



October 2026

AR=ART ROOM FE=FRONT ENTRANCE LIB=LIBRARY OP=OUTDOOR POOL PFR=PRE-FUNCTION RM TR=TROPHY ROOM
BC=BOCCE CT GES=GROUP EXER STUDIO LIS=LISBET@WB PC=PICKLEBALL CT PDR=PRIVATE DINING UFB=UPPER FOUNTAINVIEW BALC
CR=CARD ROOM IP=INDOOR POOL MR=MEDITATION RM PPC=PING PONG CT PG=PUTTING GREEN ULB=UPPER LAKEVIEW BALC
CC=CHUKKER'S CAFE LL=LEGENDS LOUNGE ML=MAIN LOBBY PR=POLO RM SC=SHUFFLEBOARD CT WO=WELLNESS OFFICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM Pickleball Club (PC) 1:00 PM Open Card Play (CR) 2:00 PM Rummikub Play (CR) 2:45 PM Movie "The Pianist" (MT)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit - Lengthen, Strengthen & Tone (GES) 10:00 AM St. Rita's Catholic Church Holy Communion and Rosary (LIS) 10:30 AM MIRROR ME - Interpretive Movement for Body, Mind & Soul (GES) 10:45 AM NEW! Craft Class with KB Social Art Working "Family Wood Art Sign" Registration Required (AR) 11:15 AM LiveWELL Mindful Meditation with Melissa (ULB) 1:00 PM Open Card Play (CR) 3:00 PM Bocce Club (BC) 4:00 PM Happy Hour (LL) 7:30 PM Movie "The Pianist" (MT)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Chair Fit - Pilates & Core Conditioning (GES) 10:30 AM NEW! Beginner/Refresher Mah Jongg Class with Resident Renee Kogan (2 of 5 classes) Registration Required (TR) 10:45 AM LiveWELL Aqua Flow *Weather Permitting (OP) 11:00 AM Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS. Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 1:00 PM Open Card Play (CR) 1:00 PM Billiards Club Billiards Clinic "Games to Play" (TR) 2:00 PM NEW! Afternoon Activity with Jena "Jigsaw Puzzle Tournament and other Brain Teasers" (AR) 2:45 PM Movie "The Pianist" (MT) 4:00 PM Happy Hour (LL) 7:30 pm - Dr. Robert Watson "The Mid-Term Elections" (LC)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Prompt Bus Departure for the Weiner Museum of Decorative Arts and Lunch at Jaxson's Restaurant \$25/pp + the cost of lunch Reservations Required (FE) 9:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit- Functional Strength with Ximena (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 10:30 AM Seated Stretch & Flow with Ximena (GES) 10:45 AM Backgammon Club (CR) 11:30 AM Men's Brunch Bunch with Guest Speaker Resident Dr. Steve Trachtenberg "Cardiology: Atrial Fibrillation, Coronary Artery Bypass Surgery and Stents" Please register with Steve Trachtenberg @sctrachtenberg@aol.com Individual checks (PDR) 11:15 AM LiveWELL Mindful Meditation with Melissa (ULB) 1:00 PM Open Card Play (CR) 1:00 PM Poker Play (All Welcome!) (TR) 3:30 PM Olympic Yard Games with Carlisle Residents- Bocce, Shuffleboard & Putting (BC) (SC) (PG) 4:00 PM Happy Hour (LL) 5:00 PM Culinary Theme Night "Oktoberfest" (LL) 7:30 PM Movie "Brink of War" (MT)	7:30 AM Coffee & Company (CC) 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Barre, Balance & Mobility (GES) 10:30 AM Love from Above - A Non-Denominational Service (LIS) 10:30 AM Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 10:45 AM Art Class with Art Educator Jamey Kahl "Brushstrokes of East Asia" with India Ink Registration Required (AR) 11:00 AM Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 1:00 PM Open Card Play (CR) 2:00 PM Shuffleboard Club (SC) 2:45 PM Movie "Brink of War" (MT) 4:00 PM Happy Hour (LL) 4:00 PM Wine Club "The Good, The Bad and the Faulty: A Guide to Wine Wellness and Defects" Members only please (AR) 7:00 PM Mexican Train Play (CR)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Knitting Club (AR) 10:00 AM Cardio Drum & Tone (GES) 10:00 AM Bookmobile (FE) 10:30 AM Resident-Led Activity: Tai Chi with Terry Golden (GES) 11:00 AM Diamond Girls Club (AR) 11:00 AM 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 PM Open Card Play (CR) 1:00 PM Poker Play (All Welcome!) (TR) 1:00 PM Billiards Club Billiards Clinic "Games to Play" (TR) 2:00 PM Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 3:00 PM Shabbat Services (LIS) 4:00 PM Happy Hour (LL) 7:30 PM Movie "Brink of War" (MT)	9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Balance Class with Rosalee (GES) 10:15 AM Seated Yoga with Rosalee (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 PM Open Card Play (CR) 3:00 PM TechEase Drop-In Technology Help Complimentary hands-on technology support with trained student volunteers (AR) 4:00 PM Happy Hour (LL) 7:30 PM Piano Virtuoso, Mia Vassilev "CHAM-PIAgNO" A sparkling concert experience! (LC)
8:30 AM Pickleball Club (PC) 1:00 PM Open Card Play (CR) 2:00 PM Rummikub Play (CR) 2:45 PM Movie "Hadestown: The Musical" (MT) 3:00 PM Temple Beth Torah Singers present "Songs of Hope" (LIS)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit - Lengthen, Strengthen & Tone (GES) 10:00 AM St. Rita's Catholic Church Holy Communion and Rosary (LIS) 10:30 AM MIRROR ME - Interpretive Movement for Body, Mind & Soul (GES) 11:15 AM Yiddish Club (AR) 11:15 AM LiveWELL Mindful Meditation with Melissa (ULB) 1:00 PM Open Card Play (CR) 2:00 PM Craft Class with Resident Elyse Fuhr "Diamond Art Notecards" Registration Required (AR) 3:00 PM Bocce Club (BC) 4:00 PM Happy Hour (LL) 4:00 PM Book Club with facilitator Karen Kurzer "Book of Forbidden Words" by Louise Fein (AR) 7:30 PM Movie "Hadestown: The Musical" (MT)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Chair Fit - Pilates & Core Conditioning (GES) 10:30 AM Beginner/Refresher Mah Jongg Class with Resident Renee Kogan (3 of 5 classes) Registration Required (TR) 10:45 AM LiveWELL Aqua Flow *Weather Permitting (OP) 11:00 AM Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS. Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:00 AM Bible Club Fellowship (AR) 1:00 PM Open Card Play (CR) 1:00 PM Billiards Club Billiards Clinic "Strategy" (TR) 1:30 PM Putting Club (PG) 2:45 PM Movie "Hadestown: The Musical" (MT) 4:00 PM Happy Hour (LL) 4:00 PM Technology Club "Apple Tips and Tricks" (AR) 7:30 PM Harry Getzov "Jackie Gleason: 'How Sweet It Is'" - Part II (LC)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:15 AM BEACH DAY with the Carlisle at Lake Worth Beach! (ML) 9:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit- Functional Strength with Ximena (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 10:30 AM Seated Stretch & Flow with Ximena (GES) 10:45 AM Backgammon Club (CR) 11:30 AM Ladies Lunch Bunch with Guest Speaker Kelly Whiter, JD Chief Executive Officer of Philanthropy Tank...a real life Shark Tank empowering teens to execute and build grassroots programs that tackle community challenges Registration Required Individual checks (PDR) 01:00 PM Open Card Play (CR) 01:00 PM Poker Play (All Welcome!) (TR) 4:00 PM Happy Hour (LL) 7:30 PM Movie "Young Frankenstein" (MT)	7:30 AM Coffee & Company (CC) 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Barre, Balance & Mobility (GES) 10:30 AM Love from Above - A Non-Denominational Service (LIS) 10:30 AM Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 11:00 AM Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:30 AM LiveWELL Lunch & Learn Book Talk *Registration required (PDR) 1:00 