



November 2025

The Carlisle Palm Beach Assisted Living



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							10:00 Brain Boosters: Word Games 11:00 Sit & Swing Seated Exercises 1:00 Movie Matinee: Thelma & Louise 2:00 Mixology 101: Make Your Own Mocktails 3:30 Live Tunes & Tastings with Max Green!
10:00 Drum Fit with Denise 10:45 Coffee Chats & Chronicles 11:00 Brain Boost: Word Games 1:00 Movie Matinee: The Dollar Maker 1:30 Bingo with Bonnie & Mitch! 2:30 Ice Cream Sundae Social 3:30 Sip & Savor Happy Hour	9:00 Aqua Aerobics 10:00 Stretch Yoga in Motion 10:00 Resident Bus Loop 10:30 Start The Day Cafe 11:00 Brain Boosters: Uncrossed 1:00 Movie Matinee: My Louisiana Sky 1:30 Art Therapy: Beachy Scenes 3:30 Candy Bingo & Bubbly	10:00 Judy's Tuesday Total Body Tune-Up! 10:30 Start The Day Cafe 11:00 Tuesday's on The Town: The Hive WPB 1:00 Movie Matinee: The Burial 1:30 Bingo with Bonnie & Mitch! 3:30 Happy Hour: Beverages & Board Games!	9:00 Aqua Aerobics 10:00 Holy Spirit Catholic Mass 10:15 Drum Fit with Denise! 10:45 Daily Chronicle Read & Reset 11:00 Timeless Trivia! 1:00 Movie Matinee: Pretty Ugly People 2:00 Paint & Sip with Laurie! 3:30 Live Tunes & Tastings with Nicole Hulett!	10:00 Jazzercise w/ Quan 10:30 The Daily Digest 11:00 Brain Boost: Vocab Vault 1:00 Movie Matinee: Forever Love 2:00 The Carlisle Book Club 3:30 The Lucky Lounge: Bingo Surprise	9:00 Aqua Aerobics 10:15 Seated Exercises 10:45 Daily Chronicle Read & Reset 11:00 Current Events Club 1:00 Movie Matinee: Quartet 2:00 Resident Bus Loop 3:00 Shabbat Services 3:30 A Taste of Trivia	10:00 Brain Boosters: Word Games 11:00 Sit & Swing Seated Exercises 1:00 Movie Matinee: The Railway Children 2:00 Mixology 101: Make Your Own Mocktails 3:30 Live Tunes & Tastings with Karen's Cabaret! 6:00 Cash Bingo with Bonnie!	
10:00 Drum Fit with Denise 10:45 Coffee Chats & Chronicles 11:00 Brain Boost: Word Games 1:00 Movie Matinee: A Holiday to Remember 1:30 Bingo with Bonnie & Mitch! 2:30 Ice Cream Sundae Social 3:30 Sip & Savor Happy Hour	9:00 Aqua Aerobics 10:00 Stretch Yoga in Motion 10:00 Resident Bus Loop 10:30 Start The Day Cafe 11:00 Brain Boosters: Uncrossed 1:00 Movie Matinee: People We Hate At The Wedding 1:30 Art Therapy: Fall Crafts Hanging Leaves 3:30 Candy Bingo & Bubbly	10:00 Judy's Tuesday Total Body Tune-Up! 10:30 Start The Day Cafe 11:00 Veteran's Day Wall of Honor Unveiling 11:00 Tuesday's on The Town: River House Restaurant 1:00 Movie Matinee: Lilies of The Field 1:30 Bingo with Bonnie & Mitch! 3:30 Happy Hour: Boards & Beverages!	9:00 Aqua Aerobics 10:00 Holy Spirit Catholic Mass 10:15 Drum Fit with Denise! 10:45 Daily Chronicle Read & Reset 11:00 Brain Boosters: Word Games 1:00 Movie Matinee: A Nanny For Christmas 2:00 Wellness Wednesday: DIY Yogurt Parfait 3:30 A Taste of Trivia!	10:00 Jazzercise w/ Quan 10:15 Healing Hounds Certified Therapy Dogs 10:30 The Daily Digest 11:00 Brain Boost: Vocab Vault 1:00 Movie Matinee: Cross Creek 2:00 The Carlisle Book Club 3:30 The Lucky Lounge: Bingo Surprise	9:00 Aqua Aerobics 10:00 Judy's Morning Workout Group! 10:45 Daily Chronicle Read & Reset 11:00 Current Events Club! 1:00 Movie Matinee: A Walk in The Woods 2:00 Resident Bus Loop 3:00 Shabbat Services 3:30 A Taste of Trivia	10:00 Brain Boosters: Word Games 11:00 Sit & Swing Seated Exercises 1:00 Movie Matinee: My Mother The Spy 2:00 Mixology 101: Make Your Own Mocktails 3:30 A Taste of Trivia! 6:00 Cash Bingo with Bonnie!	



