

August

Life Enrichment & Wellness

AR = Art Room GES = Group Exercise Studio ML = Main Lobby PC = Pickleball Court PPC = Ping-Pong Court ULB - Upper Lakeview Balcony
BC = Bocce Court IP = Indoor Pool MR = Meditation Room PDR = Private Dining Room SC = Shuffleboard Court WO = Wellness Office
CR = Card Room LL = Legends Lounge MT = Movie Theater PFR = Pre-Function Room TL = Tower Lobby YG = Yoga Garden
FC = Fitness Center LC = Liberty Center OP = Outdoor Pool PG = Putting Green TR = Trophy Room

SUNDAY



**One-to-One
Fitness Assessments
by appointment with
Wellness Director
Melissa Clark**
***Please see Concierge
to schedule.
Appointments
will meet
in Melissa's office.**

MONDAY



**Motown Music &
Movement with Melissa
and Hannah**
Splash Through the Past
Every Tuesday and Thursday
11:15 am
Outdoor Pool

TUESDAY



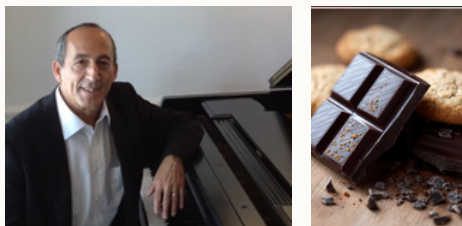
**Celebrate National
Chocolate Chip Cookie Day**
*Enjoy a sweet,
freshly baked treat!*
Monday, August 4
3:30 – 4:30 pm
Lobby

WEDNESDAY



Wine Wednesday
with music provided
by Eduardo
August 6
4:00 – 5:00 pm
Legends Lounge
NO GUESTS PLEASE

THURSDAY



Tunes and Treats with
Jon King Roberts on piano
Sweet Sounds, Sweet Treats,
Sweet Company
Saturday, August 9
3:00 – 4:00 pm
Liberty Center

FRIDAY

1
9:00 am - Wellington Walk - Residents Meet
for a Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (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)
11:00 am – Diamond Girls Club (AR)
11:00 am – 4:00 pm – Open Art Room (AR)
11:15 am - **LiveWELL** Mindful Meditation with
Melissa (ULB)
1:00 pm – Duplicate Bridge with Director Sid Korn
(LC)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 pm – Happy Hour (LL)
6:45 pm – Shabbat Services (Lisbet)

SATURDAY

2
9:00 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee
(GES)
10:15 am - **LiveWELL** Mind Body
Fitness - Seated Yoga with Rosalee
(GES)
1:00 pm – Movie Club “The Three Faces
of Eve” (MT)
1:00 – 4:00 pm – Open Card Play (CR)
1:30 pm – Rummikub Play (CR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Eephus” (MT)

3

8:30 am – Pickleball Club (PC)
1:00 – 4:00 pm – Open Card
Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “Bridget
Jones: Mad About the Boy”
(MT)

4

National Chocolate Chip Cookie Day!

9:00 am - Wellington Walk - Residents Meet for a
Morning Walk (TL)
9:00 am – Pickleball Club (PC)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Chair Fit - Lengthen, Strengthen & Tone
(GES)
10:00 am – St. Rita's Catholic Church Holy
Communion Service (Lisbet Library)
10:30 am - **LiveWELL** Mind Body Fitness - **MirrorMe** -
Easy to Follow Gentle Inspirational QiGong/Yoga
Fusion Class *taught without words (GES)
11:15 am - **LiveWELL** Mindful Meditation with Melissa
(ULB)
11:30 am - 12:00 pm - Open Gym Instruction with
Hannah (FC)
1:00 – 4:00 pm – Open Card Play (CR)
3:30 – 4:30 pm – **Celebrate National Chocolate Chip
Cookie Day with us—stop by and enjoy a sweet,
freshly baked treat! (Lobby)**
4:00 pm – HMLS Committee Meeting (AR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Bridget Jones: Mad About the Boy”
(MT)

