

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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10:00 Drum Fit!
10:45 Coffee Chats & Chronicles
11:00 Brain Boost: Word Games
1:00 Movie Matinee: A Big Bold Beautiful Journey
1:30 Bingo with Bonnie & Mitch!
2:30 Ice Cream Sundae Social
3:30 Sip & Savor Happy Hour



2
9:00 Aqua Aerobics with Quan
10:00 Resident Bus Loop
10:00 Stretch Yoga in Motion
10:30 Start The Day Cafe
11:00 Brain Boosters: Uncrossed
1:00 Movie Matinee: The Lost Daughter
3:30 Candy Bingo & Bubbly
6:30 IL Sing-A-Long



3
9:45 IL Socrates Cafe
10:00 Bocce Ball
10:00 Judy's Tuesday Total Body Tune-Up!
10:30 Start The Day Cafe
11:00 Brain Boosters: Word Games & Trivia
11:30 Tuesday's on The Town: Lunch at Banana Boat
1:00 Movie Matinee: Season 1 Episodes 1-3 Man on The Inside
1:30 Purim Celebration with Rabbi Mendy!
2:00 Current Events Club
3:30 Toast to Tuesday Happy Hour!
6:30 Bingo with Bonnie & Mitch!

4
10:00 Holy Spirit Catholic Mass
10:15 Drum Fit with Denise!
10:45 Daily Chronicle
11:00 Trivia Time!
1:00 Afternoon Movie in IL Movie Theatre
1:00 Movie Matinee: Season 1 Episodes 4-6 Man On The Inside
1:30 Paint & Sip With Laurie!
2:00 Chair Exercises with Quan
3:30 Live Tunes & Tastings with KNR Entertainment!

5
10:00 IL Current Events Club
10:00 Jazzercise w/ Quan
10:30 The Daily Digest
11:00 Brain Boost: Vocab Vault
1:00 Movie Matinee: Season 1 Episodes 7-8 Man On The Inside
2:00 The Carlisle Book Club
2:00 Rummikub
3:30 Sunset Sips: Outdoor Happy Hour



6
10:15 Friday Morning Exercises with Judy!
10:40 News of The Day & Daily Chronicle
11:00 This is Jeopardy... Live!
1:00 Movie Matinee: Moving On
2:00 Resident Bus Loop
3:00 Shabbat Services
3:00 Celebrating International Women's Day with Mayor Karen Lythgoe!
3:45 A Taste of Trivia

7
9:45 IL Socrates Cafe
10:00 Brain Boosters: Word Games
11:00 Sit & Swing Seated Exercises
1:00 Movie Matinee: On Golden Pond
2:00 Mixology 101: Make Your Own Mocktails
3:30 Live Tunes & Tastings with Max Green!
6:30 Cash Bingo with Bonnie!

International Women's Day!
8
10:00 Drum Fit!
10:45 Coffee Chats & Chronicles
11:00 Brain Boost: Word Games
1:00 Movie Matinee: Little Women (2019)
1:30 Bingo with Bonnie & Mitch!
2:30 Ice Cream Sundae Social
3:30 Celebrating International Women's Day: Women in History Trivia

9
9:00 Aqua Aerobics with Quan
10:00 Resident Bus Loop
10:00 Stretch Yoga in Motion
10:30 Start The Day Cafe
11:00 Brain Boosters: Uncrossed
1:00 Movie Matinee: The Best Exotic Marigold Hotel
1:30 Art Therapy: St. Patrick's Day Art Project
3:30 Lecture & Happy Hour: Cases in The History of The FBI with Roger Gross
6:30 IL Sing-A-Long

10
9:45 IL Socrates Cafe
10:00 Bocce Ball
10:00 Judy's Tuesday Total Body Tune-Up!
10:30 Start The Day Cafe
11:00 Brain Boosters: Word Games & Trivia
11:30 Tuesday's on The Town: Lunch at 5-Spice
1:00 Movie Matinee: The Magic of Belle Isle
2:00 Current Events Club
3:00 Fraud Prevention Presentation by Lantana Police Department
3:30 Toast to Tuesday Happy Hour!
6:30 Bingo with Bonnie & Mitch!

11
10:00 Holy Spirit Catholic Mass
10:15 Drum Fit with Denise!
10:45 Daily Chronicle
11:00 Trivia Time!
1:00 Afternoon Movie in IL Movie Theatre
1:00 Movie Matinee: Hustle
2:00 Chair Exercises with Quan
3:30 Live Tunes & Tastings with Steven Vincent!

