

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



INDEPENDENT LIVING
BY SENIOR LIFESTYLE

Location Keys

Cinema C
Health Club HC
IL A&C Room IL A&C
Living Room LR
Main Lobby Main Lot
Pool P

Culture & the Arts
Leadership & Volunteerism
Lecture & Learning
Movement & Mind
Recreation & Entertainment
Spiritual Health & Religion
Travels & Trecks



your life, your style

New Year's Day

9:30 • Health Corner & Blood Pressure Screening
10:30 • Senior Sneakers with Regina [HC]
10:45 Catholic Communion
11:00 Aquacise with Regina [P]
1:00 Afternoon Movie [C]
4:00 Happy Hour [LR]
7:30 Evening Feature Movie [C]
7:30 Poker Games

Chair Zumba [HC]
Netflix Special Series [C]
Bridge/Mah Jongg/Canasta
Blackjack with JoAnn [IL A&C]
Travel the World with Karen [C]
Clockwords Scramble with Karen [LR]
Singing with Jewel [LR]
Evening Movie [C]

Yoga with Alex [HC]
Afternoon Movie [C]
Bridge/Mah Jongg/Canasta
Happy Hour [LR]
Evening Feature Movie [C]
Sabbath Service

Temple Services [Main Lob]
Saturday Errands: Publix, Walgreens, Dollar Tree [Main Lob]
Yoga Class with Alex [Main Lob]
Let's go out to the Movies [Main Lob]
Bridge/Mah Jongg/Canasta Games
Saturday Matinee [C]
Showtime with David Pedrazza - Piano & Viola

Transportation Schedule:

Monday-Friday – Medical Appointments 8am-4pm

Wednesday and Friday Errands by Appt. 8am-4pm

	9:00 Church Services [Main Lob] 5	10:00 Publix in Manalapan [Main Lob] 6	10:00 Exercise with Advocate [HC] 7	9:30 • Health Corner & Blood Pressure Screening 8	10:00 Chair Zumba [HC] 9	10:00 Yoga with Alex [HC] 10	9:00 Temple Services [Main Lob] 11
	10:00 Sit & Stretch with Karen [HC]	10:00 Yoga with Alex [HC]	1:00 Bridge/Mah Jongg/Canasta	10:30 • Senior Sneakers with Regina [HC]	11:00 Netflix Special Series [C]	1:00 Afternoon Movie [C]	10:30 Saturday Errands: Publix, Walgreens, Dollar Tree [Main Lob]
	11:00 Socrates Club	1:00 Bridge/Mah Jongg/Canasta	1:00 Movie Matinee [C]	10:45 Catholic Communion	1:00 Bridge/Mah Jongg/Canasta	1:00 Bridge/Mah Jongg/Canasta	11:00 Yoga Class with Alex
	11:30 Trip to the Isle Casino with Karen [Main Lob]	1:00 Matinee Movie & Discussion w/George Feinstein [C]	1:30 Bank Trips [Main Lob]	11:00 Aquacise with Regina [P]	2:00 Blackjack with JoAnn [IL A&C]	3:00 Celebrity Cruise Presentation	12:00 Let's go out to the Movies [Main Lob]
	12:30 Boynton Mall/Target/Walmart [Main Lob]	4:00 Happy Hour [LR]	3:00 Afternoon Tea & Trivia with Karen [LR]	1:00 Afternoon Movie [C]	2:00 Travel the World with Karen [C]	4:00 Happy Hour [LR]	12:00 Let's go out to the Movies [Main Lob]
	1:00 Afternoon Matinee Movie [C]	7:00 Card Games	7:30 Cash Bingo	4:00 Happy Hour [LR]	3:00 Clockwords Scramble with Karen [LR]	7:30 Evening Feature Movie [C]	1:00 Bridge/Mah Jongg/Canasta Games
	1:00 Bridge/Mah Jongg/Canasta	7:30 Monday Night at the movies [C]	7:30 Evening at the Movies [C]	7:00 Hon. Judge Joseph Curley Lecture	3:45 Singing with Jewel [LR]	7:30 Sabbath Service	1:00 Saturday Matinee [C]
	7:30 Blackjack with Melinda		7:30 Evening at the Movies [C]	7:30 Poker Games	7:30 Harry Getzov Presents Jimmy Van Heusen		7:30 Showtime with Matt Stone as Elvis

