

December

Life Enrichment & Wellness

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1</p> <p>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP) 2:45 pm – Movie “Critical Thinking” (MT)</p>	<p>2</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:00 am – Pickleball Club (PC) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am - LiveWELL Mind Body Fitness - Mat Pilates 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:00 am – Calendar Conversation with Julie Ann highlighting December activities and discussion regarding future activity suggestions. What activities would you like to see on the calendar in 2025? (AR) 1:00 – 4:00 pm – Open Card Play (CR) 3:00 pm – HMLS Committee Meeting (AR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 7:30 pm – Movie “Critical Thinking” (MT)</p>	<p>3</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Cardio Drumming (GES) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 10:30 am – Life Enrichment Committee Meeting (AR) 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:15 am - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP) 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Wellness Committee Meeting (AR) 2:45 pm – Movie “Critical Thinking” (MT) 3:30 pm – Bocce Club (BC) 7:30 pm – Phil Leto presents “What Now? A Look at the Incoming Trump Administration” (LC)</p>	<p>4</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Barre, Balance & Strength (GES) 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES) 10:30 am – Culinary Committee Meeting (AR) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrich (IP) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Critical Thinking” (MT)</p>	<p>5</p> <p>8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) *We will make the decision at 8:45 if we need to move inside due to cold or inclement weather. 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Pilates & Core Conditioning (GES) 10:00 am – Rosary and Communion (Lisbet Health Center) 10:30 am - LiveWELL Mind Body Fitness - Seated QiGong with Mindful Meditation (GES) 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:00 am – Library Committee Meeting (Library) 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Critical Thinking” (MT) 4:00 pm – Jingle and Mingle Christmas Tree Lighting (Lobby) 7:00 pm – Mexican Train Play (CR)</p>	<p>6</p> <p>9:00 - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 09:45 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 - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am - 12:00 pm – Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 11:15 am - Sit & Be Fit with Hannah (GES) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL)</p>	<p>7</p> <p>9:00 am – Pickleball Club (PC) 9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 pm – Movie Club “Fantasia” (MT) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – Rummikub Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Critical Thinking” (MT)</p>
<p>8</p> <p>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP) 2:45 pm – Movie “Inside Man” (MT)</p>	<p>9</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:00 am – Pickleball Club (PC) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES) 11:00 am - LiveWELL Mind Body Fitness - Mat Yoga with Standing Balance Postures (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:15 am – Yiddish Club (AR) 1:00 pm – Monday Movie “The Namesake” (MT) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB) 4:00 pm – Book Club with Karen Kurzer “Defending Britta Stein” by Ronald Balson (AR) 7:30 pm – Movie “Inside Man” (MT)</p>	<p>10</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Special Holiday Cardio Drumfest with Melissa & Jay! (GES) 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 10:30 am – Alzheimer’s Support Group (MR) <i>This support group is for caregivers only</i> 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:00 am – Art Class with Art Educator Jamey Kahl “Decoupage Holiday Oyster Trinkets” (AR) REGISTRATION REQUIRED BY DECEMBER 6TH 11:15 am - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP) 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “Inside Man” (MT) 3:30 pm – Bocce Club (BC) 4:00 pm – Investment Club “A Visit with the Financial Industry Regulatory Authority (FINRA)” (AR) 7:30 pm – Monday Movie <i>Encore Showing</i> “The Namesake” (MT)</p>	<p>11</p> <p>7:45 am – Prompt Bus Departure for the “Raisin’ Cane Agricultural Tour (Front Entrance) Complimentary Lunch Included REGISTRATION REQUIRED 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:00 am – Marketing/Administration Committee Meeting (AR) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Barre, Balance & Strength (GES) 10:30 am - Resident Led Activity - Tai Chi Exercises with Artie Lynnworth (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrich (IP) 11:15m - LiveWELL Mindful Meditation with Melissa (ULB) 1:00 pm – Parkinson’s Support Group (AR) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “Inside Man” (MT)</p>	<p>12</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Pre-Recorded Video - Chair Fit - Pilates & Core Conditioning (GES) 10:30 am – Beading Class (Necklaces) with Resident Marlene Gurst (AR) REGISTRATION REQUIRED BY DECEMBER 7TH 