



February

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



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



Resident Bea Lewis and Evelyn Grapek present "Two Sisters...Two Worlds Apart"
 One a Holocaust survivor, the other unaware of her sister's experience
 Sunday, February 1
 2:00 pm - Liberty Center
 Light refreshments served

TUESDAY



LiveWELL Luncheon Lecture LOVE Yourself WELL with Melissa
 Creating simple systems that make living well easy and natural
 Thursday, February 5
 12:00 pm - Private Dining Room
Reservations Required with Concierge
 Individual checks

WEDNESDAY



Equestrian Lunch Tour @ Wellington National
 Friday, February 6
 Prompt bus departure @ 10:00 am
 \$50/per person
Reservations Required

THURSDAY



Let the Games Begin! Winter Olympics Opening Ceremony Gelato Celebration
 Celebrate the Winter Olympics Opening Ceremonies with a scoop of gelato—Italy's favorite frozen treat—as we come together for a sweet start to the Games
 Friday, February 6
 4:00 - 4:45 pm
 Lobby

FRIDAY



Card and Board Games Meet & Greet
 An informal meet-up for card and board game fans to connect and plan future games
 Monday, February 9
 11:30 am - 12:00 pm
 Art Room

SATURDAY



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
 Wednesday, February 11
 11:00 am
 Trophy Room

