

November

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



November is National Gratitude Month
Participate in the daily gratitude challenge

Daylight Savings Time  3

Send a message to someone your care about

1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “The Great Escaper” (MT)

Reconnect with a long-lost relative or friend 10

1:45 pm - Prompt bus departure for Kravis Center for the Performing Arts - Palm Beach Symphony “Julian Schwarz, Cello” **SOLD OUT** (Front Entrance)
1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Rummikub Play (CR)
2:45 pm – Movie “Fly Me To The Moon” (MT)


MONDAY



Daylight Savings Time
Be sure to turn your clocks back one hour before going to bed Saturday night **November 2**

Call a loved one  4

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 - Mat Pilates (GES)
11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
11:00 am - LiveWELL Speaker Series - Mingle & Mimosas with Gerri Banister RN , General Manager of Health at Home (LC)
11:15 am – Yiddish Club (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 “The Great Escaper” (MT)

Veteran's Day  Show your gratitude to a Veteran 11

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)
11:30 am - Wall of Honor Unveiling (Lobby)
12:00 pm – Palm Beach Sheriff's Honor Guard presentation of “The Colors” and Patriotic Music Sing-A-Long with Resident Shelly Block (LC)
12:30 pm - Resident-Led Veteran's Memorial Butterfly Garden Dedication (Butterfly Garden)
1:00 pm – Musical Monday DVD “Ronan Tynan The Impossible Dream” (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 – Book Club with Karen Kurzer “Anything is Possible” by Elizabeth Strout (AR)
7:30 pm – Movie “Fly Me To The Moon” (MT)

TUESDAY



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

Election Day  5

Recognize 3 things that your usually take for granted

8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP)
*In the event of cold or inclement weather, class will be held in the indoor pool
9:00 am – Pickleball Club (PC)
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 & Lymphatic Release Self Massage (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 Great Escaper” (MT)
3:30 pm – Bocce Club (BC)

Think of a way you can help someone today 12

8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) *In the event of cold or inclement weather, class will be held in the indoor pool
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Cardio Drumming (GES)
10:30 am – Alzheimer's Support Group (MR)
This support group is for caregivers only
10:30 am - LiveWELL Mind Body Fitness - Seated Yoga with Myofascial & Lymphatic Release Self Massage (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 - Beading Class (Necklaces) with Resident Marlene Gurst (AR) **REGISTRATION REQUIRED BY NOVEMBER 6TH**
1:00 pm – Billiards Club (TR)
1:00 – 4:00 pm – Open Card Play (CR)
2:45 pm - Movie “Fly Me To The Moon” (MT)
3:30 pm – Bocce Club (BC)
4:00 pm – Investment Club “How To Avoid Major Financial Mistakes Before Something Happens To You Or Your Spouse” (AR)
7:30 pm – Musical Monday DVD *Encore Showing* “Ronan Tynan The Impossible Dream” (MT)

WEDNESDAY



Mingle and Mimosas with Gerri Banister RN, General Manager of Health at Home
Monday, November 4
11:00 am
Liberty Center

Write thank you notes to 3 people in your life 6

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 - Sit & Be Fit with Hannah (GES)
11:15 am - LiveWELL Peaceful Lakeview Meditation with Melissa (ULB)
1:00 – 4:00 pm – Open Card Play (CR)
4:00 – 5:00 pm – Wine Wednesday (LL)
NO GUESTS PLEASE
7:15 pm – Poker Play (TR)
7:30 pm – Movie “The Great Escaper” (MT)

Express gratitude to at least one important person in your life 13

9:00 am – Marketing/Administration Committee Meeting (AR)
9:45 am - Cardio Warm-Up *15 min (GES)
10:00 am - Barre, Balance & Strength (GES)
10:00 am - 3:00 pm – **HOLIDAY BOUTIQUE! Handbags – Jewelry – Stationary – Clothing – Fresh Flowers – and MORE! GUESTS WELCOME (LC)**
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 - Sit & Be Fit with Hannah (GES)
11:15 am - 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 “Fly Me To The Moon” (MT)

THURSDAY



Wine Wednesday
November 6
4:00 – 5:00 pm
Legends Lounge
NO GUESTS PLEASE

Start a gratitude journal 7

8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP)
*In the event of cold or inclement weather, class will be held in the indoor pool
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 - Mat Yoga with Standing Balance Postures (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 – Art Class with Art Educator Jamey Kahl “Leafy Layers: Fall Collages with Patterned Paper” (AR) **REGISTRATION REQUIRED BY NOVEMBER 4TH**
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 “The Great Escaper” (MT)
7:00 pm – Mexican Train Play (CR)
7:30 pm – Dr. Thomas Cimarusti, Program Coordinator/ Professor, Bower School of Music & the Arts, College of Arts & Sciences, Florida Gulf Coast University presents “From Despair to Hope: The Music of Schindler's List” (LC)

