



# February 2026

## The Carlisle Palm Beach Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Coffee Chats, Donuts &amp; Chronicles (OEB) <b>1</b></p> <p>11:00 Wake Up and Warm Up with Bobbi! This is a Resident Run exercise class. Join Bobbi &amp; friends for an energizing workout. (WMS)</p> <p>11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Football Sunday Funday! (CDR)</p> <p>2:00 Movie Matinee &amp; Popcorn with Denise (GT)</p> <p>2:30 Ice Cream Social with Denise (LG)</p> <p>4:00 Scrabble &amp; Cards (Resident Run) (CDR)</p>	<p>9:00 Aqua Aerobics (PS) <b>2</b></p> <p>10:00 Lecture Series w/ David: Fall of the Eagles (GT)</p> <p>11:00 Resident Welcome Ambassador Committee (CBR)</p> <p>11:00 Functional Fitness (WMS)</p> <p>11:30 Poolside Smoothies &amp; Activity Review (PS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Shopping Loop (O)</p> <p>2:00 Stretch and Flow (WMS)</p> <p>4:00 Bubbly &amp; BINGO Happy Hour! (PS)</p> <p>6:30 Evening Singalong (CBR)</p>	<p>8:30 Early Morning Pump - Weight Circuit (WMS) <b>3</b></p> <p>9:45 Socrates Café: Appreciation of Arts, Sciences &amp; History (GT)</p> <p>10:00 Tech Tuesday with Ally (AS)</p> <p>10:00 Bocce Ball (CY)</p> <p>11:00 Paw Therapy w/ Liberty Rehab (CBR)</p> <p>11:00 Weight Training (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Let's Taco 'Bout Tuesday (PS)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>2:00 Open Swim (PS)</p> <p>2:00 Carlisle Drama Club (CBR)</p> <p>3:30 Paint &amp; Sip: Valentine's Day Cards (AS)</p>	<p>8:30 Carlisle Walking Club - Lantana Beach (WMS) <b>4</b></p> <p>10:00 Barre and Balance (WMS)</p> <p>10:00 Catholic Communion (GT)</p> <p>10:00 Liberty University: What Makes a Good Life? Lessons from the Longest Study on Happiness (CDR)</p> <p>10:30 Adventure Awaits: The Society of the Four Arts &amp; Lunch (O)</p> <p>11:00 Chair Yoga with Kaitlyn (WMS)</p> <p>11:00 Flower Arrangements (AS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>4:00 Wine-Down Wednesday &amp; Entertainment Live! (CDR)</p>	<p>8:30 Early Morning Cardio Circuit (WMS) <b>5</b></p> <p>10:00 Carlisle Current Events (CBR)</p> <p>10:00 Resident Profile Updates (CBR)</p> <p>10:00 Tranquil Motion w/ Ally (FL)</p> <p>11:00 Bird Watching &amp; Walk (Nature Preserve) (O)</p> <p>11:00 Tai Chi w/ Waly Elifrance (WMS)</p> <p>11:00 Town Hall (CBR)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Valentine's Day Door Hangars w/ Lorie Royce (AS)</p> <p>2:00 Water Walking (PS)</p> <p>4:00 Veteran's Group (CDR)</p>	<p>8:30 Tennis w/ Quan (OS) <b>6</b></p> <p>10:00 Shopping Loop (O)</p> <p>10:15 Carlisle Cinema Society (GT)</p> <p>10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS)</p> <p>11:00 The Weekly Brief (PS)</p> <p>11:00 Pilates with Judy (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Golden Hand Bridge Bunch (CDR)</p> <p>2:00 Spa-la-la Day (AS)</p> <p>3:00 Shabbat Service: Rabbi Mendy (LG)</p> <p>3:00 Weekly Wrap-Up! (CDR)</p> <p>4:00 Cornhole &amp; Cocktails (PS)</p>	<p>9:45 Socrates Café: Appreciation of Classical Music (GT) <b>7</b></p> <p>10:00 Saturday Brew Club &amp; Brain Games (Resident Run) (OEB)</p> <p>11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Philanthropy Planning Committee (CBR)</p> <p>1:00 Canasta &amp; Rummikub (Resident Run) (CBR)</p> <p>1:00 Movie Matinee &amp; Popcorn with Ally (GT)</p> <p>2:00 Good Vibes Goody Cart w/ Ally! (OEB)</p> <p>3:00 Life Enrichment Planning Committee (CBR)</p>
<p>10:00 Coffee