



# January 2026

## The Carlisle Palm Beach Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Facilitator Key</u></b> <b>Red - Wellness</b> <b>Black - Life Enrichment</b> <b>Blue - Resident Led</b>	<b><u>Location Key</u></b> <b>P - Pool</b> <b>PS - Poolside Patio</b> <b>CDR - Card Room</b> <b>CBR - Club Room</b> <b>GT - Grand Theater</b> <b>OEB - Ocean Edge Bistro</b> <b>O450 - Ocean 450</b> <b>FL - Front Lobby</b> <b>L - Lounge</b>	<b><u>Location Key</u></b> <b>CY - Courtyard</b> <b>WMS - Wave Motion Studio</b> <b>FD - Front Desk</b> <b>AS - Art Studio</b> <b>EO - Erica's Office</b> <b>O - Outing</b>	<b>All Life-Enrichment outings require you to sign-up at the Front Desk.</b>	<b>1</b> 9:30 Manfulness & Affirmations (PS) 10:00 Carlisle Current Events (CBR) 10:00 Resident Profile Updates (CBR) 10:00 New Year Wellness Check In (WMS) 11:00 Bird Watching & Walk (Nature Preserve) (O) 11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS) 1:00 Art Studio Carlisle Crafters (AS) 2:00 Indoor Liberty Games: Scrabble (CDR) 3:00 Line Dancing w/ The E-Quan Effect (FL) 4:00 Karaoke, Dance & Popcorn! (CDR)	<b>2</b> 10:00 Shopping Loop (O) 10:15 Carlisle Cinema Society (GT) 10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS) 11:15 Chair Fit: Strength and Conditioning (WMS) 11:30 Ballet Aerobics and Stretch w/ Bobbi (WMS) 1:00 Golden Hand Bridge Bunch (CDR) 2:00 Wellness Assessments with Quan (WMS) 2:00 Spa-la-la Day (AS) 3:00 Shabbat Service: Rabbi Mendy (LG) 3:00 Hole in One (CY) 3:00 Weekly Wrap-Up! (CDR) 4:00 FriYay Happy Hour & Prize Bingo! (PS)	<b>3</b> 9:45 Socrates Café: Appreciation of Classical Music (GT) 10:00 Saturday Brew Club & Brain Games (Resident Run) (OEB) 11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Good Vibes Goody Cart w/ Ally! (OEB)
10:00 Coffee Chats, Donuts & Chronicles (OEB) <b>4</b> 11:00 Wake Up and Warm Up with Bobbi! This is a Resident Run exercise class. Join Bobbi & friends for an energizing workout. (WMS) 11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG) 1:00 Football Sunday Funday! (CDR) 2:00 Movie Matinee & Popcorn with Denise (GT) 2:30 Ice Cream Social with Denise (LG) 4:00 Scrabble & Cards (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (OS) <b>5</b> 10:00 Lecture Series w/ David: Fall of the Eagles (GT) 10:00 Bocce Ball (CY) 11:00 Weight Training (WMS) 11:00 Resident Welcome Ambassador Committee (AS) 11:30 Poolside Smoothies & Activity Review (PS) 12:00 Shopping Loop (O) 2:00 Stretch and Flow (WMS) 3:00 Water Walking (WMS) 4:00 Monday Mingle Happy Hour & Shuffleboard! (PS) 6:30 Evening Singalong (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) <b>6</b> 9:45 Socrates Café: Appreciation of Arts, Sciences & History (GT) 10:00 Tech Tuesday with Ally (AS) 10:00 Balance and Flex (WMS) 11:00 Town Hall (CBR) 11:00 Cardio Circuit (WMS) 12:00 Poolside Tea and Tea Sandwiches (PS) 1:00 Canasta & Rummikub (CBR) 2:00 Open Swim (PS) 2:00 Carlisle Drama Club (CBR) 3:00 Drum Circle (WMS) 3:30 Paint & Sip: Enjoy a wine & delights (AS)	8:30 Carlisle Walking Club - Lantana Beach (WMS) <b>7</b> 10:00 Catholic Communion (GT) 10:00 Liberty University: YouTube Adventures (CDR) 10:00 Barre and Balance (WMS) 11:00 Chair Yoga with