PM Open Card Play (CR) 2:00 PM Shuffleboard Club (SC) 2:45 PM Movie "Young Frankenstein" (MT) 4:00 PM Happy Hour (LL) 7:00 PM Mexican Train Play (CR)	9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Knitting Club (AR) 10:00 AM Cardio Drum & Tone (GES) 10:30 AM Resident-Led Activity: Tai Chi with Terry Golden (GES) 11:00 AM Diamond Girls Club (AR) 11:00 AM 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 PM Open Card Play (CR) 1:00 PM Poker Play (All Welcome!) (TR) 1:00 PM Billiards Club Billiard Clinic "Strategy" (TR) 2:00 PM Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 3:00 PM Shabbat Services (LIS) 4:00 PM Boos and Booze Halloween Happy Hour and Costume Contest Costumes not required, but strongly encouraged (LL) 7:30 PM Movie "Young Frankenstein" (MT)	HALLOWEEN 8:15 AM Walk to Remember for ALZ at FAU - Bus Departs at 8:15am (ML) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Balance Class with Rosalee (GES) 10:15 AM Seated Yoga with Rosalee (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 PM Open Card Play (CR) 4:00 PM Happy Hour (LL) 7:30 PM Movie "Young Frankenstein" (MT)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 One-to-One Fitness Assessments by appointment with Melissa Clark. Please see Concierge to schedule. Appointments will meet in Melissa's office.	 OCTOBER 1 & 2  Please see calendar for events, times and locations.	 Beginner / Refresher Mah Jongg Lessons with Resident Renee Kogan Tuesdays October 13, 20, 27 November 10, 17* 10:30 am Trophy Room All supplies Provided Registration Required *Please plan to attend all sessions	 Outing to the Wiener Museum of Decorative Arts and Jaxkson's Restaurant Wednesday, October 21 9:45 am bus departure \$25/pp + the cost of lunch Reservations Reequired	7:30 AM Coffee & Company (CC) 1 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:30 AM Wellington Bay Olympic Event - Billiards (TR) 10:30 AM Love from Above - A Non-Denominational Service (LIS) 11:00 AM Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 1:00 PM Open Card Play (CR) 2:45 PM Movie "Fantasy Life" (MT) 3:00 PM Wellington Bay Olympic Event - Seated Bowling (GES) 4:00 PM Happy Hour (LL) 7:00 PM Mexican Train Play (CR)	9:00 AM LiveWELL Walk at WELLington Bay (ML) 2 9:30 AM Wellington Bay Olympic Event - Water Sports - Swimming & Water Walking (IP) 10:00 AM Knitting Club (AR) 11:00 AM Diamond Girls Club (AR) 11:00 AM Open Art Room (AR) 11:00 AM Wellington Bay Olympic Event - Chess (TR) 1:00 PM Duplicate Bridge with Director Sid Korn (LC) 1:00 PM Open Card Play (CR) 1:00 PM Poker Play (All Welcome!) (TR) 1:00 PM Wellington Bay Olympic Event - Duplicate Bridge (LC) 1:00 PM Billiards Club (TR) 3:00 PM Shabbat Services (LIS) 4:00 PM Wellington Bay Olympic Closing Ceremonies & Happy Hour! (LL) 7:30 PM Movie "Fantasy Life" (MT)	9:00 AM LiveWELL Walk at WELLington Bay (ML) 3 9:45 AM Balance Class with Rosalee (GES) 10:15 AM Seated Yoga with Rosalee (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 PM Open Card Play (CR) 4:00 PM Happy Hour (LL) 7:30 PM BINGO with Jena (LC)
