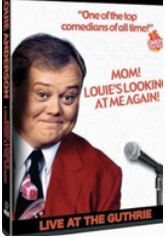


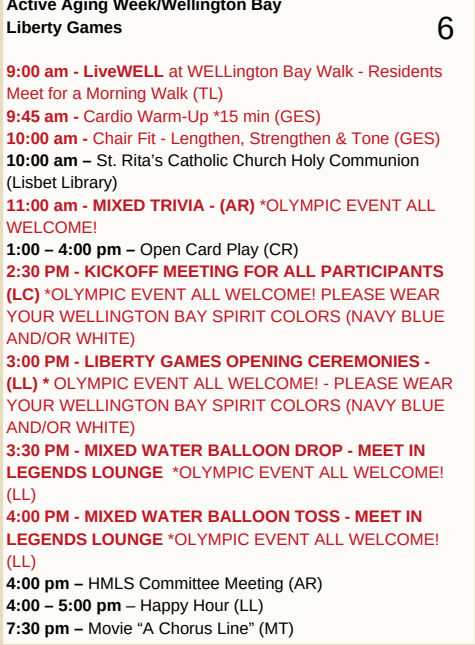


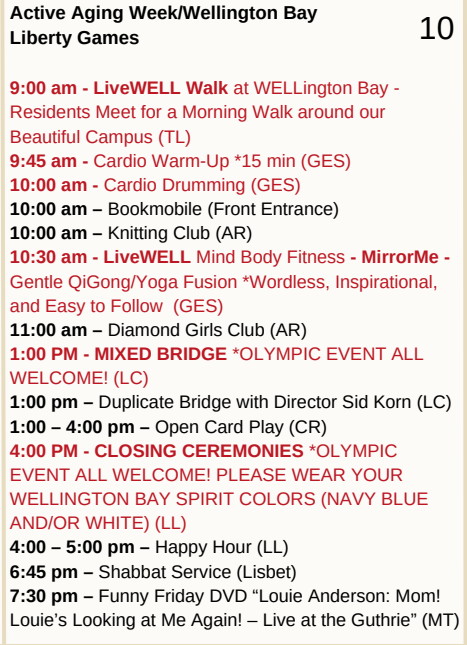






# October Life Enrichment & Wellness

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p><b>One-to-One Fitness Assessments by appointment with Wellness Director Melissa Clark</b> <i>*Please see Concierge to schedule. Appointments will meet in Melissa’s office.</i></p></div>	<div><p><b>Funny Friday DVD “Louie Anderson: Mom! Louie’s Looking at Me Again!” Live at the Guthrie Friday, October 3 OR Friday, October 10 7:30 pm - Movie Theater</b></p></div>	<div><p><b>Join us for the Wellington Bay Liberty Games October 6 – 10</b> <i>Please check your calendar and flyer for event details</i></p></div>	<div><p><b>1</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>9:45 am</b> - Cardio Warm-Up *15 min (GES) <b>10:00 am</b> - Barre, Balance &amp; Strength (GES) <b>10:30 am</b> - Resident Led Activity - Tai Chi with Artie Lynnworth (GES) <b>10:30 am</b> – Culinary Committee Meeting (AR) <b>11:30 am</b> – Java and Juice with Jay (TR) <i>Join Executive Director Jay Mikosch and your fellow residents and neighbors for an informal chat about life at Wellington Bay</i> <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>4:00 pm - LiveWELL</b> Mindful Meditation with Melissa (ULB) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Movie “Sunset Boulevard” (MT)</p></div>	<div><p><b>2</b> <b>Yom Kippur</b> <b>7:30 – 10:00 am</b> – Coffee &amp; Company (Chukker’s Café) <i>Enjoy a cup of coffee, light pastries and friendly conversation with fellow residents.</i> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>9:45 am</b> - Cardio Warm-Up *15 min (GES) <b>10:00 am</b> - Chair Fit - Pilates &amp; Core Conditioning (GES) <b>10:30 am - LiveWELL</b> Mind Body Fitness - Mat Yoga (GES) <b>11:00 am</b> – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> <b>11:15 am</b> - Motown Music &amp; Movement with Melissa in the Outdoor Pool! (OP) <b>1:00 pm</b> – Ping Pong Club (2nd Floor) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:45 pm</b> – Movie “Sunset Boulevard” (MT) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:00 pm</b> – Mexican Train Play (CR)</p></div>	<div><p><b>3</b> <b>9:00 am</b> – Administration/Marketing Committee Meeting (AR) <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>9:45 am</b> - Cardio Warm-Up *15 min (GES) <b>10:00 am</b> - Cardio Drumming (GES) <b>10:00 am</b> – Knitting Club (AR) <b>10:30 am - LiveWELL</b> Mind Body Fitness - <b>MirrorMe</b> - Gentle QiGong/Yoga Fusion *Wordless, Inspirational, and Easy to Follow (GES) <b>11:00 am</b> – Diamond Girls Club (AR) <b>11:15 am - LiveWELL</b> Mindful Meditation with Melissa (ULB) <b>1:00 pm</b> – Duplicate Bridge with Director Sid Korn (LC) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Funny Friday DVD “Louie Anderson: Mom! Louie’s Looking at Me Again! – Live at the Guthrie” (MT)</p></div>	<div><p><b>4</b> <b>8:00 – 10:00 am – PURPLE WITH PURPOSE PANCAKES FOR PURPOSE</b> (Pancake Breakfast) (Chukker’s Café) <b>Join us for an “all you can eat” Pancake Breakfast, including bacon, sausage, coffee &amp; juice Suggested Donation: \$10/pp All proceeds go to the Alzheimer’s Association!</b> <b>9:45 am</b> - Balance Class with Rosalee (GES) <b>10:15 am - LiveWELL</b> Mind Body Fitness - Seated Yoga with Rosalee (GES) <b>1:00 pm</b> – Movie Club “Chicago” (MT) <b>1:00 pm</b> – Open Card Play (CR) <b>1:30 pm</b> – Rummikub Play (CR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Movie “Sunset Boulevard” (MT)</p></div>
