

July 2026

Lisbet at Wellington Bay

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Fitness room (3rd floor) (2FR) Skyview Dining (4th Floor) (SD4F) Lakeside Dining (LD) 1st floor Living room (1FLR) Game Room (3rd floor) (3GR) Theater (4th Floor) (TH4) Cafe (C) Library (L) Art Room (AR)	Facilitators Legend Life Enrichment Department Led Contractor/Vendor Led Staff Wellness Department Led Resident Led Transportation Driver	Dimensions Of Wellness Legend Engaging Inclusive Recreational Intellectual Wellness Nutritional Spiritual Physical	10:00 Cardio Dancing with Laura (2FR) 10:30 Mind Fitness (2FR) 1:30 Dance and Karaoke (1FLR) 3:30 Happy Hour (SD4F) 4:00 Talk And Trivia (SD4F)	10:00 Sit and Be Fit (2FR) 10:30 Mind Fitness (2FR) 2:00 Mirror Me with Laura (2FR) 5:30 Dining to Music (LD) 6:45 Games, Bingo, Scrabble, Word Games (3GR)	10:00 Chair Yoga and Mindful Meditation (2FR) 10:30 Mind Fitness (2FR) 2:00 Inspired by Music with Chelsea (1FLR) 3:00 Culinary Creations (C) 3:30 Happy Hour (SD4F) 4:00 Talk & Trivia (SD4F)	11:30 Dining to Music (LD) 1:30 Movie: Yankee Doodle Dandy (TH4) 2:00 Bingo Blast (3GR) 3:00 Happy Hour (SD4F)
12:00 Dining to Piano Music (LD) 5 1:30 Movie Concert (TH4) 2:00 Stretch and Be Fit with Lydia (2FR) 3:30 Root Beer Floats (C)	10:00 St Rita's Catholic Church Communion Service (L) 6 10:00 Total Body Tune Up with Laura (2FR) 10:30 Mind Fitness (2FR) 2:00 Cardio Drumming & Motown Music (2FR) 3:00 Table Games at Skyview (SD4F) 3:30 Happy Hour (SD4F)	10:00 Mind-Body Renewal with Life Enrichment (2FR) 7 10:30 Mind Fitness (2FR) 1:30 Create with paint and paper (AR) 2:00 Dance and Karaoke (1FLR) 5:30 Dining to Music (LD) 6:30 Bingo (3GR)	10:00 Cardio Dancing with Laura (2FR) 8 10:30 Mind Fitness (2FR) 1:00 Shopping (L) 3:30 Happy Hour (SD4F) 4:00 Talk And Trivia (SD4F)	10:00 Sit and Be Fit (2FR) 9 10:30 Mind Fitness (2FR) 2:00 Mirror Me with Melissa (2FR) 5:30 Dining to Music (LD) 6:45 Games, Bingo, Scrabble, Word Games (3GR)	10:00 Chair Yoga and Mindful Meditation (2FR) 10 10:30 Mind Fitness (2FR) 11:00 Lunch Bunch (Out) 2:00 Inspired by Music with Chelsea (1FLR) 3:30 Happy Hour (SD4F) 4:00 Talk & Trivia (SD4F) 7:00 Shabbat Service (1FLR)	11:30 Dining to Music (LD) 11 1:30 Movie (TH4) 2:00 Dance Movement and Beyond (2FR) 3:30 Happy Hour (SD4F) 6:30 Games on the 3rd Floor (3FFR)
12:00 Dining to Piano Music (LD) 12 1:30 Movie Concert (TH4) 2:00 Stretch and Be Fit with Lydia (2FR) 3:30 Root Beer Floats (C)	10:00 St Rita's Catholic Church Communion Service (L) 13 10:00 Total Body Tune Up with Laura (2FR) 10:30 Mind Fitness (2FR) 1:00 Shopping (L) 2:00 Cardio Drumming & Motown Music (2FR) 3:00 Table Games at Skyview (SD4F) 3:30 Happy Hour (SD4F)	10:00 Mind-Body Renewal with Life Enrichment (2FR) 14 10:30 Mind Fitness (2FR) 1:30 Create with paint and paper (AR) 2:00 Dance and Karaoke (1FLR) 3:30 Mind Fit with Brie and the Key (1FLR) 5:30 Dining to Music (LD) 6:30 Bingo (3GR)	10:00 Cardio Dancing with Laura (2FR) 