<p>Love Trivia Challenge: What Roman God is associated with love? 1</p>	<p>Love Trivia Challenge: Who sang the song "Can't Help Falling in Love"? 2</p>	<p>Love Trivia Challenge: What anniversary is known as the "Golden Anniversary"? 3</p>	<p>Love Trivia Challenge: Which longtime acting couple starred together in Guess Who's Coming to Dinner? 4</p>	<p>Love Trivia Challenge: What famous ship is known as a "love story" turned tragedy? 5</p>	<p>Love Trivia Challenge: Who wrote Romeo and Juliet? 6</p>	<p>Love Trivia Challenge: Which TV couple starred in I Love Lucy? 7</p>
<p>8:30 am - Pickleball Club (PC) 1:00 - 4:00 pm - Open Card Play (CR) 2:00 pm - Resident Bea Lewis and Evelyn Grapek share their stories "Two Sisters...Two Worlds Apart" One a Holocaust survivor, the other unaware of her sister's experience (LC) Light refreshments served 2:00 pm - Rummikub Play (CR) 2:45 pm - Movie "The Senior" (MT)</p>	<p>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 "My Favorite Broadway: The Love Songs" (MT) 1:00 - 4:00 pm - Open Card Play (CR) 4:00 pm - HMLS Committee Meeting (AR) 4:00 - 5:00 pm - Happy Hour (LL) 7:30 pm - Movie "The Senior" (MT)</p>	<p>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) 10:30 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 with Melissa - *Weather Permitting - Meet at the Poolside Patio (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 "The Senior" (MT) 4:00 pm - Jeff Heinz, Fire Safety Specialist Palm Beach County Fire Rescue presents "Bystander CPR" (LC) 4:00 - 5:00 pm - Happy Hour (LL) 7:30 pm - Musical Monday DVD <i>Encore Showing</i> "My Favorite Broadway: The Love Songs" (MT)</p>	<p>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) 10:30 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 10:30 am - Culinary Committee Meeting (AR) 11:00 am - Backgammon Club (CR) 11:15 pm - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 - 4:00 pm - Open Card Play (CR) 2:30 pm - National Thank A Mail Carrier Day - Join us as we celebrate and thank Mike, our friendly and dedicated mail carrier! Light refreshments served (Lobby) 4:00 - 5:00 pm - Happy Hour (LL) 7:30 pm - Movie "My Fair Lady" (MT)</p>	<p>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 - 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 - Pilates & Core Conditioning (GES) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 10:30 am - Administration/Marketing Committee Meeting (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 - Library Committee Meeting (Library) 12:00 pm - LiveWELL Luncheon Lecture "LOVE Yourself WELL - Creating simple systems that make living well easy and natural" Melissa Clark (PDR) Registration required @ Concierge. Individual checks 1:00 PM - Ping Pong Club (2nd Floor) 1:00 - 4:00 pm - Open Card Play (CR) 2:45 pm - Movie "My Fair Lady" (MT) 4:00 pm - OLYMPIANS MEET, REHEARSE & TRAIN! (GES) 4:00 - 5:00 pm - Happy Hour (LL) 7:00 pm - Mexican Train Play (CR)</p>	<p>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 - Prompt bus departure for outing to Equestrian Lunch Tour @ Wellington International \$50/pp (Front Entrance) Reservations Required 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 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 - 4:45 pm - Let the Games Begin! Winter Olympics Opening Ceremony Gelato Celebration (Lobby) 4:00 - 5:00 pm - Happy Hour (LL) 7:30 pm - Movie "My Fair Lady" (MT)</p>	<p>9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 10:30 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 pm - Movie Club "An Affair to Remember" (MT) 1:00 - 4:00 pm - Open Card Play (CR) 4:00 - 5:00 pm - Happy Hour (LL) 7:30 pm - Musical Entertainer Jaycee Driesen and February Birthday Cabaret (LC) Light refreshments served</p>
<p>Love Trivia Challenge: Finish the quote: "Love means never having to say you're ___." 8</p> <p>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 Way We Were" (MT) 5:30 pm - Superbowl Celebration (LL) \$15.00 per person to include Chips w/ Salsa & Guacamole, Wings w/ Bleu Cheese, BBQ & Buffalo, BBQ Meatballs, Assorted Cookies, and a complimentary Glass of Beer or House Wine Reservation Deadline 2/5. A charge will apply for cancellations within 24 hours.</p>	<p>Love Trivia Challenge: What classic romantic movie starred Humphrey Bogart and Ingrid Bergman? 9</p> <p>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) 10:00 - 11:30 am - Beading Class (Necklaces) with Resident Marlene Gurst (AR) REGISTRATION REQUIRED BY 2/6 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) 11:30 am - 12:00 pm - Card and Board Games Meet & Greet (CR) An informal meet-up for card and board game fans to connect and plan future games. 1:00 - 4:00 pm - Open Card Play (CR) 4:00 - 5:00 pm - Happy Hour (LL) 7:30 pm - Movie "The Way We Were" (MT)</p>	<p>Love Trivia Challenge: What band sang "All You Need Is Love"? 10</p> <p>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) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 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 11:00 am - Exploring the Old Testament Book of Psalms Club (AR) 11:15 am - Outdoor FitWalk with Melissa - *Weather Permitting - Meet at the Poolside Patio (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 Way We Were" (MT) 4:00 pm - Investment Club Guest Speaker Pat Williams "Preparing for and Surviving Spousal Loss: A Practical Guide to Financial Protection" (AR) 4:00 - 5:00 pm - Happy Hour (LL)</p>	<p>Love Trivia Challenge: What phrase completes this saying: "Love is patient, love is ___." 11</p> <p>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) 10:30 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:00 am - Backgammon Club (CR) 11:00 am - Java & Juice with Jay <i>Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay</i> (TR) 1:00 pm - Parkinson's Support Group (AR) 1:00 - 4:00 pm - Open Card Play (CR) 4:00 pm - Travel Club Guest Speaker Kathy Hatakeyama, Cruise Planners presents "2026 Itineraries" (AR) 4:00 - 5:00 pm - Happy Hour (LL) 7:30 pm - Movie "Annie Hall" (MT)</p>	<p>Love Trivia Challenge: What movie tells the love story of Danny and Sandy? 12</p> <p>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 - 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 - Pilates & Core Conditioning (GES) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 10:30 - 11:15 am - Celebrate Your Love Story! Bring 1-3 wedding photos and share your special memories with fellow residents. Light refreshments served. (AR) 11:00 am - Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:15 am - THRIVE! Group Life Coaching Session with Melissa - Live on purpose. <i>Feel fully alive!</i> (MR) 1:00 pm - Ping Pong Club (2nd Floor) 1:00 - 4:00 pm - Open Card Play (CR) 2:45 pm - Movie "Annie Hall" (MT) 4:00 pm - OLYMPIANS MEET, REHEARSE & TRAIN! (GES) 4:00 - 5:00 pm - Happy Hour (LL) 7:00 pm - Mexican Train Play (CR) 7:30 pm - Harry Getzov "Sammy Davis, Jr. 'Mister Show Business'" - Part II (LC)</p>	<p>Love Trivia Challenge: Which famous baseball player was married to Marilyn Monroe? 13</p> <p>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 - 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) 7:00 pm - Shabbat Services (Lisbet)</p>	<p>Valentine's Day ❤️ WEAR PINK OR RED TODAY 14</p> <p>9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 10:30 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 - 4:00 pm - Open Card Play (CR) 3:30 pm - Prompt bus departure for "Can't Take My Eyes Off You: The Music of Frankie Valli" @ the Maltz Island Theatre Cabaret Series (Front Entrance) \$73/pp Reservations Required 7:45 pm - Movie "Annie Hall" (MT)</p>