Kaitlyn (WMS) 11:15 Adventure Awaits: Norton Museum of Art (O) 11:30 Poolside Smoothies & Mimosas (PS) 1:00 Canasta & Rummikub (CBR) 2:00 Flower Arrangements (AS) 3:00 Philanthropy Planning Committee (CBR) 3:00 Life Enrichment Planning Committee (CBR) 3:00 Wellness Assessments with Quan (FL) 4:00 Wine-Down Wednesday & Entertainment Live! (LG)	8:30 Early Morning Cardio Circuit (WMS) <b>8</b> 9:30 Manfulness & Affirmations (PS) 10:00 Carlisle Current Events (CBR) 10:00 Resident Profile Updates (CBR) 10:00 Tranquil Motion w/ Ally (FL) 11:00 Tai Chi w/ Waly Elifrance (WMS) 11:00 Bird Watching & Walk (Nature Preserve) (O) 1:00 Art Studio Carlisle Crafters (AS) 2:00 Indoor Liberty Games: Scrabble (CDR) 2:30 The Art History Experience (CDR) 3:00 Open Gym Circuit (WMS) 4:00 Karaoke, Dance & Root Beer Floats! (CDR)	10:00 Resident Council (CBR) <b>9</b> 10:00 Shopping Loop (O) 10:15 Carlisle Cinema Society (GT) 10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS) 11:15 Chair Fit: Strength and Conditioning (WMS) 11:30 Cooking Demo w/ our Culinary & Life Enrichment Team (AS) 1:00 Golden Hand Bridge Bunch (CDR) 2:00 Wellness Assessments with Quan (WMS) 2:00 Spa-la-la Day (AS) 3:00 Shabbat Service: Rabbi Mendy (LG) 3:00 Hole in One (CY) 3:00 Weekly Wrap-Up! (CDR) 4:00 FriYay Happy Hour & Bocci Ball (CY)	9:45 Socrates Café: Appreciation of Classical Music (GT) <b>10</b> 10:00 Saturday Brew Club & Brain Games (Resident Run) (OEB) 11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Good Vibes Goody Cart w/ Ally! (OEB)
10:00 Coffee Chats, Donuts & Chronicles (OEB) <b>11</b> 11:00 Wake Up and Warm Up with Bobbi! This is a Resident Run exercise class. Join Bobbi & friends for an energizing workout. (WMS) 11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG) 1:00 Football Sunday Funday! (CDR) 2:00 Movie Matinee & Popcorn with Denise (GT) 2:30 Ice Cream Social with Denise (LG) 4:00 Scrabble & Cards (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (OS) <b>12</b> 10:00 Bocce Ball (CY) 11:00 Weight Training (WMS) 11:30 Poolside Smoothies & Activity Review (PS) 12:00 Shopping Loop (O) 2:00 Stretch and Flow (WMS) 3:00 Water Walking (WMS) 3:30 Prize Trivia w/ Pamela (PS) 4:00 Monday Mingle Happy Hour & Cornhole! (PS) 6:30 Evening Singalong (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) <b>13</b> 9:45 Socrates Café: Appreciation of Arts, Sciences & History (GT) 10:00 Tech Tuesday with Ally (AS) 10:00 Balance and Flex (WMS) 11:00 Cardio Circuit (WMS) 12:00 Poolside Tea and Tea Sandwiches (PS) 1:00 A Journey to Healing w/ Jason Fairbanks (CBR) 1:00 Canasta & Rummikub (CBR) 2:00 Open Swim (PS) 2:00 Carlisle Drama Club (CBR) 3:00 Drum Circle (WMS) 3:30 Paint & Sip: Enjoy a wine & delights (AS)	8:30 Carlisle Walking Club - Lantana Beach (WMS) <b>14</b> 10:00 Catholic Communion (GT) 10:00 Liberty University: YouTube Adventures (CDR) 10:00 Barre and Balance (WMS) 11:00 Adventure Awaits: Mama Mia's Lunch (O) 11:00 Standing Yoga w/ Kaitlyn (WMS) 11:30 Poolside Smoothies & Mimosas (PS) 1:00 Canasta & Rummikub (CBR) 2:00 Flower Arrangements (AS) 3:00 Veteran's Group (CDR) 3:00 Open Gym Circuit (FL) 4:00 Wine-Down Wednesday & Entertainment Live! (LG)	<b>Happy National Hat Day!