5

9:00 am - Wellington Walk - Residents Meet for a
Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Cardio Drumming (GES)
10:30 am - **LiveWELL** Mind Body Fitness - Seated Yoga
with Myofascial & Lymphatic Release Self Massage (GES)
10:45 am – Life Enrichment Committee Meeting (AR)
11:00 am – Transportation Route to Mall, Publix, Target,
Walmart, Walgreens, CVS, Bank of America (Front
Entrance) **REGISTRATION REQUIRED 24 HOURS IN
ADVANCE**
11:15 am - Motown Music & Movement with Melissa in the
Outdoor Pool! (OP)
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 “Bridget Jones: Mad About the Boy” (MT)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Phil Leto “The Enduring Legacy of the 14th
Amendment” (LC) *Coffee available following the lecture*

6

9:00 am - Wellington Walk - Residents
Meet for a Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Barre, Balance & Strength (GES)
10:30 am – Culinary Committee Meeting (AR)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 pm - **LiveWELL** Mindful Meditation with
Melissa (ULB)
4:00 – 5:00 pm – Wine Wednesday with music
provided by Eduardo (LL) **NO GUESTS PLEASE**
7:30 pm – Movie “Bridget Jones: Mad About the
Boy” (MT)

7

7:30 – 10:00 am – Coffee & Company
(Chukker's Café) *Enjoy a cup of coffee, light pastries
and friendly conversation with fellow residents.*
9:00 am - Wellington Walk - Residents Meet for a
Morning Walk (TL)
9:00 am – Administration/Marketing Committee Meeting
(AR)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Chair Fit - Pilates & Core Conditioning (GES)
10:30 am - **LiveWELL** Mind Body Fitness - Qigong with
Mindful Meditation (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 – Library Committee Meeting (Library)
11:15 am - **Motown Music & Movement with Melissa in the
Outdoor Pool! (OP)**
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Bridget Jones: Mad About the Boy” (MT)
4:00 – 5:00 pm – Happy Hour (LL)
7:00 pm – Mexican Train Play (CR)
7:00 pm – *Encore Showing* Musical DVD Andre Rieu
“Power of Love” (MT)

8

9:00 am - Wellington Walk - Residents Meet
for a Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (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)
11:00 am – Diamond Girls Club (AR)
11:00 am – 4:00 pm - Open Art Room (AR)
11:15 am - **LiveWELL** Mindful Meditation with
Melissa (ULB)
1:00 pm – Duplicate Bridge with Director Sid
Korn (LC)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Funny Friday DVD Jackie Mason
“The World According to Me!” (MT)

9

9:00 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee
(GES)
10:15 am - **LiveWELL** Mind Body
Fitness - Seated Yoga with Rosalee
(GES)
1:00 – 4:00 pm – Open Card Play (CR)
1:30 pm – BINGO with Irene (LC)
3:00 pm – “Tunes and Treats” with Jon
King Roberts on piano *Sweet Sounds,
Sweet Treats, Sweet Company* (LC)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Bridget Jones: Mad
About the Boy” (MT)

10

8:30 am – Pickleball Club (PC)
1:00 – 4:00 pm – Open Card
Play (CR)
2:00 pm – Rummikub Play
(CR)
2:45 pm – Movie “Broke” (MT)