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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Love Trivia Challenge: Which famous poet wrote "How do I love thee? Let me count the ways"? 15

8:30 am – Pickleball Club (PC)
 1:30 pm – Prompt bus departure for the Palm Beach Fine Craft Show @ the Palm Beach Convention Center (Front Entrance) **Complimentary Admission. Approximate return time to Wellington Bay 5:00 pm. REGISTRATION REQUIRED BY 2/8**
 1:00 – 4:00 pm – Open Card Play (CR)
 2:00 pm – Rummikub Play (CR)
 2:45 pm – Movie "Nuremberg" (MT)

Love Trivia Challenge: What words are often used to describe a perfect romantic ending? 16

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)
 12:45 pm – Prompt bus departure for "Always: The Music of Irving Berlin" @ Delray Beach Playhouse (Front Entrance) \$47/pp **Reservations Required**
 1:00 – 4:00 pm – Open Card Play (CR)
 4:00 pm - **Circle Rally Ball with Melissa** for Coordination Agility & Fun! (MR)
 4:00 – 5:00 pm – Happy Hour (LL)
 7:30 pm – Movie "Nuremberg" (MT)

Love Trivia Challenge: Which Hollywood couple was known as "America's sweethearts" in the 1950s? 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 - 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** with Melissa - *Weather Permitting - Meet at the Poolside Patio (PP)
 11:00 am – Craft Class with Elyse Fuhr "Diamond Art Eyeglass Case" (AR) **REGISTRATION REQUIRED BY 2/10**
 1:00 pm – Billiards Club (TR)
 1:00 – 4:00 pm – Open Card Play (CR)
 2:45 pm – Movie "Nuremberg" (MT)
 4:00 – 5:00 pm – Happy Hour (LL)

Love Trivia Challenge: Who starred as the leading lady in Breakfast at Tiffany's? 18

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)
 10:30 am - Resident Led Activity – Gentle Aquatic Exercises with Rose Hinrichs (IP)
 11:00 am – Backgammon Club (CR)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 11:45 am – Men's Brunch Bunch with guest speaker Anne Goldberg, author of *A Senior's Guide to Smartphones* presents "Staying Safe Online" (PDR) **PLEASE REGISTER WITH STEVE TRACHTENBERG @ sctrachtenberg@aol.com Individual checks**
 1:00 – 4:00 pm – Open Card Play (CR)
 4:00 – 5:00 pm – Happy Hour (LL)
 7:30 pm – Movie "Love Is a Many Splendored Thing" (MT)

Love Trivia Challenge: Who wrote the novel Pride and Prejudice, centered on love and marriage? 19

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 - 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 - Pilates & Core Conditioning (GES)
 10:30 am – Town Hall Meeting (LC)
 1:00 pm – Ping Pong Club (2nd Floor)
 1:00 – 4:00 pm – Open Card Play (CR)
 2:45 pm – Movie "Love Is a Many Splendored Thing" (MT)
 4:00 pm - **OLYMPIANS MEET, REHEARSE & TRAIN! (GES)**
 4:00 – 5:00 pm – Happy Hour (LL)
 7:00 pm – Mexican Train Play (CR)
 7:30 pm – Monthly Theme Night Dinner: Italian (LL) (Polo Room)

Love Trivia Challenge: Which famous monument was built as a symbol of love in India? 20

10:00 am - **Wellington Bay Community Wide Walk to End Alzheimer's** (Meet at Lisbet Front Entrance)
 11:00 am – Diamond Girls Club (AR)
 11:00 am – 4:00 pm – Open Art Room (AR)
 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 – 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 – Taylor Hagood presents "The Music of Dean Martin" (LC)

Love Trivia Challenge: What does the "X" and "O" in XOXO mean? 21

9:45 am - Balance Class with Rosalee (GES)
 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)
 10:30 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)
 4:00 – 5:00 pm – Happy Hour (LL)
 7:30 pm – Musical Entertainer Mikah Diaz presents "Timeless Melodies" (LC)

Love Trivia Challenge: Which Hollywood couple starred together in The African Queen? 22

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 "On Golden Pond" (MT)

Love Trivia Challenge: Who sang Love Me Tender? 23

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)
 11:15 am – Yiddish Club (AR)
 1:00 pm – Musical Monday DVD Barbra Streisand "Back to Brooklyn" (MT)
 1:00 – 4:00 pm – Open Card Play (CR)
 4:00 pm – Book Club "Atmosphere" by Taylor Jenkins Reid (AR)
 4:00 – 5:00 pm – Happy Hour (LL)
 7:30 pm – Movie "On Golden Pond" (MT)