15 10:30 Mind Fitness (2FR) 1:30 Travel Log to the Wild West (1FLR) 2:00 Meet the Chef (LD) 3:30 Happy Hour (SD4F) 4:00 Talk And Trivia (SD4F)	10:00 Sit and Be Fit (2FR) 16 10:30 Mind Fitness (2FR) 2:00 Town Hall Meeting (LD) 3:30 Life Long Learning (1FLR) 5:30 Dining to Music (LD) 6:45 Games, Bingo, Scrabble, Word Games (3GR)	10:00 Chair Yoga and Mindful Meditation (2FR) 17 10:30 Mind Fitness (2FR) 2:00 Inspired by Music with Chelsea (1FLR) 3:00 Celebrate National Ice Cream Day (C) 3:30 Happy Hour (SD4F) 4:00 Talk & Trivia (SD4F)	11:30 Dining to Music (LD) 18 1:30 Movie (TH4) 2:00 Dance Movement and Beyond (2FR) 3:00 Happy Hour (SD4F)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30 Movie Concert (TH4) 19 2:00 Stretch and Be Fit with Lydia (2FR) 3:00 Root Beer Floats (C)	10:00 St Rita's Catholic Church Communion Service (L) 20 10:00 Total Body Tune Up with Laura (2FR) 10:30 Mind Fitness (2FR) 2:00 Cardio Drumming & Motown Music (2FR) 2:30 Palm Beach County Animal Control (1FLR) 3:30 Happy Hour (SD4F)	10:00 Mind-Body Renewal with Life Enrichment (2FR) 21 10:30 Mind Fitness (2FR) 1:30 Create with paint and paper (AR) 2:30 Miniature Pony Visits (BP) 5:30 Dining to Music (LD) 6:30 Bingo (3GR)	10:00 Cardio Dancing with Laura (2FR) 22 10:30 Mind Fitness (2FR) 1:00 Shopping (L) 3:30 Happy Hour (SD4F) 3:30 July Birthday Bash with Bianca (SD4F)	10:00 Sit and Be Fit (2FR) 23 10:30 Mind Fitness (2FR) 2:00 Mirror Me with Melissa (2FR) 2:30 Palm Beach County Animal Control (1FLR) 5:30 Dining to Music (LD) 6:45 Games, Bingo, Scrabble, Word Games (3GR)	10:00 Chair Yoga and Mindful Meditation (2FR) 24 10:30 Mind Fitness (2FR) 1:00 Bus Tour (Out) 2:00 Inspired by Music with Chelsea (1FLR) 3:00 Bingo (SD4F) 3:30 Happy Hour (SD4F) 4:00 Talk & Trivia (SD4F)	11:30 Dining to Music (LD) 25 1:30 Movie (TH4) 2:00 Dance Movement and Beyond (2FR) 3:30 Happy Hour (SD4F) 6:30 Games on the 3rd Floor (3FFR)
12:00 Dining to Piano Music (LD) 26 1:30 Movie Concert (TH4) 2:00 Stretch and Be Fit with Lydia (2FR) 3:30 Root Beer Floats (C)	10:00 St Rita's Catholic Church Communion Service (L) 27 10:00 Total Body Tune Up with Laura (2FR) 10:30 Mind Fitness (2FR) 1:00 Shopping (L) 2:00 Cardio Drumming & Motown Music (2FR) 3:00 Table Games at Skyview (SD4F) 3:30 Happy Hour (SD4F)	10:00 Mind-Body Renewal with Life Enrichment (2FR) 28 10:30 Mind Fitness (2FR) 1:30 Create with paint and paper (AR) 2:00 Dance and Karaoke (1FLR) 5:30 Dining to Music (LD) 6:30 Bingo (3GR)	10:00 Cardio Dancing with Laura (2FR) 29 10:30 Mind Fitness (2FR) 3:30 Happy Hour (SD4F) 4:00 Talk And Trivia (SD4F)	10:00 Sit and Be Fit (2FR) 30 10:30 Mind Fitness (2FR) 2:00 Mirror Me with Melissa (2FR) 2:00 Entertainment Still Jamming (LD) 5:30 Dining to Music (LD) 6:45 Games, Bingo, Scrabble, Word Games (3GR)	10:00 Chair Yoga and Mindful Meditation (2FR) 31 10:30 Mind Fitness (2FR) 2:00 Inspired by Music with Chelsea (1FLR) 3:00 Bingo (SD4F) 3:30 Happy Hour (SD4F) 4:00 Talk & Trivia (SD4F)	
						