11

9:00 am - Wellington Walk - Residents Meet for
a Morning Walk (TL)
9:00 am – Pickleball Club (PC)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Chair Fit - Lengthen, Strengthen & Tone
(GES)
10:00 am – St. Rita's Catholic Church Holy Communion
Service (Lisbet Library)
10:30 am - **LiveWELL** Mind Body Fitness - **MirrorMe** -
Easy to Follow Gentle Inspirational QiGong/Yoga
Fusion Class *taught without words (GES)
11:00 am – Craft Class with Resident Elyse Fuhr
“Resin Tic-Tac-Toe Sets” (1 of 2 classes) (AR)
\$8.00 per person payable directly to the instructor.
REGISTRATION REQUIRED BY AUGUST 4TH.
11:15 am - **LiveWELL** Mindful Meditation with Melissa
(ULB)
11:30 am - 12:00 pm - Open Gym Instruction with
Hannah (FC)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 pm – Short Story Group with Karen Kurzer (AR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Broke” (MT)

12

9:00 am - Wellington Walk - Residents Meet for
a Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (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 – Alzheimer's Support Group (MR)
This support group is for caregivers only
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 – Craft Class with Resident Elyse Fuhr
“Resin Tic-Tac-Toe Sets” (2 of 2 classes) (AR) *\$8.00 per
person payable directly to the instructor.* **REGISTRATION
REQUIRED BY AUGUST 4TH.**
11:15 am - Motown Music & Movement with Melissa in the
Outdoor Pool! (OP)
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Broke” (MT)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm - **Dance Party with Melissa! (PF)**

13

9:00 am - Wellington Walk - Residents
Meet for a Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Barre, Balance & Strength (GES)
11:00 am – Java and Juice with Jay
*Join Executive Director Jay Mikosch and your
fellow residents and neighbors for an informal
chat about life at Wellington Bay (TR)*
1:00 pm – Parkinson's Support Group (AR)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 pm - **LiveWELL** Mindful Meditation
with Melissa (ULB)
4:00 pm – Travel Club “North Florida Adventures:
Exploring Space and History” (AR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Broke” (MT)

14

7:30 – 10:00 am – Coffee & Company (Chukker's Café)
*Enjoy a cup of coffee, light pastries and friendly
conversation with fellow residents.*
9:00 am - Wellington Walk - Residents Meet
for a Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Chair Fit - Pilates & Core Conditioning (GES)
10:30 am - **LiveWELL** Mind Body Fitness - Qigong with Mindful
Meditation (GES)
11:00 am – Transportation Route to Wells Fargo, PNC, Publix,
Whole Foods, Trader Joe's (Front Entrance)
REGISTRATION REQUIRED 24 HOURS IN ADVANCE
11:15 am - **Motown Music & Movement with Melissa in the
Outdoor Pool! (OP)**
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Broke” (MT)
4:00 pm - **THRIVE! Group Life Coaching Session**
with Melissa - *Live on purpose. Feel fully alive!* (AR) *meeting
the second Thursday of each month at 4 PM. Please register by
Thursday, August 7th to reserve your space!
4:00 – 5:00 pm – Happy Hour (LL)
7:00 pm – Mexican Train Play (CR)
7:30 pm – Harry Getzov presents “The Life and Music of
The Gershwin Brothers” Part I – George Gershwin (LC)
Coffee available following the lecture

15

9:00 am - Wellington Walk - Residents
Meet for a Morning Walk (TL)
9:45 am - Cardio Warm-Up *15 min (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)
11:00 am – Diamond Girls Club (AR)
11:00 am – 4:00 pm – Open Art Room (AR)
11:15 am - **LiveWELL** Mindful Meditation with
Melissa (ULB)
1:00 pm – Duplicate Bridge with Director Sid
Korn (LC)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Funny Friday DVD Jackie Mason “The
World According to Me!” (MT)

16

9:00 am – Pickleball Club (PC)
9:45 am - Balance Class with Rosalee
(GES)
10:15 am - **LiveWELL** Mind Body
Fitness - Seated Yoga with Rosalee
(GES)
1:00 – 4:00 pm – Open Card Play (CR)
1:30 pm – Rummikub Play (CR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Broke” (MT)



August

Life Enrichment & Wellness

AR = Art RoomBC = Bocce CourtCR = Card RoomFC = Fitness Center


GES = Group Exercise StudioIP = Indoor PoolLL = Legends LoungeLC = Liberty Center