</b> <b>15</b> 8:30 Early Morning Cardio Circuit (WMS) 9:30 Manfulness & Affirmations (PS) 10:00 Carlisle Current Events (CBR) 10:00 Resident Profile Updates (CBR) 10:00 Read for the Record (O) 10:00 Tranquil Motion w/ Ally (FL) 11:00 Bird Watching & Walk (Nature Preserve) (O) 1:00 Art Studio Carlisle Crafters w/ Jackie (AS) 2:00 Indoor Liberty Games: Scrabble (CDR) 3:00 Open Gym Circuit (WMS) 4:00 Karaoke, Dance & Cotton Candy! (CDR)	10:00 Shopping Loop (O) <b>16</b> 10:15 Carlisle Cinema Society (GT) 10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS) 11:15 Chair Fit: Strength and Conditioning (WMS) 1:00 Golden Hand Bridge Bunch (CDR) 2:00 Wellness Assessments with Quan (WMS) 2:00 Spa-la-la Day (AS) 3:00 Shabbat Service: Rabbi Mendy (LG) 3:00 Hole in One (CY) 3:00 Weekly Wrap-Up! (CDR) 4:00 FriYay Happy Hour & Pints & Putts! (CY)	9:45 Socrates Café: Appreciation of Classical Music (GT) <b>17</b> 10:00 Saturday Brew Club & Brain Games (Resident Run) (OEB) 11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Good Vibes Goody Cart w/ Ally! (OEB)





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:00 Coffee Chats, Donuts &amp; Chronicles (OEB) <b>18</b></div> <div>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)</div> <div>11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG)</div> <div>1:00 Football Sunday Funday! (CDR)</div> <div>2:00 Movie Matinee &amp; Popcorn with Denise (GT)</div> <div>2:30 Ice Cream Social with Denise (LG)</div> <div>4:00 Scrabble &amp; Cards (Resident Run) (CDR)</div>	<div>Martin Luter King Jr. Day <b>19</b></div> <div>8:30 Carlisle Walking Club - Lantana Beach (OS)</div> <div>10:00 Lecture Series w/ David: Fall of the Eagles (GT)</div> <div>10:00 Bocce Ball (CY)</div> <div>11:00 Weight Training (WMS)</div> <div>11:30 Poolside Smoothies &amp; Activity Review (PS)</div> <div>12:00 Shopping Loop (O)</div> <div>2:00 Stretch and Flow (WMS)</div> <div>3:00 Water Walking (WMS)</div> <div>4:00 Monday Mingle Happy Hour &amp; TeamTrivia! (PS)</div> <div>6:30 Evening Singalong (CBR)</div>	<div>8:30 Early Morning Pump - Weight Circuit (WMS) <b>20</b></div> <div>9:45 Socrates Café: Appreciation of Arts, Sciences &amp; History (GT)</div> <div>10:00 Tech Tuesday with Ally (AS)</div> <div>10:00 Balance and Flex (WMS)</div> <div>11:00 Cardio Circuit (WMS)</div> <div>12:00 Taco Tuesday w/ Erica &amp; Alicia (OEB)</div> <div>1:00 Canasta &amp; Rummikub (CBR)</div> <div>2:00 Open Swim (PS)</div> <div>2:00 Carlisle Drama Club (CBR)</div> <div>3:00 Drum Circle (WMS)</div> <div>3:30 Paint &amp; Sip: Enjoy a wine &amp; delights (AS)</div> <div>4:00 Drive Shack-Dinner &amp; Golf (O)</div>	<div>8:30 Carlisle Walking Club - Lantana Beach (WMS) <b>21</b></div> <div>10:00 Catholic Communion (GT)</div> <div>10:00 Liberty University: YouTube Adventures (CDR)</div> <div>10:00 Barre and Balance (WMS)</div> <div>10:30 Adventure Awaits: The Girls Strawberry Patch &amp; Lunch (O)</div> <div>11:00 Chair Yoga with Kaitlyn (WMS)</div> <div>11:30 Poolside Smoothies &amp; Mimosas (PS)</div> <div>1:00 Canasta &amp; Rummikub (CBR)</div> <div>2:00 Flower Arrangements (AS)</div> <div>3:00 Open Gym Circuit (FL)</div> <div>3:30 Dining Committee Meeting (OEB)</div> <div>4:00 