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Photography Club Resident Jerry Fefferman presents “Land’s Polaroid: Bits, Pieces and Some Trivia” (AR) 2:45 pm – Movie “Inside Man” (MT) 7:00 pm – Mexican Train (CR))</p>	<p>13</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Cardio Drumming with Jay! (GES) 10:00 am – Knitting Club (AR) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am – 12:00 pm - Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - Sit & Be Fit with Hannah (GES) 1:00 pm – Duplicate Bridge with Director Sid Korn (CR*) *PLEASE NOTE LOCATION CHANGE 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 6:45 pm – Shabbat Services (Lisbet Health Center)</p>	<p>14</p> <p>9:00 am – Pickleball Club (PC) 9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – BINGO with Irene (LC) 2:45 pm – Trivia with Irene (LC) 3:30 – 5:00 pm – Happy Hour (LL) 7:30 pm – Movie “Inside Man” (MT)</p>
<p>15</p> <p>1:00 – 4:00 pm – Open Card Play (CR) 2:00 pm – Rummikub Play (CR) 2:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP) 2:45 pm – Movie “You Hurt My Feelings” (MT)</p>	<p>16</p> <p>Holiday Spirit Week “Jingle Bells” Show off your best holiday BLING today!</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:00 am – Pickleball Club (PC) 10:00 am - Sit & Be Fit with Hannah (GES) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am – RAC Meeting (AR) 1:00 pm – Musical Monday DVD George Balanchine’s “The Nutcracker” with the New York City Ballet (MT) 1:00 – 4:00 pm - Open Card Play (CR) 3:30 – 5:00 pm - Happy Hour (LL) 4:00 pm - LiveWELL Mindful Meditation with Hannah (ULB) 4:00 pm – Short Story Group with Karen Kurzer (AR) 7:30 pm – Movie “You Hurt My Feelings” (MT)</p>	<p>17</p> <p>Holiday Spirit Week “Candy Cane” Wear your red and white today – stripes would be even better!</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Cardio Drumming with Jay! (GES) 10:30 am – Kitchen Tour with Culinary Director Tim D’Antuono (Please meet in Chukker’s Café) REGISTRATION REQUIRED BY DECEMBER 10TH 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:15 am - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP) 1:00 pm – Billiards Club (TR) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm - Movie “You Hurt My Feelings” (MT) 3:30 pm – Bocce Club (BC) 4:00 pm – 92nd Street Y Pre-Recorded Program “Alice McDermott with Amor Towles: Absolution” (AR) 7:30 pm – Musical Monday DVD <i>Encore Showing</i> Musical Monday DVD George Balanchine’s “The Nutcracker” with the New York City Ballet (MT)</p>	<p>18</p> <p>Holiday Spirt Week “Deck the Halls” Get decked out in your hippest holiday shirt, socks, Santa hat, elf ears, headbands...and more!</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 10:00 am - Sit & Be Fit with Hannah (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 11:15 am - LiveWELL Mindful Meditation with Hannah (ULB) 11:30 am – Ladies Lunch Bunch with Guest Speaker Van Pham, Estee` Lauder representative “Skincare Masterclass” (PDR) PLEASE REGISTER VIA EMAIL wbladieslunch@gmail.com by 12/11 Organized by Carol Raskin. Limited Seating <i>Individual checks</i> 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 7:15 pm – Poker Play (TR) 7:30 pm – Movie “You Hurt My Feelings” (MT)</p>	<p>19</p> <p>Holiday Spirt Week “Snow Day” Feelin' kind of frosty? Wear your blue, white and silver today!</p> <p>8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) *We will make the decision at 8:45 if we need to move inside due to cold or inclement weather. 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 9:45 am - Cardio Warm-Up *15 min (GES) 10:00 am - Chair Fit - Pilates & Core Conditioning (GES) 10:00 am – Rosary and Communion (Lisbet Health Center) 10:30 am – Town Hall Meeting (LC) <i>Please join us for the latest community updates.</i> 1:00 pm – Ping Pong Club (2nd Floor) 1:00 – 4:00 pm – Open Card Play (CR) 2:45 pm – Movie “You Hurt My Feelings” (MT) 4:30 pm – Wine Club “Stickies and Sweeties” – Sweet wines paired with bite-sized dessert nibbles (AR) 7:00 pm – Mexican Train (CR) 7:30 pm – Harry Getzov presents “The Beatles: ‘The Fab Four’” – Part II (LC)</p>	<p>20</p> <p>Holiday Spirit Week “Ugly Sweater Day” May your sweaters be ugly and bright today!</p> <p>9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL) 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 - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES) 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC) 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) REGISTRATION REQUIRED 24 HOURS IN ADVANCE 11:00 am – 12:00 pm - Diamond Girls Club (AR) 11:00 am – 4:00 pm – Open Art Room (AR) 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB) 11:15 am - Sit & Be Fit with Hannah (GES) 1:00 pm – Duplicate Bridge with Director Sid Korn (LC) 1:00 – 4:00 pm – Open Card Play (CR) 3:30 – 5:00 pm – Happy Hour (LL)</p>	<p>21</p> <p>9:00 am – Pickleball Club (PC) 9:45 am - Balance Class with Rosalee (GES) 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES) 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP) 1:00 – 4:00 pm – Open Card Play (CR) 1:30 pm – Rummikub Play (CR) 3:30 – 5:00 pm – Happy Hour (LL) 4:00 pm – 92nd Street Y Pre-Recorded Program “Nut/Cracked” (AR) 7:30 pm – Entertainer Gianni Bianchini presents “The American Songbook” (LC)</p>