<div><p><b>5</b> <b>8:30 am</b> – Pickleball Club (PC) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:00 pm</b> – Rummikub Play (CR) <b>2:45 pm</b> – Movie “A Chorus Line” (MT)</p></div>	<div><p><b>6</b> <b>Active Aging Week/Wellington Bay Liberty Games</b> <b>9:00 am - LiveWELL</b> at WELLington Bay Walk - Residents Meet for a Morning Walk (TL) <b>9:45 am</b> - Cardio Warm-Up *15 min (GES) <b>10:00 am</b> - Chair Fit - Lengthen, Strengthen &amp; Tone (GES) <b>10:00 am</b> – St. Rita’s Catholic Church Holy Communion (Lisbet Library) <b>11:00 am - MIXED TRIVIA - (AR)</b> *OLYMPIC EVENT ALL WELCOME! <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:30 PM - KICKOFF MEETING FOR ALL PARTICIPANTS (LC)</b> *OLYMPIC EVENT ALL WELCOME! PLEASE WEAR YOUR WELLINGTON BAY SPIRIT COLORS (NAVY BLUE AND/OR WHITE) <b>3:00 PM - LIBERTY GAMES OPENING CEREMONIES - (LL)</b> * OLYMPIC EVENT ALL WELCOME! - PLEASE WEAR YOUR WELLINGTON BAY SPIRIT COLORS (NAVY BLUE AND/OR WHITE) <b>3:30 PM - MIXED WATER BALLOON DROP - MEET IN LEGENDS LOUNGE</b> *OLYMPIC EVENT ALL WELCOME! (LL) <b>4:00 PM - MIXED WATER BALLOON TOSS - MEET IN LEGENDS LOUNGE</b> *OLYMPIC EVENT ALL WELCOME! (LL) <b>4:00 pm</b> – HMLS Committee Meeting (AR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Movie “A Chorus Line” (MT)</p></div>	<div><p><b>7</b> <b>Active Aging Week/Wellington Bay Liberty Games</b> <b>9:00 am - LiveWELL</b> Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>9:30 AM - WOMEN’S/MEN’S ½ MILE WALKING RACE - FRONT ENTRANCE</b> *OLYMPIC EVENT ALL WELCOME! <i>*Meet at the road behind the Garden Flats where it meets the Resident Parking Lot</i> <b>10:30 AM - MIXED CHESS</b> *OLYMPIC EVENT ALL WELCOME! (TR) <b>10:30 am</b> – Life Enrichment Committee Meeting (AR) <b>11:00 am</b> – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> <b>1:00 PM - MIXED SCRABBLE</b> *OLYMPIC EVENT ALL WELCOME! (AR) <b>1:00 pm</b> – Billiards Club (TR) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:00 pm</b> – Wellness Committee Meeting (AR) <b>2:45 pm</b> – Movie “A Chorus Line” (MT) <b>3:00 PM - WOMEN’S/MEN’S SEATED BOWLING</b> *OLYMPIC EVENT ALL WELCOME! (GES) <b>4:00 PM - WOMEN’S/MEN’S CORNHOLE</b> *OLYMPIC EVENT ALL WELCOME! (GES) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> - Dance Lesson with Fred Astaire Dance Studio of Wellington (PFR)</p></div>	<div><p><b>8</b> <b>Active Aging Week/Wellington Bay Liberty Games</b> <b>8:45 am</b> – <i>Prompt</i> bus departure for the Main Courthouse Tour, West Palm Beach (court observation, holding cell, jury room, law library, self-service center) (Front Entrance) <i>Approximate</i> return time to Wellington Bay 1:00 pm <b>Complimentary REGISTRATION REQUIRED BY OCTOBER 2nd</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>10:00 am</b> - Pre-Recorded Video - Chair Fit -Dance Groove &amp; Lift ( (GES) <b>1:00 pm</b> – Parkinson’s Support Group (AR) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:00 PM - WOMEN’S/MEN’S 4-LAP/8-LAP SWIMMING RACE &amp; 10-LAP WATER WALKING RACE</b> *OLYMPIC EVENT ALL WELCOME! (IP) <b>3:00 PM - WOMEN’S/MEN’S SINGLES PING PONG</b> *OLYMPIC EVENT ALL WELCOME! (AR) <b>4:00 pm</b> – Travel Club “‘Travel’ to Cape Canaveral and St. Augustine” (AR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Movie “The Life of Chuck” (MT)</p></div>	<div><p><b>9</b> <b>Active Aging Week/Wellington Bay Liberty Games</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>9:30 AM - 11:30 AM - MEN’S/WOMEN’S OUTDOOR GAMES - MEET ON BOCCÉ COURT (BOCCÉ, SHUFFLEBOARD, PUTTING, YARTS, SHOT PUT)</b> *OLYMPIC EVENT ALL WELCOME! (BC,SC,PG) <b>11:00 am</b> – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> <b>11:00 am</b> – Library Committee Meeting (Library) <b>1:00 pm</b> – Ping Pong Club (2nd