



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>INDEPENDENT LIVING BY SENIOR LIFESTYLE</p>	<p>Location Keys</p> <p>Cinema C Health Club HC IL A&C Room IL A&C Living Room LR Main Lobby Main Lot Pool P</p>	<p>Culture & the Arts Leadership & Volunteerism Lecture & Learning Movement & Mind Recreation & Entertainment Spiritual Health & Religion Travels & Treks</p>	 <p>your life, your style</p>	<p>New Year's Day</p> <p>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</p>	<p>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]</p>	<p>Yoga with Alex [HC] Afternoon Movie [C] Bridge/Mah Jongg/Canasta Happy Hour [LR] Evening Feature Movie [C] Sabbath Service</p>	<p>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</p>
<p>Transportation Schedule:</p> <p>Monday-Friday – Medical Appointments 8am-4pm</p> <p>Wednesday and Friday Errands by Appt. 8am-4pm</p>	<p>9:00 Church Services [Main Lob] 10:00 Sit & Stretch with Karen [HC] 11:00 Socrates Club 11:30 Trip to the Isle Casino with Karen [Main Lob] 12:30 Boynton Mall/Target/Walmart [Main Lob] 1:00 Afternoon Matinee Movie [C] 1:00 Bridge/Mah Jongg/Canasta 7:30 Blackjack with Melinda 7:30 Evening Feature Movie</p>	<p>10:00 Publix in Manalapan [Main Lob] 10:00 Yoga with Alex [HC] 1:00 Bridge/Mah Jongg/Canasta 1:00 w/George Feinstein [C] 4:00 Happy Hour [LR] 7:00 Card Games 7:30 Monday Night at the movies [C]</p>	<p>10:00 Exercise with Advocare [HC] 1:00 Bridge/Mah Jongg/Canasta 1:00 Movie Matinee [C] 1:30 Bank Trips [Main Lob] 3:00 Afternoon Tea & Trivia with Karen [LR] 7:30 Cash Bingo 7:30 Evening at the Movies [C] 7:30 Evening at the Movies [C]</p>	<p>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] 7:00 Hon. Judge Joseph Curley Lecture 7:30 Poker Games</p>	<p>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] Harry Getzov Presents Jimmy Van Heusen</p>	<p>Yoga with Alex [HC] Afternoon Movie [C] Bridge/Mah Jongg/Canasta Celebrity Cruise Presentation Happy Hour [LR] Evening Feature Movie [C] Sabbath Service</p>	<p>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 Matt Stone as Elvis</p>
<p>Saturday 9am-4pm Temple Transportation Errands Movies in Lake Worth</p> <p>Sunday 9am-4pm Church, Mall/Activity Outings</p>	<p>9:00 Church Services [Main Lob] 10:00 Sit & Stretch with Karen [HC] 11:00 Socrates Club 12:30 Boynton Mall/Target/Walmart [Main Lob] 1:00 Afternoon Matinee Movie [C] 1:00 Bridge/Mah Jongg/Canasta 4:00 Out to Dinner with Karen [Main Lob] 7:30 Blackjack with Melinda 7:30 Evening Feature Movie</p>	<p>10:00 Publix in Manalapan [Main Lob] 10:00 Yoga with Alex [HC] 11:00 IL Resident Council 1:00 Bridge/Mah Jongg/Canasta 1:00 Matinee Movie [C] 4:00 Happy Hour [LR] 7:30 Monday Night at the movies [C]</p>	<p>10:00 Sit & Stretch with Karen [HC] 1:00 Grief Support Group 1:00 Bridge/Mah Jongg/Canasta 1:00 Movie Matinee [C] 1:30 Bank Trips [Main Lob] 3:00 Afternoon Tea & Trivia with Karen [LR] 7:30 Cash Bingo 7:30 Evening at the Movies [C]</p>	<p>9:30 • Health Corner & Blood Pressure Screening 10:30 • Senior Sneakers with Regina [HC] 10:45 Catholic Communion 11:00 Aquacise with Regina [P] 