

SUNDAY



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

MONDAY



Workout and Word Games with Melissa and Julie Ann
Pink and Green clothing and/or accessories encouraged!
Monday, January 6
11:15 am
Liberty Center

TUESDAY



LiveWELL Speaker Series
Dr. David Leminick & Linda Sauget
"New Year, New Horizons"
Thursday, January 7
4:00 pm
Liberty Center

WEDNESDAY

New Year's Day / Eighth Night of Hanukkah 1
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)
11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
1:00 - 4:00 pm - Open Card Play (CR)
4:30 pm - Menorah Lighting (Lobby)
7:15 pm - Poker Play (TR)
7:30 pm - Movie "Conclave" (MT)

THURSDAY

2
9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
9:00 am - Administration/Marketing Committee Meeting (AR)
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)
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 "Conclave" (MT)
7:00 pm - Mexican Train Play (CR)

FRIDAY

3
9:00 - 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 - 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)
1:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
3:30 - 5:00 pm - Happy Hour (LL)

SATURDAY

4
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 "Breakfast at Tiffany's" (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 "Conclave" (MT)

5
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 Last Rifleman" (MT)

6
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)
10:30 am - Calendar Conversation with Julie Ann highlighting January activities and discussion regarding future activity suggestions (AR)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Isabel Suss (IP)
11:15 am - WICKED Workout and Word Games with Melissa and Julie Ann (LC) *Pink and Green clothing and/or accessories encouraged!*
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 "The Last Rifleman" (MT)

7
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**
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 "The Last Rifleman" (MT)
4:00 pm - LiveWELL Speaker Series Dr. Leminick & Linda Sauget "New Year, New Horizons" (LC)
4:00 pm - Bocce Club (BC)
7:30 pm - Phil Leto presents "Here We Go Again: The Middle East in Flux in 2025" (LC)

8
9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
9:45 am - SPECIAL Cardio Warm-Up ZUMBA GOLD with Concessa! 15 min (GES)
10:00 am - SPECIAL INTRO TO CHAIR ZUMBA with Concessa! (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)
4:00 pm - 92nd Street Y Pre-Recorded Program Neil deGrasse Tyson in Conversation with Fareed Zakaria: "Merlin's Tour of the Universe" (AR)
7:15 pm - Poker Play (TR)
7:30 pm - Movie "The Last Rifleman" (MT)

9
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**
11:30 am - Flower Arranging Class "Winter Wonderland" (AR) **REGISTRATION REQUIRED BY JANUARY 6TH One arrangement per apartment please**
1:00 pm - Ping Pong Club (2nd Floor)
1:00 - 4:00 pm - Open Card Play (CR)
2:45 pm - Movie "The Last Rifleman" (MT)
7:00 pm - Mexican Train (CR)
7:30 pm - Harry Getzov presents "Barbra Streisand: 'My Name Is Barbra'" - Part I (LC)

10
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 - 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)
1:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
3:30 - 5:00 pm - Happy Hour (LL)
6:45 pm - Shabbat Services (Lisbet)

11
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)
7:30 pm - Movie "The Last Rifleman" (MT)

12
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 "Saturday Night" (MT)

13
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 - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:00 am - RAC Meeting (AR)
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 "The Island of Missing Trees" by Elif Shafak (AR)
7:30 pm - Movie "Saturday Night" (MT)

14
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 - Beading Class with Resident Marlene Gurst (AR) **REGISTRATION REQUIRED BY JANUARY 7TH**
10:30 am - Alzheimer's Support Group (MR) *This support group is for caregivers only*
10:30 am - Culinary Committee Meeting (PDR)
11:00 am - Transportation Route to Mall, Publix, Target, Walmart, Walgreens, CVS, Bank of America (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
1:00 pm - Billiards Club (TR)
1:00 - 4:00 pm - Open Card Play (CR)
2:45 pm - Movie "Saturday Night" (MT)
4:00 pm - Bocce Club (BC)
4:00 pm - Investment Club - Guest Speakers from the (SEC) Securities and Exchange Commission (AR)
7:30 pm - Taylor Hagood presents "Patsy Cline in Word and Song" (LC)