Spend the day being an optimist 14

8:45 am - RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) *In the event of cold or inclement weather, class will be held in the indoor pool
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 - Mat Yoga with Standing Balance Postures (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 – Beading Class (Necklaces) with Resident Marlene Gurst (AR) **REGISTRATION REQUIRED BY NOVEMBER 6TH**
1:00 pm – Ping Pong Club (2nd Floor)
1:00 – 4:00 pm – Open Card Play (CR)
2:00 pm – Photography Club “Using Your Smart Phone to Edit Photos” (AR)
2:45 pm – Movie “Fly Me To The Moon” (MT)
7:00 pm – Mexican Train (CR)
7:30 pm – Harry Getzov presents “The Beatles: The Fab Four”- Part I (LC)

FRIDAY

Write down 3 things you are grateful for 1

09:45 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 – Calendar Conversation with Julie Ann highlighting November activities and discussion regarding future activity suggestions. **What activities would you like to see on the calendar in 2025?** (CR)
11:00 am – 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)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm – Laura Yanez presents “Something Wonderful: Rodgers and Hammerstein Through Word & Song” (LC)

Engage in a random act of kindness 8

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 – Diamond Girls Club (AR)
11:00 am – 4:00 pm – Open Art Room (AR)
11:15 am - LiveWELL Mindful Meditation with Hannah (ULB)
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)
7:30 pm - Funny Friday DVD “Gabriel Iglesias Hot and Fluffy”

Be present throughout the day 15

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 – 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)
3:30 – 5:00 pm – Happy Hour (LL)

SATURDAY

Go outside and appreciate the beauty of nature 2

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 “Les Miserables” (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 “Young Women and the Sea” (MT)

Write down 3 things you like about yourself 9

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)
3:00 pm – Celebrate Veteran's Day weekend with Marlene Solender: “Stories and Songs of WWII” (LC)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “The Great Escaper” (MT)

Think of what you are grateful for before going to bed 16

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)
1:00 pm – Movie Club “Les Miserables” (MT)
1:30 pm – Rummikub Play (CR)
3:30 – 5:00 pm – Happy Hour (LL)
7:30 pm – Movie “Fly Me To The Moon” (MT)



November 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

Refrain from gossip or speaking negative of others 17

1:00 – 4:00 pm – Open Card Play (CR)
 1:30 – 3:30 pm – **RESIDENT CREATIVE ARTS SHOW (LC)**
 2:00 pm – Rummikub Play (CR)
 2:45 pm – Movie “The Silent Hour” (MT)

Spend 30 minutes practicing self-care 18

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 - 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 Hannah (ULB)**
 7:30 pm – Movie “The Silent Hour” (MT)

Write down your favorite part of today 19

10:00 am - Cardio Drumming with Jay! (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 Elyse Fuhr “Epoxy Resin Molds” (AR) **REGISTRATION REQUIRED BY NOVEMBER 12TH**
 1:00 pm – Billiards Club (TR)
 1:00 – 4:00 pm – Open Card Play (CR)
 2:45 pm – Movie “The Silent Hour” (MT)
 3:30 pm – Bocce Club (BC)
 7:30 pm – Phil Leto presents “America Votes” (LC)

Recognize something you accomplished today 20

10:00 am - Sit & Be Fit with Hannah (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 Hannah (ULB)**
 11:00 am – Craft Class with Resident Elyse Fuhr “Epoxy Resin Molds” (AR) **REGISTRATION REQUIRED BY NOVEMBER 12TH**
 11:45 am – Men’s Brunch Bunch with Guest Speaker Derrick Young, Public Safety Investigator, Palm Beach County presents “Holiday Scams” (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)
 4:00 pm – 92nd Street Y Pre-Recorded Program “Josh Brolin in Conversation with Griffin Dunne: From Under the Truck” (AR)
 7:15 pm – Poker Play (TR)
 7:30 pm – Movie “The Silent Hour” (MT)

Recall a memory you cherish 21

10:00 am - Pre-Recorded Video - Chair Fit - Pilates & Core Conditioning (GES)
 10:30 am – **Town Hall Meeting (LC)**
 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 “The Silent Hour” (MT)
 4:30 pm – Wine Club “Wines of Germany” (AR) *Members only please*
 7:00 pm – Mexican Train Play (CR)