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Saturday

10:00 Drum Fit with Denise **16**
10:45 Coffee Chats & Chronicles
11:00 Brain Boost: Word Games
1:00 Movie Matinee: Senior Moment
1:30 Bingo with Bonnie & Mitch!
2:30 Ice Cream Sundae Social
3:30 Sip & Savor Happy Hour

9:00 Aqua Aerobics **17**
10:00 Stretch Yoga in Motion
10:00 Resident Bus Loop
10:30 Start The Day Cafe
11:00 Brain Boosters: Uncrossed
1:00 Movie Matinee: Miracle in The Woods
1:30 Art Therapy: Fall Crafts
3:30 Candy Bingo & Bubbly

10:00 Judy's Tuesday Total Body Tune-Up! **18**
10:30 Start The Day Cafe
11:00 Tuesday's on The Town: Mamma Mia's
1:00 Movie Matinee: News of The World
1:30 Bingo with Bonnie & Mitch!
3:30 Happy Hour: Boards & Beverages!

9:00 Aqua Aerobics **19**
10:00 Holy Spirit Catholic Mass
10:15 Drum Fit with Denise!
10:45 Daily Chronicle Read & Reset
11:00 Brain Boosters: Word Games
1:00 Movie Matinee: Westside Story
2:00 Wellness Wednesday: Avocado Toast
3:00 November Resident Birthday & Liberty 150th Birthday Party!
3:30 Live Tunes & Tastings with Max Green!

10:00 Jazzercise w/ Quan **20**
10:30 The Daily Digest
11:00 Brain Boost: Vocab Vault
1:00 Movie Matinee: Somewhere in Time
2:00 The Carlisle Book Club
3:30 Tiki, Tunes & Tastings: Outdoor Signature Cocktail Event with Garth!

9:00 Aqua Aerobics **21**
10:15 Seated Exercises
10:45 Daily Chronicle Read & Reset
11:00 Current Events Club!
11:30 New Resident Luncheon
1:00 Movie Matinee: Fluke
2:00 Resident Bus Loop
3:00 Shabbat Services
3:30 A Taste of Trivia

10:00 Brain Boosters: Word Games **22**
11:00 Sit & Swing Seated Exercises
1:00 Movie Matinee: Cider With Rose
2:00 Mixology 101: Make Your Own Mocktails
3:30 A Taste of Trivia!
6:00 Cash Bingo with Bonnie!

10:00 Drum Fit with Denise **23**
10:45 Coffee Chats & Chronicles
11:00 Brain Boost: Word Games
1:00 Movie Matinee: Marilyn Monroe, "The Seven Year Itch"
1:30 Bingo with Bonnie & Mitch!
2:30 Ice Cream Sundae Social
3:30 Sip & Savor Happy Hour

9:00 Aqua Aerobics **24**
10:00 Stretch Yoga in Motion
10:00 Resident Bus Loop
10:30 Start The Day Cafe
11:00 Brain Boosters: Uncrossed
1:00 Movie Matinee: Easy Money
1:30 Art Therapy: Wine Cork Holiday Crafts
2:30 Resident Town Hall
3:30 Candy Bingo & Bubbly

10:00 Judy's Tuesday Total Body Tune-Up! **25**
10:30 Start The Day Cafe
10:45 Daily Chronicle Read & Reset
1:00 Movie Matinee: Breathless
1:30 Bingo with Bonnie & Mitch!
2:00 Discussion with Prof. Howard Seeman: THE EMOTIONAL CHALLENGES OF AGING
3:30 Happy Hour: Boards & Beverages!

9:00 Aqua Aerobics **26**
10:00 Holy Spirit Catholic Mass
10:15 Drum Fit with Denise!
10:45 Daily Chronicle Read & Reset
11:00 Brain Boosters: Word Games
1:00 Movie Matinee: Being The Ricardo's
2:00 Wellness Wednesday: Pumpkin Fluff Dip
3:30 Live Tunes & Tastings with Piano Joe!
6:30 Harry Getzoff Eldercation Lecture Series

Happy Thanksgiving! **27**
10:00 Turkey Trot - Walkathon w/ Quan
10:30 The Daily Digest
11:00 Vocab Vault: Thanksgiving Words
1:00 Movie Matinee: All Roads Lead To Rome
1:30 Thanksgiving Day Crafts: Gratitude Tree
2:00 The Carlisle Book Club
3:30 The Lucky Lounge: Bingo Surprise

9:00 Aqua Aerobics **28**
10:00 Judy's Morning Workout Group!
10:45 Daily Chronicle Read & Reset
11:00 Current Events Club!
1:00 Movie Matinee: Hair
2:00 Resident Bus Loop
3:00 Shabbat Services
3:30 A Taste of Trivia

10:00 Brain Boosters: Word Games **29**
11:00 Sit & Swing Seated Exercises
1:00 Movie Matinee: Bull Durham
2:00 Mixology 101: Make Your Own Mocktails
3:30 Live Tunes & Tastings with Steve Michaels!
6:00 Cash Bingo with Bonnie!

10:00 Drum Fit with Denise **30**
10:45 Coffee Chats & Chronicles
11:00 Brain Boost: Word Games
1:00 Movie Matinee: My Sailor My Love
1:30 Bingo with Bonnie & Mitch!
2:00 Holiday Wreath Making
2:30 Ice Cream Sundae Social
3:30 Sip & Savor Happy Hour

Location Key



AL Lounge



AL Library



AL Game Room



AL Art Studio



AL Outdoors



AL Outing