12
10:00 IL Current Events Club
10:00 Jazzercise w/ Quan
10:30 The Daily Digest
10:30 Healing Hounds: Certified Therapy Dogs
11:00 Brain Boost: Vocab Vault
1:00 Movie Matinee: Marry Me
2:00 The Carlisle Book Club
2:00 Rummikub
3:30 Sunset Sips: Outdoor Happy Hour

13
10:15 Friday Morning Seated Exercises!
10:40 News of The Day & Daily Chronicle
11:00 This is Jeopardy... Live!
1:00 Movie Matinee: The Week Of
2:00 Resident Bus Loop
3:00 Shabbat Services
3:45 A Taste of Trivia



14
9:45 IL Socrates Cafe
10:00 Brain Boosters: Word Games
11:00 Sit & Swing Seated Exercises
1:00 Movie Matinee: Letters to Juliet
2:00 Mixology 101: Make Your Own Mocktails
3:30 Live Tunes & Tastings with Karen's Cabaret!
6:30 Cash Bingo with Bonnie!

15
10:00 Drum Fit!
10:45 Coffee Chats & Chronicles
11:00 Brain Boost: Word Games
1:00 Movie Matinee: Love Is In The Air
1:30 Bingo with Bonnie & Mitch!
2:30 Ice Cream Sundae Social
3:30 Sip & Savor Happy Hour

16
9:00 Aqua Aerobics with Quan
10:00 Resident Bus Loop
10:00 Stretch Yoga in Motion
10:30 Start The Day Cafe
11:00 Brain Boosters: Uncrossed
1:00 Movie Matinee: Mrs. Doubtfire
1:30 Art Therapy: St. Patrick's Day Art Project
3:30 Karaoke Happy Hour Party with Melissa!
6:30 IL Sing-A-Long

Happy St. Patrick's Day!
17
9:45 IL Socrates Cafe
10:00 Bocce Ball
10:00 Tuesday Total Body Tune-Up with Denise
10:30 Start The Day Cafe
11:00 Brain Boosters: Word Games & Trivia
11:30 Tuesday's on The Town: Lunch at Mamma Mia's Lake Worth
1:00 Movie Matinee: Irish Wish
2:00 Current Events Club
3:30 St. Patrick's Day Celebration!
6:30 Bingo with Bonnie & Mitch!



18
10:00 Holy Spirit Catholic Mass
10:15 Drum Fit with Denise!
10:45 Daily Chronicle
11:00 Trivia Time!
1:00 Afternoon Movie in IL Movie Theatre
1:00 Movie Matinee: My Big Fat Greek Wedding 2
2:00 Chair Exercises with Quan
2:00 Food Committee Meeting with Dwight
3:30 March Birthday Celebration with Max Green!

19
10:00 IL Current Events Club
10:00 Jazzercise w/ Quan
10:30 The Daily Digest
11:00 Brain Boost: Vocab Vault
1:00 Movie Matinee: Barbra: The Music.. The Mem'ries... The Magic!
2:00 The Carlisle Book Club
2:00 Rummikub
3:30 Sunset Sips: Outdoor Happy Hour

20
10:15 Friday Morning Exercises with Judy!
10:40 News of The Day & Daily Chronicle
11:00 This is Jeopardy... Live!
1:00 Movie Matinee: Sgt. Pepper's Lonely Hearts Club Band
2:00 Resident Bus Loop
3:00 Shabbat Services
3:45 A Taste of Trivia

21
9:45 IL Socrates Cafe
10:00 Brain Boosters: Word Games
11:00 Sit & Swing Seated Exercises
1:00 Movie Matinee: The Secret Dare to Dream
2:00 Mixology 101: Make Your Own Mocktails
3:30 Happy Hour & Pub Games!
6:30 Cash Bingo with Bonnie!