Love Trivia Challenge: Finish the Quote – "With love, all things are _____." 24

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)
 10:30 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 – Exploring the Old Testament Book of Psalms Club (AR)
 11:15 am - Outdoor **FitWalk** with Melissa - *Weather Permitting - Meet at the Poolside Patio (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 "On Golden Pond" (MT)
 4:00 pm – Technology Club "Appliance Skills 101": Learn to Program and Operate Your Home Appliances, including A/C, Oven, Microwave and more! (Apt. 201)
 4:00 – 5:00 pm – Happy Hour (LL)
 7:30 pm – Musical Monday DVD *Encore Showing* Barbra Streisand "Back to Brooklyn" (MT)

Love Trivia Challenge: Who composed the opera La Traviata, a tragic love story? 25

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)
 10:30 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 11:00 am – Backgammon Club (CR)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 11:30 am – Ladies' Lunch Bunch with Resident, Author, and Columnist Bea Lewis "Relationship Reversal – The Good, the Bad, and the Hilarious" From her book *My Kids Are All Grown Up, So Why Are They Still Driving Me Crazy?* (PDR) **PLEASE REGISTER AT THE CONCIERGE DESK BY 2/18 Individual checks**
 1:00 – 4:00 pm – Open Card Play (CR)
 4:00 – 5:00 pm – Happy Hour (LL)
 7:30 pm – Movie "Truth and Treason" (MT)

Love Trivia Challenge: What European country is often called "the City of Love"? 26

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 - 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 - Pilates & Core Conditioning (GES)
 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)
 11:00 am – Art Class with Art Educator Jamey Kahl "Silent Plazas: Acrylic Painting on Canvas Tote Inspired by Italian Artist Giorgio de Chirico" (AR) **RESERVATIONS REQUIRED BY 2/19**
 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 - **Journaling Workshop with Melissa** (MR)
 1:00 pm – Ping Pong Club (2nd Floor)
 1:00 – 4:00 pm – Open Card Play (CR)
 2:45 pm – Movie "Truth and Treason" (MT)
 4:00 pm - **OLYMPIANS MEET, REHEARSE & TRAIN! (GES)**
 4:00 pm – Wine Club "Visit Uruguay – A Well Kept Wine Secret" (AR)
 4:00 – 5:00 pm – Happy Hour (LL)
 4:00 – 6:00 pm – Legends Radio Rat Pack Trivia Party with Jill and Rich (LC) Refreshments served **RESERVATIONS REQUIRED BY 2/16 BY CALLING AKIKO AT 561-423-9017.**
 7:00 pm – Mexican Train Play (CR)

Love Trivia Challenge: What bird is often used as a symbol of love and peace? 27

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 – 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)
 6:00 pm – Prompt bus departure for "A Night at the Movies" @ Kings Academy (Front Entrance) \$29/pp **Reservations Required**
 7:00 pm – Shabbat Services (Lisbet)

Love Trivia Challenge: What word completes: "Love makes a house a _____"? 28

9:45 am - Balance Class with Rosalee (GES)
 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)
 10:30 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)
 6:30 pm – Prompt bus departure for the Symphonic Band of the Palm Beaches "Mardi Gras" (Front Entrance) \$25/pp **Reservations Required**
 7:30 pm – Movie "Truth and Treason" (MT)



Celebrate Your Love Story!
 Thursday, February 12
 10:30 – 11:15 am
 Art Room
 Bring 1–3 wedding photos and share your special memories with fellow residents
 Light refreshments served



**Can't Take My Eyes Off You:
 The Music of Frankie Valli**
 Maltz Island Theatre
 Cabaret Series
 Saturday, February 14
 Prompt 3:30 pm bus departure
 \$73/pp
 Reservations Required



Palm Beach Fine Craft Show
 Palm Beach Convention Center
 Sunday, February 15
 Prompt 1:30 pm bus departure
 Complimentary
Reservations Required



**Always:
 The Music of Irving Berlin**
 Delray Beach Playhouse
 Monday, February 16
 Prompt 12:45 pm bus departure
 \$47/pp
Reservations Required



Community-Wide Alzheimer's Walk
 An uplifting event with opportunities to participate, donate, and celebrate hope together.
 Friday, February 20
 10:00 am
 Meet at Lisbet Front Entrance



A Night at the Movies
 King's Academy
 Friday, February 27
 Prompt 7:00 pm bus departure
 \$29/pp
 Reservations Required



Symphonic Band of the Palm Beaches "Mardi Gras"
 Duncan Theater
 Saturday, February 28
 Prompt 6:30 pm bus departure
 \$25/pp
Reservations Required