Floor) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:45 pm</b> – Movie “The Life of Chuck” (MT) <b>4:00 pm - WOMEN’S/MEN’S BILLIARDS</b> *OLYMPIC EVENT ALL WELCOME! (TR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:00 pm</b> – Mexican Train Play (CR) <b>7:30 pm</b> – Dr. Robert Watson presents “Benjamin Franklin” (LC)</p></div>	<div><p><b>10</b> <b>Active Aging Week/Wellington Bay Liberty Games</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>9:45 am</b> - Cardio Warm-Up *15 min (GES) <b>10:00 am</b> - Cardio Drumming (GES) <b>10:00 am</b> – Bookmobile (Front Entrance) <b>10:00 am</b> – Knitting Club (AR) <b>10:30 am - LiveWELL</b> Mind Body Fitness - <b>MirrorMe</b> - Gentle QiGong/Yoga Fusion *Wordless, Inspirational, and Easy to Follow (GES) <b>11:00 am</b> – Diamond Girls Club (AR) <b>1:00 PM - MIXED BRIDGE</b> *OLYMPIC EVENT ALL WELCOME! (LC) <b>1:00 pm</b> – Duplicate Bridge with Director Sid Korn (LC) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>4:00 PM - CLOSING CEREMONIES</b> *OLYMPIC EVENT ALL WELCOME! PLEASE WEAR YOUR WELLINGTON BAY SPIRIT COLORS (NAVY BLUE AND/OR WHITE) (LL) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>6:45 pm</b> – Shabbat Service (Lisbet) <b>7:30 pm</b> – Funny Friday DVD “Louie Anderson: Mom! Louie’s Looking at Me Again! – Live at the Guthrie” (MT)</p></div>	<div><p><b>11</b> <b>9:45 am</b> - Balance Class with Rosalee (GES) <b>10:15 am - LiveWELL</b> Mind Body Fitness - Seated Yoga with Rosalee (GES) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>1:30 pm</b> – Rummikub Play (CR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>6:30 pm</b> – <i>Prompt</i> bus departure for the Symphonic Band of the Palm Beaches Fall Concert “Legends, Laughter, and Lightning” @ the Duncan Theater (Front Entrance) \$25.00 per person, includes transportation <b>REGISTRATION REQUIRED</b> <b>7:30 pm</b> – Movie “The Life of Chuck” (MT)</p></div>
<div><p><b>12</b> <b>8:30 am</b> – Pickleball Club (PC) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>1:30 pm</b> – Rummikub Play (CR) <b>2:45 pm</b> – Movie “Mr. Holland’s Opus” (MT)</p></div>	<div><p><b>13</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>10:00 am</b> - Pre-Recorded Video - Chair Fit - Dance, Groove &amp; Lift (GES) <b>10:00 am</b> – St. Rita’s Catholic Church Holy Communion (Lisbet Library) <b>11:00 am</b> – RAC Meeting (AR) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>4:00 pm</b> – Short Story Group with Karen Kurzer (AR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Movie “Mr. Holland’s Opus” (MT)</p></div>	<div><p><b>14</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>10:00 am - Balance</b> Clas with Rosalee GES) <b>10:00 am</b> – Craft Class with Elyse Fuhr “Partial Diamond Art for Holiday Boutique” (AR) <i>Design your own project. Pay the instructor directly for the project of your choice. Completed pieces will be featured for sale at the upcoming Holiday Boutique - all proceeds from the projects benefiting the Employee Appreciation Fund. REGISTRATION REQUIRED BY OCTOBER 7TH</i> <b>10:30 am - LiveWELL</b> Mind Body Fitness - Seated Yoga with Rosalee (GES) <b>10:30 am</b> – Alzheimer’s Support Group (MR) <i>This support group is for caregivers only</i> <b>11:00 am</b> – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> <b>11:00 am</b> – Exploring the Old Testament Book of Psalms (CR) <b>1:00 pm</b> – Billiards Club (TR) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:00 pm</b> – Afternoon Adventures! “Mind Fit Brain Games” with Brie Hurley (AR) <b>2:45 pm</b> – Movie “Mr. Holland’s Opus” (MT) <b>4:00 pm</b> – Investment Club “The FINRA Website: Investing Basics, Personal