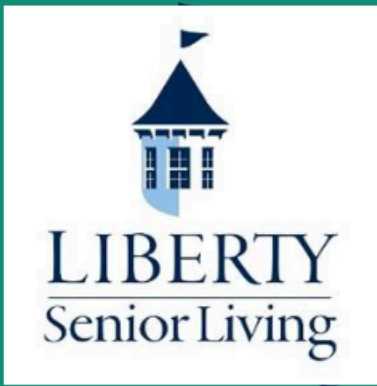




August 2026

The Carlisle Palm Beach Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>Locations Legend</u> Grand Theater (GT) Wave Motion Studio (WMS) Club Room (CBR) Lounge (LG) Outing (O) Card Room (CDR) Poolside Patio (PS) Ocean Edge Bistro (OEB) Art Studio (AS) AL - Game Room (ALGR) Assisted Living Lounge (ALL) Assisted Living Lounge (ALL) Courtyard (CY) Assisted Living Gym (G) Ocean 450 (0450)				9:45 Intellectual Stimulation (GT) 1 11:00 Bobbi's Ballet and Aerobics (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee (GT) 2:00 Geography Around the World: Exploring Japan (PS) 3:00 Mixology 101: Mocktail Social Hour (OEB) 4:00 Life Enrichment Assessments with Ally (CBR) 6:30 \$5.00 Cash Bingo (ALL)
10:00 Church Runs & Shopping (O) 2 10:00 Coffee, Pastries & Chronicles (OEB) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee: The Way We Were (Ally's DVD) (GT) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 3 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 1:30 Rummikub Game Play (CBR) 4:00 Happy Hour (OEB) 4:00 Live Entertainment: Guitarist Phil Fest (LG) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 4 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 10:00 Judy's Total Body Tune-Up in AL Gym (G) 12:00 The Carlisle Lunch Bunch: Tea Sandwiches (PS) 1:00 Matinee Movie (GT) 1:30 Open Card Play: Canasta & Rummikub (CBR) 2:00 Resident Profile Updates (CBR) 3:00 Trivia: Who Am I? Movies and Stars (CDR)	9:00 Aqua Aerobics (PS) 5 10:00 Catholic Communion (ALGR) 10:30 Adventure Awaits: Coconut Creek Casino (O) 11:15 Chair Yoga with Kaitlyn (WMS) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 3:00 Carlisle Circuit - Resident Assessments (WMS) 4:00 Wine Down Wednesday: Musical Entertainer Bianca Rossario (LG)	Top Chef 6 10:00 Carlisle Current Events (CBR) 11:00 Musical Entertainment with Pianist Joe Manello (LG) 1:00 Matinee Movie (GT) 1:00 Top Chef Cooking Competition Begins (LG) 3:30 Top Chef Award Ceremony (LG) 4:00 Top Chef Cocktail Hour (LG)	8:30 Open Gym - Free Weights (WMS) 7 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 11:30 TOWN HALL (CBR) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 MindFit w/ Brie (CDR) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour with Music by Jonny Edwards (LG)	9:45 Intellectual Stimulation (GT) 8 11:00 Bobbi's Ballet and Aerobics (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: China (PS) 3:00 The Retro Refresh Snow Cone Social (OEB) 3:30 Live Entertainment: Karen's Cabaret (ALL) 4:00 Life Enrichment Assessments with Ally (CBR) 6:30 \$5 Cash Bingo (ALL)
10:00 Church Runs & Shopping (O) 9 10:00 Coffee, Pastries & Chronicles (OEB) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee (GT) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 10 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:15 Adventure Awaits: Lake Worth Beach Outing (O) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 3:00 Resident Ambassador Meeting: All Carlisle Ambassadors Please Join Us (CBR) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 11 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 10:00 Judy's Total Body Tune-Up in AL Gym (G) 12:00 Lunch and Learn with Dignity Memorial - Guest Speaker Lefterie (PS) 1:00 Matinee Movie (GT) 1:00 Emotional Wellness Forum: A Journey to Healing w/ Jason Fairbanks (CBR) 1:30 Open Card Play: Canasta & Rummikub (CBR) 2:30 Men's Club: Car Show and Automobiles (CDR) 3:00 Tech Tuesday: Liberty Life App (CDR)	9:00 Aqua Aerobics (PS) 12 10:00 Catholic Communion (ALGR) 11:00 Yoga w/ Kaitlyn (WMS) 11:00 Adventure Awaits: Lunch Outing Moxies WPB (O) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 1:30 Painting with Lori - AL (AS) 3:00 Resident Profile Updates (CBR) 4:00 Wine Down Wednesday: Millie Tennessee (LG)	8:30 Early Morning Cardio Circuit (WMS) 13 10:00 Carlisle Current Events (CBR) 10:30 Pet Therapy (LG) 11:00 Tai Chi w/ Waly Elifrance (WMS) 1:00 Matinee Movie (GT) 2:00 Wellness Lecture: Fall Prevention with Judy Simon (CDR) 3:00 Movie Review and Discussion w/ Ally (CDR) 3:30 Engagement Committee Meeting (PS) 6:30 1950's Music BINGO W/ Elissa Erman (CDR)	8:30 Open Gym - Free Weights (WMS) 14 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:00 Resident Council (CBR) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour (LG)	9:45 Intellectual Stimulation (GT) 15 11:00 Bobbi's Ballet and Aerobics (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: Australia (PS) 3:00 Mixology 101: Mocktail Social Hour (OEB) 3:30 Live Entertainment: Steve Michaels (ALL) 4:00 Life Enrichment Assessments with Ally (CBR) 5:00 Adventure Awaits: Mels Bistro Dinner Outing (O)



