme Night "French"
 Thursday, April 16
 5:00 - 7:00 pm
 Legends Lounge
 Polo Room



Transportation only to Seminole Casino Coconut Creek
 Monday, April 27
 Prompt 10 am
 Bus Departure
 Departure from Casino 3:00 pm
 Registration Required




WORDS OF THE HEART
 The Power of Ethical Wills in Jewish Tradition with Rabbi Marci Bloch
 What wisdom would you pass on to future generations?
 Wednesday, April 29
 Thursday, April 30
 (2-part class)
 10:30 am | Art Room
 Registration Required



Linda Sauget & Dr. David Lemonick
"Goodbye Sadness"
 Practical ways to lift your spirits, build emotional resilience, and rediscover joy in everyday life.
 Wednesday, April 29
 4:00 pm
 Liberty Center