Finance, Financial Goals, FINRA Securities Helpline for Seniors and more” (AR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – BINGO with Julie (LC)</p></div>	<div><p><b>15</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>10:00 am</b> - Pre-Recorded Video - Chair Fit - Pilates &amp; Core Conditioning (GES) <b>10:00 am</b> – Craft Class with Elyse Fuhr “Partial Diamond Art for Holiday Boutique” (AR) <i>Design your own project. Pay the instructor directly for the project of your choice. Completed pieces will be featured for sale at the upcoming Holiday Boutique - all proceeds from the projects benefiting the Employee Appreciation Fund. REGISTRATION REQUIED BY OCTOBER 7TH</i> <b>10:30 am - Resident Led Activity- Tai Chi</b> with Artie Lynnworth (GES) <b>11:45 am</b> – Men’s Brunch Bunch with Guest Speaker Howard Seeman, Ph.D, discussing his latest book “Handling the Last Downhill of the Roller Coaster: The Emotional Challenges of Aging” (PDR) <b>PLEASE REGISTER WITH STEVE TRACHTENBERG @ scträchtenberg@aol.com Individual checks</b> <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Movie “Every Little Step” (MT)</p></div>	<div><p><b>16</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>10:00 am</b> - Balance Class with Rosalee (GES) (GES) <b>10:30 am – Town Hall Meeting (LC)</b> <b>Join us for the latest community updates</b> <b>1:00 pm</b> – Ping Pong Club (2nd Floor) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>2:45 pm</b> – Movie “Every Little Step” (MT) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>5:00 – 7:00 pm – NEW!</b> Monthly Theme Night Dinner: Oktoberfest (LL) (Polo) <b>7:00 pm</b> – Mexican Train Play (CR) <b>7:30 pm</b> – Harry Getzov presents “‘And Come on Down!’ – A History of Game Shows in America” (LC)</p></div>	<div><p><b>17</b> <b>9:00 am - LiveWELL Walk</b> at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) <b>9:45 am</b> - Cardio Warm-Up *15 min (GES) <b>10:00 am - PURPLE WITH PURPOSE POUND FOR PURPOSE Special Cardio Drumming Class with Jay &amp; Melissa!</b> (GES) <b>Wear Your Purple! Suggested Donation: \$5/pp All proceeds go to Alzheimer’s Association!</b> <b>10:00 am</b> – Knitting Club (AR) <b>10:30 am - LiveWELL</b> Mind Body Fitness - <b>MirrorMe</b> - Gentle QiGong/Yoga Fusion *Wordless, Inspirational, and Easy to Follow (GES) <b>11:00 am</b> – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> <b>11:00 am</b> – Diamond Girls Club (AR) <b>11:15 am - LiveWELL</b> Mindful Meditation with Melissa (ULB) <b>1:00 pm</b> – Duplicate Bridge with Director Sid Korn (LC) <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>4:15 pm - LiveWELL Speaker Series</b> - Dr. Michael Shockley -Maintaining a Healthy Weight This Holiday Season: Diet, Exercsie, Medication, Surgery and More” (LC) *Light Refreshments - <b>Please Register by October 10!</b> <b>7:30 pm</b> – Movie “Every Little Step” (MT)</p></div>	<div><p><b>18</b> <b>9:45 am</b> - Balance Class with Rosalee (GES) <b>10:15 am - LiveWELL</b> Mind Body Fitness - Seated Yoga with Rosalee (GES) <b>12:45 pm</b> – Prompt bus departure for “Tenderly, The Rosemary Clooney Musical” @ the Delray Beach Playhouse (Front Entrance) \$47 per person, includes transportation. <b>REGISTRATION REQUIRED</b> <b>1:00 – 4:00 pm</b> – Open Card Play (CR) <b>1:30 pm</b> – Rummikub Play (CR) <b>4:00 – 5:00 pm</b> – Happy Hour (LL) <b>7:30 pm</b> – Musical Entertainer “Laura Yanez presents “Let’s Misbehave: A Captivating Tribute to Cole Porter” and October Birthday Celebration (LC) <i>Blending timeless music with stories from his extraordinary life and career</i> Light refreshments served following the performance</p></div>







