

December

Life Enrichment & Wellness

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

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



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

National Red Apple Day  **1**

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)

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 (Lisbet Library)

10:30 am - LiveWELL Mind Body Fitness - MirrorMe – Gentle Fusion of QiGong, Yoga & Interpretive Movement to Inspirational Music taught with Easy to Follow Visual Cuing (GES)

11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)

1:00 pm – Musical Monday DVD Linda Eder "Christmas Stays the Same" (MT)

1:00 – 4:00 pm – Open Card Play (CR)

3:00 pm - Circle Rally Ball with Melissa for Coordination Agility & Fun! (LC)

4:00 pm – Short Story Group with Karen Kurzer (AR)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Movie "An American in Paris" (MT)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) **2**

9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038

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 – 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 - Outdoor FitWalk Circuit - Meet at the Poolside Patio *just outside rear lobby exit (PP)

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 "An American In Paris" (MT)

3:30 pm – Bocce Club (BC)

4:00 – 5:00 pm – Happy Hour (LL)

6:45 pm – Prompt bus departure for Hanukkah Wrap @ Wellington Community Center benefitting the Jewish Federation of Palm Beach County and Alpert Jewish Family Service. **REGISTRATION REQUIRED BY 12/1**

7:30 pm – Musical Monday DVD *Encore Showing* Linda Eder "Christmas Stays the Same" (MT)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) **3**

9:45 am - Cardio Warm-Up *15 min (GES)

10:00 am - Barre, Balance & Strength (GES)

10:30 am - Resident Led Activity – Tai Chi with Artie Lynnworth (GES)

10:30 am – Culinary Committee Meeting (AR)

11:00 am - Resident Led Activity – Gentle Aquatic Exercises with Rose Hinrichs (IP)

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 "Downton Abbey: The Grand Finale" *Encore Showing* (MT)

7:30 – 10:00 am – Coffee & Company (Chukker's Café) **4**
Enjoy a cup of coffee, light pastries and friendly conversation with fellow residents.

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)

9:00 am – Administration/Marketing Committee Meeting (AR)

9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038

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 – Seated Yoga with Myofascial & Lymphatic Release Self Massage (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 - Outdoor FitWalk Circuit - Meet at the Poolside Patio *just outside rear lobby exit (PP)

1:00 pm – Ping Pong Club (2nd Floor)

1:00 – 4:00 pm – Open Card Play (CR)

2:45 pm – Movie "Downton Abbey: The Grand Finale" *Encore Showing* (MT)

4:00 – 5:00 pm – 'Jingle and Mingle' Christmas Tree Lighting and Yuletide Carolers (ML)

7:00 pm – Mexican Train (CR)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) **5**

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 - Gentle Fusion of QiGong, Yoga & Interpretive Movement to Inspirational Music taught with Easy to Follow Visual Cuing (GES)

11:00 am – Diamond Girls Club (AR)

11:00 – 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)

10:00 am - Balance Class with Rosalee (GES) **6**

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 pm – Movie Club "The Hunt for Red October" (MT)

1:00 – 4:00 pm – Open Card Play (CR)

4:00 – 5:00 pm – Happy Hour (LL)

6:30 pm – Prompt bus departure for the Symphonic Band of the Palm Beaches Holiday Concert "Making Spirits Bright" \$25/pp **RESERVATIONS REQUIRED** (Lobby)

7:30 pm – Movie "Downton Abbey: The Grand Finale" *Encore Showing* (MT)

8:30 am – Pickleball Club (PC) **7**

1:00 – 4:00 pm – Open Card Play (CR)

2:00 pm – Rummikub Play (CR)

2:45 pm – Movie "Secret Mall Apartment" (MT)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) **8**

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 (Lisbet Library)

10:30 am - LiveWELL Mind Body Fitness - MirrorMe – Gentle Fusion of QiGong, Yoga & Interpretive Movement to Inspirational Music taught with Easy to Follow Visual Cuing (GES)