What made you smile today? 22

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 – Transportation Route to Wells Fargo, PNC, Publix, Whole Foods, Trader Joe’s (Front Entrance) **REGISTRATION REQUIRED 24 HOURS IN ADVANCE**
 11:00 am – Diamond Girls Club (AR)
 11:00 am – 4:00 pm - Open Art Room (AR)
 11:15 am - **Mindful Meditation with Hannah (ULB)**
 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)
 7:30 pm - Funny Friday DVD “Gabriel Iglesias Hot and Fluffy” (MT)

What moment this week are you most grateful for? 23

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)
 4:00 pm – 92nd Street Y Pre-Recorded Program “Fashion Icons with Fern Mallis: Sybil and David Yurman (AR)
 7:30 pm – Musical Duo Jozay and Patti (LC)

Appreciate the ordinary 24

1:00 – 4:00 pm – Open Card Play (CR)
 2:00 pm – Rummikub Play (CR)
 2:45 pm – Movie “Reagan” (MT)

Celebrate what you are learning 25

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 - Mat Pilates (GES)**
 11:00 am - Resident Led Activity - Gentle Aquatic Exercises with Rose Hinrichs (IP)
 11:00 am – Craft Class with Resident Laura Kerzner “Paint Your Own Canvas Tote Bag” (AR) **REGISTRATION REQUIRED BY NOVEMBER 18TH**
 1:00 pm – Musical Monday DVD “The Great Sopranos – Classic Performances 1950-1963” (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 – Short Story Group with Karen Kurzer (AR)
 7:30 pm – Movie “Reagan” (MT)

Transform obligation into opportunity 26

8:45 am - **RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) *In the event of cold or inclement weather, class will be held in the indoor pool**
 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 & Lymphatic Release Self Massage (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 – Resident-Led Alzheimer’s Discussion Group (MR)
 1:00 pm – Billiards Club (TR)
 1:00 – 4:00 pm – Open Card Play (CR)
 2:45 pm – Movie “Reagan” (MT)
 3:30 pm – Bocce Club (BC)
 4:00 pm – Technology Club “Impress Your Grands – Fun Emojis & Abbreviations in Emails and Texts” (AR)
 7:30 pm – Musical Monday DVD *Encore Showing* “The Great Sopranos – Classic Performances 1950-1963” (MT)

Say ‘Thank you’ to someone when they least expect it 27

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 - Sit & Be Fit with Hannah (GES)
 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 “Reagan” (MT)

Thanksgiving 28

Take a moment to pause and look around your Thanksgiving table
 8:45 am - **RISE! Awaken your Body and Your Senses with Mindful Aquatic Exercises in the Outdoor Pool (OP) *In the event of cold or inclement weather, class will be held in the indoor pool**
 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 - Mat Yoga with Standing Balance Postures (GES)**



Wake up and let your first thought be something positive 29

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 - 11:00 am - Open Gym Instruction with Hannah (FC)
 11:00 am – 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)
 3:30 – 5:00 pm – Happy Hour (LL)

How will you continue this gratitude challenge next month? 30

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 “Reagan” (MT)



Veteran’s Day
 Monday, November 11
Wall of Honor Unveiling
 11:30 am - Lobby
Palm Beach Sheriff’s Honor Guard presentation of “The Colors”
Patriotic Sing-A-Long with Resident Shelly Block
 12:00 pm - Liberty Center
Resident-Led Memorial Butterfly Garden Dedication
 12:30 pm - Butterfly Garden



Beading Class with Resident Marlene Gurst
 Tuesday, November 12
 OR
 Thursday, November 14
 11:00 am
 Art Room
REGISTRATION REQUIRED BY NOVEMBER 6TH



HOLIDAY BOUTIQUE
 Handbags – Jewelry – Stationary – Clothing – Fresh Flowers and MORE!
GUESTS WELCOME
 Wednesday, November 13
 10:00 am – 3:00 pm
 Liberty Center



Resident Creative Arts Show
 Sunday, November 17
 1:30 – 3:30 pm
 Liberty Center



Craft Class with Resident Elyse Fuhr “Epoxy Resin Molds”
 Tuesday, November 19
 OR
 Wednesday, November 20
 11:00 am
 Art Room
REGISTRATION REQUIRED BY NOVEMBER 12TH



92ND Street Y
 Pre-Recorded Programs
Wednesday, November 20
 “Josh Brolin in Conversation with Griffin Dunne: From Under the Truck”
Saturday, November 23
 “Fashion Icons with Fern Mallis: Sybil and David Yurman”
 Both programs will take place at 4:00 pm in the Art Room



Craft Class with Resident Laura Kerzner “Paint Your Own Canvas Tote Bag”
 Monday, November 25
 11:00 am
 Art Room