ML = Main LobbyMR = Meditation RoomMT = Movie TheaterOP = Outdoor Pool

PC = Pickleball CourtPDR = Private Dining RoomPFR = Pre-Function RoomPG = Putting Green

PPC = Ping-Pong CourtSC = Shuffleboard CourtTL = Tower LobbyTR = Trophy Room

ULB = Upper Lakeview BalconyWO = Wellness OfficeYG = Yoga Garden

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>17</div> <div>8:30 am – Pickleball Club (PC) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “The Accountant 2” (MT)</div>	<div>18</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:00 am – Pickleball Club (PC) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES) 10:00 am – St. Rita’s Catholic Church Holy Communion Service (Lisbet Library) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 11:00 am – RAC Meeting (AR) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 11:30 am - 12:00 pm - Open Gym Instruction with Hannah (FC) 1:00 pm – Musical Monday DVD Michael Feinstein “The Sinatra Legacy” (MT) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 pm - Journaling Workshop with Melissa (AR) *Register by August 11th 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “The Accountant 2” (MT)</div>	<div>19</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Cardio Drumming (GES) 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) 11:00 am – Art Class with Art Educator Jamey Kahl “Air-Dry Clay Creations” (AR) REGISTRATION REQUIRED BY AUGUST 12TH 11:15 am - Motown Music & Movement with Melissa in the Outdoor Pool! (OP) 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “The Accountant 2” (MT) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – <i>Encore Showing</i> Musical Monday DVD Michael Feinstein “The Sinatra Legacy” (MT)</div>	<div>20</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Barre, Balance & Strength (GES) 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES) 11:45 am – Men’s Brunch Bunch with Guest Speaker David Darby “The Joy of Sports” (PDR) PLEASE REGISTER WITH STEVE TRACHTENBERG @ sctrachtenberg@aol.com <i>Individual checks</i> 1:00 – 4:00 pm – Open Card Play (CR) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “The Accountant 2” (MT)</div>	<div>21</div> <div>7:30 – 10:00 am – Coffee & Company (Chukker’s Café) <i>Enjoy a cup of coffee, light pastries and friendly conversation with fellow residents.</i> 9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Pilates & Core Conditioning (GES) 10:30 am – Town Hall Meeting (LC) <i>Join us for the latest community updates</i> 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “The Accountant 2” (MT) 4:00 – 5:00 pm – Happy Hour (LL) 7:00 pm – Mexican Train Play (CR)</div>	<div>22</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 10:00 am - Cardio Drumming with Jay/Judy (GES) 10:00 am – Knitting Club (AR) 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 – Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 – 5:00 pm – Happy Hour (LL) 6:45 pm – Shabbat Services (Lisbet) 7:30 pm – Contrast Duo, Pianist Darren Matias and Violinist Yasa Poletaeva (LC)</div>	<div>23</div> <div>9:00 am – Pickleball Club (PC) 9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – Rummikub Play (LC) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “The Accountant 2” (MT)</div>
<div>24</div> <div>8:30 am – Pickleball Club (PC) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “No Address” (MT)</div>	<div>25</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:00 am – Pickleball Club (PC) 9:45 am - Cardio Warm-Up with Hannah! *15 min (GES) 10:00 am - Chair Fit with Hannah! (GES) 10:00 am – St. Rita’s Catholic Church Holy Communion Service (Lisbet Library) 10:30 am – Prompt outing departure to The Gardens Mall, Palm Beach Gardens – Shopping and lunch on your own Prompt return departure from mall at 3:00 pm with approximate return time to Wellington Bay at 3:45 pm (Front Entrance) REGISTRATION REQUIRED BY AUGUST 18th 11:30 am - 12:00 pm - Open Gym Instruction with Hannah (FC) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 