December Life Enrichment & Wellness

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

SUNDAY

22

1:00 – 4:00 pm – Open Card Play (CR)
 2:00 pm – Rummikub Play (CR)
 2:15 pm – Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
 2:45 pm – Movie “The Apprentice” (MT)

MONDAY

23

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:00 am – Pickleball Club (PC)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)
 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)
 11:00 am - LiveWELL Mind Body Fitness - Mat Pilates (GES)
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 1:00 – 4:00 pm – Open Card Play (CR)
 3:30 – 5:00 pm – Happy Hour (LL)
 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)
 4:30 – 5:30 pm – Yuletide Christmas Carolers (Strolling, First Floor)
 7:30 pm – Movie “The Apprentice” (MT)

TUESDAY

24

Christmas Eve
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:00 am – Alzheimer’s Discussion Group – Resident-Led (MR)
 11:15 am - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
 1:00 pm – Billiards Club (TR)
 1:00 – 4:00 pm – Open Card Play (CR)
 2:45 pm – Movie “The Apprentice” (MT)

WEDNESDAY

25

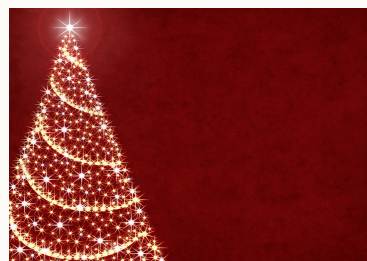
Christmas Day / First Night of Hanukkah
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Barre, Balance & Strength (GES)
 10:30 am - Tai Chi Practice with Melissa (GES)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 4:30 pm – Menorah Lighting (Lobby)



THURSDAY

26

Second Night of Hanukkah
 8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) *We will make the decision at 8:45 if we need to move inside due to cold or inclement weather.
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Pilates & Core Conditioning (GES)
 10:30 am - LiveWELL Mind Body Fitness- Seated Qigong with Mindful Meditation (GES)
 11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 1:00 pm – Ping Pong Club (2nd Floor)
 1:00 – 4:00 pm – Open Card Play (CR)
 2:45 pm – Movie “The Apprentice” (MT)
 4:30 pm – Menorah Lighting (Lobby)
 7:00 pm – Mexican Train Play (CR)
 7:30 pm – Hanukkah Party with Eduardo (LC)



**Jingle and Mingle
 Christmas Tree Lighting**
 Music ~ Light Holiday Refreshments Served
 Thursday, December 5
 4:00 pm
 Lobby

FRIDAY

27

Third Night of Hanukkah
 9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming with (GES)
 10:30 am – Knitting Club (AR)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)
 11:00 am – 12:00 pm - Diamond Girls Club (AR)
 11:00 am – 4:00 pm - Open Art Room (AR)
 11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
 11:15 am - Sit & Be Fit with Hannah (GES)
 1:00 pm – Duplicate Bridge with Director Sid Korn (LC)
 1:00 – 4:00 pm – Open Card Play (CR)
 3:30 – 5:00 pm – Happy Hour (LL)
 4:30 pm – Menorah Lighting (Lobby)
 6:45 pm – Shabbat Services (Lisbet Health Center)

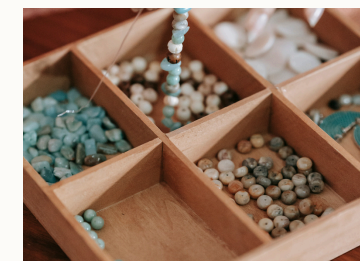


**Raisin’ Cane
 Agricultural Tour**
 Wednesday, December 11
 Prompt bus departure at 7:45 am
 Front Entrance
 Complimentary, lunch included