Wine-Down Wednesday &amp; Entertainment Live! (LG)</div>	<div>8:30 Early Morning Cardio Circuit (WMS) <b>22</b></div> <div>9:30 Manfulness &amp; Affirmations (PS)</div> <div>10:00 Carlisle Current Events (CBR)</div> <div>10:00 Resident Profile Updates (CBR)</div> <div>10:00 Tranquil Motion w/ Ally (FL)</div> <div>11:00 Tai Chi w/ Waly Elifrance (WMS)</div> <div>11:00 Bird Watching &amp; Walk (Nature Preserve) (O)</div> <div>11:00 Pop-Up Shop: YaYa Jewelry (CBR)</div> <div>12:00 New Resident Welcome Lunch (0450)</div> <div>1:00 Art Studio Carlisle Crafters (AS)</div> <div>2:00 Indoor Liberty Games: Scrabble (CDR)</div> <div>3:00 Open Gym Circuit (WMS)</div> <div>4:00 Karaoke, Dance &amp; Chips &amp; Dip! (CDR)</div> <div>6:30 Comedian (CDR)</div>	<div>10:00 Shopping Loop (O) <b>23</b></div> <div>10:15 Carlisle Cinema Society (GT)</div> <div>10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS)</div> <div>11:15 Chair Fit: Strength and Conditioning (WMS)</div> <div>11:30 Cooking Demo w/ our Culinary &amp; Life Enrichment Team (AS)</div> <div>1:00 Golden Hand Bridge Bunch (CDR)</div> <div>2:00 Wellness Assessments with Quan (WMS)</div> <div>2:00 Spa-la-la Day (AS)</div> <div>3:00 Shabbat Service: Rabbi Mendy (LG)</div> <div>3:00 Hole in One (CY)</div> <div>3:00 Weekly Wrap-Up! (CDR)</div> <div>4:00 FriYay Happy Hour &amp; Prize Bingo! (PS)</div>	<div>9:45 Socrates Café: Appreciation of Classical Music (GT) <b>24</b></div> <div>10:00 Saturday Brew Club &amp; Brain Games (Resident Run) (OEB)</div> <div>11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS)</div> <div>1:00 Canasta &amp; Rummikub (Resident Run) (CBR)</div> <div>1:00 Movie Matinee &amp; Popcorn with Ally (GT)</div> <div>2:00 Good Vibes Goody Cart w/ Ally! (OEB)</div>
<div>10:00 Coffee Chats, Donuts &amp; Chronicles (OEB) <b>25</b></div> <div>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)</div> <div>11:30 Joe Manello Live: Enjoy the harmonious piano tunes. (LG)</div> <div>1:00 Football Sunday Funday! (CDR)</div> <div>2:00 Movie Matinee &amp; Popcorn with Denise (GT)</div> <div>2:30 Ice Cream Social with Denise (LG)</div> <div>4:00 Scrabble &amp; Cards (Resident Run) (CDR)</div>	<div>8:30 Carlisle Walking Club - Lantana Beach (OS) <b>26</b></div> <div>10:00 Lecture Series w/ David: Fall of the Eagles (GT)</div> <div>10:00 Bocce Ball (CY)</div> <div>11:00 Weight Training (WMS)</div> <div>11:30 Poolside Smoothies &amp; Activity Review (PS)</div> <div>12:00 Shopping Loop (O)</div> <div>2:00 Stretch and Flow (WMS)</div> <div>3:00 Water Walking (WMS)</div> <div>4:00 Monday Mingle Happy Hour &amp; Who Am I! (PS)</div> <div>6:30 Evening Singalong (CBR)</div>	<div>Holocaust Remembrance Day <b>27</b></div> <div>8:30 Early Morning Pump - Weight Circuit (WMS)</div> <div>9:45 Socrates Café: Appreciation of Arts, Sciences &amp; History (GT)</div> <div>10:00 Tech Tuesday with Ally (AS)</div> <div>10:00 House of Colour (CDR)</div> <div>10:00 Balance and Flex (WMS)</div> <div>11:00 Cardio Circuit (WMS)</div> <div>12:00 Poolside Tea and Tea Sandwiches (PS)</div> <div>1:00 Canasta &amp; Rummikub (CBR)</div> <div>2:00 Open Swim (PS)</div> <div>2:00 Carlisle Drama Club (CBR)</div> <div>3:00 Drum Circle (WMS)</div> <div>3:30 