11:00 am – NEW! Backgammon Club Organizational Meeting (AR)

11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)

1:00 pm – Musical Monday DVD Andrea Bocelli and David Foster "My Christmas" (MT)

1:00 – 4:00 pm – Open Card Play (CR)

3:00 pm - Circle Rally Ball with Melissa for Coordination Agility & Fun! (LC)

4:00 pm - Journaling Workshop with Melissa (MR)

4:00 pm – HMLS Committee Meeting (AR)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Movie "Secret Mall Apartment" (MT)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) **9**

9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038

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 – Exploring the Old Testament Book of Psalms Club (AR)

11:15 am - Outdoor FitWalk Circuit - Meet at the Poolside Patio *just outside rear lobby exit (PP)

1:00 pm – Billiards Club (TR)

1:00 – 4:00 pm – Open Card Play (CR)

2:00 pm – Afternoon Adventures! Mind-Fit Games with Brie Hurley (AR)

2:45 pm – Movie "Secret Mall Apartment" (MT)

3:30 pm – Bocce Club (BC)

4:00 pm – Investment Club "Consulting Your Financial Advisor: Tax-Loss Harvesting and Strategies for Maximizing After-Tax Returns" (AR)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Musical Monday DVD *Encore Showing* Andrea Bocelli and David Foster "My Christmas" (MT)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) **10**

9:45 am - Cardio Warm-Up *15 min (GES)

10:00 am - Barre, Balance & Strength (GES)

10:30 am - Resident Led Activity – Tai Chi with Artie Lynnworth (GES)

11:00 am - Resident Led Activity – Gentle Aquatic Exercises with Rose Hinrichs (IP)

11:15 pm - LiveWELL Mindful Meditation with Melissa (ULB)

11:30 am – Ladies Lunch Bunch with Guest Speaker Sherron Permashwar, CPA/PFS "Women of Wellington - Philanthropic Initiatives, and the Many Ways They Strive to Uplift and Connect the Community" **PLEASE REGISTER AT THE CONCIERGE DESK BY 12/3 Individual checks** (PDR)

1:00 pm – Parkinson's Support Group (AR)

1:00 – 4:00 pm – Open Card Play (CR)

4:00 pm – Travel Club "Final Preparations for the North Florida Trip" (AR)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Movie "Little Caesar" (MT)

7:30 – 10:00 am – Coffee & Company (Chukker's Café) **11**
Enjoy a cup of coffee, light pastries and friendly conversation with fellow residents.

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)

9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038

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 – Seated Yoga with Myofascial & Lymphatic Release Self Massage (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 Jamey "Cocoa & Canvas" *A warm and festive acrylic painting class designed for all levels. Explore color blending, brush techniques, and layering to create a cozy winter scene. No prior experience needed!* (AR) **REGISTRATION REQUIRED BY DECEMBER 9TH**

11:15 am - Outdoor FitWalk Circuit - Meet at the Poolside Patio *just outside rear lobby exit (PP)

1:00 pm – Ping Pong Club (2nd Floor)

1:00 – 4:00 pm – Open Card Play (CR)

2:45 pm – Movie "Little Caesar" (MT)

4:00 pm - THRIVE! Group Life Coaching Session with Melissa - Live on purpose. *Feel fully alive!* (AR)

7:00 pm – Mexican Train (CR)

7:30 pm – Foreign Film "The Seed of the Sacred Fig" (MT)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) **12**

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 - Gentle Fusion of QiGong, Yoga & Interpretive Movement to Inspirational Music taught with Easy to Follow Visual Cuing (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)*

11:00 am – Diamond Girls Club (AR)

11:00 am – 4:00 pm – Open Art Room (AR)

1:00 pm – Foreign Film "The Seed of the Sacred Fig" (MT)

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)

7:00 pm – Shabbat Services (Lisbet)

