

July

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><div>One-to-One Fitness Assessments by appointment with Wellness Director Melissa Clark</div><div>*Please see Concierge to schedule. Appointments will meet in Melissa’s office.</div></div> | <div><div>Fourth of July BBQ with music provided by Ian Cooney</div><div>Friday, July 4th - 1:00 – 4:00 pm Legends Lounge/Polo Room \$35.00/per person (includes beer and soft drinks)</div><div>To avoid a charge, please cancel 24 hours in advance. RESERVATIONS REQUIRED BY JUNE 30TH. Last reservations at 3:00 pm</div><div>No parties larger than 8 please.</div><div>Please Note: All restaurants closed for regular lunch and dinner hours.</div></div> | <div>1</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>10:30 am – Culinary Committee Meeting (PDR)</div> <div>10:30 am – Life Enrichment Committee Meeting (AR)</div> <div>11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:15 am - Motown Music & Movement with Melissa & Hannah in the Outdoor Pool! (OP)</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “The Wedding Banquet” (MT)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> | <div>2</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Barre, Balance & Strength (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>7:30 pm – Movie “The Wedding Banquet” (MT)</div> | <div>3</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:00 am – Administration/Marketing Committee Meeting (AR)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Qigong with Mindful Meditation (GES)</div> <div>11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:00 am – Library Committee Meeting (Library)</div> <div>1:00 pm – Ping Pong Club (2nd Floor)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “The Wedding Banquet” (MT)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:00 pm – Mexican Train Play (CR)</div> | <div>Fourth of July </div> <div>4</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>11:00 am – 4:00 pm – Open Art Room (AR)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>1:00 – 4:00 pm – Fourth of July BBQ with music provided by Ian Cooney (LL) (Polo Room) \$35.00/per person (includes beer and soft drinks)</div> <div>To avoid a charge, please cancel 24 hours in advance. RESERVATIONS REQUIRED BY JUNE 30TH. Last reservations at 3:00 pm. No parties larger than 8 please. Please Note: All restaurants closed for regular lunch and dinner hours.</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> | <div>5</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 pm – Movie Club “Breakfast at Tiffany’s” (MT)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>1:30 pm – Rummikub Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “The Wedding Banquet” (MT)</div> |
| <div>6</div> <div>8:30 am – Pickleball Club (PC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Rummikub Play (CR)</div> <div>2:45 pm – Movie “Greek Mothers Never Die” (MT)</div> | <div>7</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)</div> <div>10:00 am – St. Rita's Catholic Church Holy Communion Service (Lisbet Library)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>11:30 am - 12:00 pm - Open Gym Instruction with Hannah (FC)</div> <div>12:30 pm – Musical Monday DVD Andre Rieu “Power of Love” (MT)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 pm – HMLS Committee Meeting (AR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Greek Mothers Never Die” (MT)</div> | <div>8</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>10:30 am – Alzheimer’s Support Group (MR) This support group is for caregivers only</div> <div>11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:15 am - Motown Music & Movement with Melissa & Hannah in the Outdoor Pool! (OP)</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Greek Mothers Never Die” (MT)</div> <div>4:00 pm – Investment Club “How to Select a Financial Advisor” (AR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> | <div>9</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Barre, Balance & Strength (GES)</div> <div>10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:00 am – Java with Jay Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay (TR)</div> <div>1:00 pm – Parkinson’s Support Group (AR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>4:00 pm – Travel Club (AR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Greek Mothers Never Die” (MT)</div> | <div>10</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Qigong with Mindful Meditation (GES)</div> <div>11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:15 am - Journaling Workshop With Melissa! Journals and pens provided. (AR) *Register at the Concierge by Tuesday July 3RD</div> <div>1:00 pm – Ping Pong Club (2nd Floor)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Greek Mothers Never Die” (MT)</div> <div>3:30 – 4:30 pm – Celebrate National Ice Cream Month! Make Your Own Ice Cream Sundaes (Lobby)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:00 pm – Mexican Train Play (CR)</div> <div>7:30 pm – Dazzling Dynamic Duo: Musical Entertainers David Orson and Gary Clark A thrilling evening of Broadway and beyond (LC)</div> | <div>11</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:00 am – Knitting Club (AR)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>11:00 am – Diamond Girls Club (AR)</div> <div>11:00 am – 4:00 pm - Open Art Room (AR)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>1:00 pm – Duplicate Bridge with Director Sid Korn (LC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>6:45 pm – Shabbat Services (Lisbet)</div> <div>7:30 pm – Funny Friday DVD Brian Regan “Standing Up” (MT)</div> | <div>12</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>1:30 pm – Rummikub Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Musical Entertainer Larry Brendler and July Birthday Celebration (LC) Light refreshments served following performance</div> |