SATURDAY

28

Fourth Night of Hanukkah
 9:00 am – Pickleball Club (PC)
 9:45 am - Balance Class with Rosalee (GES)
 10:15 am - LiveWELL Mind Body Fitness - Seated Yoga with Rosalee (GES)
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 1:00 – 4:00 pm – Open Card Play (CR)
 1:30 pm – BINGO with Irene (LC)
 2:45 pm – Trivia with Irene (LC)
 3:30 – 5:00 pm – Happy Hour (LL)
 4:30 pm – Menorah Lighting (Lobby)
 7:30 pm – Movie “The Apprentice” (MT)

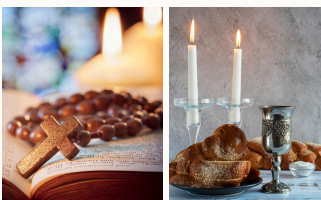


**Beading Class with
 Resident Marlene Gurst**
 Thursday, December 12
 10:30 am
 Art Room
**REGISTRATION
 REQUIRED BY
 DECEMBER 7TH**

Fifth Night of Hanukkah

29

1:00 – 4:00 pm – Open Card Play (CR)
 2:00 pm – Rummikub Play (CR)
 2:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
 2:45 pm – Movie – TBA (MT)
 4:30 pm – Menorah Lighting (Lobby)



**NEW! Rosary and
 Communion**
 Thursday, December 5
 Thursday, December 19
 10:00 am
Shabbat Services
 Friday, December 13
 Friday, December 27
Lisbet Health Center

Sixth Night of Hanukkah

30

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:00 am – Pickleball Club (PC)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Chair Fit - Lengthen, Strengthen & Tone (GES)
 10:30 - 11:00 am - Open Gym Instruction with Hannah (FC)
 10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (GES)
 11:15 am - LiveWELL with Graze Anatomy - Laura Graze DNP, Owner of Graze Anatomy presents “Ringing in the New Year with Holistic Healthcare” (LC) **Light Refreshments Served**
 1:00 – 4:00 pm – Open Card Play (CR)
 3:30 – 5:00 pm – Happy Hour (LL)
 4:00 pm - LiveWELL Mindful Meditation with Melissa (ULB)
 4:30 pm – Menorah Lighting (Lobby)
 7:30 pm – Movie - TBA (MT)



**Kitchen Tour
 with Tim D’Antuono,
 Culinary Director**
 Tuesday, December 17
 10:30 am
 Please meet in Chukker’s Café
**REGISTRATION REQUIRED
 BY DECEMBER 10TH**

New Year’s Eve / Seventh Night of Hanukkah

31

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
 9:45 am - Cardio Warm-Up *15 min (GES)
 10:00 am - Cardio Drumming (GES)
 10:30 am - LiveWELL Mind Body Fitness - MirrorMe - Easy to Follow Gentle Inspirational QiGong/Yoga Fusion Class *taught without words (GES)
 11:00 am – Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:15 am - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
 1:00 pm – Billiards Club (TR)
 1:00 – 4:00 pm – Open Card Play (CR)
 4:30 pm – Menorah Lighting (Lobby)
 9:00 pm – New Year’s Eve Celebration – The Adams Family presents “The Music of Andrew Lloyd Webber” with 10:00 pm Champagne Toast and Countdown (LC)
 NO GUESTS PLEASE



**92ND Street Y
 Pre-Recorded Programs**
 12/17 – “Alice McDermott with Amor Towles: Absolution”
 12/21 – “Nut/Cracked”
 Both programs will take place at 4:00 pm in the Art Room



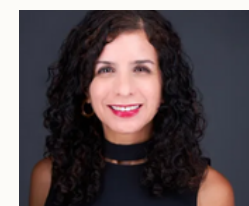
**One-to-One Fitness
 Assessments by
 appointment with
 Wellness Director
 Melissa Clark**
 *Please see Concierge to schedule.
**Appointments will meet
 in Melissa’s office.**



**Yuletide
 Christmas Carolers**
 Monday, December 23
 4:30 – 5:30 pm
 Strolling, First Floor



**Menorah Lighting
 Daily,
 December 25 – January 1**
 4:30 pm
 Lobby



LiveWELL Lecture Series
 Laura Graze DNP,
 Owner of Graze Anatomy presents
 “Ringing in the New Year with
 Holistic Healthcare”
 Monday, December 30
 11:15 an
 Liberty Center



New Year’s Eve Celebration
 9:00 pm - The Adams Family presents “The Music of Andrew Lloyd Webber”
 10:00 pm – Countdown and Champagne Toast
 Tuesday, December 31
 Liberty Center
NO GUESTS PLEASE