Chats, Donuts &amp; Chronicles (OEB) <b>8</b></p> <p>11:00 Wake Up and Warm Up with Bobbi! This is a Resident Run exercise class. Join Bobbi &amp; friends for an energizing workout. (WMS)</p> <p>11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>2:00 Movie Matinee &amp; Popcorn with Denise (GT)</p> <p>2:30 Ice Cream Social with Denise (LG)</p> <p>4:00 Scrabble &amp; Cards (Resident Run) (CDR)</p> <p>5:30 Super Bowl Party! (CDR)</p>	<p>9:00 Aqua Aerobics (PS) <b>9</b></p> <p>10:00 Lecture Series w/ David: Fall of the Eagles (GT)</p> <p>11:00 Functional Fitness (WMS)</p> <p>11:30 Poolside Smoothies &amp; Activity Review (PS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Shopping Loop (O)</p> <p>2:00 Stretch and Flow (WMS)</p> <p>6:00 Shuffleboard &amp; Sip (PS)</p> <p>6:30 Evening Singalong (CBR)</p>	<p>8:30 Early Morning Pump - Weight Circuit (WMS) <b>10</b></p> <p>9:45 Socrates Café: Appreciation of Arts, Sciences &amp; History (GT)</p> <p>10:00 Tech Tuesday with Ally (AS)</p> <p>10:00 Bocce Ball (CY)</p> <p>11:00 Weight Training (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Poolside Tea and Tea Sandwiches (PS)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>1:00 A Journey to Healing w/ Jason Fairbanks (CBR)</p> <p>2:00 Open Swim (PS)</p> <p>2:00 Carlisle Drama Club (CBR)</p> <p>3:30 Paint &amp; Sip: Enjoy a wine &amp; delights (AS)</p>	<p>8:30 Carlisle Walking Club - Lantana Beach (WMS) <b>11</b></p> <p>10:00 Barre and Balance (WMS)</p> <p>10:00 Catholic Communion (GT)</p> <p>10:00 Liberty University: 2026 MORNING MOTIVATION - Start Your Day Right, Listen Every Day!   Matthew McConaughy Motivation (CDR)</p> <p>10:30 Adventure Awaits: Coconut Creek Casino (O)</p> <p>11:00 Standing Yoga w/ Kaitlyn (WMS)</p> <p>11:00 Flower Arrangements (AS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>4:00 Wine-Down Wednesday &amp; Entertainment Live! (CDR)</p>	<p>8:30 Early Morning Cardio Circuit (WMS) <b>12</b></p> <p>10:00 Carlisle Current Events (CBR)</p> <p>10:00 Resident Profile Updates (CBR)</p> <p>10:00 Tranquil Motion w/ Ally (FL)</p> <p>11:00 Bird Watching &amp; Walk (Nature Preserve) (O)</p> <p>11:00 Tai Chi w/ Waly Elifrance (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Art Studio Carlisle Crafters (AS)</p> <p>2:00 Water Walking (PS)</p> <p>2:00 Facial Demo &amp; Presentation w/ Sayago's (CDR)</p> <p>4:00 Life Enrichment Planning Committee (CDR)</p>	<p>8:30 Tennis w/ Quan (OS) <b>13</b></p> <p>10:00 Resident Council (CBR)</p> <p>10:00 Shopping Loop (O)</p> <p>10:15 Carlisle Cinema Society (GT)</p> <p>10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS)</p> <p>11:00 The Weekly Brief (PS)</p> <p>11:00 Pilates with Judy (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Golden Hand Bridge Bunch (CDR)</p> <p>2:00 Spa-la-la Day (AS)</p> <p>3:00 Shabbat Service: Rabbi Mendy (LG)</p> <p>3:00 Weekly Wrap-Up! (CDR)</p> <p>4:00 Bubbly &amp; BINGO Happy Hour! (PS)</p> <p>6:30 Valentine's Friends &amp; Sweethearts Soirée (CDR)</p>	<p>9:45 Socrates Café: Appreciation of Classical Music (GT) <b>14</b></p> <p>10:00 Saturday Brew Club &amp; Brain Games (Resident Run) (OEB)</p> <p>11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Canasta &amp; Rummikub (Resident Run) (CBR)</p> <p>1:00 Movie Matinee &amp; Popcorn with Ally (GT)</p> <p>2:00 Good Vibes Goody Cart w/ Ally! (OEB)</p>