Paint &amp; Sip: Enjoy a wine &amp; delights (AS)</div>	<div>8:30 Carlisle Walking Club - Lantana Beach (WMS) <b>28</b></div> <div>10:00 Catholic Communion (GT)</div> <div>10:00 Liberty University: YouTube Adventures (CDR)</div> <div>10:00 Barre and Balance (WMS)</div> <div>11:00 Standing Yoga w/ Kaitlyn (WMS)</div> <div>11:30 Poolside Smoothies &amp; Mimosas (PS)</div> <div>1:00 Canasta &amp; Rummikub (CBR)</div> <div>2:00 Open Gym Circuit (FL)</div> <div>4:00 Wine-Down Wednesday &amp; Entertainment Live! (LG)</div> <div>4:30 Adventure Awaits: Kimura Steak House (O)</div> <div>6:30 Lecture: The Eldercation Experience w/ Harry J. Getzov! (CDR)</div>	<div>8:30 Early Morning Cardio Circuit (WMS) <b>29</b></div> <div>9:30 Manfulness &amp; Affirmations (PS)</div> <div>10:00 Carlisle Current Events (CBR)</div> <div>10:00 Resident Profile Updates (CBR)</div> <div>10:00 Tranquil Motion w/ Ally (FL)</div> <div>11:00 Bird Watching &amp; Walk (Nature Preserve) (O)</div> <div>12:00 Resident Birthday Celebration Lunch (0450)</div> <div>1:00 Art Studio Carlisle Crafters (AS)</div> <div>2:00 Indoor Liberty Games: Scrabble (CDR)</div> <div>2:00 Lecture: Bab Walters (CDR)</div> <div>3:00 Open Gym Circuit (WMS)</div> <div>3:30 Wine &amp; Cheese Tasting (CDR)</div>	<div>10:00 Shopping Loop (O) <b>30</b></div> <div>10:15 Carlisle Cinema Society (GT)</div> <div>10:15 Meditation and Stretch Flow - Lake Worth Beach (WMS)</div> <div>11:15 Chair Fit: Strength and Conditioning (WMS)</div> <div>1:00 Golden Hand Bridge Bunch (CDR)</div> <div>2:00 Wellness Assessments with Quan (WMS)</div> <div>2:00 Spa-la-la Day (AS)</div> <div>3:00 Shabbat Service: Rabbi Mendy (LG)</div> <div>3:00 Hole in One (CY)</div> <div>3:00 Weekly Wrap-Up! (CDR)</div> <div>4:00 FriYay Happy Hour &amp; Pints &amp; Putts! (CY)</div>	<div>9:45 Socrates Café: Appreciation of Classical Music (GT) <b>31</b></div> <div>10:00 Saturday Brew Club &amp; Brain Games (Resident Run) (OEB)</div> <div>11:00 Fluid Motion: A Stretch Class with Bobbie! (WMS)</div> <div>1:00 Canasta &amp; Rummikub (Resident Run) (CBR)</div> <div>1:00 Movie Matinee &amp; Popcorn with Ally (GT)</div> <div>2:00 Good Vibes Goody Cart w/ Ally! (OEB)</div>
<div></div> <div>January Book Club "To Kill a Mockingbird" Brought to you by the Lantana Library Thursday, January 22nd at 1:00pm in the Club Room</div>	<div></div> <div>Art and Life in Rembrandt's Time Wednesday, January 7th Bus departs from The Carlisle at 11:15am</div>	<div></div> <div>The Art History Experience Interactive Discussion Thursday, January 8th at 2:30PM</div>	<div></div> <div>After Dinner Stand Up Comedy with Alan Schubowsky Thursday, January 22nd at 6:30pm in the Card Room</div>	<div></div> <div>Hey there! Ready to feel confident and truly you? Whether you want your best colors, style that clicks, or you're just over the 'meh', you're in the right place. Tuesday, January 27th at 10:00am in the Card Room</div>	<div>Join us for Happy Hour every Monday, Wednesday, and Friday from 4:00 to 5:00 PM. Be sure to check your calendar for the locations of Happy Hour!</div>	<div>Join us for an enjoyable experience with live performances every Sunday during brunch and on Wednesdays during happy hour!</div>