

May 2026

Wellington Bay

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>One-to-One Fitness Assessments by appointment with Wellness Director Melissa Clark. Please see Concierge to schedule. Appointments will meet in Melissa's office.</p>	<p>Aqua Fitness Tuesdays 11:15 am Outdoor Pool Join Melissa & Kimberly for the revitalizing benefits of movement in the water.</p>	<p>Kentucky Derby Happy Hour Saturday, May 2 4:00 - 5:00 pm Legends Lounge Complimentary Mint Juleps and light Derby snacks. Wear your Derby attire!</p>	<p>RESIDENT ART SHOW Sunday, May 3 1:00 - 3:00 pm Liberty Center Light Refreshments Music Guests Welcome!</p>	<p>Saturday with Irene! Saturday, May 9 1:30 pm - BINGO 2:45 pm - Trivia Liberty Center Join the fun!</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 1</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Knitting Club (AR)</p> <p>10:00 Barre, Balance & Strength (GES)</p> <p>10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)</p> <p>11:00 Diamond Girls Club (AR)</p> <p>11:00 Open Art Room (AR)</p> <p>11:15 LiveWELL Mindful Meditation with Melissa (ULB)</p> <p>1:00 Duplicate Bridge with Director Sid Korn (LC)</p> <p>1:00 Open Card Play (CR)</p> <p>2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR)</p> <p>4:00 Happy Hour (LL)</p> <p>7:30 Movie "Rental Family" (MT)</p>	<p>9:45 Balance Class with Guest Instructor Rosalee (GES) 2</p> <p>10:15 Seated Yoga with Guest Instructor Rosalee (GES)</p> <p>10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)</p> <p>1:00 Open Card Play (CR)</p> <p>1:00 Movie Club "An American in Paris" (MT)</p> <p>4:00 Kentucky Derby Happy Hour Join us for complimentary Mint Juleps and light Derby classics. Wear your Derby attire! (LL)</p> <p>7:30 Movie "Rental Family" (MT)</p>
<p>8:30 Pickleball Club (PC) 3</p> <p>1:00 Open Card Play (CR)</p> <p>1:00 RESIDENT ART SHOW (LC)</p> <p>2:00 Rummikub Play (CR)</p> <p>2:45 Movie "Cat on a Hot Tin Roof" (MT)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 4</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Chair Fit - Lengthen, Strengthen & Tone (GES)</p> <p>10:00 St. Rita's Catholic Church Holy Communion and Rosary (LIS)</p> <p>10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)</p> <p>10:30 Culinary Committee Meeting (AR)</p> <p>11:15 LiveWELL Mindful Meditation with Melissa (ULB)</p> <p>1:00 Open Card Play (CR)</p> <p>3:00 Wellness Committee Meeting (AR)</p> <p>4:00 HMLS Committee Meeting (AR)</p> <p>4:00 Happy Hour (LL)</p> <p>7:30 Movie "Cat on a Hot Tin Roof" (MT)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 5</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Barre Beats (GES)</p> <p>10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)</p> <p>11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)</p> <p>11:15 LiveWELL Aqua Flow *Weather Permitting (OP)</p> <p>1:00 Billiards Club (TR)</p> <p>1:00 Open Card Play (CR)</p> <p>2:45 Movie "Cat on a Hot Tin Roof" (MT)</p> <p>4:00 Happy Hour (LL)</p> <p>5:00 Culinary Theme Night "Cinco de Mayo" (LL)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 6</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Cardio Drum & Tone (GES)</p> <p>10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)</p> <p>10:30 Resident-Led Activity: Tai Chi with Terry Golden (GES)</p> <p>11:00 Backgammon Club (CR)</p> <p>11:15 LiveWELL Mindful Meditation with Melissa (ULB)</p> <p>1:00 Open Card Play (CR)</p> <p>4:00 Happy Hour (LL)</p> <p>7:30 Movie "Crossing Delancy" (MT)</p>	<p>7:30 Coffee & Company (CC) 7</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML)</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Chair Fit - Pilates & Core Conditioning (GES)</p> <p>10:30 Administration/Marketing Committee Meeting (AR)</p> <p>10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)</p> <p>11:00 Library Committee Meeting (LIB)</p> <p>11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)</p> <p>1:00 Ping Pong Club (PPC)</p> <p>1:00 Open Card Play (CR)</p> <p>2:45 Movie "Crossing Delancy" (MT)</p> <p>4:00 Happy Hour (LL)</p> <p>7:00 Mexican Train Play (CR)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 8</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Knitting Club (AR)</p> <p>10:00 Bookmobile (FE)</p> <p>10:00 Barre, Balance & Strength (GES)</p> <p>10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)</p> <p>11:00 Diamond Girls Club (AR)</p> <p>11:00 Open Art Room (AR)</p> <p>11:15 LiveWELL Mindful Meditation with Melissa (ULB)</p> <p>1:00 Duplicate Bridge with Director Sid Korn (LC)</p> <p>1:00 Open Card Play (CR)</p> <p>2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR)</p> <p>4:00 Happy Hour (LL)</p> <p>7:00 Shabbat Services (LIS)</p> <p>7:30 Movie "Crossing Delancy" (MT)</p>	<p>9:45 Balance Class with Guest Instructor Rosalee (GES) 9</p> <p>10:15 Seated Yoga with Guest Instructor Rosalee (GES)</p> <p>10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)</p> <p>1:00 Open Card Play (CR)</p> <p>1:30 BINGO with Irene (LC)</p> <p>2:45 Trivia with Irene (LC)</p> <p>4:00 Happy Hour (LL)</p> <p>6:30 Prompt Bus Departure for Symphonic Band of the Palm Beaches "Welcome Back Copeland Davis" @ the Duncan Theater Registration Required (FE)</p> <p>7:30 Movie "Crossing Delancy" (MT)</p>
<p>MOTHER'S DAY</p> <p>8:30 Pickleball Club (PC) 10</p> <p>1:00 Open Card Play (CR)</p> <p>2:00 Rummikub Play (CR)</p> <p>2:45 Movie "Solo Mio" (MT)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 11</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Chair Fit - Lengthen, Strengthen & Tone (GES)</p> <p>10:00 St. Rita's Catholic Church Holy Communion and Rosary (LIS)</p> <p>10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)</p> <p>11:00 Craft Class with Resident Elyse Fuhr "Diamond Art Notebooks" Registration Required (AR)</p> <p>11:15 LiveWELL Mindful Meditation with Melissa (ULB)</p> <p>1:00 Open Card Play (CR)</p> <p>4:00 Happy Hour (LL)</p> <p>4:00 Circle Rally Ball (MR)</p> <p>7:30 Movie "Solo Mio" (MT)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 12</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Barre Beats (GES)</p> <p>10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)</p> <p>10:30 Alzheimer's Caregiver Support Group *Caregivers Only (MR)</p> <p>11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)</p> <p>11:00 Exploring the Old Testament Book of Psalms Club (AR)</p> <p>11:15 LiveWELL Aqua Flow *Weather Permitting (OP)</p> <p>11:30 Card Party! Lunch and Card Play \$18/pp Registration Required by 5/5 Please, no guests. Please bring all supplies/items needed for play. (LC)</p> <p>1:00 Billiards Club (TR)</p> <p>1:00 Open Card Play (CR)</p> <p>2:00 Mind-Fit Games with Brie Hurley (AR)</p> <p>2:45 Movie "Solo Mio" (MT)</p> <p>4:00 Happy Hour (LL)</p> <p>4:00 Investment Club "The Five Phases of the IRA: Managing RMDs and Tax Exposure" (AR)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 13</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Cardio Drum & Tone (GES)</p> <p>10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)</p> <p>10:30 Resident-Led Activity: Tai Chi with Terry Golden (GES)</p> <p>11:00 Backgammon Club (CR)</p> <p>11:00 Java & Juice with Jay (TR)</p> <p>11:15 LiveWELL Mindful Meditation with Melissa (ULB)</p> <p>1:00 Open Card Play (CR)</p> <p>1:00 Parkinson's Support Group (AR)</p> <p>4:00 Happy Hour (LL)</p> <p>4:00 Travel Club "Wine Gastronomy: Land vs. Sea" (AR)</p> <p>7:30 Movie "Wuthering Heights" (MT)</p>	<p>7:30 Coffee & Company (CC) 14</p> <p>9:00 LiveWELL Walk at WELLington Bay (ML)</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Chair Fit - Pilates & Core Conditioning (GES)</p> <p>10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES)</p> <p>11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE)</p> <p>11:00 THE OUTFIT GIRL DISCOVER YOUR BEST COLORS, FLATTERING SHAPES AND CONFIDENT STYLE Light refreshments served Registration Required (LC)</p> <p>1:00 Ping Pong Club (PPC)</p> <p>1:00 Open Card Play (CR)</p> <p>2:45 Movie "Wuthering Heights" (MT)</p> <p>4:00 Happy Hour (LL)</p> <p>4:00 THRIVE Life Coaching Program with Melissa (MR)</p> <p>7:00 Mexican Train Play (CR)</p> <p>7:30 Harry Getzov "Carly Simon: Anticipation" (LC)</p>	<p>9:00 LiveWELL Walk at WELLington Bay (ML) 15</p> <p>9:45 Cardio Warm-Up *15 min (GES)</p> <p>10:00 Knitting Club (AR)</p> <p>10:00 Barre, Balance & Strength (GES)</p> <p>10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES)</p> <p>11:00 Diamond Girls Club (AR)</p> <p>11:00 Open Art Room (AR)</p> <p>11:15 LiveWELL Mindful Meditation with Melissa (ULB)</p> <p>1:00 Duplicate Bridge with Director Sid Korn (LC)</p> <p>1:00 Open Card Play (CR)</p> <p>2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR)</p> <p>4:00 Happy Hour (LL)</p> <p>7:30 Musical Entertainer Terry Cooper and the May Birthday Celebration (LC)</p>	<p>9:45 Balance Class with Guest Instructor Rosalee (GES) 16</p> <p>10:15 Seated Yoga with Guest Instructor Rosalee (GES)</p> <p>10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP)</p> <p>12:45 Prompt Bus Departure "You Can't Take It With You" @ Delray Beach Playhouse \$47/pp Registration Required (FE)</p> <p>1:00 Open Card Play (CR)</p> <p>4:00 Happy Hour (LL)</p> <p>7:30 Movie "Wuthering Heights" (MT)</p>





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Pickleball Club (PC) 17 1:00 Open Card Play (CR) 2:00 Rummikub Play (CR) 2:45 Movie "French Connection" (MT) 3:30 Temple Beth Torah Choral Group Performs "TV Show Jingles" (LIS)	9:00 LiveWELL Walk at WELLington Bay (ML) 18 9:45 Cardio Warm-Up *15 min (GES) 10:00 Chair Fit - Lengthen, Strengthen & Tone (GES) 10:00 St. Rita's Catholic Church Holy Communion and Rosary (LIS) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 RAC Meeting (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Open Card Play (CR) 1:00 Musical Monday Andre Rieu "Thank You Johann Strauss" (MT) 4:00 Happy Hour (LL) 4:00 Book Club with facilitator Karen Kurzer "Kin" by Tayari Jones (AR) 7:30 Movie "French Connection" (MT)	9:00 LiveWELL Walk at WELLington Bay (ML) 19 9:45 Cardio Warm-Up *15 min (GES) 10:00 Barre Beats (GES) 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:15 LiveWELL Aqua Flow *Weather Permitting (OP) 11:30 Flower Arranging Class "April Showers Bring May Flowers" Registration Required by 5/12 One arrangement per apartment please (AR) 1:00 Billiards Club (TR) 1:00 Open Card Play (CR) 2:45 Movie "French Connection" (MT) 4:00 Happy Hour (LL) 7:30 Musical Monday Encore Showing Andre Rieu "Thank You Johann Strauss" (MT)	9:00 LiveWELL Walk at WELLington Bay (ML) 20 9:45 Cardio Warm-Up *15 min (GES) 10:00 Cardio Drum & Tone (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 10:30 Resident-Led Activity: Tai Chi with Terry Golden (GES) 11:00 Backgammon Club (CR) 11:00 Jewelry Making with Resident Marlene Gurst Registration Required (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 11:30 Men's Brunch Bunch Guest Speaker Dr. Paul Weissman "Medical Marijuana Simplified" Please register with Steve Trachtenberg @sctrachtenberg@aol.com Individual checks (PDR) 12:00 Prompt Bus Departure "Vineland Place" @ Palm Beach Dramaworks \$80/pp Registration Required (FE) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Movie "Meet the Fokers" (MT)	7:30 Coffee & Company (CC) 21 9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Chair Fit - Pilates & Core Conditioning (GES) 10:00 Chair Fit - Pilates & Core Conditioning (GES) 10:30 TOWN HALL MEETING (LC) 1:00 Ping Pong Club (PPC) 1:00 Open Card Play (CR) 2:45 Movie "Meet the Fokers" (MT) 