15
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)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:15 am - LiveWELL Mindful Meditation with Melissa (ULB)
11:30 am - Prompt bus departure for "An Afternoon @ The Harid Conservatory" (Meet in Lobby) \$45/pp Approximate return time 3:30 pm **REGISTRATION REQUIRED Limited Space Available**
11:45 am - Men's Brunch Bunch with Guest Speaker James Reyer, Esq. "Estate Planning" (PDR) **PLEASE REGISTER WITH MARTY KIRSCHENBAUM @ Mkirsch707@aol.com** Limited seating *Individual checks*
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 "Saturday Night" (MT)

16
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)
10:30 am - Town Hall Meeting (LC)
Please join us for the latest community updates!
1:00 pm - Ping Pong Club (2nd Floor)
1:00 - 4:00 pm - Open Card Play (CR)
2:45 pm - Movie "Saturday Night" (MT)
7:00 pm - Mexican Train (CR)

17
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)
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)
1:00 pm - Duplicate Bridge with Director Sid Korn (LC)
1:00 - 4:00 pm - Open Card Play (CR)
1:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
3:30 - 5:00 pm - Happy Hour (LL)
7:30 pm - Funny Friday DVD John Pinette "I'm Starvin!" (MT)

18
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)
7:30 pm - Movie "Saturday Night" (MT)



January

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

19

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 “From Embers” (MT)

20

Martin Luther King Jr. Day
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 - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
1:00 pm – Musical Monday DVD “Tony Bennett An American Classic” (MT)
1:00 – 4:00 pm – Open Card Play (CR)
3:30 pm - Wellington Bay Third Annual Olympic Try-Outs - Opening Ceremony and Coed Water Balloon Drop (LL)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “From Embers” (MT)

21

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 – Craft Class with Resident Laura Kerzner - Celebrate Chinese New Year! “Painting Folding Chinese Fans with Display Stands” (AR) **REGISTRATION REQUIRED BY JANUARY 14TH**
1:00 pm – Billiards Club (BC)
2:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Men’s & Women’s Shuffleboard (SC)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “From Embers” (MT)
3:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Men’s & Women’s Bocce (BC)
4:00 pm – Bocce Club (BC)
7:30 pm – Musical Monday DVD Encore Showing “Tony Bennett An American Classic” (MT)

22

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)
11:00 am - Resident Led Activity- Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:15 am - **LiveWELL** Mindful Meditation with Melissa (ULB)
11:30 am – Ladies Lunch Bunch with Guest Speaker Resident Leslie Jay-Gould “Mr. Penthouse and Me” (PDR) **PLEASE REGISTER AT THE CONCIERGE DESK by 1/15** Organized by Caroll Raskin Limited seating *Individual checks*
1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Men’s & Women’s Cornhole (GES)
3:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Men’s Putting (PG)
3:30 – 5:00 pm – Happy Hour (LL)
7:15 pm – Poker Play (TR)
7:30 pm – Movie “From Embers” (MT)

23

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**
11:00 am – Craft Class with Resident Elyse Fuhr “Splatter Art” (AR) **REGISTRATION REQUIRED BY JANUARY 16TH**
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Men’s & Women’s Seated Bowling (GES)
2:45 pm – Movie “From Embers” (MT)
3:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Men’s Billiards (TR)
4:30 pm – Wine Club “Mail Order Wine Clubs – Good Idea or Not?” (AR) *Members only please*
7:00 pm – Mexican Train Play (CR)
7:30 pm – Entertainer Jaycee Dreisen (LC)

24

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 – 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)
1:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
2:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Women’s 10 Laps Water Walking Race (IP)
3:00 pm - Wellington Bay Third Annual Olympic Try-Outs - Men’s & Women’s Half Mile Walking Race (ML)
3:30 – 5:00 pm – Happy Hour (LL)
4:00 pm - Wellington Bay Third Annual Olympic Closing & Awards Ceremony (LL)
6:45 pm – Shabbat Services (Lisbet)

25

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)
7:30 pm – Movie “From Embers”(MT)

26

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 – “We Live in Time” (MT)
3:00 pm – “Prosecco and Piano” Jon King Roberts plays and sings the American Songbook to Popular Hits (LC)

27

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 - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:15 am – Yiddish Club (AR)
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 – Short Story with Karen Kurzer (AR)
7:30 pm – Movie “We Live in Time” (MT)