# October

## Life Enrichment & Wellness

AR = Art Room  
BC = Bocce Court  
CR = Card Room  
FC = Fitness Center

GES = Group Exercise Studio  
IP = Indoor Pool  
LL = Legends Lounge  
LC = Liberty Center

ML = Main Lobby  
MR = Meditation Room  
MT = Movie Theater  
OP = Outdoor Pool

PC = Pickleball Court  
PDR = Private Dining Room  
PFR = Pre-Function Room  
PG = Putting Green

PPC = Ping-Pong Court  
SC = Shuffleboard Court  
TL = Tower Lobby  
TR = Trophy Room

ULB = Upper Lakeview Balcony  
WO = Wellness Office  
YG = Yoga Garden

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>19</div> <div>8:30 am – Pickleball Club (PC) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – Rummikub Play (CR) 2:45 pm – Movie “Neil Diamond: Hot August Night/NYC” (MT)</div>	<div>20</div> <div>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 &amp; Tone (GES) 10:00 am – St. Rita’s Catholic Church Holy Communion (Lisbet Library) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Gentle QiGong/Yoga Fusion *Wordless, Inspirational, and Easy to Follow (GES) 10:30 am – 12:00 pm – Beading Class (Necklaces) with Resident Marlene Gurst (AR) <b>REGISTRATION REQUIRED BY OCTOBER 13TH</b> 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 pm – Musical Monday DVD “Lea Salonga -The Broadway Concert” (MT) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 pm - Journaling Workshop with Melissa (AR) <b>*Register by October 13</b> 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Neil Diamond: Hot August Night/NYC” (MT)</div>	<div>21</div> <div>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 &amp; Lymphatic Release Self Massage (GES) 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> 11:15 am - Motown Music &amp; Movement with Melissa in the Outdoor Pool! (OP) 11:30 am – PURPLE WITH PURPOSE PETALS FOR PURPOSE Flower Arranging Class (AR) Join us for the special flower arranging class featuring beautiful purple blooms! Suggested Donation: \$20/pp All proceeds go to Alzheimer’s Association! <b>REGISTRATION REQUIRED BY OCTOBER 14TH</b> 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 “Neil Diamond: Hot August Night/NYC” (MT) 3:30 pm – Bocce Club (Bocce Court) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm - Musical Monday DVD Encore Showing “Lea Salonga - The Broadway Concert” (MT)</div>	<div>22</div> <div>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 &amp; Strength (GES) 10:30 am - Resident Led Activity - Tai Chi with Artie Lynnworth (GES) 11:30 am – Ladies Lunch Bunch with Guest Speaker Resident Leslie Jay-Gould <i>Encore Presentation</i> “Mr. Penthouse and Me” (PDR) <b>PLEASE REGISTER AT THE CONCEIRGE DESK BY 10/15 Individual checks</b> 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 – Third Year Anniversary Celebration! <b>Mentalist Alan Chamo and Champagne Toast (LC) Dress to Impress, No Guests Please</b></div>	<div>23</div> <div>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 &amp; Core Conditioning (GES) 10:30 am - LiveWELL Mind Body Fitness - Mat Yoga (GES) 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> 11:00 am – Art Class with Art Educator Jamey Kahl “Autumn Canvas Bag Painting” (AR) <b>REGISTRATION REQUIRED BY OCTOBER 16<sup>th</sup></b> 11:15 am - Motown Music &amp; Movement with Melissa in the Outdoor Pool! (OP) 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm - PURPLE WITH PURPOSE PICKLEBALL FOR PURPOSE (PC) Come out to Watch Residents vs Team Members! Suggested Donation: \$5/pp All proceeds go to Alzheimer’s Association! 