Saturday 9am-4pm

Temple Transportation Errands

Movies in Lake Worth

Sunday 9am-4pm

Church, Mall/Activity Outings

	9:00 Church Services [Main Lob] 12	10:00 Publix in Manalapan [Main Lob] 13	10:00 Sit & Stretch with Karen [HC] 14	9:30 • Health Corner & Blood Pressure Screening 15	10:00 Chair Zumba [HC] 16	10:00 Yoga with Alex [HC] 17	9:00 Temple Services [Main Lob] 18
	10:00 Sit & Stretch with Karen [HC]	10:00 Yoga with Alex [HC]	11:00 Grief Support Group	10:30 • Senior Sneakers with Regina [HC]	11:00 Resident Board Meeting	1:00 Afternoon Movie [C]	10:30 Saturday Errands: Publix, Walgreens, Dollar Tree [Main Lob]
	11:00 Socrates Club	11:00 IL Resident Council	1:00 Bridge/Mah Jongg/Canasta	10:45 Catholic Communion	1:00 Bridge/Mah Jongg/Canasta	1:00 Bridge/Mah Jongg/Canasta	11:00 Yoga Class with Alex
	12:30 Boynton Mall/Target/Walmart [Main Lob]	1:00 Bridge/Mah Jongg/Canasta	1:30 Bank Trips [Main Lob]	11:00 Aquacise with Regina [P]	2:00 Blackjack with JoAnn [IL A&C]	4:00 Happy Hour [LR]	12:00 Let's go out to the Movies [Main Lob]
	1:00 Afternoon Matinee Movie [C]	1:00 Matinee Movie [C]	3:00 Afternoon Tea & Trivia with Karen [LR]	11:30 Brain Train with Judy Herman	2:00 Travel the World with Karen [C]	7:30 Evening Feature Movie [C]	1:00 Bridge/Mah Jongg/Canasta Games
	1:00 Bridge/Mah Jongg/Canasta	4:00 Happy Hour [LR]	7:30 Cash Bingo	1:00 Afternoon Movie [C]	3:00 Clockwords Scramble with Karen [LR]	7:30 Sabbath Service	1:00 Saturday Matinee [C]
	4:00 Out to Dinner with Karen [Main Lob]	7:00 Card Games	7:30 Evening at the Movies [C]	4:00 Happy Hour [LR]	3:45 Singing with Jewel [LR]		1:00 Saturday Matinee [C]
	7:30 Blackjack with Melinda	7:30 Monday Night at the movies [C]		7:30 Evening Feature Movie [C]	7:30 News & Views with Liz		7:30 Showtime with Phil & Laurie Adams

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ACTIVITIES ARE SUBJECT TO CHANGE