28

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 – Art Class with Art Educator Jamey Kahl The Human Form “Life Drawing with a Model” (AR) **REGISTRATION REQUIRED BY JANUARY 21ST**
11:00 am – Alzheimer’s Discussion Group – Resident-Led “Recent Advances in Alzheimer’s” (MR)
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “We Live in Time” (MT)
4:00 pm – Bocce Club (BC)
4:00 pm – Technology Club “Artificial Intelligence Apps” (AR)
7:30 pm – Beverly Cohen presents “Leonard Cohen: Poet, Profit and A Broken Hallelujah” (LC)

29

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)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:15 am - **LiveWELL** Mindful Meditation with Melissa (ULB)
1:00 – 4:00 pm – Open Card Play (CR)
1:30 pm – **Prompt** bus departure for “Da Vinci: An Immersive Art Experience” \$20.00 per person (Meet in Lobby) **RESERVATIONS REQUIRED Approximate return time 5:00 pm**
3:30 – 5:00 pm – Happy Hour (LL)
7:15 pm – Poker Play (TR)
7:30 pm – Movie “We Live in Time” (MT)

30

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
10:00 am - Sit & Be Fit with Hannah (GES)
10:00 am – Rosary and Communion (Lisbet)
11:00 am – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
12:30-3:30 pm - Safety & Prevention Expo (LC)
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm – Movie “We Live in Time” (MT)
7:00 pm – Mexican Train Play (CR)

31

9:00 am - Wellington Walk - Residents Meet for a Fast Paced Walk (TL)
10:00 am - Cardio Drumming with Jay! (GES)
10:00 am – Bookmobile (Front Entrance)
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)
1:00 pm – Duplicate Bridge with Director Sid Korn (LC)
1:00 – 4:00 pm – Open Card Play (CR)
1:15 pm - Resident Led Activity - Jimmy Buffett Water Walking Fun with Patty Raff (OP)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm - Funny Friday DVD John Pinette “I’m Starvin!” (MT)

92NY

92nd Street Y
Pre-Recorded Program

1/8

Neil deGrasse Tyson
in conversation with
Fareed Zakaria
“Merlin’s Tour of
the Universe”

4:00 pm
Art Room



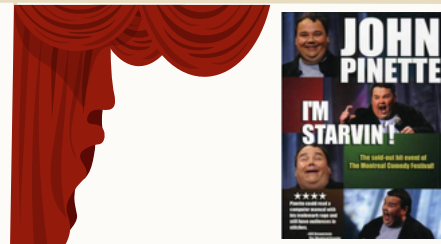
Flower Arranging Class
“Winer Wonderland”
Thursday, January 9
11:30 am
Art Room
REGISTRATION REQUIRED BY JANUARY 6TH
 One arrangement per apartment please



Beading Class with Resident Marlene Gurst
Tuesday, January 14
10:30 am
Art Room
REGISTRATION REQUIRED BY JANUARY 7TH



Off Property Outing
An Afternoon at the Harid Conservatory
 – Lunch provided
 – Director’s Talk
 – Observe the dancers
Wednesday, January 15th
Prompt bus departure at 11:30 am
 Approximate return time 3:30 pm
 \$45/per person, includes lunch



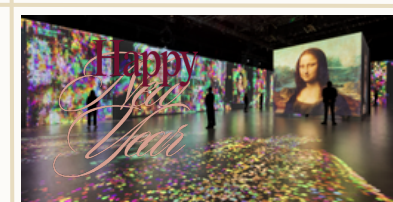
Funny Friday DVD
John Pinette “I’m Starving”
 Friday, January 17
 Friday, January 31
 7:30 pm
 Movie Theater



Wellington Bay Third Annual Olympic Try-Outs
 January 20 - 24
 Sign up upon arrival for the events you would like to participate in!



Craft Class with Resident Laura Kerzner
Celebrate Chinese New Year!
Painting Folding Chinese Fans with Display Stands
 Tuesday, January 21
 10:30 am
 Art Room
REGISTRATION REQUIRED BY JANUARY 14TH



Off Property Outing
“Da Vinci: An Immersive Experience”
 Wednesday, January 29
Prompt bus departure @ 1:30 pm. Approximate return time 5:00 pm
 \$20/per person
RESERVATIONS REQUIRED