2:45 pm – Movie “Driving Miss Daisy” (MT) 4:00 – 5:00 pm – Happy Hour (LL) 4:30 pm – Wine Club “Understanding Terrior: What it is and How it Influences Wine” (AR) 7:00 pm – Mexican Train Play (CR) 7:30 pm – Tribute to Robert Redford Movie “Butch Cassidy and the Sundance Kid” (MT)</div>	<div>24</div> <div>9:00 am - LiveWELL Walk at WELLington Bay - Residents Meet for a Morning Walk around our Beautiful Campus (TL) 9:15 am – Prompt bus departure for First Annual Phil Foster Park Beach Day, Singer Island with our sister property the Carlisle (Front Entrance) Boxed lunches...yoga on the beach...snorkeling <i>Approximate</i> return time 1:45 pm Complimentary, transportation included <b>REGISTRATION REQUIRED BY OCTOBER 3RD</b> 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 QiGong/Yoga Fusion *Wordless, Inspirational, and Easy to Follow (GES) 11:00 am – Diamond Girls Club (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) 6:45 pm - Shabbat Services (Lisbet) 7:30 pm – Movie “Driving Miss Daisy” (MT)</div>	<div>25</div> <div>9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – BINGO with Irene (LC) 2:45 pm – Trivia with Irene (LC) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – ‘Reel Heat: A Summer Film Escape’ “Marlee Matlin: Not Alone Anymore” Hosted by The Sun &amp; Stars International Film Festival <b>REGISTRATION REQUIRED BY OCTOBER 20TH</b> . Room location will be announced closer to the event based on registration number.</div>
<div>26</div> <div>8:30 am – Pickleball Club (PC) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – Rummikub Play (CR) 2:45 pm – Movie “Mission: Impossible – The Final Reckoning” (MT)</div>	<div>27</div> <div>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 &amp; Tone (GES) 10:00 am – St. Rita’s Catholic Church Holy Communion (Lisbet Library) 10:30 am - Live WELL Mind Body Fitness - MirrorMe - Gentle QiGong/Yoga Fusion *Wordless, Inspirational, and Easy to Follow (GES) 10:30 am – Yiddish Club Movie “The Komedian” (MT) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 – 4:00 pm – Open Card Play (CR) 4:00 pm – Book Club with Karen Kurzer “The Correspondent” by Virginia Evans (AR) 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Mission: Impossible – The Final Reckoning” (MT)</div>	<div>28</div> <div>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) 9:45 am - Prompt bus departure for the Immersive Experience - Egyptian Pharaohs: From Cheops to Ramses II @ PBS Studios, Boynton Beach (Front Entrance) \$31.00/pp <i>Approximate</i> return time to Wellington Bay 12:15 pm <b>REGISTRATION REQUIRED BY OCTOBER 21<sup>st</sup></b> 10:00 am - Cardio Drumming (GES) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial &amp; Lymphatic Release Self Massage (GES) 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> 11:00 am – Exploring the Old Testament Book of Psalms Club (AR) 11:15 am - Motown Music &amp; Movement with Melissa in the Outdoor Pool! (OP) 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Mission: Impossible – The Final Reckoning” (MT) 3:30 pm – Bocce Club (Bocce Court) 4:00 pm – Technology Club “iPhone Apps” (AR) 4:00 – 5:00 pm – Happy Hour (LL)</div>	<div>29</div> <div>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 &amp; Strength (GES) 10:30 am - Resident Led Activity- Tai Chi with Artie Lynnworth (GES) 10:30 am – Kitchen Tour with Culinary Director, Tim D’Antuono and Executive Chef Joshua Crane A behind the scenes look! (Chukker’s Café) <b>REGISTRATION REQUIRED BY OCTOBER 22ND</b> 1:00 – 4:00 pm – Open Card Play (CR) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 4:00 pm – PURPLE WITH PURPOSE Dr. David Watson presents “Alzheimer’s vs. Dementia: Latest Updates on Research and Alzheimer’s Disease Prevention” (LC) Suggested Donation: \$20/pp All proceeds go to the Alzheimer’s Association! 