8:30 AM Pickleball Club (PC) 4 1:00 PM Open Card Play (CR) 2:00 PM Rummikub Play (CR) 2:45 PM Movie "More Than Honey" (MT)	ACTIVE AGING WEEK 5 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit - Lengthen, Strengthen & Tone (GES) 10:00 AM St. Rita's Catholic Church Holy Communion and Rosary (LIS) 10:30 AM MIRROR ME - Interpretive Movement for Body, Mind & Soul (GES) 11:15 AM LiveWELL Mindful Meditation with Melissa * NOTE - WE WILL MEET ON FRONT BALCONY TODAY (UFB) 1:00 PM Open Card Play (CR) 1:00 PM Musical Monday DVD Stjepan Hauser, Cellist "Collaborations with the London Symphony Orchestra" (MT) 3:00 PM Wellness Committee Meeting (AR) 3:00 PM Bocce Club (BC) 4:00 PM HMLS Committee Meeting (AR) 4:00 PM Happy Hour (LL) 7:30 PM Movie "More than Honey" (MT)	ACTIVE AGING WEEK 6 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Chair Fit - Pilates & Core Conditioning (GES) 10:45 AM Life Enrichment Committee Meeting (AR) 10:45 AM LiveWELL Aqua Flow *Weather Permitting (OP) 11:00 AM Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS. Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 1:00 PM Open Card Play (CR) 1:00 PM Billiards Club Billiards Clinic: "The Clue is in the Cue" (TR) 2:45 PM Movie "More Than Honey" (MT) 4:00 PM Happy Hour (LL) 7:30 PM Musical Monday DVD Encore Showing Stjepan Hauser, Cellist "Collaborations with the London Symphony Orchestra" (MT)	ACTIVE AGING WEEK 7 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit- Functional Strength with Ximena (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 10:30 AM Seated Stretch & Flow with Ximena (GES) 10:45 AM Culinary Committee Meeting (AR) 10:45 AM Backgammon Club (CR) 11:15 AM LiveWELL Mindful Meditation with Melissa * NOTE - WE WILL MEET ON FRONT BALCONY TODAY (UFB) 1:00 PM Open Card Play (CR) 1:00 PM Poker Play (All Welcome!) (TR) 4:00 PM Happy Hour (LL) 7:30 PM Movie "Amadeus" (MT)	ACTIVE AGING WEEK 8 7:30 AM Coffee & Company (CC) 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Barre, Balance & Mobility (GES) 10:30 AM Love from Above - A Non-Denominational Service (LIS) 10:30 AM Seated Yoga with Myofascial & Lymphatic Release Self-Massage (GES) 10:45 AM Administration/Marketing Committee Meeting (AR) 11:00 AM Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:00 AM Library Committee Meeting (LIB) 1:00 PM Open Card Play (CR) 2:00 PM Shuffleboard Club (SC) 2:45 PM Movie "Amadeus" (MT) 4:00 PM Happy Hour (LL) 4:00 PM THRIVE Life Coaching Program with Melissa (MR) 7:00 PM Mexican Train Play (CR)	ACTIVE AGING WEEK 9 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Knitting Club (AR) 10:00 AM Cardio Drum & Tone (GES) 10:00 AM Bookmobile (FE) 10:30 AM Resident-Led Activity: Tai Chi with Terry Golden (GES) 11:00 AM Diamond Girls Club (AR) 11:00 AM Open Art Room (AR) 11:00 AM Java & Juice with Jay (TR) 1:00 PM Duplicate Bridge with Director Sid Korn (LC) 1:00 PM Open Card Play (CR) 1:00 PM Poker Play (All Welcome!) (TR) 1:00 PM Billiards Club Billiards Clinic: "The Clue in the Cue" (TR) 2:00 PM Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 3:00 PM Shabbat Services (LIS) 4:00 PM Happy Hour (LL) 7:30 PM Musical Entertainer Mikah Diaz "Timeless Melodies" and the October Birthday Celebration. Light refreshments served (LC)	9:00 AM LiveWELL Walk at WELLington Bay (ML) 10 9:45 AM Balance Class with Rosalee (GES) 10:15 AM Seated Yoga with Rosalee (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 PM Open Card Play (CR) 1:30 PM BINGO with Irene (LC) 2:45 PM Trivia with Irene (LC) 4:00 PM Happy Hour (LL) 6:30 PM Prompt Bus Departure for the Duncan Theatre Symphonic Band of the Palm Beaches "Viva Italia!" Registration Required \$27/pp (FE) 7:30 PM Movie "Amadeus" (MT)