7:30 pm – Piano Virtuoso Mia Vassilev presents "Rhapsodic", a tribute to George Gershwin, weaving his beloved tunes within the iconic Rhapsody in Blue (LC)

10:00 am - Balance Class with Rosalee (GES) **13**

10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)

11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)

12:45 pm - Prompt bus departure for "Million Dollar Quartet" @ the Maltz Theatre \$79/pp **RESERVATIONS REQUIRED** (Front Entrance)

1:00 – 4:00 pm – Open Card Play (CR)

1:30 pm – Rummikub Play (CR)

2:45 pm - Foreign Film "The Seed of the Sacred Fig" (MT)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Movie "Little Caesar" (MT)

First Night of Hanukkah  **14**

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 Roaring Twenties" (MT)

4:00 pm - Menorah Lighting (Lobby)

Second Night of Hanukkah  **15**

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)

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 (Lisbet Library)

10:30 am - LiveWELL Mind Body Fitness - MirrorMe – Gentle Fusion of QiGong, Yoga & Interpretive Movement to Inspirational Music taught with Easy to Follow Visual Cuing (GES)

11:00 am – RAC Meeting (AR)

11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)

1:00 pm – Musical Monday DVD "Lights: Celebrate Hanukkah Live in Concert" (MT)

1:00 – 4:00 pm – Open Card Play (CR)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Movie "The Roaring Twenties" (MT)

7:30 pm – Hanukkah Celebration and Menorah Lighting with Eduardo (LC) *Light refreshments served*

Third Night of Hanukkah  **16**

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)

9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038

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**

11:00 am – Craft Class with Resident Elyse Fuhr "Diamond Art Frames" (AR) **REGISTRATION REQUIRED BY DECEMBER 9TH**

11:15 am - Outdoor FitWalk Circuit - Meet at the Poolside Patio *just outside rear lobby exit (PP)

1:00 pm – Billiards Club (TR)

1:00 – 4:00 pm – Open Card Play (CR)

2:00 pm – Afternoon Adventures! Mind-Fit Games with Brie Hurley (AR)

2:45 pm – Movie "The Roaring Twenties" (MT)

3:30 pm – Bocce Club (BC)

4:00 pm – Menorah Lighting (Lobby)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Musical Monday DVD *Encore Showing* "Lights: Celebrate Hanukkah Live in Concert" (MT)

Fourth Night of Hanukkah  **17**

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)

9:45 am - Cardio Warm-Up *15 min (GES)

10:00 am - Barre, Balance & Strength (GES)

10:15 am – Prompt bus departure for Norton Museum Outing "Shara Hughes & Anastasia Samoylova", followed by lunch on your own at The Restaurant at the Norton \$27/pp + lunch on your own **RESERVATIONS REQUIRED** (Lobby)

10:30 am - Resident Led Activity - Tai Chi with Terry Golden (GES)

11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)

11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)

1:00 – 4:00 pm – Open Card Play (CR)

4:00 pm – Menorah Lighting (Lobby)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Movie "Eleanor the Great" (MT)

Fifth Night of Hanukkah  **18**

7:30 – 10:00 am – Coffee & Company (Chukker's Café) **11**
Enjoy a cup of coffee, light pastries and friendly conversation with fellow residents.

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)

9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038

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) *Join us for the latest community updates!*

1:00 pm – Ping Pong Club (2nd Floor)

1:00 – 4:00 pm – Open Card Play (CR)

2:45 pm – Movie "Eleanor the Great" (MT)

4:00 pm - Menorah Lighting (Lobby)

4:30 pm – Wine Club "Dessert Wines: Stickies & Sweeties" (AR)

5:00 – 7:00 pm – Monthly Theme Night Dinner: Southern (LL)

7:00 pm – Mexican Train (CR)

Sixth Night of Hanukkah  **19**

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (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 - Gentle Fusion of QiGong, Yoga & Interpretive Movement to Inspirational Music taught with Easy to Follow Visual Cuing (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 – Diamond Girls Club (AR)