11:30 Brain Train with Judy Herman 1:00 Afternoon Movie [C] 4:00 Happy Hour [LR] 7:30 Evening Feature Movie [C] 7:30 Poker Games</p>	<p>Chair Zumba [HC] Netflix Special Series [C] Resident Board Meeting 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] News & Views with Liz</p>	<p>Yoga with Alex [HC] Afternoon Movie [C] Bridge/Mah Jongg/Canasta Happy Hour [LR] Evening Feature Movie [C] Sabbath Service</p>	<p>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 Phil & Laurie Adams</p>
<p>WWW.SENIORLIFESTYLE.COM</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>9:00 Church Services [Main Lob] 10:00 Sit & Stretch with Karen [HC] 11:00 Socrates Club 12:30 Boynton Mall/Target/Walmart [Main Lob] 1:00 Afternoon Matinee Movie [C] 1:00 Bridge/Mah Jongg/Canasta 4:00 Out to Dinner with Karen [Main Lob] 7:30 Blackjack with Melinda 7:30 Evening Feature Movie</p>	<p>Martin Luther King, Jr. Day 10:00 Publix in Manalapan [Main Lob] 10:00 Yoga with Alex [HC] 1:00 Bridge/Mah Jongg/Canasta 2:00 Joy of Opera - Marion Anderson 4:00 Happy Hour [LR] 7:00 Card Games 7:30 Monday Night at the movies [C]</p>	<p>10:00 Exercise with Advocare [HC] 1:00 Bridge/Mah Jongg/Canasta 1:00 Movie Matinee [C] 1:30 Bank Trips [Main Lob] 3:00 Afternoon Tea & Trivia with Karen [LR] 7:30 Cash Bingo 7:30 Evening at the Movies [C]</p>	<p>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</p>	<p>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]</p>	<p>Yoga with Alex [HC] Afternoon Movie [C] Bridge/Mah Jongg/Canasta Happy Hour [LR] Evening Feature Movie [C] Sabbath Service</p>	<p>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 Heart and Soul</p>
<p>Your opinion is important to us. Share your feedback and suggestions about our new explore Independent Living program concept with your</p>	<p>9:00 Church Services [Main Lob] 10:00 Sit & Stretch with Karen [HC] 11:00 Socrates Club 12:30 Boynton Mall/Target/Walmart [Main Lob] 1:00 Afternoon Matinee Movie [C] 1:00 Bridge/Mah Jongg/Canasta 4:00 Out to Dinner with Karen [Main Lob] 7:30 Blackjack with Melinda 7:30 Evening Feature Movie</p>	<p>10:00 Publix in Manalapan [Main Lob] 10:00 Yoga with Alex [HC] 11:00 Palm Beach Lakes Outlet Mall with Karen [Main Lob] 1:00 Bridge/Mah Jongg/Canasta 1:00 Happy Hour [LR] 7:00 Card Games 7:30 Monday Night at the movies [C]</p>	<p>10:00 Sit & Stretch with Karen [HC] 1:00 Bridge/Mah Jongg/Canasta 1:00 Movie Matinee [C] 1:30 Bank Trips [Main Lob] 3:00 Afternoon Tea & Trivia with Karen [LR] 7:30 Cash Bingo 7:30 Evening at the Movies [C]</p>	<p>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 Harry Getzov Presents the Legacy of Martin Luther King Jr 7:30 Poker Games</p>	<p>Barbara's Jewelry Boutique Chair Zumba [HC] Netflix Special Series [C] Bridge/Mah Jongg/Canasta Blackjack with JoAnn [IL A&C] Travel the World with Karen [C] Carlisle Book Club [IL A&C] Clockwords Scramble with Karen [LR] Singing with Jewel [LR] Evening Movie [C]</p>	<p>Yoga with Alex [HC] Carlisle Short Story Club [IL A&C] Afternoon Movie [C] Bridge/Mah Jongg/Canasta Happy Hour [LR] Evening Feature Movie [C] Sabbath Service</p>	