8:30 AM Pickleball Club (PC) 11 1:00 PM Open Card Play (CR) 2:00 PM Rummikub Play (CR) 2:45 PM Movie "Late Fame" (MT)	COLUMBUS DAY 12 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 09:00 AM LiveWELL Walk at WELLington Bay (ML) 09:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit - Lengthen, Strengthen & Tone (GES) 10:00 AM St. Rita's Catholic Church Holy Communion and Rosary (LIS) 10:30 AM MIRROR ME - Interpretive Movement for Body, Mind & Soul (GES) 11:00 AM RAC Meeting (AR) 11:15 AM LiveWELL Mindful Meditation with Melissa * NOTE - WE WILL MEET ON FRONT BALCONY TODAY (UFB) 1:00 PM Open Card Play (CR) 3:00 PM Bocce Club (BC) 4:00 PM Happy Hour (LL) 7:30 PM Movie "Late Fame" (MT)	9:00 AM Fitness Center Instruction with Ximena (FC) 13 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Chair Fit - Pilates & Core Conditioning (GES) 10:30 AM Alzheimer's Caregiver Support Group *Caregivers Only (MR) 10:30 AM NEW! Beginner/Refresher Mah Jongg Class with Resident Renee Kogan (1 of 5 classes) Registration Required (TR) 10:45 AM LiveWELL Aqua Flow *Weather Permitting (OP) 11:00 AM Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS. Bank of America REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:00 AM Bible Club Fellowship (AR) 1:00 PM Open Card Play (CR) 1:00 PM Billiards Club Billiards Clinic: "Position, Position, Position" (TR) 1:30 PM Putting Club (PG) 2:00 PM Mind Fit Games with Brie Hurley (AR) 2:45 PM Movie "Late Fame" (MT) 4:00 PM Happy Hour (LL) 5:00 PM FOURTH ANNIVERSARY CELEBRATION Friendship! Food! Four-Piece Band! Fun! (OP)	9:00 AM Fitness Center Instruction with Ximena (FC) 14 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up with Ximena (GES) 10:00 AM Chair Fit- Functional Strength with Ximena (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 10:30 AM Seated Stretch & Flow with Ximena (GES) 10:45 AM Backgammon Club (CR) 10:45 AM "What's the Buzz?" Workshop and Honey Tasting (AR) 11:15 AM LiveWELL Mindful Meditation with Melissa (ULB) 1:00 PM Open Card Play (CR) 1:00 PM Parkinson's Support Group (AR) 1:00 PM Poker Play (All Welcome!) (TR) 4:00 PM Happy Hour (LL) 4:00 PM Travel Club "Florida Adventures, Near and Far" (AR) 7:30 PM Movie "Seabiscuit" (MT)	7:30 AM Coffee & Company (CC) 15 9:00 AM Fitness Center Instruction with Ximena (FC) 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Barre, Balance & Mobility (GES) 10:30 AM TOWN HALL MEETING (LC) 10:30 AM Love from Above - A Non-Denominational Service (LIS) 1:00 PM Open Card Play (CR) 2:00 PM Shuffleboard Club (SC) 2:45 PM Movie "Seabiscuit" (MT) 4:00 PM Happy Hour (LL) 7:00 PM Mexican Train Play (CR) 7:30 PM Harry Getzov "Jackie Gleason: 'How Sweet It Is'" - Part I (LC)	9:00 AM Fitness Center Instruction with Ximena (FC) 16 9:00 AM LiveWELL Walk at WELLington Bay (ML) 9:45 AM Cardio Warm-Up *15 min (GES) 10:00 AM Knitting Club (AR) 10:00 AM Cardio Drum & Tone (GES) 10:30 AM Resident-Led Activity: Tai Chi with Terry Golden (GES) 11:00 AM Diamond Girls Club (AR) 11:00 AM Open Art Room (AR) 11:00 AM Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe's REGISTRATION REQUIRED 24 HOURS IN ADVANCE (FE) 11:15 AM LiveWELL Mindful Meditation with Melissa (ULB) 1:00 PM Billiards Club Billiards Clinic: "Position, Position, Position" (TR) 1:00 PM Duplicate Bridge with Director Sid Korn (LC) 1:00 PM Open Card Play (CR) 1:00 PM Poker Play (All Welcome!) (TR) 2:00 PM Resident Led Lifelong Learning Group with Ilene Vinikoor (MR) 3:00 PM Shabbat Services (LIS) 4:00 PM Happy Hour (LL) 7:30 PM Movie "Seabiscuit" (MT)	9:00 AM LiveWELL Walk at WELLington Bay (ML) 17 9:45 AM Balance Class with Rosalee (GES) 10:15 AM Seated Yoga with Rosalee (GES) 10:30 AM Resident-Led Activity: Gentle Aquatic Exercise with Rose Hinrichs (IP) 1:00 PM Open Card Play (CR) 4:00 PM Happy Hour (LL) 7:30 PM Movie "Seabiscuit" (MT)