11:00 – 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 - Menorah Lighting (Lobby)

4:00 – 5:00 pm – Happy Hour (LL)

7:00 pm – Shabbat Services (Lisbet)

7:30 pm – Movie "The Komedian" *Encore Showing* (MT)

Seventh Night of Hanukkah  **20**

10:00 am - Balance Class with Rosalee (GES)

10:30 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)

2:00 pm - Prompt bus departure for the Harid Conservatory Winter Performance \$39/pp **RESERVATIONS REQUIRED** (Front Entrance)

2:45 pm – Trivia with Irene (LC)

4:00 pm - Menorah Lighting (Lobby)

4:00 – 5:00 pm – Happy Hour (LL)

7:30 pm – Movie "Eleanor the Great" (MT)



December Life Enrichment & Wellness

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 FC = Fitness Center LC = Liberty Center OP = Outdoor Pool PG = Putting Green TL = Tower Lobby YG = Yoga Garden

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Eighth Night of Hanukkah  21

8:30 am – Pickleball Club (PC)
1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Piano and Violin Student Recital and performance by Pianist Darren Matias and Violinist Yasa Poletaeva (LC) *A heartwarming afternoon of music with young violinists and pianists, ages 5 – adult. Each student will present pieces that reflect their dedication and love for music. Light refreshments served.*
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “Looking Through Water” (MT)
4:00 pm – Menorah Lighting (Lobby)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) 22

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 (Lisbet Library)
10:30 am - LiveWELL Mind Body Fitness - MirrorMe – Gentle Fusion of QiGong, Yoga & Interpretive Movement to Inspirational Music taught with Easy to Follow Visual Cuing (GES)
11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
11:15 am – Yiddish Club (AR)
1:00 pm – Musical Monday DVD Andre Rieu “Home for the Holidays” (MT)
1:00 – 4:00 pm – Open Card Play (CR)
3:00 pm - Circle Rally Ball with Melissa for Coordination Agility & Fun! (LC)
4:00 pm – Book Club with Karen Kurzer “Waking Lions” by Ayelet Gundar (AR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Looking Through Water” (MT)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) 23

9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038
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 - Outdoor FitWalk Circuit - Meet at the Poolside Patio *just outside rear lobby exit (PP)
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “Looking Through Water” (MT)
3:30 pm – Bocce Club (BC)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Musical Monday DVD *Encore Showing* Andre Rieu “Home for the Holidays” (MT)

Christmas Eve  24

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)
10:00 am - Resident Led Activity - Get Fit with Artie! (GES)
10:30 am - Resident Led Activity - Tai Chi 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)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “The Petrified Forest” (MT)

Christmas  25

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)
1:00 – 4:00 pm – Open Card Play (CR)

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) 26

11:00 am – Diamond Girls 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 – 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)
7:00 pm – Shabbat Services (Lisbet)
7:30 pm – Movie “The Petrified Forest” (MT)

10:00 am - Balance Class with Rosalee (GES) 27

10:30 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)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Musical Entertainer Larry Brendler and December Birthday Celebration (LC) *Light refreshments served*

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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 Public Enemy” (MT)

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9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)
10:00 am - Chair Fit with Fitgroup USA (GES)
10:00 am – St. Rita’s Catholic Church Holy Communion (Lisbet Library)
10:30 am - Chair Yoga with Fitgroup USA (GES)
1:00 pm – Musical Monday DVD George Balanchine’s “The Nutcracker” with the New York City Ballet (MT)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – BINGO with Julie (LC)

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9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL)
9:15 am - Advanced Athletic Aerobic Intervals (FC) *Space limited – Registration AND weekly commitment required. Call Melissa for info and to reserve your spot: 561-423-9038
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 - Outdoor FitWalk Circuit - Meet at the Poolside Patio *just outside rear lobby exit (PP)
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “The Public Enemy” (MT)
3:30 pm – Bocce Club (BC)
4:00 pm – Technology Club “Apple vs. Android: A Tale of Two Philosophies” (AR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – Musical Monday DVD *Encore Showing* George Balanchine’s “The Nutcracker” with the New York City Ballet (MT)