| <div>13</div> <div>8:30 am – Pickleball Club (PC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Rummikub Play (CR)</div> <div>2:45 pm – Movie “Trail of Vengeance” (MT)</div> | <div>14</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)</div> <div>10:00 am – St. Rita’s Catholic Church Holy Communion Service (Lisbet Library)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:00 am – RAC Committee Meeting (AR)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>11:30 am - 1200 pm - Open Gym Instruction with Hannah (FC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 pm – Short Story Group with Karen Kurzer (AR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Trail of Vengeance” (MT)</div> | <div>15</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:00 am – Art Class with Art Educator Jamey Kahl “Dried Floral Bookmark Workshop” (AR)</div> <div>REGISTRATION REQUIRED BY JULY 8TH</div> <div>11:15 am - Motown Music & Movement with Melissa & Hannah in the Outdoor Pool! (OP)</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Trail of Vengeance” (MT)</div> <div>4:00 pm - LiveWELL Speakers Series “Gynecological Oncology” Dr. Evan Levy from the FL Cancer Specialists brought to you by Wellington Regional Medical Center (LC)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Phil Leto “The Supreme Court Speaks” Coffee available following lecture (LC)</div> | <div>16</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Barre, Balance & Strength (GES)</div> <div>10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:45 am – Men’s Brunch Bunch with Guest Speaker Melissa Clark, Wellness Director “Strong, Sharp & Still in the Game – The Real Power of Staying Active after 60” (PDR)</div> <div>PLEASE REGISTER WITH MARK HOFFMAN @mhoffman444@gmail.com Individual checks</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Trail of Vengeance” (MT)</div> | <div>17</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am – Town Hall Meeting (LC) Join us for the latest community updates</div> <div>1:00 pm – Ping Pong Club (2nd Floor)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Trail of Vengeance” (MT)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:00 pm – Mexican Train Play (CR)</div> | <div>18</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:00 am – Bookmobile (Front Entrance)</div> <div>10:00 am – Knitting Club (AR)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:00 am – Diamond Girls Club (AR)</div> <div>11:00 am – 4:00 pm – Open Art Room (AR)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>1:00 pm – Duplicate Bridge with Director Sid Korn (LC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Master Musician Cristian Gutierrez, hosted by Residents Artie and Margy Lynnworth (LC)</div> | <div>19</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>1:30 pm – Rummikub Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Trail of Vengeance” (MT)</div> |



July

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|--|---|
| <div>20</div> <div>8:30 am – Pickleball Club (PC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Rummikub Play (CR)</div> <div>2:45 pm – Movie “October 8”</div> <div>Please note: this movie is a documentary (MT)</div> | <div>21</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)</div> <div>10:00 am – St. Rita’s Catholic Church Holy Communion Service (Lisbet Library)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>11:30 am - 12:00 pm - Open Gym Instruction with Hannah (FC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 pm – Book Club with Karen Kurzer “Song of a Captive Bird” by Jasmin Darznik (AR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “October 8” Please note: this movie is a documentary (MT)</div> | <div>22</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness- Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance)</div> <div>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:00 am – 1:00 pm – Medical Equipment Clinic (AR)</div> <div>1:30 – 4:00 pm – Medical Equipment Clinic (Lisbet Lobby). Sponsored by DME Medical Supplies (AR)</div> <div>11:15 am - Motown Music & Movement with Melissa & Hannah in the Outdoor Pool! (OP)</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “October 8” Please note: this movie is a documentary (MT)</div> <div>4:00 pm - LiveWELL Speakers Series -“The Skin Your In: an update on what’s new in Dermatology in 2025” Brad P. Glick, DO, MPH, FAAD Board Certified Dermatologist (LC)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – ‘Reel Heat: A Summer Film Escape’ “Bella” Hosted by The Sun & Stars International Film Festival (LC)</div> | <div>23</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Barre, Balance & Strength (GES)</div> <div>10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:30 am – Ladies Lunch Bunch with Guest Speaker Frances Peyton, WPTV Meteorologist “Forecasting Extreme Weather Conditions in South Florida” (PDR) PLEASE REGISTER AT THE CONCIERGE DESK BY 7/16 Individual checks</div> <div>1:00 pm – Grief Support Group with Mindy Staum LCSW (MR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “October 8” Please note: this movie is a documentary (MT)</div> | <div>24</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Qigong with Mindful Meditation (GES)</div> <div>11:00 am – Craft Class with Elyse Fuhr “Beyond the Box” Paint and embellish a round