4:00 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “You’ve Got Mail” (MT)</div>	<div>30</div> <div>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 &amp; Core Conditioning (GES) 10:30 am - LiveWELL Mind Body Fitness - Mat Yoga (GES) 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) <b>REGISTRATION REQUIRED 24 HOURS IN ADVANCE</b> 11:15 am - Motown Music &amp; Movement with Melissa in the Outdoor Pool! (OP) 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “You’ve Got Mail” (MT) 4:00 pm - THRIVE! Group Life Coaching Session with Melissa - Live on purpose. Feel fully alive! (AR) *Please register by Thursday, October 23 to reserve your space! 4:00 – 5:00 pm – Happy Hour (LL) 7:00 pm – Mexican Train Play (CR) 7:30 pm – Tribute to Robert Redford Movie “All the President’s Men” (MT)</div>	<div>31</div> <div>Halloween 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 – Knitting Club (AR) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe – Gentle QiGong/Yoga Fusion *Wordless, Inspirational, and Easy to Follow (GES) 11:00 am – Diamond Girls Club (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 – Boos and Booze Halloween Happy Hour and Costume Contest (LL) <i>Spooky sips, tasty bites, and a fun-filled costume contest</i> <b>Costumes encouraged, not required</b></div>	<div><div>Dance Lesson with Fred Astaire Dance Studio of Wellington Tuesday, October 7 7:30 pm Pre-Function Area</div></div>
<div><div>Main Courthouse Tour, West Palm Beach (court observation, holding cell, jury room, law library, self-service center) Wednesday, October 8 Complimentary Prompt bus departure at 8:45 am Approximate return time to Wellington Bay 1:00 pm Registration Required by October 2<sup>nd</sup></div></div>	<div><div>LiveWELL Speaker Series Dr. Michael Shockley “Maintaining a Healthy Weight this Holiday Season: Diet, Exercise, Medication, Surgery and More” Light Refreshments Served Please Register by October 10<sup>th</sup> Friday, October 17 4:15 pm - Liberty Center</div></div>	<div><div>Art Class with Art Educator Jamey Kahl “Autumn Canvas Bag Painting” Thursday, October 23 11:00 am Art Room Registration Required by October 16<sup>th</sup></div></div>	<div><div>Phil Foster Park Beach Day! with our sister property the Carlisle Boxed lunches, yoga on the beach, snorkeling Friday, October 24 Prompt bus departure @ 9:15 am Approximate return time 1:45 pm Complimentary, transportation included Registration Required by October 3rd</div></div>	<div><div>Immersive Experience Egyptian Pharaohs: From Cheops to Ramses II PBS Studios, Boynton Beach Tuesday, October 28 Prompt departure at 9:45 am Approximate return time 12:15 pm \$31.00/pp Registration Required by October 21st</div></div>	<div><div>Kitchen Tour with Culinary Director, Tim D’Antuono and Executive Chef, Joshua Crane A behind the scenes look! Wednesday, October 29 10:30 am Chukker’s Café Registration Required by October 22<sup>nd</sup></div></div>	<div><div>Boos and Booze Halloween Happy Hour and Costume Contest Spooky sips, tasty bites, and a fun-filled costume contest! Costumes encouraged, not required Friday, October 31 4:00 - 5:00 pm Legends Lounge</div></div>