New Year’s Eve  31

9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (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 with Artie Lynnworth (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:15 pm - LiveWELL Mindful Meditation with Melissa (ULB)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 – 5:00 pm – Happy Hour (LL)
7:30 pm – New Year’s Eve Performance: **The Adams Family presents “A Night with Leonard Bernstein”, followed by a countdown and champagne toast** (LC)

*** HAPPY ***
New Year



NEW CLASSES
Monday
 3:00 pm | Liberty Center
Circle Rally Ball with Melissa
For Coordination, Agility & Fun!

Tuesday and Thursday
 9:15 am | Fitness Center
Advanced Athletic Aerobic Intervals
Space limited
 Registration AND weekly commitment required.
 Call Melissa @ 561-423-9038 to reserve your spot

Tuesday and Thursday
 11:15 am | Poolside Patio
Outdoor FitWalk Circuit
A 45-minute outdoor wellness class combining steady walking with simple strength and balance exercises. Enjoy fresh air, light, sunshine and mood-boosting benefits outdoors. Build stamina, coordination and overall vitality!



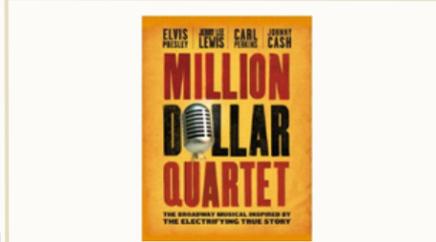
Symphonic Band of the Palm Beaches
“Making Spirits Bright”
Duncan Theater
Exciting Holiday Fare...Come join the fun!
Saturday, December 6
 Prompt 6:30 pm bus departure \$25/pp
Reservations Required



December with Melissa
Journaling Workshop
Monday, December 8
 4:00 pm - Meditation Room
THRIVE!
Thursday, December 11
 4:00 pm - Art Room



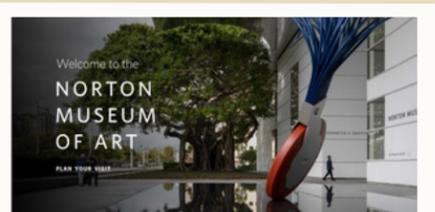
Art Class with Art Educator Jamey Kahl
Cocoa & Canvas
Thursday, December 11
 11:00 am | Art Room
A warm and festive acrylic painting class (for all levels). Explore color blending, brush techniques and layering.
Registration Required by December 9th



Million Dollar Quartet
Maltz Theater
Saturday, December 13
Prompt 12:45 pm bus departure \$79/pp
Reservations Required



Craft Class with Resident Elyse Fuhr
Diamond Art Frames
Tuesday, December 16
 11:00 am
 Art Room



Norton Museum of Art
“Shara Hughes & Anastasia Samoylova”
Wednesday, December 17
 Prompt 10:15 am bus departure
 Lunch on your own at The Restaurant at the Norton
 \$27/pp + lunch on your own
Reservations Required



Harid Conservatory Winter Performance
 Spanish River High School
Saturday, December 20
 Prompt 2:00 pm bus departure
\$39/pp Reservations Required



New Year’s Eve Performance
The Adams Family
“A Night with Leonard Bernstein”
Countdown – Champagne Toast
Wednesday, December 31
 7:30 pm

Other Holidays Celebrated this Month

December 26 - Boxing Day
A post-holiday day of giving, shopping, visiting, and enjoying festive leftovers.

December 26 – January 1 - Kwanzaa
Honoring African heritage, culture, and the shared principles that uplift community.

December 31 - Omisoka
Japan’s New Year’s Eve, a time for cleansing, preparing, and welcoming a fresh start.

