The Carlisle Palm Beach-Reflect calendar & activities JAN 2020 **SUNDAY** MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY 10:00 • Bend and Stretch with 10:00 • Walk & Talk in the Trivia Day
10:00 • Morning Yoga 10:00 • Music and movement thymeless garder Destinev CONNECT 10:30 Coffee & 10:30 Bookmarks: A 10:30 • Social in the 10:30 • Bookmarks: New Conversation Chilling Tale Year's Day Short story Thymeless garden "Yesterday was not CONTRIBUTE 1:00 • Essence Aromatherapy With 1:00 • Thymeless Garden Infused Water 1:00 • Essence Aromatherapy With 10:30 • Communion In MC your defining moment. Destiney and Hydration 11:00 • Thymeless Garden Infused Water 1:30 • Spa Day 1:30 Old Time Memories and Hydration 1:30 • Garden Walk FFFI The calendar moved 2:30 • Thymeless Culinary 1:30 • Card/Game Party 2:30 • Thymeless Culinary 2:00 • Saturday Entertainement 3:30 • Bingo Mania 3:00 • Sing Along 2:30 • Thymeless Culinary 2:30 • Thymeless Culinary GROW forward; why not you?" 4:00 • Garden Walk 4:00 • Before Dinner Wrap Up 3:00 • Sing Along 3:00 Trivia 6:00 • Short stories After dinner 3:00 • Wine & Cheese with Famous 7:30 IN2L Sabbath Services 2nd floor 4:00 • Garden walk/Word Games MOVE 6:00 • Short stories After dinner - Dr. Steve Maraboli People 4:00 • Before Dinner Wrap up REFLECT 10:00 Volley Ball 10:00 • Be Fit With Evadne 10:00 • W.H.O.G.A 10:00 Range of Motion 10:00 • Parachute fitness 10:00 • Morning Yoga 10:30 • Todays news and 10:30 • Bookmarks: Epiphany 10:00 • Self-reflection 10:30 • Bookmarks: This 11:00 • Essence 10:30 Todays news and Exercise the Feast of the three 10:30 • This Day in History & Won't Hurt a Bit Aromatherapy With **LOCATIONS** social social 11:00 • Join the story Destinev 10:30 • Embrace your 1:00 • Essence Cookies 1:00 • Thymeless Garden 10:30 • Communion In MC 1:30 • The Price is right (IN2L) morning in the thymeless garden **Aromatherapy With Destiney** 1:00 • Essence Aromatherapy With Infused Water and Hydration 1:30 • Garden Walk 1:00 • Good News Today 11:00 • Thymeless Garden Infused Water Destinev 1:30 Arts & Craft 2:00 • Saturday Entertainement 2:30 • Thymeless Culinary 10:30 • Homemade Lemonade and Hydration 1:30 • Spa Day 1:30 • Music Therapy 2:30 • Thymeless Culinary 2:30 • Thymeless Culinary 3:00 • Matinee Movie With Popcorn: 11:00 • Good News Today 2:30 • Thymeless Culinary 1:30 • Family Feud With Tania 3:00 • Sing along with Karen 1:30 • Literature club 2:30 • Thymeless Culinary 3:00 • Sing Along 3:00 • All Your Name In Morse Code 2:30 • Thymeless Culinary 4:00 • Garden Walk 4:00 • Before Dinner Wrap Up 4:00 • Garden walk/Word Games 6:00 • Relaxing Melodies 2:30 • Thymeless Culinary 4:00 • Garden Walk 6:00 • Wind Down Conversations & 3:00 • Sing Along 6:00 • Short stories After dinner 7:30 • IN2L Sabbath Services 2nd floor 6:00 • Short stories After dinner 4:00 • Benefits Of Laughter Chat: IN2L 1st. Floor 3:00 • Wine & Cheese with Famous Relaxation 6:00 • Short stories After dinner People Alcove Lounge - AL1 4:00 • Before Dinner Wrap up Bookmarks Cove - BC1 Piano Lounge - PL1 10:00 • Mini Golf 10:00 • Chair fitness 10:00 • Exercise with Evadne 10:00 • Fitness with Cynthia 10:00 • Lively fitness 10:00 • Morning Yoga nal Hat & Bagel Day 0:30 • Todays news and 10:30 • Hymns of praise 0:30 • Homemade 10:00 • Walk & Talk in the 1:00 • Essence 0:30 • Bookmarks: Short 0:30 • Social in the Courtyard - CY Thymeless garden 10:30 Todays news and Lemonade thymeless garden Aromatherapy With 11:00 • Good News Today 11:00 • Essence 1:00 • Thymeless Garden 1:00 • Essence 10:30 • Bookmarks: Legend Thymeless Cove - TC social 11:00 • Join the story **Aromatherapy With Destiney** of Hollywood Mickey Rooney 1:30 • Spa Day Infused Water and Hydration **Aromatherapy With Destiney** 1:30 • Literature club 11:00 • Good News Today 1:30 • Epiphany moments 2:30 • Thymeless Culinary 2:30 • Thymeless