	9:00 Church Services [Main Lob] 19	10:00 Publix in Manalapan [Main Lob] 20	10:00 Exercise with Advocate [HC] 21	9:30 • Health Corner & Blood Pressure Screening 22	10:00 Chair Zumba [HC] 23	10:00 Yoga with Alex [HC] 24	9:00 Temple Services [Main Lob] 25
	10:00 Sit & Stretch with Karen [HC]	10:00 Yoga with Alex [HC]	1:00 Bridge/Mah Jongg/Canasta	10:30 • Senior Sneakers with Regina [HC]	11:00 Netflix Special Series [C]	1:00 Afternoon Movie [C]	10:30 Saturday Errands: Publix, Walgreens, Dollar Tree [Main Lob]
	11:00 Socrates Club	10:00 Yoga with Alex [HC]	1:00 Movie Matinee [C]	10:45 Catholic Communion	1:00 Bridge/Mah Jongg/Canasta	1:00 Bridge/Mah Jongg/Canasta	11:00 Yoga Class with Alex
	12:30 Boynton Mall/Target/Walmart [Main Lob]	1:00 Bridge/Mah Jongg/Canasta	1:30 Bank Trips [Main Lob]	11:00 Aquacise with Regina [P]	2:00 Blackjack with JoAnn [IL A&C]	4:00 Happy Hour [LR]	12:00 Let's go out to the Movies [Main Lob]
	1:00 Afternoon Matinee Movie [C]	2:00 Joy of Opera - Marion Anderson	3:00 Afternoon Tea & Trivia with Karen [LR]	1:00 Afternoon Movie [C]	2:00 Travel the World with Karen [C]	7:30 Evening Feature Movie [C]	1:00 Bridge/Mah Jongg/Canasta Games
	1:00 Bridge/Mah Jongg/Canasta	4:00 Happy Hour [LR]	7:30 Cash Bingo	4:00 Happy Hour [LR]	3:00 Clockwords Scramble with Karen [LR]	7:30 Sabbath Service	1:00 Saturday Matinee [C]
	4:00 Out to Dinner with Karen [Main Lob]	7:00 Card Games	7:30 Evening at the Movies [C]	7:30 Evening Feature Movie [C]	3:45 Singing with Jewel [LR]		1:00 Saturday Matinee [C]
	7:30 Blackjack with Melinda	7:30 Monday Night at the movies [C]		7:30 Poker Games	7:30 Evening Movie [C]		7:30 Showtime with Heart and Soul

Your opinion is important to us. Share your feedback and suggestions about our new explore Independent Living program concept with your

	9:00 Church Services [Main Lob] 26	10:00 Publix in Manalapan [Main Lob] 27	10:00 Sit & Stretch with Karen [HC] 28	9:30 • Health Corner & Blood Pressure Screening 29	10:00 Barbara's Jewelry Boutique 30	10:00 Yoga with Alex [HC] 31	
	10:00 Sit & Stretch with Karen [HC]	10:00 Yoga with Alex [HC]	1:00 Bridge/Mah Jongg/Canasta	10:30 • Senior Sneakers with Regina [HC]	10:00 Chair Zumba [HC]	11:00 Carlisle Short Story Club [IL A&C]	
	11:00 Socrates Club	11:00 Palm Beach Lakes Outlet Mall with Karen [Main Lob]	1:00 Movie Matinee [C]	10:45 Catholic Communion	11:00 Netflix Special Series [C]	1:00 Afternoon Movie [C]	
	12:30 Boynton Mall/Target/Walmart [Main Lob]	1:00 Bridge/Mah Jongg/Canasta	1:30 Bank Trips [Main Lob]	11:00 Aquacise with Regina [P]	1:00 Bridge/Mah Jongg/Canasta	1:00 Bridge/Mah Jongg/Canasta	
	1:00 Afternoon Matinee Movie [C]	1:00 Bridge/Mah Jongg/Canasta	3:00 Afternoon Tea & Trivia with Karen [LR]	1:00 Afternoon Movie [C]	2:00 Blackjack with JoAnn [IL A&C]	4:00 Happy Hour [LR]	
	1:00 Bridge/Mah Jongg/Canasta	4:00 Happy Hour [LR]	7:30 Cash Bingo	4:00 Happy Hour [LR]	2:00 Travel the World with Karen [C]	7:30 Evening Feature Movie [C]	
	4:00 Out to Dinner with Karen [Main Lob]	7:00 Card Games	7:30 Evening at the Movies [C]	7:30 Evening Feature Movie [C]	3:00 Carlisle Book Club [IL A&C]	7:30 Evening Feature Movie [C]	
	7:30 Blackjack with Melinda	7:30 Monday Night at the movies [C]		7:30 Harry Getzov Presents the Legacy of Martin Luther King Jr	3:00 Clockwords Scramble with Karen [LR]	7:30 Sabbath Service	
	7:30 Evening Feature Movie			7:30 Poker Games	3:45 Singing with Jewel [LR]		