4:00 Happy Hour (LL) 7:00 Mexican Train Play (CR)	9:00 LiveWELL Walk at WELLington Bay (ML) 22 9:45 Cardio Warm-Up *15 min (GES) 10:00 Knitting Club (AR) 10:00 Bookmobile (FE) 10:00 Barre, Balance & Strength (GES) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 Diamond Girls Club (AR) 11:00 Open Art Room (AR) 11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Duplicate Bridge with Director Sid Korn (LC) 1:00 Open Card Play (CR) 2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 4:00 Happy Hour (LL) 7:00 Shabbat Services (LIS) 7:30 Movie "Meet the Fokers" (MT)	9:45 Balance Class with Guest Instructor Rosalee (GES) 23 10:15 Seated Yoga with Guest Instructor Rosalee (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 Open Card Play (CR) 3:00 TechEase Drop-in, hands-on technology support with trained student volunteers (AR) 4:00 Happy Hour (LL) 7:30 Musical Entertainers Contrast Duo Darren Matias, Piano and Yasa Poletaeva, Violin (LC)
8:30 Pickleball Club (PC) 24 1:00 Open Card Play (CR) 2:00 Rummikub Play (CR) 2:45 Movie "The Devil Wear Prada" (MT)	MEMORIAL DAY 25 9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Chair Fit - Lengthen, Strengthen & Tone (GES) 10:00 St. Rita's Catholic Church Holy Communion and Rosary (LIS) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:15 Yiddish Club (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 12:00 Memorial Day Ceremony Palm Beach Sherrif's Honor Guard presentation of "The Colors" (LC) 1:00 Open Card Play (CR) 1:00 Memorial Day BBQ \$35/pp Reservations Required Last Reservation @ 3:00 pm (LL) 7:30 Movie "The Devil Wears Prada" (MT)	9:00 LiveWELL Walk at WELLington Bay (ML) 26 9:45 Cardio Warm-Up *15 min (GES) 10:00 Barre Beats (GES) 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 11:00 Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:00 Exploring the Old Testament Book of Psalms Club (AR) 11:15 LiveWELL Aqua Flow *Weather Permitting (OP) 1:00 Billiards Club (TR) 1:00 Open Card Play (CR) 2:00 Mind Fit Games with Brie Hurley (AR) 2:45 Movie "The Devil Wears Prada" (MT) 4:00 Happy Hour (LL) 4:00 Technology Club "New Advances in Phone Technology" (AR)	NATIONAL SENIOR HEALTH & FITNESS DAY 27 10:00 LiveWELL BLUE ZONES EXPERIENCE (LC) 11:00 Backgammon Club (CR) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Movie "TBA" (MT)	7:30 Coffee & Company (CC) 28 9:00 LiveWELL Walk at WELLington Bay (ML) 9:45 Cardio Warm-Up *15 min (GES) 10:00 Chair Fit - Pilates & Core Conditioning (GES) 10:00 Chair Fit - Pilates & Core Conditioning (GES) 10:30 LiveWELL Mind-Body Fitness: Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 11:00 Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:00 Art Class with Art Educator Jamey Kahl "Watercolor 101+" All levels welcome! Registration Required (AR) 1:00 Ping Pong Club (PPC) 1:00 Open Card Play (CR) 2:45 Movie "TBA" (MT) 4:00 Happy Hour (LL) 4:00 Wine Club "Certified Vinicultural Areas - What Are They About?" (AR) 7:00 Mexican Train Play (CR)	9:00 LiveWELL Walk at WELLington Bay (ML) 29 9:45 Cardio Warm-Up *15 min (GES) 10:00 Knitting Club (AR) 10:00 Barre, Balance & Strength (GES) 10:30 LiveWELL Mind-Body Fitness - MIRROR ME (GES) 11:00 Diamond Girls Club (AR) 11:00 Open Art Room (AR) 11:15 LiveWELL Mindful Meditation with Melissa (ULB) 1:00 Duplicate Bridge with Director Sid Korn (LC) 1:00 Open Card Play (CR) 2:00 Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 4:00 Happy Hour (LL) 7:30 Music Video BINGO with Doug Shannon, The Game Show Entertainer (LC)	9:45 Balance Class with Guest Instructor Rosalee (GES) 30 10:15 Seated Yoga with Guest Instructor Rosalee (GES) 10:30 Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 Open Card Play (CR) 4:00 Happy Hour (LL) 7:30 Movie "TBA" (MT)

8:30 Pickleball Club (PC) 31
 1:00 Open Card Play (CR)
 2:00 Rummikub Play (CR)
 2:45 Movie "TBA" (MT)