Culinary 1:30 • Garden Walk 2nd Floor 1:30 • Sundae Bar 10:30 • Communion In MC 2:30 • Thymeless Culinary 4:00 • Benefits Of Laughter Chat: IN2L 1:00 • Lunch outing: 11:00 • Thymeless Garden Infused Water 4:00 • Garden Walk 2:30 • Thymeless Culinary 2:00 • Saturday Entertainement 6:00 • Short stories After dinner Piano Lounge - PL2 3:00 Matinee Movie With Popcorn: 6:00 • Short stories After dinner 1:30 • Old Time Memories and Hydration 3:00 • Sing Along 2:30 • Thymeless Culinary 1:30 • Painting Escapades 4:00 • Garden walk/Word Games 2:30 • Thymeless Culinary 4:00 • Before Dinner Wrap Up 3:00 • Sing along with Karen Alcove Lounge - AL2 6:00 • Relaxing Melodies 4:00 • Garden Walk 2:30 • Thymeless Culinary 7:30 • IN2L Sabbath Services 2nd floor 6:00 • Short stories After dinner 3:00 • Sing Along **Gathering Lounge-GL2** 3:00 • Wine & Cheese with Famous Lantana Room - LR2 4:00 • Before Dinner Wrap up 3rd Floor National Popcorn Day 10:00 • Chair Yoga 10:00 • Mini golf 10:30 • Bookmarks: Short 10:30 • **Bookmarks:** 11:00 • Essence 10:30 Todays news and Aromatherapy Room- AR 10:30 • Embrace your Stories **Aromatherapy With** 1:00 • Thymeless Garden 10:00 • Volley Ball 10:00 • Morning Yoga 10:30 • Communion In MC Destiney Infused Water and morning in the social 10:30 • Todays news and 1:00 • Essence 1:30 • Spa Day Gathering Lounge - GL2 11:00 • Essence thymeless garden 1:00 • Thymeless Garden Hydration **Aromatherapy With** social 2:30 • Thymeless Culinary 11:00 • Join the story 10:30 • Homemade Lemonade **Aromatherapy With Destiney** Infused Water and Hydration 2:30 • Thymeless Culinary Destiney Alcove Lounge - AL3 1:30 • Family Feud With Tania 11:00 • Good News Today 11:00 • Good News Today 4:00 • Garden Walk 3:00 • Sing Along 1:30 • Garden Walk 2:30 • Thymeless Culinary 2:30 • Thymeless Culinary 6:00 • Short stories After dinner 4:00 • Before Dinner Wrap Up 3:00 Matinee Movie With Popcorn: 1:30 • Literature club 1:30 • Music Therapy 2:00 • Saturday Entertainement Bookmarks Cove - BC3 2:30 • Thymeless Culinary 2:30 • Thymeless Culinary 3:00 • Sing along with Karen 3:00 • Sing Along 7:30 IN2L Sabbath Services 2nd floor 2:30 • Thymeless Culinary 4:00 • Benefits Of Laughter Chat: IN2L 4:00 • Garden Walk 3:00 • Wine & Cheese with Famous 4:00 • Garden walk/Word Games 6:00 • Relaxing Melodies Lantana Room - LR3 6:00 • Short stories After dinner 6:00 • Short stories After dinner 4:00 • Before Dinner Wrap up **BIRTHDAYS** THIS MONTH 10:00 Walk & Talk in the Chocolate Cake Day un Day At Work 10:00 • Be fit with Stacy 10:00 Parachute fitness spire Your Heart with Art Day thymeless garden **∠** 10:00 • Be fit 10:00 Music and movement 10:30 • Bookmarks: 1:00 • Essence 10:00 • Guided Relaxation 10:30 • Hymns of praise Aromatherapy With 10:30 • Communion In MC 10:30 • Homemade 10:30 • Todays news and 10:30 • Bookmarks: 10:30 • Todays news and 1:00 • Thymeless Garden Destinev Lemonade social 1:00 • Thymeless Garden Infused Water and Hydration 1:30 • Spa Day Joan S. 1/2 11:00 • Good News Today 11:00 • Essence Aromatherapy With Infused Water and Hydration 11:00 • Join the story 2:30 • Thymeless Culinary Create A Puzzle (\*National Puzzle 1:30 • Literature club Destiney 1:30 • Heartfelt Art Creation Cynthia R. 1/3 2:30 • Thymeless Culinary 11:00 • Good News Today 3:00 • Birthday Celebration 2:30 • Thymeless Culinary Day\*) 2:30 Thymeless Culinary 2:30 • Thymeless Culinary 3:00 • Matinee Movie With Popcorn: 4:00 • Garden Walk 1:30 • Who Am I? 4:00 • Benefits Of Laughter Chat: IN2L 3:00 • Sing Along 3:00 • Sing along with Karen 3:00 • Sing Along 6:00 • Short stories After dinner 6:00 • Short stories After dinner 2:30 • Thymeless Culinary 4:00 • Before Dinner Wrap Up 6:00 • Relaxing Melodies 3:00 • Wine & Cheese with Famous 4:00 • Garden Walk 7:30 • IN2L Sabbath Services 2nd floor 4:00 • Before Dinner Wrap up www.seniorlifestyle.com