August 2026

The Carlisle Palm Beach Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Church Runs & Shopping (O) 16 10:00 Coffee, Pastries & Chronicles (OEB) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee (GT) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 17 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 12:00 New Resident Welcome Luncheon (0450) 1:00 Matinee Movie (GT) 1:30 Rummikub Game Play (CBR) 3:00 Art History Experience Presented by Stacey (CDR) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 18 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 10:00 Judy's Total Body Tune-Up in AL Gym (G) 11:30 Adventure Awaits: Lunch Outing - Mamma Mia's (O) 12:00 The Carlisle Lunch Bunch: Liberty Podcast: Chicken Salad (PS) 1:00 Matinee Movie (GT) 1:30 Open Card Play: Canasta & Rummikub (CBR) 2:00 Perfume Making Class - Limited Seats (AS) 3:00 Tech Tuesday: Liberty Life App (CDR)	9:00 Aqua Aerobics (PS) 19 10:00 Catholic Communion (ALGR) 11:15 Chair Yoga with Kaitlyn (WMS) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 1:00 Crafting with April (AS) 1:30 Adventure Awaits: Sort and Pack Volunteering with Feeding South Florida (O) 3:00 Carlisle Circuit - Resident Assessments (WMS) 4:00 Wine-Down Wednesday with Master Musician Oliver Hanfmann (LG)	Yaya's Jewelry 20 8:30 Early Morning Cardio Circuit (WMS) 10:00 Carlisle Current Events (CBR) 11:00 Shopping Extravaganza: YaYa Jewelry (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 11:00 Shopping Extravaganza featuring Ya-Ya's Jewery (CBR) 12:00 August Resident Birthday Luncheon (0450) 1:00 Matinee Movie (GT) 1:00 Crafting with April (AS) 2:00 Carlisle Book Club (ALL) 3:00 Movie Review and Discussion w/ Ally (CDR)	8:30 Open Gym - Free Weights (WMS) 21 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 MindFit w/ Brie (CDR) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour (LG) 6:00 Trivia Night: JEOPARDY! (PS)	9:45 Intellectual Stimulation (GT) 22 11:00 Bobbi's Ballet and Aerobics (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: Mexico (PS) 3:00 The Retro Refresh Snow Cone Social (OEB) 4:00 Life Enrichment Assessments with Ally (CBR) 6:30 \$5 Cash Bingo (ALL)
10:00 Church Runs & Shopping (O) 23 10:00 Coffee, Pastries & Chronicles (OEB) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 11:30 Adventure Awaits: Double Roads Car Show (O) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee (GT) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 24 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 3:00 Glass Art with Laura (LG) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 25 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 10:00 Judy's Total Body Tune-Up in AL Gym (G) 11:00 Adventure Awaits: Sawgrass Mills Mall (O) 12:00 The Carlisle Lunch Bunch: Charcuterie Board (PS) 1:00 Matinee Movie (GT) 1:30 Open Card Play: Canasta & Rummikub (CBR) 2:00 Dining Committee Meeting (CBR) 3:00 Tech Tuesday: Liberty Life App (CDR)	10:00 Catholic Communion (ALGR) 26 10:00 Aqua Fit - Featuring Aquatic Instructor Linda (PS) 11:00 Yoga w/ Kaitlyn (WMS) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 11:30 Adventure Awaits: Benny's On The Beach (O) 1:00 Matinee Movie (GT) 4:00 Wine-Down Wednesday with Live Musician Ryan Gill (CDR) 6:30 Lecture: The Eldercation Experience w/ Harry J. Getzov: Lerner and Lowe Part 2 (CDR)	8:30 Early Morning Cardio Circuit (WMS) 27 10:00 Carlisle Current Events (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 12:00 IL Resident Ambassador Luncheon (0450) 1:00 Matinee Movie (GT) 2:00 Audiologist Rick Presentation on Hearing Loss featuring Individual Hearing Testing (CDR) 3:30 Resident Profile Updates (CDR)	8:30 Open Gym - Free Weights (WMS) 28 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 11:30 Book Discussion: "It's Never Too Late" by Author Linda (CDR) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour with Music by Belle Duarte (LG) 5:00 Resident Outing: Norton Museum Art After Dark - Dance the Night Away with Larry Johnson's Essence of Motown (O)	9:45 Intellectual Stimulation (GT) 29 11:00 Bobbi's Ballet and Aerobics (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: Peru (PS) 3:00 Mixology 101: Mocktail Social Hour (OEB) 4:00 Life Enrichment Assessments with Ally (CBR) 6:30 \$5 Cash Bingo (ALL)
10:00 Church Runs & Shopping (O) 30 10:00 Coffee, Pastries & Chronicles (OEB) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Create Your Own Stationary (AS) 2:00 Movie Matinee (GT) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 31 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 1:30 Rummikub Game Play (CBR) 3:00 Liberty Life App Check In (CDR) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)				Contact Information Quan Jones - Wellness Director qujones@libertyseniorliving.com 561-540-6504 Concierge - Front Desk 561-533-9440 Wagner - Transportation 561-917-9214	