22
10:00 Drum Fit!
10:45 Coffee Chats & Chronicles
11:00 Brain Boost: Word Games
1:00 Movie Matinee: Twins
1:30 Bingo with Bonnie & Mitch!
2:30 Ice Cream Sundae Social
3:30 Sip & Savor Happy Hour



March 2026

The Carlisle Palm Beach Assisted Living



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9:00 Aqua Aerobics with Quan 23</p> <p>10:00 Resident Bus Loop</p> <p>10:00 Stretch Yoga in Motion</p> <p>10:30 Start The Day Cafe</p> <p>11:00 Brain Boosters: Uncrossed</p> <p>1:00 Movie Matinee: The Man With The Golden Gun 007</p> <p>1:30 Celebrating Women's History Month: Georgia O'Keefe Art Class</p> <p>3:30 Art History Experience Presented By: Universal Coaching Services & Advantage Pointe</p> <p>6:30 IL Sing-A-Long</p>	<p>9:45 IL Socrates Cafe  24</p> <p>10:00 Bocce Ball</p> <p>10:00 Judy's Tuesday Total Body Tune-Up!</p> <p>10:30 Start The Day Cafe</p> <p>11:00 Brain Boosters: Word Games & Trivia</p> <p>11:30 Tuesday's on The Town: Surprise Lunch Outing!</p> <p>1:00 Movie Matinee: Borg vs. McEnroe</p> <p>2:00 Current Events Club</p> <p>3:30 Toast to Tuesday Happy Hour!</p> <p>6:30 Bingo with Bonnie & Mitch! </p>	<p>10:00 Holy Spirit Catholic Mass 25</p> <p>10:15 Drum Fit with Denise!</p> <p>10:45 Daily Chronicle</p> <p>11:00 Trivia Time!</p> <p>1:00 Afternoon Movie in IL Movie Theatre</p> <p>1:00 Movie Matinee: Gold</p> <p>2:00 Chair Exercises with Quan</p> <p>3:30 Live Tunes & Tastings with Piano Joe!</p> <p>6:30 Eldercation Lecture Series with Harry Getzoff</p>	<p>10:00 IL Current Events Club 26</p> <p>10:00 Jazzercise w/ Quan</p> <p>10:30 The Daily Digest</p> <p>11:00 Brain Boost: Vocab Vault</p> <p>1:00 Movie Matinee: 99 Homes</p> <p>2:00 The Carlisle Book Club</p> <p>2:00 Rummikub</p> <p>3:30 Sunset Sips: Outdoor Happy Hour </p>	<p>10:15 Friday Morning Seated Exercises! 27</p> <p>10:40 News of The Day & Daily Chronicle</p> <p>11:00 This is Jeopardy... Live!</p> <p>1:00 Movie Matinee: Barry</p> <p>2:00 Resident Bus Loop</p> <p>3:00 Shabbat Services</p> <p>3:45 A Taste of Trivia</p>	<p>9:45 IL Socrates Cafe 28</p> <p>10:00 Brain Boosters: Word Games </p> <p>11:00 Sit & Swing Seated Exercises </p> <p>1:00 Movie Matinee: The Squid and The Whale</p> <p>2:00 Mixology 101: Make Your Own Mocktails</p> <p>3:30 Live Tunes & Tastings with Steve Michaels!</p> <p>6:30 Cash Bingo with Bonnie!</p>	<p>10:00 Drum Fit! 29</p> <p>10:45 Coffee Chats & Chronicles</p> <p>11:00 Brain Boost: Word Games</p> <p>1:00 Movie Matinee: Diana The Musical</p> <p>1:30 Bingo with Bonnie & Mitch!</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Sip & Savor Happy Hour </p>
<p>9:00 Aqua Aerobics with Quan 30</p> <p>10:00 Resident Bus Loop</p> <p>10:00 Stretch Yoga in Motion</p> <p>10:30 Start The Day Cafe</p> <p>11:00 Brain Boosters: Uncrossed</p> <p>1:00 Movie Matinee: Old Dads</p> <p>1:30 Celebrating Women's History Month: Frida Kahlo Art Class</p> <p>3:30 Candy Bingo & Bubbly</p> <p>6:30 IL Sing-A-Long</p> 	<p>9:45 IL Socrates Cafe 31</p> <p>10:00 Bocce Ball</p> <p>10:00 Judy's Tuesday Total Body Tune-Up!</p> <p>10:30 Start The Day Cafe</p> <p>11:00 Brain Boosters: Word Games & Trivia</p> <p>1:00 Movie Matinee: Maestro</p> <p>2:00 Current Events Club</p> <p>3:30 Toast to Tuesday Happy Hour!</p> <p>6:30 Bingo with Bonnie & Mitch!</p>	<div data-bbox="1010 1260 2921 1874" data-label="Complex-Block"> <h3> Location Key</h3> <ul style="list-style-type: none">  AL Lounge  AL Art Studio  AL Library  AL Outdoors  AL Card Room  AL FL2 Exercise Room   AL Game Room  AL Outing  IL Club Room </div>				