<p>10:00 Coffee Chats, Donuts &amp; Chronicles (OEB) <b>15</b></p> <p>11:00 Wake Up and Warm Up with Bobbi! This is a Resident Run exercise class. Join Bobbi &amp; friends for an energizing workout. (WMS)</p> <p>11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>2:00 Movie Matinee &amp; Popcorn with Denise (GT)</p> <p>2:30 Ice Cream Social with Denise (LG)</p> <p>4:00 Scrabble &amp; Cards (Resident Run) (CDR)</p>	<p>9:00 Aqua Aerobics (PS) <b>16</b></p> <p>10:00 Lecture Series w/ David: Fall of the Eagles (GT)</p> <p>11:00 Functional Fitness (WMS)</p> <p>11:30 Poolside Smoothies &amp; Activity Review (PS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Shopping Loop (O)</p> <p>2:00 Stretch and Flow (WMS)</p> <p>4:00 Putts &amp; Pints (CY)</p> <p>6:30 Evening Singalong (CBR)</p>	<p>8:30 Early Morning Pump - Weight Circuit (WMS) <b>17</b></p> <p>9:45 Socrates Café: Appreciation of Arts, Sciences &amp; History (GT)</p> <p>10:00 Tech Tuesday with Ally (AS)</p> <p>10:00 Bocce Ball (CY)</p> <p>11:00 Weight Training (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Let's Taco 'Bout Tuesday (PS)</p> <p>12:00 New Resident Welcome Lunch (0450)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>2:00 Open Swim (PS)</p> <p>2:00 Carlisle Drama Club (CBR)</p> <p>3:30 Paint &amp; Sip: Enjoy a wine &amp; delights (AS)</p>	<p><b>Ash Wednesday</b> <b>18</b></p> <p>8:30 Carlisle Walking Club - Lantana Beach (WMS)</p> <p>10:00 Barre and Balance (WMS)</p> <p>10:00 Catholic Communion (GT)</p> <p>10:00 Liberty University: Simon Sinek's Advice Will Leave You SPEECHLESS 2.0 (CDR)</p> <p>11:00 Chair Yoga with Kaitlyn (WMS)</p> <p>11:00 Flower Arrangements (AS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>11:30 Adventure Awaits: Ballet &amp; Lunch at the Harid Conservatory (O)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>3:00 Wellness Wednesday: New Year, New Goals - Journaling Workshop (WMS)</p> <p>4:00 Wine-Down Wednesday &amp; Entertainment Live! Mardi Gras Happy Hour! (CDR)</p>	<p>8:30 Early Morning Cardio Circuit (WMS) <b>19</b></p> <p>10:00 Carlisle Current Events (CBR)</p> <p>10:00 Resident Profile Updates (CBR)</p> <p>10:00 Tranquil Motion w/ Ally (FL)</p> <p>10:00 Read for the Record (OS)</p> <p>11:00 Bird Watching &amp; Walk (Nature Preserve) (O)</p> <p>11:00 Tai Chi w/ Waly Elifrance (WMS)</p> <p>11:00 Pop-Up Shop: YaYa Jewelry (CBR)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Art Studio Carlisle Crafters (AS)</p> <p>1:00 Lantana Book Club (O)</p> <p>2:00 Water Walking (PS)</p> <p>4:00 Philanthropy Planning Committee (CDR)</p>	<p>8:30 Tennis w/ Quan (OS) <b>20</b></p> <p>10:00 Shopping Loop (O)</p> <p>10:15 Carlisle Cinema Society (GT)</p> <p>10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS)</p> <p>11:00 The Weekly Brief (PS)</p> <p>11:00 Pilates with Judy (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>11:30 Cooking Demo w/ our Culinary &amp; Life Enrichment Team (AS)</p> <p>1:00 Golden Hand Bridge Bunch (CDR)</p> <p>2:00 Palm Beach County Dept. of Environmental Resources Mgmt: Sea Turtle Presentation (CDR)</p> <p>3:00 Weekly Wrap-Up! (CDR)</p> <p>3:00 Shabbat Service: Rabbi Mendy (ALGR)</p> <p>4:00 Bubbly &amp; BINGO Happy Hour! (PS)</p>	<p>9:45 Socrates Café: Appreciation of Classical Music (GT) <b>21</b></p> <p>10:00 Saturday Brew Club &amp; Brain Games (Resident Run) (OEB)</p> <p>11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Canasta &amp; Rummikub (Resident Run) (CBR)</p> <p>1:00 Movie Matinee &amp; Popcorn with Ally (GT)</p> <p>2:00 Good Vibes Goody Cart w/ Ally! (OEB)</p>