pm – Book Club with Karen Kurzer “Horse” by Geraldine Brooks (AR) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “No Address” (MT)</div>	<div>26</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Cardio Drumming (GES) 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 11:15 am - Motown Music & Movement with Melissa in the Outdoor Pool! (OP) 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “No Address” (MT) 4:00 pm – Technology Club “Protect Yourself Online” (AR) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm - ‘Reel Heat: A Summer Film Escape’ “Calendar Girls” <i>Hosted by The Sun & Stars International Film Festival</i> (LC)</div>	<div>27</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Barre, Balance & Strength (GES) 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES) 11:30 am – Ladies Lunch Bunch with Guest Speaker Leslie Jay-Gould <i>Encore Presentation</i> “Mr. Penthouse and Me” (PDR) PLEASE REGISTER AT THE CONCIERGE DESK BY 8/20 <i>Individual checks</i> 1:00 pm – Grief Support Group with Mindy Staum LCSW (MR) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “No Address” (MT)</div>	<div>28</div> <div>7:30 – 10:00 am – Coffee & Company (Chukker’s Café) <i>Enjoy a cup of coffee, light pastries and friendly conversation with fellow residents.</i> 9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Pilates & Core Conditioning (GES) 10:30 am - LiveWELL Mind Body Fitness - Qigong with Mindful Meditation (GES) 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:15 am - Motown Music & Movement with Melissa in the Outdoor Pool! (OP) 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “No Address” (MT) 4:00 – 5:00 pm – Happy Hour (LL) 4:30 pm – Wine Club “Understanding Terroir: What It Is and How it Influences Wine” (AR) 7:00 pm – Mexican Train Play (CR)</div>	<div>29</div> <div>9:00 am - Wellington Walk - Residents Meet for a Morning Walk (TL) 9:45 am - Warm-Up *15 min (GES) 10:00 am - Cardio Drumming (GES) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 10:00 am – Bookmobile (Front Entrance) 10:00 am – Knitting Club (AR) 11:00 am – Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “No Address” (MT)</div>	<div>30</div> <div>9:00 am – Pickleball Club (PC) 9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – Rummikub Play (LC) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Musical Entertainer Terry Cooper and August Birthday Celebration (LC) <i>Light refreshments served following performance</i></div>
<div>31</div> <div>8:30 am – Pickleball Club (PC) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:45 pm – Movie “Ghostlight” (MT)</div>	<div></div> <div><div>Dance Party with Melissa</div><div>Tuesday, August 12</div><div>7:30 pm</div><div>Pre-Function Area</div></div>	<div></div> <div><div>THRIVE! with Melissa</div><div>Live on purpose. Feel fully alive.</div><div>Thursday, August 14</div><div>4:00 pm</div><div>Art Room</div><div>Please register with Concierge by August 7th</div></div>	<div></div> <div><div>Java and Juice with Jay</div><div>Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay</div><div>Wednesday, August 13</div><div>11:00 am</div><div>Trophy Room</div></div>	<div></div> <div><div>Funny Friday DVD</div><div>Jackie Mason</div><div>“The World According to Me!”</div><div>August 8 OR August 15</div><div>7:30 pm</div><div>Movie Theater</div></div>	<div></div> <div><div>Outing - The Gardens Mall, Palm Beach Gardens</div><div>Shopping and Lunch on Your Own</div><div>Monday, August 25</div><div>Prompt bus departure at 10:30 am</div><div>Return departure from mall to Wellington Bay at 3:00 pm</div><div>Approximate return time to Wellington Bay at 3:45 pm</div><div>REGISTRATION REQUIRED BY AUGUST 18TH</div></div>	<div></div> <div><div>West Side Story</div><div>Delray Beach Playhouse</div><div>Friday, September 12</div><div>Bus departs @ 6:00 pm for a 7:30 pm show</div><div>\$53.00/pp, includes transportation</div><div>Reservations required, and may be made at the Concierge Desk</div><div></div></div>