multi-purpose wooden box (AR) REGISTRATION REQUIRED BY JULY 17TH</div> <div>11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>1:00 pm – Ping Pong Club (2nd Floor)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “October 8” Please note: this movie is a documentary (MT)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:00 pm – Mexican Train Play (CR)</div> | <div>25</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>10:00 am – Knitting Club (AR)</div> <div>11:00 am – Diamond Girls Club (AR)</div> <div>11:00 am – 4:00 pm – Open Art Room (AR)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>1:00 pm – Duplicate Bridge with Director Sid Korn (LC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>6:45 pm – Shabbat Services (Lisbet)</div> <div>7:30 pm – Funny Friday DVD Brian Regan “Standing Up” (MT)</div> | <div>26</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Balance Class with Rosalee (GES)</div> <div>10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>1:30 pm – BINGO with Irene (LC)</div> <div>2:45 pm – Trivia with Irene (LC)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “October 8”</div> <div>Please note: this movie is a documentary (MT)</div> |
| <div>27</div> <div>8:30 am – Pickleball Club (PC)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:00 pm – Rummikub Play (CR)</div> <div>2:45 pm – Movie “Eephus” (MT)</div> | <div>28</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:00 am – Pickleball Club (PC)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)</div> <div>10:00 am – St. Rita’s Catholic Church Holy Communion Service (Lisbet Library)</div> <div>10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>11:15 am – Yiddish Club (AR)</div> <div>11:30 am - 12:00 pm - Open Gym Instruction with Hannah (FC)</div> <div>12:30 pm – Musical Monday DVD Andre Rieu “Power of Love” (MT)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Eephus” (MT)</div> | <div>29</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Cardio Drumming (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)</div> <div>11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>11:15 am - Motown Music & Movement with Melissa & Hannah in the Outdoor Pool! (OP)</div> <div>1:00 pm – Billiards Club (TR)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Eephus” (MT)</div> <div>4:00 pm – Technology Club “All About the Apple Watch” (AR)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm - Special Dance Party with Melissa featuring lessons with Fred Astaire of Wellington! (PFR)</div> | <div>30</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Barre, Balance & Strength (GES)</div> <div>10:30 am – Prompt bus departure for outing to Town Center Mall, Boca Raton - 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 JULY 23RD</div> <div>11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>7:30 pm – Movie “Eephus” (MT)</div> | <div>31</div> <div>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)</div> <div>9:45 am - Cardio Warm-Up *15 min (GES)</div> <div>10:00 am - Chair Fit - Pilates & Core Conditioning (GES)</div> <div>10:30 am - LiveWELL Mind Body Fitness- Qigong with Mindful Meditation (GES)</div> <div>11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE</div> <div>1:00 pm – Ping Pong Club (2nd Floor)</div> <div>1:00 – 4:00 pm – Open Card Play (CR)</div> <div>2:45 pm – Movie “Eephus” (MT)</div> <div>4:00 – 5:00 pm – Happy Hour (LL)</div> <div>4:30 pm – Wine Club “Georgia Wines” (AR)</div> <div>7:00 pm – Mexican Train Play (CR)</div> | <div></div> <div>Java 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, July 9</div> <div>11:00 am</div> <div>Trophy Room</div> | <div></div> <div>Journaling Workshop with Melissa</div> <div>Begin this mindful practice that centers you</div> <div>Personalized journaling for your total well-being!</div> <div>Journals and pens provided</div> <div>Thursday, July 10</div> <div>11:15 am</div> <div>Art Room</div> <div>REGISTRATION REQUIRED BY JULY 3RD</div> |
| <div></div> <div>Celebrate National Ice Cream Month!</div> <div>Make Your Own Ice Cream Sundaes</div> <div>Thursday, July 10</div> <div>3:30 – 4:30 pm</div> <div>Lobby</div> | <div></div> <div>Funny Friday DVD</div> <div>Brian Regan</div> <div>“Standing Up”</div> <div>Friday, July 11</div> <div>Friday, July 25</div> <div>7:30 pm - Movie Theater</div> | <div></div> <div>LiveWELL Speaker Series</div> <div>Dr. Evan Levy</div> <div>from the FL Cancer Specialists brought to you by Wellington</div> <div>Regional Medical Center</div> <div>“Gynecological Oncology”</div> <div>Tuesday, July 15</div> <div>4:00 pm - Liberty Center</div> | <div></div> <div>LiveWELL Speaker Series</div> <div>Brad P. Glick, DO, MPH, FAAD, Board Certified Dermatologist</div> <div>“The Skin You’re In: An Update on What’s New in Dermatology in 2025”</div> <div>Tuesday, July 22</div> <div>4:00 pm - Liberty Center</div> | <div></div> <div></div> <div>‘Reel Heat: A Summer Film Escape’</div> <div>“Bella”</div> <div>Hosted by The Sun & Stars International Film Festival</div> <div>Tuesday, July 22</div> <div>7:30 pm</div> <div>Liberty Center</div> | <div></div> <div>Special Dance Party with Melissa!</div> <div>Featuring lessons with Fred Astaire of Wellington</div> <div>Tuesday, July 29</div> <div>7:30 pm</div> <div>Pre-Function</div> | <div></div> <div>Town Center Mall, Boca Raton Outing</div> <div>Shopping and Lunch on Your Own</div> <div>Wednesday, July 30</div> <div>Prompt bus departure at 10:30 am</div> <div>Return departure from mall to Wellington Bay 3:00 pm</div> <div>Approximate return time to Wellington Bay at 3:45 pm</div> <div>REGISTRATION REQUIRED BY JULY 23RD</div> <div></div> |