# February 2026

## The Carlisle Palm Beach Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Coffee Chats, Donuts &amp; Chronicles (OEB) <b>22</b></p> <p>11:00 Wake Up and Warm Up with Bobbi! This is a Resident Run exercise class. Join Bobbi &amp; friends for an energizing workout. (WMS)</p> <p>11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>2:00 Movie Matinee &amp; Popcorn with Denise (GT)</p> <p>2:30 Ice Cream Social with Denise (LG)</p> <p>4:00 Scrabble &amp; Cards (Resident Run) (CDR)</p>	<p>9:00 Aqua Aerobics (PS) <b>23</b></p> <p>10:00 Lecture Series w/ David: Fall of the Eagles (GT)</p> <p>11:00 Functional Fitness (WMS)</p> <p>11:30 Poolside Smoothies &amp; Activity Review (PS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Shopping Loop (O)</p> <p>2:00 Stretch and Flow (WMS)</p> <p>2:30 The Art History Experience (CDR)</p> <p>4:00 Bocce &amp; Brews (CY)</p> <p>6:30 Evening Singalong (CBR)</p>	<p>8:30 Early Morning Pump - Weight Circuit (WMS) <b>24</b></p> <p>9:45 Socrates Café: Appreciation of Arts, Sciences &amp; History (GT)</p> <p>10:00 Tech Tuesday with Ally (AS)</p> <p>10:00 Bocce Ball (CY)</p> <p>11:00 Weight Training (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Poolside Tea and Tea Sandwiches (PS)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>2:00 Open Swim (PS)</p> <p>2:00 Carlisle Drama Club (CBR)</p> <p>3:30 Paint &amp; Sip: Enjoy a wine &amp; delights (AS)</p>	<p>8:30 Carlisle Walking Club - Lantana Beach (WMS) <b>25</b></p> <p>10:00 Barre and Balance (WMS)</p> <p>10:00 Catholic Communion (GT)</p> <p>10:00 Liberty University: WATCH THIS EVERY DAY - Motivational video By Dr. Joe Dispenza (CDR)</p> <p>10:30 Adventure Awaits: Fishing &amp; Lunch with Jackie (O)</p> <p>11:00 Standing Yoga w/ Kaitlyn (WMS)</p> <p>11:00 Flower Arrangements (AS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Canasta &amp; Rummikub (CBR)</p> <p>4:00 Wine-Down Wednesday &amp; Entertainment Live! (CDR)</p> <p>6:30 Lecture: The Eldercation Experience w/ Harry J. Getzov! (CDR)</p>	<p>8:30 Early Morning Cardio Circuit (WMS) <b>26</b></p> <p>10:00 Carlisle Current Events (CBR)</p> <p>10:00 Resident Profile Updates (CBR)</p> <p>10:00 Tranquil Motion w/ Ally (FL)</p> <p>11:00 Bird Watching &amp; Walk (Nature Preserve) (O)</p> <p>11:00 Tai Chi w/ Waly Elifrance (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>12:00 Resident Birthday Celebration Lunch (0450)</p> <p>1:00 Art Studio Carlisle Crafters (AS)</p> <p>2:00 Water Walking (PS)</p> <p>2:00 Babs Walters: Everyone Has a Story. What's yours? (CDR)</p> <p>4:00 Lucky Stars Casino Night (CDR)</p> <p>4:00 Men's Club (CDR)</p>	<p>8:30 Tennis w/ Quan (OS) <b>27</b></p> <p>10:00 Shopping Loop (O)</p> <p>10:15 Carlisle Cinema Society (GT)</p> <p>10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS)</p> <p>11:00 The Weekly Brief (PS)</p> <p>11:00 Pilates with Judy (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Golden Hand Bridge Bunch (CDR)</p> <p>2:00 Spa-la-la Day (AS)</p> <p>3:00 Weekly Wrap-Up! (CDR)</p> <p>3:00 Shabbat Service: Rabbi Mendy (ALGR)</p> <p>3:00 MindFit w/ Brie (CDR)</p> <p>4:00 Bubbly &amp; BINGO Happy Hour! (PS)</p>	<p>9:45 Socrates Café: Appreciation of Classical Music (GT) <b>28</b></p> <p>10:00 Saturday Brew Club &amp; Brain Games (Resident Run) (OEB)</p> <p>11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS)</p> <p>11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS)</p> <p>1:00 Canasta &amp; Rummikub (Resident Run) (CBR)</p> <p>1:00 Movie Matinee &amp; Popcorn with Ally (GT)</p> <p>2:00 Good Vibes Goody Cart w/ Ally! (OEB)</p>

### Location Key

OEB - Ocean Edge Bistro  
 O450 - Ocean 450  
 FL - Front Lobby  
 LG - Lounge  
 P - Pool  
 PS - Poolside Patio  
 CDR - Card Room  
 CBR - Club Room  
 GT - Grand Theater

### Location Key

CY - Courtyard  
 WMS - Wave Motion Studio  
 FD - Front Desk  
 AS - Art Studio  
 EO - Erica's Office  
 O - Outing

### Facilitator Key

Black - Life Enrichment  
 Red - Wellness  
 Blue - Resident Led

### All Life-Enrichment outings require you to sign-up at the Front Desk.

If you have any questions or suggestions regarding Life Enrichment, please contact Erica Caudle  
 828-356-4534  
 ecaudle@libertyseniorliving.com

Join us for our Valentine's Friends & Sweethearts Soirée. February 13th at 6:30PM Card Room

Calling All Canasta and Mahjong Players! If you're currently part of a team or are interested in joining one, please reach out to Mel Mallon at 561-676-4348.

We will be celebrating the Super Bowl with an array of appetizers, refreshing beverages, and the game will be broadcast on the TV in both the Card Room and the Grand Theater! Party Starts at 5:30 PM